

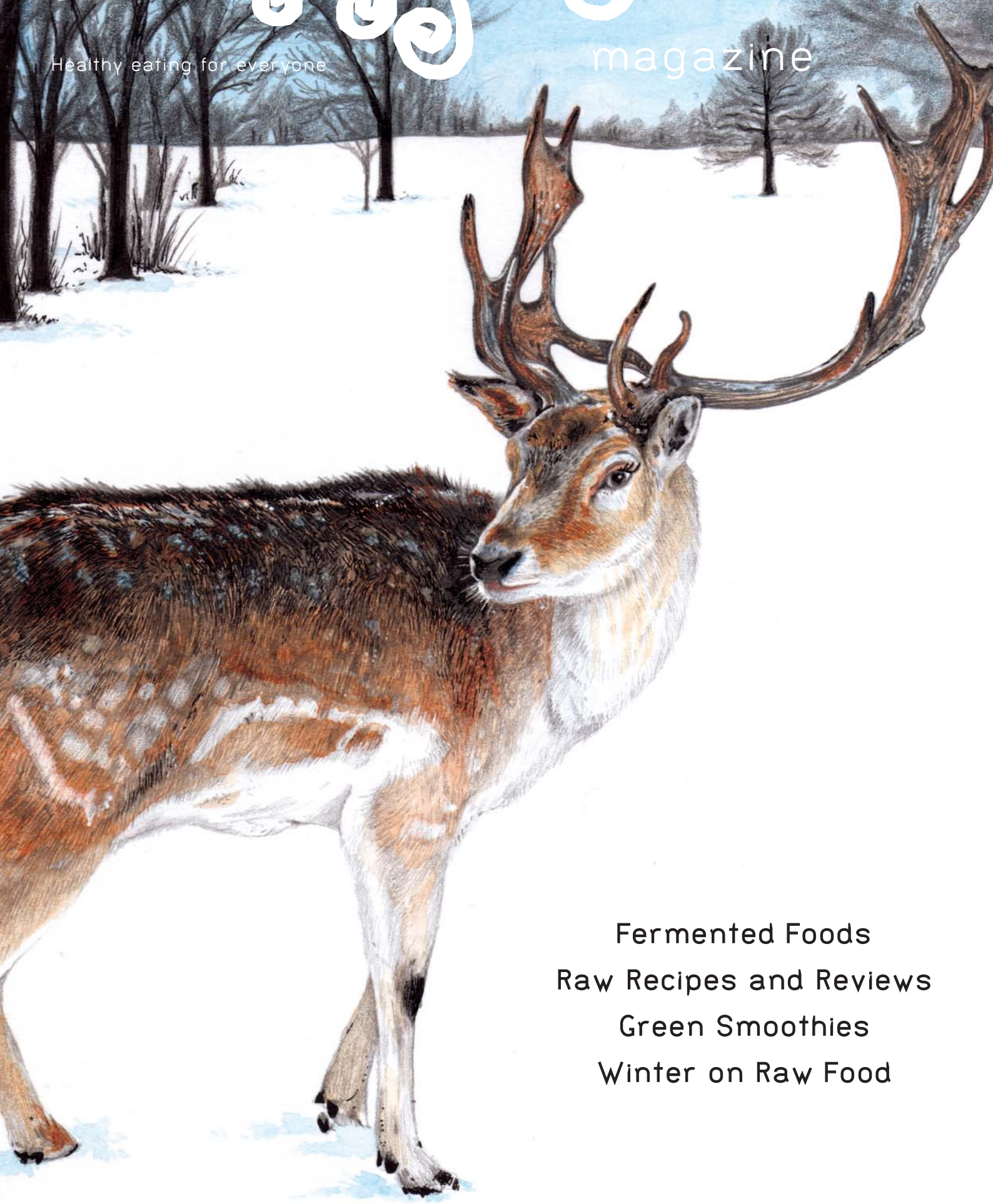
The Funky Raw

Issue 26 - Winter 2013

£3.50

Healthy eating for everyone

magazine



Fermented Foods
Raw Recipes and Reviews
Green Smoothies
Winter on Raw Food

From the Editor

I'm really loving fermented food at the moment, I guess it's particularly a winter thing with all that cabbage available! This issue we've got an introduction to fermenting on page 14 and a couple of recipes for fermented foods on pages 12 and 13, one of which is fermented turnips. Interestingly, I also only recently discovered turnips, and how delicious they are fermented - I've been putting them in the kimchi I've been making.



The original plan for this issue was to do a review of *The Art of Fermentation*, a new book from Sandor Katz, but I had a few problems getting it so I've not read it yet, and we ran out of space. But it looks like an amazing book so you can look forward to a full review next issue.

