



**PURELY
DELICIOUS™**

LIFELIVING *Raw
Foods*

Winter
2008

This Issue:

Alkalize and
GREEN UP
your Life!

Happy,
Healthy,
RAW KIDS

Purely Delicious
Warming Winter Recipes

**"...cause Baby,
it's cold outside."**

*Chocolate Mylk - ah, simple pleasures.
This recipe and more, inside.*

New Life Resolutions:

At the wonderful age of 41 it's time for another one of my New Year Reflections. You know, those times when you look back and review the past year. When I do this, I tend to look at the entire life of Anna, not simply the past 12 months. The reason I go so far back, is because my perspective is different now than it was 10 years ago, two years ago, even one year ago. When I look at myself, my dreams, my successes and my failures, I look for what could have been different or better – what decisions I might change with hindsight, what I learned from the outcome of certain circumstances. When I look back on my life as a whole-person event, I see a happy wife, a very proud mother, a nomadic traveler with a wandering spirit, someone who found her value as a child of God, and in the midst of it all, discovered her true priorities.

Now, I'm not talking about priorities like weight loss, finances, job improvement, reducing stress, keeping up with lost friends and relatives, and other very important aspects of daily life...I'm talking about what makes my life worth living. I know that for each of us, that list varies greatly. For me however, my top priority and the focus of my current endeavors, is the health and well being of my family.

One change we feel it's time for, is finally moving our *entire* family over to a raw-centered diet. My husband has already made the leap, and from what I can tell, he loves every moment and every meal. My children on the other hand, need a little more encouragement. Although they eat very well, and include some raw foods, I would like to see more fresh veggies and sprouts in their diets. One solution we have agreed upon as a family, is that we all eat 100% raw vegan foods one full day each week - this commitment is really for the benefit of our children, and so far, it's working beautifully. It has brought me back into the kitchen again with the challenge of finding meals that are fit for the prince and princesses they are. This issue of *Purely Delicious* contains some great ideas that have been shared with us - take a look at pages 6 and 7!

It is my sincere hope that one day, when my children look back and reflect on these formative years, they will feel love, see understanding, and find the tools they need for many years of good health, happiness, and a long productive life.

With the birth of 2008 I will continue to spend time reflecting, looking for needed changes, improvements, dreams gone astray - and it really has nothing to do with New Year, but instead New Life resolutions. If you could completely recreate yourself each year, how and what would you change? I think for many of us, a time for reflection upon the habits of our past is a little overdue. I think for many of us, it's time to make the change to a healthy, plant-based, fresh and delicious raw diet. Reflect, take a deep breath, and look forward a happy nutritious new year.

Anna



PURELY
DELICIOUS

is a publication celebrating the beauty, tastes, and textures of raw and living, plant-based foods. Our mission is to educate, inform and inspire those wishing to enhance their health through nutrition and conscious living. We are dedicated to bringing you useful information that can be applied every day and at every meal, to create a more balanced lifestyle – physically, emotionally, and spiritually.

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10 Fun and Easy Ways

to Get Your Kids Excited about Raw Foods



1. Encourage your child to eat more vegetables by serving them with a tasty dip. Try a tasty hummus with carrots and celery sticks, spinach dip served in a bell pepper, or raw cheese stuffed in celery sticks. Be creative with your presentation.

2. Take kids to the grocery store each week and ask them to pick out a food of each color of the rainbow that they would be willing to eat. Remind them that just because they did not like a particular food at say, age four, that does not mean they will not like these foods as they get older. They will love to tell you, "I'm bigger now. I like spinach." Children appreciate the opportunity to show their maturity.

3. If your child is a picky eater, ask him or her for suggestions. Rather than announcing that broccoli is on the dinner menu, try asking the child if he or she would rather have broccoli or zucchini, and honor his or her preference.

4. Invite young ones into the kitchen to help with a meal. Even simple techniques like stirring, pouring or decorating can give a child a sense of having contributed to the family's meal.

5. Humor! Delight your kids by making food in shapes such as their initials, hearts, or flowers. Use raisins, nuts, or sliced fruit to design a happy face on a salad, bowl of sprouted cereal, or even an open faced sprouted almond butter sandwich.



6. Give kids a variety of textures. Often it is the texture of a vegetable they dislike, not the vegetable flavor. Create theme meals: a jungle meal, for example, or a meal from a particular country. Then watch an educational video or read a story about that region.

7. Almost all children like sweets, and to deny them will only cause arguments. Be sure to provide homemade raw treats. Make fresh frozen treats from mashed watermelon, orange juice, or apple juice. Freeze some carob almond milk for "fudgey-sicles." Use fresh and dried fruit in place of candy.

8. Have your child go through raw colorful recipes books and have them choose a recipe they may want to help prepare.

9. If your child doesn't like a particular vegetable, don't give up. Get them involved in creating new recipes for that vegetable. Try a spinach soup, spinach salad, spinach dip, spinach quiche or throw some spinach in a chocolate shake - they won't even know it's hiding in there.

10. Have a raw food dessert party for your child's friends. Raw desserts are delicious and what friend would turn down chocolate pudding, cheesecake or donut holes? Make some raw dips, veggies, cheese and crackers and see what happens.

Rather than forbidding kids to eat certain foods, explain to them why your family chooses to avoid them. But don't expect your children to be totally raw their entire lives. They'll have friends, school lunches, and restaurants to tempt them with non-raw food, and they'll want to try it. Remain flexible, and make sure your kids have healthy, raw food available at all times, so that they have a choice.

When dealing with children and nutrition, humor and sincerity are the best approach. If you lay the groundwork for a healthy lifestyle early on, your kids will return to eating healthy foods when they are old enough to make their own decisions.

Banana-Rama Smoothie

Great for young children.

1/2 cup water
1 ripe banana
1 tablespoon raw tahini

Combine all the ingredients in a blender. Blend and enjoy.

Butterscotch Pudding

An extraordinary comfort food

1 cup dried apricots, soaked overnight in water (reserve water)
2 bananas, peeled
8 dates, soaked 20 minutes
1 teaspoon vanilla extract
1/4 cup raw almond butter (available at natural foods stores)

Combine all ingredients in a food processor and puree.

Applesauce

Kids of all ages love this.

6 large apples, cored
Juice of 1 lemon
8 dates
1/2 teaspoon cinnamon

Puree all ingredients in food processor.

Flax Crackers

I once threw a soggy flax cracker out in the yard, and it grew in to hundreds of flax plants. Now that's live food!

2 cups flax seeds
4 cups water
1 1/2 C raisins
1/2 tsp. ground cinnamon
2 bananas, peeled
1 tsp. sea salt

Soak the seeds in the water for 15 minutes. Combine all ingredients in a food processor until smooth. Spread the mixture onto three solid dehydrator sheets. Dehydrate for 4 hours @ 110 degrees. Remove the dehydrator sheets and turn over the crackers. Continue dehydrating until they are crisp (about 6 hours). When dry, the crackers will keep indefinitely.

Brigitte Mars is the author of Rawsome!, and Sex, Love and Health, Addiction Free Naturally and The Desktop Guide to Herbal Medicine. She teaches raw food workshops with her husband of twenty-five years. She is the mother of raw actress/model/yogini, Rainbeau Mars (who is on the cover of the latest version of David Wolfe's, Eating for Beauty). She also runs an Herb Camp for Kids with her daughter, Sunflower Mars, which teaches kids about wild and raw food, and herbal crafts. BRIGITEMARS.com

Keeping Warm with Living Foods

by Dr. Ritamarie Loscalzo

The winter months are upon us.

