



### Intro Letter

Hello,

Thanks for your interest and enthusiasm in organic food and green living! This is an area near and dear to my heart as I have been finding my own healing path through healing foods and a green home environment and lifestyle. I hope that it is helpful to you as well. Please let me know of any questions, if you would like more information, or how I can help further support you in your green and health endeavors!

Here is a link (files also attached for your convenience) to some information on my Google Drive site that may be helpful to you - let me know if you have any issues accessing the files.

[https://drive.google.com/?tab=mo&authuser=0#folders/0B3nwdjb-J0\\_yX3RwYjVPZ0FqVzg](https://drive.google.com/?tab=mo&authuser=0#folders/0B3nwdjb-J0_yX3RwYjVPZ0FqVzg)

Feel free to share this / forward this to others who may be interested also. I would suggest you start with files #1, 2, 6 & 7 as they may be the most helpful to you initially. The last file (#7) is with prices from last year at Ellwood Thompson's Local Market ([www.ellwoodthompsons.com](http://www.ellwoodthompsons.com)) in Richmond, VA (I need to update these prices), but the basic types of foods that are inexpensive or really good foundation items, is pretty much the same for any store you are shopping at. The shopping list is customizable for your budget needs and food preferences, and is a good amount of groceries for 1-2 people for 1-2 weeks depending on appetite :) , lifestyle, etc.

A few food recommendations - for recipe file #2, you might try (all organic): whole rolled oats, bananas, raw sunflower seeds (soak seeds overnight in filtered water before eating if possible to make them easier to digest), cinnamon or nutmeg, sea salt and hot water or coconut / almond milk (hot enough to make tea). If using rolled oats, put the dry ingredients together in a bowl, stir, add hot liquid to cover plus an extra inch, cover the bowl and let sit 5-10 minutes to soften the oats. Add fresh fruit and enjoy! Yum! Another favorite combination is oats, bananas, dates (optional), cashews, cinnamon, sea salt, hot water.

For a quick lunch/supper, if you have access to hot water at work (or even get some from a nearby cafe), try organic couscous or quick oats (if you can't do wheat, you can use corn grits or quinoa - must cook these at home, but they both cook super fast). Add hot filtered water to the couscous or oats (enough to cover plus an extra inch), cover the bowl and



let sit 5 mins until couscous / oatmeal has absorbed water. Add in fresh chopped veggies, seeds, spices, sea salt, olive oil, etc. as desired or for a sweet dish, use fresh or dried fruit. Enjoy! A few favorite combinations that you might like - organic couscous, sesame seeds, cumin spice (whole seeds), zucchini or broccoli, cherry tomatoes, sea salt. Or try grits, sesame or sunflower seeds, spinach, tomatoes, olive or sesame oil, sea salt. Or quick oats, sesame or flax seeds, olive or sesame oil, sea salt, celery, carrot, &/or cucumber sticks - you can do this one almost like a dip or bread by adding less water and making the oats into a dough like consistency and then scoop it up with your veggie sticks. Yum!

You can get the dry goods at a good price from the bulk section at Ellwood's and it is fun to try out different things there in small quantities. Let me know of any questions or if you would like to meet up sometime at Ellwood's for an organic grocery shopping on a budget field trip or talk more about some of these food prep / cooking techniques. :) It is alot of fun to do the budget shopping field trip and you can learn alot (as can I) in the process. That is one of the things I do with folks there as part of a green organization I am starting with a friend to help people green their homes and businesses and promote organic food. If there is anything else I can do to help you with your vegan, green, and health interests, please let me know.

Take good care and hope to talk to you soon!

**Christina Borland**, Owner  
Go Veggie Girl, LLC