Even here in Texas, that means cooler mornings, chilly evenings and days when snuggling under a blanket with a warm drink or bowl of hot soup sounds delightful. So what is a raw foodist to do on cold days? Cold salad and fruit smoothies are generally not our first choice when we are trying to keep warm. Should we abandon our raw food diets in winter in favor of warm soups and stews? What, exactly, are our options?

A common misconception is that raw foods are, by design, cold foods. Actually, this is far from the truth. When winter rolls around, it is easy to create delicious raw food dishes that warm the body from both a thermal and energetic perspective.

Confused? Well, let me explain. In several traditional medicine practices, most notably, Chinese and Ayurvedic medicine, the concept of hot vs. cold plays an important role. Diseases, people, foods, and emotions can all be classified as hot, cold or somewhere in between. When we think about warm or hot, we usually associate it with temperature. In Chinese medicine, every food is believed to have an effect on the body's metabolic temperature, which is different from

body temperature, which can be measured with a thermometer. Metabolic temperature is the heat energy generated through all your organ systems from the food that you eat and that your digestive system burns.

Still confused? Let me give a few examples. Ginger and cayenne are energetically warm. Even if served as part of a cold dish, they have the ability to push the deep energy and blood up and out to the surface of the body, thus raising the metabolic temperature.

So, if you'd like to stay on a mostly or exclusively raw foods diet this winter, but are not looking forward to cold salads and fruit dishes, read on for a variety of practical tips for making and serving

body-warming raw foods dishes.

Soups, stews, casseroles, pizza, lasagna, hot cocoa, and warm breakfast cereal are popular winter foods. Piping hot, steamy bowls of soup warm the insides. Unfortunately, temperatures above 118 ° F Fahrenheit destroy the enzymes, vitamins and phytochemicals, and denature the proteins, resulting in food that is less nutritionally beneficial. Fortunately, we can enjoy hot soup and maintain the life-giving properties of the foods at the same time. Living foods can be comfortably heated to 110° F and still maintain their aliveness. And, while 110°F may not seem very hot, compared to boiling at 212°F, 110°F does, indeed, feel hot to the touch. Think about how a hot tub heated to 104 ° F feels if you have any doubt.

Heated living foods should be eaten right away, because they will cool down a lot more quickly to foods cooked at high temperatures.

There are many ways we can enjoy warm, living foods on cold days. Creamy soups and sauces can be made in a high speed blender like the Vitamix or Blendtec. Running the blender longer than usual can heat the food inside. Soup can be made nice and hot by either starting with warm water or running the blender until the soup gets hot (not more than 110° F). This may take 5 minutes or longer. Monitor the temperature as you go to ensure that the food does not get overheated. Hot sauces or soup broths can be made in the blender and poured over chopped or grated raw vegetables to make a delicious soup or stew.

Soups can be heated in a saucepan on the stove, as long as the temperature is monitored and the soup is removed from the heat when it reaches 110° F. There are several digital cooking thermometers with extension probes

“Nothing gets the digestive fire going like a sprinkle of ginger or cayenne pepper!”

that can be set to a temperature limit. They beep when the desired temperature is reached. I use this method instead of the blender method when I am making a chunky soup rather than a creamy soup. I also use it to reheat leftover creamy soup, because it is easier to clean a pot than a blender. Besides, reheating cold soup takes longer than when making the soup fresh, and I prefer not to run the blender for so long. The thermometer I use is the Taylor TruTemp Digital Cooking Thermometer with Alarm and Timer, available on Amazon.com for under \$20.

Raw soups, stews, casseroles, pizza, calzones, enchiladas and lasagna can all be heated in the Excalibur dehydrator. The shelves are large enough to fit a casserole or baking dish and as many shelves as necessary can be removed to accommodate the depth of the dish. I have made raw lasagna and taken it out of the dehydrator only to be accused by raw food friends of turning back to cooked foods because it looked so much like cooked lasagna. Raw pizza right out of the dehydrator is very comforting and delicious.

When heating foods in the dehydrator, the temperature can be set to 140° F for up to 2 hours. The food temperature usually gets to about 108° F after 2 hours, and the higher initial temperature speeds the dehydration time.



Dehydrated crackers and breads made from ingredients such as sprouted nuts, seeds, and grains

combined with vegetables and spices can be very comforting and warming on cold days. Make a variety and keep on hand. There are lots of recipe books and websites that have good recipes for warm dehydrated breads and crackers.

A convection oven or a digitally controlled oven that can be set as low as 100°F can be used to warm living food recipes like lasagna, pizza, stews, and casseroles. Convection ovens even have fans, which make them useful for food dehydration.

An electric skillet can be used to warm foods if set on the warm setting. Elysa Markowitz, in her delightful book, *Warming up to Living Foods*, recommends the Rival electric skillet because it can keep the food temperature at or below 105° F.

A coffee warming plate can be used to warm soups. This is the part of an electric coffee maker that keeps the coffee warm after it has been brewed.

Internal fire can be generated by the judicious use of herbs and spices. Nothing gets the digestive fire going like a sprinkle of ginger or cayenne pepper! If physically warming your food is not an option due to time or equipment constraints, then the liberal use of warming spices can create internal warmth. The warming herbs and spices are: Basil, Chili peppers, Cinnamon, Clove, Dill, Fennel, Garlic, Nutmeg, Onion, Parsley, Rosemary, Vinegar and Wasabi

The Chinese medicine approach to classifying foods as warming, neutral and cooling can be used to create raw winter meals. Since each food has an effect on the body's metabolic temperature, we can choose warming foods in cold winter to soothe and nourish.


Foods that take longer to grow are generally more warming than foods that grow quickly. Most of the root vegetables, including carrot, potato, onions, rutabaga, parsnip, burdock and garlic, fall into the warming foods category. Corn and most nuts and seeds are also warming. Grains

tend to be warming as well. Sprouted grains can be hearty and comforting cold weather foods. Many of the grains can be sprouted and made into dehydrated breads, crackers, pizza crusts and cereals. Sprouted buckwheat makes an excellent granola and crunchy breakfast cereal. Served with warm nutmilk, sprouted buckwheat makes a hearty, warming breakfast. Oats can be sprouted and eaten as a breakfast cereal. Topped with cinnamon and nutmilk, sprouted oat porridge makes a great breakfast in the winter. Be cautious about eating oats if you have gluten intolerance, as oats contain a small amount of gluten. Sprouted Quinoa can be made into an excellent tabouli, or warmed and turned into a creamy soup base or cereal.

Vegetables that fall into the warming foods category are cabbage, collard greens, cauliflower, mustard greens and watercress. Delicious, warming vegetable dishes can be made by a process I like to refer to as cold sautéing. Lightly salt vegetables and massage a whole, unrefined salt, such as Himalayan or Celtic, into them. Cover with a weighted plate or place in a macrobiotic tool called a salad press, and allow to marinate for at least 15 minutes. Massage again, then add dressing of your choice. The salting and massaging wilts the vegetables and makes them more digestible. One of my favorite dishes is curried vegetables, a very satisfying cold weather food. I use the cold sautéing process described above, make a curry sauce by blending nuts or seeds with water and curry seasonings, mix the vegetables with the sauce and dehydrate for 23-4 hours or until warm and so. Broccoli with cheese sauce is another favorite. Broccoli is covered with a favorite nut or seed cheese and dehydrated 4-6 hours. We never seem to be able to make enough of it to satisfy everyone's appetite!

Fruits tend to be cooling foods with a few notable and surprising exceptions. Cherry, Kumquat and papaya are found on the warming foods lists in most Chinese medicine textbooks. As with everything, balance is key. An apple, cut in half and cored can be dehydrated overnight for a warm "baked" apple breakfast. Sprinkle with cinnamon for a warming way to start the day.

Warm beverages are very soothing and satisfying in the cold weather. Warm apple cider, a winter favorite can be made by juicing apples, spicing with cinnamon, cloves, cardamom and ginger and warming using any of the methods described above. My kids love hot cacao. I simply make nut milk, using warm water, add cacao powder plus a sweetener like agave, yacon or dates, and blend until smooth and warm. We serve it in mugs and even the neighbors and cousins love it! Finally, hot herbal tea is very soothing. You can get premade tea bags or make your own herbal blends. Hot water with lemon juice and/or freshly grated ginger warms me up on a cold day. Last winter was so unusually cold that I had an almost constant desire for hot tea. I bought an automatic hot water pot, which quickly warms water. I use the warm water not only for tea, but for soup and nut milk bases.

By now, the dreary prospect of cold salad for dinner all winter should be faded and the vision of plates of warm and comforting, nutrient dense, vital, and delicious living foods meals should be filling your heads, like the sugarplums dancing in the heads of the children in the Night before Christmas poem. Enjoy your adventure into the wonderful world of warm and living foods! 

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Let's talk about it!

Where's the Wheat?

I know that *Purely Delicious* is not primarily a "gluten free" publication, but you must know how many people who need to be gluten free appreciate the relative safety of a raw diet.

Your recent article about gluten intolerance (*The Many Faces of Gluten Intolerance*, Spring 2007), for example, is one I have shared with others who have asked me about this. It is one of the best written pieces on this subject that I have ever seen, so I know that you appreciate the problem.

But there is one area where I think you may slip up in this regard. And you are not alone -- many an attractive raw dish served by my favorite raw restaurants and at raw potlucks is off limits for me because of one relatively minor ingredient: Nama Shoyu.

There is nothing intrinsically wrong with Nama Shoyu, and it is justifiably a popular ingredient in many raw dishes, but it does contain fairly substantial amounts of wheat, and so even in small quantities it can present difficulties for some.

The only kind of "soy sauce" that is, to my knowledge, wheat free is tamari, and tamari, unfortunately, is a cooked product and therefore not acceptable to many who prefer a totally raw diet.

What is the solution?

For myself, when I see your recipes (which are wonderful!) that contain

Nama Shoyu in your magazine or your spectacularly beautiful calendar I either substitute a little tamari (if it is just for me -- I'm not a total purist), or perhaps a little spray of Bragg's Liquid Aminos or some Himalayan salt (if it is for others at raw food potlucks).

Anyway, I just wanted to run this by you in hopes that you could sensitize others to this matter that may seem small but is most important for quite a few.

With best wishes,
Joan

PD Response:

Joan, thank you for taking the time to get in touch, and for the reminder regarding the sensitive nature of wheat allergies and gluten intolerance (a.k.a. celiac disease).

You are correct that Bragg's Liquid Aminos and Tamari are viable substitutes for Nama Shoyu, however they too have raw foodists hesitating for other reasons. Himalayan and mineral-rich sea salts can also serve as a reasonable alternative for these products in many recipes with great success.

*In addition, you make a good point that many of the people subscribing to *Purely Delicious* are relatively new to raw food and have never heard of Bragg's, much less Nama "what?"*

I hope your letter will serve as a reminder to those suffering from this sensitivity to check ingredients carefully - no matter the source.

WRITE TO US! Your comments and suggestions are always welcome and help make PURELY DELICIOUS better with each issue. Send emails to Letters@PurelyDelicious.net.

Celiac Disease

is an autoimmune digestive disease that damages the villi of the small intestine and interferes with absorption of nutrients from food.

Celiac disease is triggered by consumption of the protein called gluten, which is found in all varieties of wheat, barley, oats, and rye.

Roughly one out of every 133 Americans has celiac disease, but 97% remain undiagnosed. This means that almost three million Americans have celiac disease and only about 100,000 know they have it.

Left untreated, people with celiac disease can develop further complications such as other autoimmune diseases, osteoporosis, thyroid disease, and cancer.

www.celiaccentral.org



Bragg's Liquid Aminos -

not technically raw, Bragg's is a liquid protein concentrate. It contains naturally occurring MSG in the form of glutamic acid. Made from non-GMO soy, and water.



Organic Nama Shoyu -

fermented, not a raw food, but is a living food. Also contains naturally occurring MSG. Made from soy beans, spring water, whole wheat, sea salt.



Organic Tamari -

not a raw food, also contains naturally occurring MSG in the form of glutamic acid. Made from whole soybeans, sea salt, water, and koji (*Aspergillus hacho*).



Getting to Russell

An innovative chef,
with an uncommon
flair for raw food.

PD: Russell, thank you for taking the time to spend a few minutes with me. I know there are a lot of people out there who enjoy and appreciate your culinary talents and would like to get to know you a little better.

Based on what I've read in your blog (www.therawcheflog.com), you stay pretty busy. What is your favorite part of being a raw chef?

RJ: Thanks for asking me to do this interview, it's an absolute pleasure.

There's so much I love about being a raw food chef; firstly, I really get a buzz from coming up with new recipes and photographing them. I really enjoy exceeding people's expectations with what you can do with raw foods, it's such a privilege to work with such amazing ingredients.

Secondly, I really enjoy devising menus and bringing them to life at an event. It's really hard work planning and executing raw food on such a scale some times, the pressure can be huge, but the payoff is just as big; the feeling you get after service, when you may have been working for days or weeks on a project, is why we do it.

to Know *James*

with PD publisher, Anna Tipps



PD: Do you have much time for relaxing? How do you de-stress?

RJ: I love going to the gym. It really clears me mentally and physically so I can get going again with whatever I'm working on. At the moment I'm following a weight lifting routine and I love the feeling of lifting to the point of, what they call in the fitness field, "failure". Feeling like you've giving everything you've got so you can grow is a great metaphor for life, I think. You really have to silence those voices in your head that tell you to stop before you've done all you can.

I'm really into wrapping up warm, sticking on the iPod and going for late night walks at the moment too, I find that very energizing and a great release. I'd like to give myself more time to just sit and contemplate too, you know, to just think about what's going on in my life and how it all fits. I should be moving closer to the beach next month, so I'm looking forward to plenty of beach walks in the summer evenings. Connecting with nature is a great thing to do.

PD: What does your breakfast, lunch and dinner look like? Is there one key ingredient that you prefer or enjoy above all others (which one, and what makes it so appealing)?

RJ: I'm experimenting with different foods for my personal diet at the moment, to find out which ones give me the best results in the gym. I'm really interested and fascinated in finding foods that allow me to gain weight - muscle in particular. There's so much conflicting information out there, no matter what your goals are, that you have to really be your own experiment.

I've just drawn up a new eating plan for myself that will ensure I get plenty of calories to facilitate muscle growth. I'm not really worried about protein too much, from what I have been researching, it's all about getting sufficient calories. I think a lot of guys are put off this lifestyle because they think they will lose weight, and that you can't be strong. I'm out to find some answers for myself on that so I can share and hopefully allay some fears that these guys have. I also want to be the best example for raw food I can be, so I see being physically strong as being part of that.

So in answer to your question, I will be starting my day with plenty of fruit; I really think there's nothing better for exercise and providing the energy needed for a good workout. A favorite of mine is bananas, which I like to add to some pineapple and mango, to make a smoothie. I'll also eat plenty of bananas during the day.

One rule of thumb for me is to always eat my fruit away from any fats, such as nuts, because of digestion. Also, you don't want a lot of fruit sugar in your blood at the same time you eat fat, because of the insulin spike it can cause. I'm very sensitive to sugar so I have to be careful with this, but as long as I eat fruit alone I'm great!

Other foods I'll eat during the day, bearing in mind I'm looking for calories, will be kale and avocado salad, granola and almond milk and my buckwheat bread sandwiches.

This brings me onto my favorite ingredient at the moment: buckwheat. It's so versatile for things like breads, pizza bases and tabouleh, and also has a high protein content which keeps those people that come from a standard diet, that are worried about protein, happy. All this and it's actually not even wheat (it's a seed), so doesn't have any of the negative things associated with wheat, such as MSG.

When I'm in the kitchen for an extended period of time I'm grazing a lot because I'm taste testing things, but I never eat before service, because if I'm hungry it gives me that excitement for the food as I'm serving it.

PD: When you were a child, did

ALKALIZE AND

by Elaine Love



These days, when it comes to making wise food choices, so many of us seem to be in a bit of a quandary. What is healthy to eat? What should we eat for longevity, energy, beauty, and feelings of well-being?

Back in 1997 I found myself in this exact position. I was sick, weak, grumpy and getting old fast. In my search for health, I found a book on healing with cleansing and raw foods. The book made a lot of sense to me because it focused on simple eating and included testimonials from people who had transformed their lives and healed their bodies by eating raw and cleansing. I decided to follow the cleansing program. I bought a 30 day intestinal cleanse and began eating a high percentage of raw foods (80% or more). After one month of cleansing and eating raw I already felt transformed and renewed. My energy and health skyrocketed and I had more vitality than I ever remembered having. The food choices were simple as I was eating mainly fruits, vegetables, nuts and seeds with some seasonings. After another couple of months of eating raw though I got confused on just what was the right food to eat, and how did I know if it was right for me. Could I count on my instincts and intuition to help me choose? Should I add something else?

Because I adopted the raw food lifestyle, my choices were certainly easier than most peoples. The lists of

what to avoid and their high negative impact on my body such as most cooked food, white flour, white rice, sugar, cooked oils, most grains, all processed foods, meat and dairy to name a few made it clear to me that the right path was to eat whole, minimally processed, foods which are closest to nature.

The next step now that I was eating these whole foods, and feeling good, but still not sure if I was getting the right balance of nutrients, fiber, fats, etc., was to start paying attention to what foods I was eating that were not serving my body. Many raw foodists like myself have a tendency to overeat raw desserts, natural sweeteners, dried fruits, too many nuts and dehydrated items which can contain too much sugar, fat, and concentrated foods for the body causing an overloaded liver and pancreas, gas, bloating and dehydration to name a few.

So what is a health seeking food lover to do?

I discovered the amazing power of Alkaline Greens! When I began consuming more alkaline, raw greens in the form of salads, soups, smoothies, green juices and superfoods, I noticed that my mental functions improved, I could think more clearly, my sugar and sweet cravings went down, my mood became very joyful and depression of any kind disappeared. My intuition for what my body needed was readily available and my productiveness went up and

sleep time went down. The greatest discovery came in the form of a green juice. I was enjoying my green juice of celery, kale and cucumber on an empty stomach, sitting at a traffic light. Suddenly my whole body flooded with a feeling of joy and well-being. I felt more alive and joyful than I ever had in my life. All of this was due to the fact that my body was finally feeling the benefits of becoming mineralized and alkalized and my cells were jumping for joy.

Here is a great way to add more greens into your life:

In the morning begin drinking either green juices, green powder in water or green smoothies daily. Rotate between all three so that you can find which one works for you or just have variety. If you are not in the mood or don't have time to make vegetable juice, you can just stir a heaping spoonful of Spirulina, Blue Green Algae, or dried green powder combination (my favorite is Vitamineral Greens) into a glass of water with perhaps a teaspoon of maca powder and a little liquid stevia (for the lowest glycemic impact) or blend up a simple green smoothie and pour it into a large glass or jar. Drink over a 1-4 hour period of time. A green smoothie consists of 50-60% fruit and 40-50% greens blended together.

For a afternoon and evening meals: Blended green soups with a variety of fresh herbs and greens.

en Up YOUR LIFE!

What are dark green leafy vegetables?

Dark green leafy vegetables are good sources of many vitamins and alkalizing minerals your body needs to stay healthy, like vitamin A, vitamin C, and calcium. They are also great sources of fiber. The darker the leaves, the more nutrients the vegetable usually has.

Arugula has a peppery taste and is rich in vitamins A, C, and calcium. It is great in salads, pesto sauce and soups.

Celery has a salty flavor and is an excellent basic food. It is one of the best sources of mineral salts. It contains calcium, phosphorus, iron, carotene, riboflavin, niacin and vitamin C. Celery can help relieve arthritis, is excellent for help with digestion and can help balance you after consumption of too much sweet food. It is great as a base in green juice and green smoothies, delicious in salads and is great in soups.

Chicory has a slightly bitter flavor and is rich in vitamins K, C, and calcium. Chicory is best eaten with other greens in salad or added to soups.

Cilantro is a aromatic and flavorful herb that is often used in Thai and Mexican food. It is high in iron and magnesium, aids in digestion and helps settle the stomach, an anti-inflammatory that may alleviate symptoms of arthritis, protects against urinary tract infections, prevents nausea, relieves intestinal gas, lowers blood sugar, lowers bad cholesterol (LDL) and raises good cholesterol (HDL), it is known for its help in pulling heavy metals from the body. Great juiced, in green smoothies with peaches, chopped in salads, blended into soups and is wonderful in pesto.

Collard Greens are strong and fibrous and are rich in vitamin A and calcium. They are best if marinated in a little salt and lemon juice and used as a wrap for salad or other fillings.

Dandelion Greens have a bitter, tangy flavor and are rich in vitamin A and calcium. They can be found growing in fields and gardens and along roadsides. They are best when juiced in moderation or torn up and eaten raw in salad.

Dill is a great tasting herb that is known for increasing milk production in lactating mothers. It can be added to salads, salad dressings, soups and sauces.

Kale has a slightly bitter, sulphur-like flavor and is rich in vitamin A, C, calcium, folic acid, and potassium. Kale is tasty when added to green juice, green smoothies, soups, and marinated as a super flavorful salad. See the Marinated Kale Salad recipe in Elaina's Pure Joy Kitchen raw food recipe binder.

Mache (pronounced mosh) or Lambs Lettuce is a wonderful, tender winter green and is high in vitamin C and B vitamins. Because of it's high vitamin B content it is useful for lifting the winter blues. Also note that it has one third more iron than spinach. Mache is great in green smoothies, salads and soups.

Mustard Greens can be found growing wild in fields and gardens. They have a hot, spicy flavor and are rich in vitamin A, C and calcium. They are delicious eaten raw in salads in small amounts or in soup.

Romaine Lettuce is sweet and crunchy. It is high in vitamins A and C. It is great in green smoothies, salads and as a chopped crunchy topping on raw soups.


Spinach has a sweet flavor and is rich in vitamin A, C, iron and calcium. Spinach tastes delicious blended with pears in a green smoothie and eaten raw in salads or soups.

Swiss Chard tastes similar to spinach and is rich in vitamins C, K, and calcium. It is great in a green soup or in salad. It's a little harder to juice since it is so tender.

Elaina Love is the Executive Chef and co-owner of Café Soulstice in San Mateo, California, and Owner and Director of Pure Joy Planet in Berkeley, California. She teaches raw food workshops and classes, caters raw food retreats worldwide and is the author of Elaina's Pure Joy Kitchen Binders 1 & 2. For more information on Elaina Love, her classes, retreats, recipes, DVD's and other healthy products, please go to her websites www.purejoyplanet.com and www.Cafesoulstice.com

Large salads with a variety of vegetables such as cucumbers, zucchini, radishes, fresh chopped herbs, raw asparagus, sunchokes, avocados, beets, radicchio, cabbage or any seasonal vegetables available in your organic produce store.

Use this tip to replace night time snacking with healthy choices. Instead of eating ice cream or making popcorn, or grabbing some packaged

item, make a big green salad with lots of crunchy ingredients like red bell peppers, sunchokes and snap peas. Be sure to use plenty of alkalizing greens. Top with red bell pepper dressing or juice of 1/2 lemon, 1 Tbs. olive oil, salt to taste, torn up nori sheets and some nutritional yeast and cayenne. Snack to your hearts delight and still wake up the next morning feeling energized and lighter. 



Elaina's Alkalizing Green Juice

Makes 6 cups

1 full-day's supply for a fast

2 large cucumbers, cut in quarters
1-2 heads celery
5 leaves dinosaur kale
1/4 bunch cilantro
1 lemon, juiced
1 apple with seeds, optional

Juice all ingredients. Store in sealed glass jars, filled all the way. Alkalizing Green Juice will keep for two days if made in a slow-speed masticating juicer (Green Life, Omega 8002, or Samson) or 1 day if made in another juicer.



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Celery Salad

Makes 3 cups

Inspired by Matt Samuelson

7 stems celery, very thinly sliced
on mandoline
1½ radishes, halved and
very thinly sliced
1 granny smith apple, julienned
very thinly
1/2 small red onion, minced
¼ tsp. dried sage
1 tsp. minced rosemary
1/2-1 tsp. Himalayan salt
3 tsp. lemon juice
2-4 Tbs. olive oil
pinch of kelp powder

Mix everything together and taste
for salt and lemon flavors. Store in a
glass container for 1 week.



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Raw Recipes

Lemon Raspberry Cheesecake

This recipe is a variation of one shared by Dr. Ritamarie Loscalzo

Serves 8-10

Crust

1/2 C pecans
1/2 C almonds
1 C dates, pitted
1 T coconut oil
pinch of sea salt

Filling

1/2 C macadamia nuts
1 C cashews
1/4 C coconut butter
1/3 C lemon juice
1/3 C agave nectar
2 tsp. alcohol-free vanilla
pinch of sea salt
1 C fresh raspberries

Preparation for the Crust

Combine nuts in a food processor and blend until they are ground fine. Add remaining ingredients and process until mixture holds together. Press into bottom of a fluted French tart pan.

For the Filling

Place all ingredients in a blender, except the berries, and process until smooth. Stir in berries by hand, reserving a few for decoration. Pour over crust and freeze for 6 hours or overnight. Before serving, move to refrigerator to soften.

Tomato Cream Soup

courtesy of Brigitte Mars

This recipe is dedicated to my daughter, Sunflower. I craved cream of tomato soup when I was pregnant with her.

8 ripe tomatoes, chopped
1/2 cup raw tahini
1/4 cup chopped fresh basil
1 teaspoon kelp
1/2 onion, chopped
2 cups pure water

Combine all ingredients in a blender or food processor. Pulse until the mixture reaches the desired consistency (creamy or still slightly chunky, whichever you prefer). Makes 2-4 servings.

Chocolate Mylk

serves 3-4

4 C nut mylk of your choice
1 C ice cubes
2-3 T raw cacao powder
2-3 T honey or agave nectar
2 T hulled hemp seeds
1/2 tsp. maca powder
1 tsp. alcohol-free vanilla
pinch of sea salt

Combine all ingredients in a blender and blend until smooth - alternatively you can also use a smoothie blender.

This is a wonderful replacement for traditional chocolate milk. Enjoy anytime.



Spaghetti Salad

serves 2 as a meal

Most people serve spaghetti with salad - I say, why not combine the two, for a delicious and unique twist on the traditional salad.

1 zucchini, spiral-sliced and chopped
1 head of romaine lettuce, chopped
1/2 C chopped cucumber
1/2 C diced tomatoes
4 fresh basil leaves, snipped
1/2 C of your favorite raw spaghetti sauce
handful of pine nuts

Combine all ingredients in a large bowl and toss well.



Yummy Enchiladas*

serves 4

This recipe is from our 2007 calendar, Beautifully Raw. It continues to be on our top 10 favorites list.

4 C frozen corn
1/3 C ground flax seeds
1/4 C ground sunflower seeds
1/4 C orange juice
1/4 C lime juice
1/2 tsp. minced garlic
1/2 tsp. sea salt

Place all ingredients in a food processor and blend until smooth. Pour out to 1/8" thickness onto Paraflexx sheets and place in dehydrator for 3 hours at 110 degrees. Carefully remove from sheets and flip onto mesh dehydrator screen. Dehydrate for one more hour. Cut into large squares and place veggie filling in center. Roll up, top with favorite sauce, and enjoy.

**Our filling in these enchiladas, consists of a combination of minced carrot, spinach, red bell pepper and mango and a pinch of sea salt.*

The sauce is blended avocado with lime, salt, cumin, and crushed peppers.

Fennel & Cherry Tomato, Balsamic Crust Tart with Macadamia Cheese

Makes 8, 11 cm tarts.

For the base (crust)

2 C cashews
1/2 C pine nuts
2 T flax meal
2 tsp Italian seasoning
1 clove crushed garlic
1 T nutritional yeast
1 T olive oil
1 tsp balsamic vinegar (*not a raw food*)
1/2 tsp salt
3 T water

Grind all ingredients in a food processor until thoroughly mixed, leaving some texture to the nuts. Press into plastic film lined individual tart cases so you have a thin crust. You will find that regularly dipping your fingers in a bowl of water helps with this.

Place bases onto a mesh dehydrator sheet and dehydrate at 115 degrees

for 2 hours. They should now be firm enough to remove from the tart cases so you can continue to dehydrate them for a further 6 hours.

For the tomatoes

3 C cherry tomatoes on the vine
2 T olive oil
2 T basil
1/2 tsp salt

Slice the tomatoes and marinate in the olive oil and salt for at least an hour, or overnight. Transfer to Paraflexx dehydrator sheet and dehydrate at 115 degrees F for 1 hour.

For the macadamia cheese

1 C macadamia nuts
1 T lemon juice
1 T nutritional yeast (*not a raw food*)
2 T onion
1/2 tsp salt

Process all ingredients in a food processor until fluffy.

For the fennel

1 C fennel
3 T olive oil
1 T Nama Shoyu
2 T agave nectar

Thinly slice fennel on a mandoline and marinate in remaining ingredients for at least an hour, or overnight. Transfer to Paraflexx sheet and dehydrate for 1 hour.

Assembly

Arrange a layer of fennel in the bottom of the tart base. Top this with the tomatoes and crumbles of cheese.

*A Recipe by Russell James
www.therawche log.com*



Dreaming of Donut Holes

This recipe doesn't make nearly enough...only about 25-30 balls. Recipe provided by Ani Phyo, of Ani's Raw Food Kitchen.

- 1 3/4 C almonds
- 1/2 tsp. sea salt
- 1 vanilla bean, scraped
- 2 C dried pineapple, chopped
- 2 C soaked dates
- 1/3 C plus 1/4 C shredded coconut



In a food processor, place almonds, salt and vanilla. Process to a fine powder then slowly add pineapple and dates, mixing well, add 1/3 C coconut. Roll into balls and then roll in remaining shredded coconut. These keep very well in the fridge, but don't last very long.

Featured Salad Dressing:

Sweet Orange Miso



- 1/2 C fresh orange juice
- 1/3 C olive oil
- 4 T brown miso paste
- 3 T apple cider vinegar
- 3 T tahini
- 1 T honey

Blend all ingredients together until smooth. Pour over salad greens and enjoy. This will keep in the refrigerator for about one week.





5 Ways **a cover crop will help your organic garden**

by Tammy Biondi

You may have heard of cover crops (AKA green manures or living mulches). Cover crops are a crop you plant in your garden during times when your main vegetable crops aren't growing. Winter time is a great time for cover crops! Plants commonly used as winter cover crops include wheat, clover, vetch and rye. The seed for these plants is very inexpensive and is available at your local garden center or feed store. They are also available through mail order sources.

Cover crops can be a simple and attractive way to boost your organic garden's vegetable growing potential. They add visual interest to your garden with their green color and blossoms during the winter and early spring months. These crops help your garden ecosystem in many different ways.




1 Attract Beneficial Creatures-- Cover crops provide habitat and food for beneficial insects, toads and birds. As cover crops grow, they also provide a home for soil creatures such as earthworms.

2 Build and Protect Your Soil-- The roots and leaf canopy of cover crops help prevent soil erosion. The biomass produced by the crop helps to build your soil organic matter.

3 Kill Weeds--Fast germinating cover crops that have large, spreading canopies outgrow and choke out weeds. Some cover crops also produce compounds that prevent weed seeds from sprouting.

4 Add Nutrients--When you use a nitrogen-fixing (legume) crop such as clover or vetch, you are adding nitrogen to your soil. This will allow you to reduce the amount of compost or other organic fertilizers that you will have to provide to your vegetable crops.

Cover crops can also “scavenge” for nutrients such as phosphorus and make them more available to your vegetable crops.

5 Suppress Diseases and insect pests-- Using cover crops in your garden can stop the cycle of plant diseases. This is because rotating between different types of crops will help keep soil-borne diseases and insect infestations in check. Some winter cover crops actually deter soil pests and diseases from setting up shop in your garden. 

More Information on Cover Crops:

Cornell University Cover Crop Species explains characteristics of various cover crops and has a chart that will help you select the best one for your garden.

Visit, www.css.cornell.edu/ecf3/Web/new/AF/coverCrop.html.

Tammy Biondi is an avid gardener as well as a commercial grower of organic flowers and produce. She has a bachelor's degree in soil science and teaches agriculture at Central Carolina Community College in her home town of Pittsboro, NC.

You can learn more about Tammy and her farm as well as read more of her organic gardening advice at her website, www.bluehorizonfarm.com.

Winter in the Date Garden

by Jaime Jones of The Date People,
DatePeople.net

When the weather starts to turn cooler, people start thinking about dates. Dr. Fred Bischi, a physician and long term raw foodist from New York recommends dates as a warming food in winter because of their density and high calories. Dates ripen towards the end of the summer or in early fall just as the summer fruits are going out of season, so they can help fill in that long gap throughout the winter when many other fruits may be unavailable.

The long hot summer is over now, the harvest is in, and now the packing begins here at our California date farm. The walk-in refrigerator is totally full of dates right up to the doors and our mission is to get the fruit out to the people as fast as we can.

We spend a lot of time in the packing shed throughout the winter months. This is where we sort, pack and ship this year's date crop. Each box of dates must be looked over carefully to be sure only the best fruit is sent out. Luckily, dates are probably the least perishable of any fresh fruit. They are generally self-preserved as they hang on the palm tree and will remain perfect for many months when stored under optimum conditions (cold and dry). Even the juiciest ones will remain fresh for weeks and weeks.

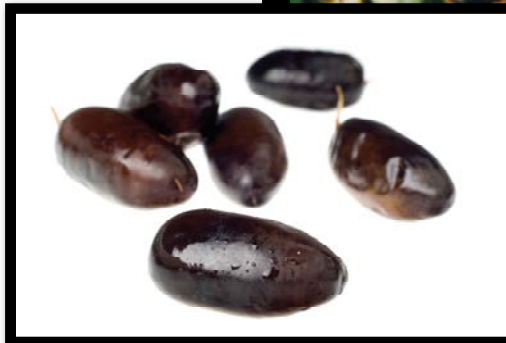
At home it's usually a good idea to store dates in an airtight container since dates can take on moisture if they are held in a more humid environment. Most organic date growers freeze their entire crop. We feel this is an unnecessary process which may diminish the life energy in dates.




Over time and when not frozen, sugar crystals may begin to form under the skin of the soft dates. These crystallized dates are a delicious treat, and some folks special order them. However, they are visually less attractive in this stage, so an effort is made to sell out the soft dates first.

When we're not packing dates, there's plenty to be done in the field. During this season we are mostly de-thorning the date palms. This work is done with a specially made, razor sharp, hooked machete. Each frond on the palm is lined on both sides with needle sharp thorns 3 to 6 inches in length. And believe me, you don't want to run into one of these things unexpectedly. All thorns must be removed so that we can safely climb around in the crown of the tree to do other work later in the year. The old fruit stalks from last season's crop are also cut out at this time and the tree is cleaned up so it's ready for the new fruit bunches.

Tiny dates have already begun to form deep within the crown of the date palm and will be emerging as the weather starts to warm up.





The cultural practices required to grow dates are some of the most fascinating of any crop. Look for the article about hand pollination in the spring edition of *Purely Delicious*. 



your family focus on healthy meals? Did you spend much time in the kitchen when you were young? What did you want to be when you “grew up?”

RJ: I don't remember having especially healthy meals when I was young. I have spoken to my Mum about this, and she has told me that I wasn't given very much meat to eat, I think this was just an intuitive thing on her part, which I'm grateful for.

I didn't have much interest in food when I was younger, apart from the usual making cakes with Mum and licking the bowl, like all kids do. I can remember making a great Christmas chocolate log when I was at school in home economics class, but cooking was never something that even occurred to me as being a career choice.

In fact, I was very into art when I was young right up until my late teens - thought I would be a graphic designer. I was good at drawing and sculpture, and did very well at it at school. But it wasn't until I got into raw foods that I realized I wanted to take it out to a wider audience, I was, and am excited by it. There's so much you can do with it, and it let's me express that creativity that I found at such a young age. That process of devising recipes and delivering them, whether to a crowd of people, or to photograph them for a wider audience, really fascinates me.

PD: Is there a secret to your success, so to speak, that you would like to share with our readers?

RJ: I would say the 'secret' is to find something you feel passionate about and go get good at it. One quote that comes to mind from a book I read once is, “do something you love in service of people that love what you do”. Because there's no real official path to being a raw food chef, I've just had to pick it up as I've gone along. What I've found is that a lack of 'of-

ficial' qualifications can just make you more determined to prove yourself. Many people didn't take me seriously as a chef to begin with, because I wasn't a traditional chef before I started this, but I was just focused on what I wanted to achieve that I carried on anyway.

PD: Do you develop many recipes from home, or is it all work for you? Is there a method to your creations, or do they simply “come to you?” I know many people feel an inspiration of sorts. Others use more training and experience to guide them.

RJ: I'm very lucky in that, a lot of the time - especially when I'm devising recipes - work and pleasure blend into one. I don't have a lot of training to fall back on so I just really see something that inspires me and I go from there. An example would be the chocolate and orange *tavole a*; I saw that in a roadside café one rainy day and thought it would make a great raw dish, so I used what I knew to develop a raw version. I'll get inspired like that and just sit at my computer to write a recipe out, I'm a very visual person and can see the recipes in my mind as I'm writing them down. Then I'll go into the kitchen and try it out, making adjustments as I go. Some things turn out a lot different than I had imagined them, which can be very exciting. I may also get several ideas for other recipes whilst I'm making those adjustments, so it's a very organic, creative process. I love it.

PD: Do you ever develop recipes with children in mind? Kids can be such finicky eaters - sometimes it's difficult to cater to their taste and texture preferences.

RJ: I don't have a lot of experience with making food for kids. I think in a lot of ways they can be happier with very simple things like ice lollies made from frozen fruit, they don't know the difference, especially if

they're young. I do know several kids that have been brought up raw and high raw, and because they haven't had any of the artificial stuff that so many kids seem to get fed, they love very simple foods. A friend of mine has a 5 year old son who regularly goes to the fridge and eats a bell pepper like an apple, he even had 2 carrots for breakfast the other day, and didn't see anything wrong with that, which was great!


I was also talking to a lady the other day who has a 2 year old son, who asked for my buckwheat sandwiches! I think it's a lot harder to change kids' eating habits, rather than instill those habits from the start. Having said that though, another friend is having great success turning her 3 boys, ages 4 - 9 years, onto a raw lifestyle.

Kids can be harsh critics though, it's part of their beauty that they are so honest...feeding my chocolate torte to fifteen 4 and 5 year olds was the most tense moment of my career so far! Most of them loved it though.

PD: Is there a 'Russell James' restaurant in your future? I'm certain that many people, including myself, would love to visit!

RJ: I'm based in the U.K. and would love to have a restaurant here. It's something I'm constantly asked about, and something that has been on my mind very recently. I do have something in mind, so all I can say is watch [my site] for updates!

PD: Russell, I am most grateful for your time, and especially your talents as a raw food chef. You have such a gift and create some of the most delicious recipes around. Thank you for sharing a bit of yourself with us. It's been an honor.

RJ: Thank you. I've had a lot of fun answering your questions, thanks for having me and allowing me to connect with your readers. 

Marbled Chocolate & Orange Tavoletta

Recipe provided by Russell James

For the crust

3/4c carob powder
1c almonds
1/2c dates
4T coconut butter
2t vanilla extract
2t cinnamon
1/4t salt

1. First process nuts, cinnamon, salt and carob powder into small crumbs.

2. Add dates, coco butter and vanilla extract and process again.

3. Press into the bottom of 9" square pan and place in fridge whilst working on filling.

Note: Before making this chocolate you should place the grated cacao butter in the dehydrator to melt. Alternatively you can melt it in a bowl over another bowl of hot water.

For the marbling

1c cashews
1T agave
1/4c coconut oil/butter
1/2c water
5T melted cacao butter

1. Mix all ingredients in a high power blender until completely smooth.

For the filling

2c cashews
1c orange juice

1T orange zest
2c cacao powder
1 1/2c grated cacao butter
2T vanilla
1c agave nectar

1. Mix the cashews, orange juice, orange zest, vanilla, and agave nectar in a vita-mix until smooth.

3. Add cacao butter and cacao powder, and blend again.

4. Pour chocolate mixture onto base and use a spatula to achieve a level surface.

5. Drizzle the marbling mixture over the top in lines using a plastic bottle or a spoon. Drag a toothpick across the top to create the marble effect.

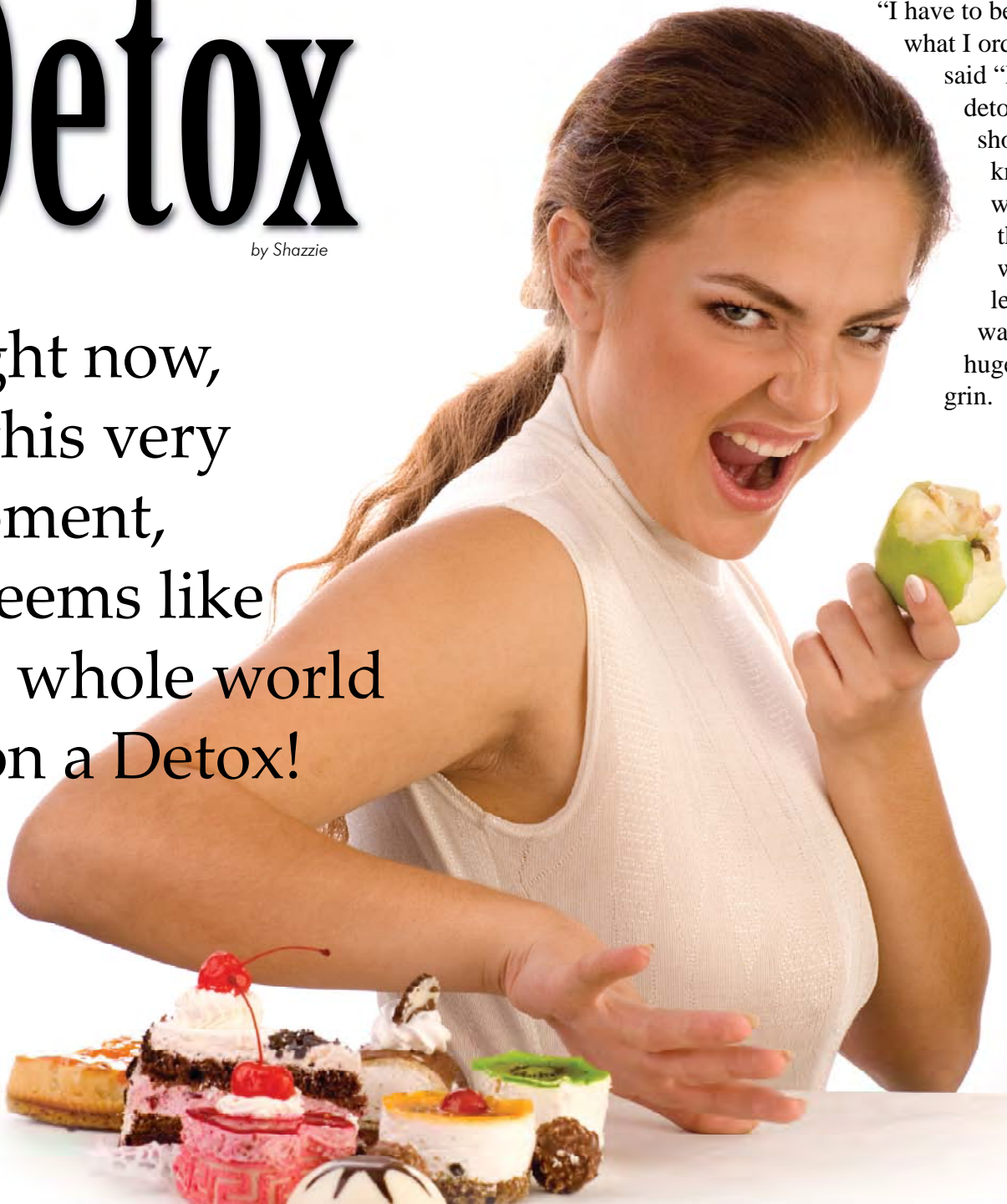


New Year Detox

by Shazzie

Right now,
at this very
moment,
it seems like
the whole world
is on a Detox!

I was waiting for a client in a restaurant the other day, and overheard a couple of forty-ish men at another table discussing their detoxification diets. My client came in, we hugged and he looked at the menu. "I have to be careful what I order," he said "I'm on a detox". I should have known. I was sitting there with my lemon water and a huge internal grin.



My client ordered his lunch; char-grilled chicken salad with roast vegetables. It was detox, he explained, because there was no wheat or red meat - he's also removed coffee and tea from his diet. The detoxing men on the other table might well be following a different set of detox rules. That's fine, because it doesn't matter how you detoxify, so long as you take in less toxins than before you officially begin detoxing.


Having said this, it's not very sensible to rid your body of a load of horrible chemicals one month (which, let's be honest, shouldn't have been put there in the first place) if you're going to reintroduce them the next month. There's a danger with detoxing and retoxing -- it shocks your body and might leave you ending up in a worse state than before. Detoxing has to be done with the intention of staying detoxed, and probably going further than just physical house cleaning.

As your body detoxifies, emotions will be released. You must be ready to deal with them or you could find yourself reaching for the biscuit tin. Join a support group, local pot luck, an online Yahoo! group or mailing list. Make use of help services, and seek out a special friend for support. Detoxifying your life goes something like this: Your body becomes cleaner and lighter, suddenly you can't stand to see mess around the house. So out goes the

clothes, music, furniture, body products, and just maybe spouses, friends, jobs and countries. If you find yourself in a new place, with new friends and a new job, you'll be a new re-invented person. You can finally be who you've always wanted to be!


So, after you've "detoxed" according to one of the millions of plans offered, where do you go next? Well, regarding food, you should continue to explore the brave new world of delightful, delicious, clean raw foods which make your cells light up even more. Buy some pure food recipe books and make sure you eat from them as much as possible. If you eat something that you consider bad, don't worry about it, because worrying is even worse for you! Just tell yourself it was a lesson,

and carry on. There's no "I'll start again tomorrow" because you haven't stopped -- there's nothing to start again.

Finally, healthy eating is something you need to do for a life time, if you want the time of your life. After you've done it for a while you'll eat so simply and have so much energy, that you'll have more hours in the day. You'll soon be able to do all those things you've always wanted -- spending more time with friends and family, meditation, yoga, charity work, your own work, hobbies -- everything! When you get food into perspective, when it stops being an obsession, when you just eat and go without ever worrying about it, you'll know that you've detoxed for life. 

Shazzie has written three raw food books, Shazzie's Detox Delights, Detox Your World, and Naked Chocolate (co-written with David Wolfe). Shazzie recently released her range of Shazzie's Naked Chocolates - raw, vegan, sugar-free chocolate bars, souped-up with superfoods and other synergistic ingredients.
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A Living Thanksgiving Feast

by Helen Rose

For several years my husband and I didn't exactly look forward to the Thanksgiving meal.

We loved to see family, but the meal itself was very disappointing. Our families could not understand a vegan diet. They made buter soaked vegetables and sweet potato casserole with marshmallows on top, thinking that they were doing us a favor. If we tried to explain further, they would say with desperation "I don't know what to make anymore", leaving everyone feeling frustrated and sad.

Six years ago, my husband and I decided to host a vegan Thanksgivings for our family in hopes of showing that vegan food is delicious and easy to prepare. After two years of trying to get our families to show up, this too ended in frustration and disappointment as everyone could not make it for one reason or another, yet would meet at another family member's home for the holiday meal.

So, four years ago, we decided to change our plans, and we were not going to compromise. We planned a Living Holiday Thanksgiving Feast with all raw, organic vegan foods done in grand fashion. Of course the only family we knew would come was my mother-in-law, who was starting to enjoy a raw foods lifestyle.

It occurred to me that there may be others in our community just like us who deserved a happy Thanksgiving celebration, but preferred raw, organic, vegan



A feast fit for a king or queen!

foods. So two weeks before Thanksgiving, I sent an email out to the local raw food potluck group to see if anyone was interested in joining us, and the response truly surprised us.

To our delight, we had 24 people join us that first year. They all fit happily into our little townhouse. It was a beautiful celebration with spectacular food. My husband, Jeff, otherwise known as Chef Bliss, created an enormous selection of food. Others contributed by bringing their own favorite raw holiday dishes. Instead of a disappointing Thanksgiving, we were feeling true gratitude for the bounty of food and the warmth of a sharing community.

The success of this event inspired us to start monthly get-togethers for the community. The following Spring we moved to a farm in Mount Airy, Maryland where we proceeded to have monthly programs for local raw foodists. From May to January we now hold day-long events that include raw, organic food, speakers, workshops, music, food prep classes, farm tours, drum circles, campfires, and more.

This year we held our Fourth Annual Living Thanksgiving Feast and we had 85 guests. The array of food was awe-inspiring. We saw friends of old and made




Elegant and delicious pumpkin pie



Wonderful variety of breads and crackers

a few new ones too. Some brought their children and their parents - three generations sharing thanks for living foods. The warmth and the gratitude that vibrated through our home was beautiful.

Each year I am so thankful for the community that joins us in celebrating Thanksgiving. 

Jeff and Helen Rose are co-owners of NaturalZing.com, a worldwide living food distributor. They also publishes the recipes from past holiday events. This year Jeff and Helen have founded Spirit Bliss Community, an educational non-profit organization offering courses on how to grow your own organic food, living foods preparation courses, and a variety of other community educational events.

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