Enjoy! If you have any comments, please get in touch.

love from Rob - email me at magazine@funkyraw.com

Cover Artwork

Deer by Emily Wallis. "I recently graduated with an MA in Sequential Design and Illustration from the University of Brighton and now I am working as a freelance illustrator on all sorts of commissions. I love to draw animals and my passion is to illustrate books for children. This picture of a deer is hand-drawn using watercolour, pen and pencil."

You can contact Emily via the following:

www.emilywallis.com
emily@emilywallis.com
07731564885



Raw Food: What? How? Why?

Raw food is about eating the way nature intended. It's about fresh ripe fruits and vegetables, nuts and seeds. It's about delicious flavours and healthy living.

No other animal on this planet cooks it's food, and in general they enjoy much better health than humans do! Many people find benefits to eating more raw food including increased energy, uplifted mood, weight control, less need for sleep, better skin, clearer thinking and intuition, increased effectiveness, calmer, more contented children. Many people notice that their connections to nature and to other people deepen.

Due to the current state of humans, the state of the soil (lacking minerals due to intensive farming) and the actual fruit (changed through many thousands of years of hybridisation by humans) this is the diet we currently recommend:

Fruit - High quality fruit, fully ripened and grown on rich soil.

Greens - high quality greens grown on rich soil, particularly wild greens, in the form of salads, juice and blends (which help digestion), are essential for minerals and rebuilding.

Nuts and seeds - these are important to get enough density and rebuilding fuel to compensate for our malfunctioning systems. Soak before use to aid assimilation and remove anti-nutrients.

Animal products - insects would have definitely been part of our archaic diet. Figs for instance are a primate's favourite food and wild figs are laden with insect matter. At the very least we need to substitute for this. We use unpasteurised milk and cheese and butter made with unpasteurised milk, goats or sheep's generally being better than cows milk. Raw egg yolks are nutrient dense, buy them direct from a local farmer.

Some people need more animal foods, organ meats such as liver are nutrient dense. All animal foods should be from animals eating their natural diet, eg grass for cows.

Supplements and Superfoods - these help to compensate for not only our malfunctioning system but also for the degeneration of the soil. It may be possible however to avoid supplements if one eats food that are grown on very rich soil.

High Quality cold pressed oils - Flax and hemp seed oils are excellent. Keep all oils in the fridge.

Find out more on our website:

www.funkyraw.com

The Funky Raw Magazine is open for your **writing, recipes, artwork, food preparation tips, poetry, cartoons, short stories**, etc. Contributors receive a discount from the Funky Raw online shop and a free copy of the magazine. Please send submissions to magazine@funkyraw.com

Submission deadline for next issue: **4th March 2013**.

Advertising deadline: 11 March 2013 funkyraw.com/ads/

The editor reserves the right to edit articles for the sake of space and / or clarity.

The content of this magazine does not necessarily represent or reflect the editor's complete opinions, beliefs, thoughts or own experience. Copyright of submissions remains with each individual author or artist.

Everyone who reads this magazine is 100% responsible for what they do with the information presented here!

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Advertising Next issue deadline 11th March 2013.

Rates start at £48 (inc VAT) with discounts for block booking.

Please see www.funkyraw.com/ads/ for full rate list.

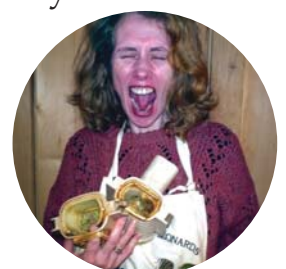
Funky Raw is a member of Ink, the Independent News Collective, trade association of the radical and alternative press in the UK.
www.ink.uk.com



This magazine is printed on 100% post consumer waste recycled paper by an environmentally friendly printer using vegetable based inks.

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News

Got a story? Email news@funkyraw.com

ORB café Edinburgh

A new raw café has opened in the Shining Light Holistic centre near Haymarket station. ORB stands for Organic, Raw and Bountiful.

The menu looks great, including Brazil nut burger, Thai green curry, chocolate truffles, juices and more - you can see the menu on their website.

They are planning regular events, Graham Jevon will be speaking on Jan 27th and they will be showing the film Raw for 30 Days on Jan 31st.



Opening hours

Wednesday and Thursday 8am -5pm

Friday 8am to 9pm

Saturday 10am - 9pm

Sunday 11am -6pm

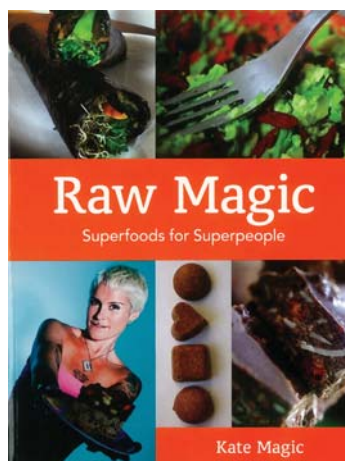
ORB cafe, Shining Light, 246 Morrison Street, Edinburgh EH3 8DT. Tel: 075 800 25 200

www.orbcafe.com and www.facebook.com/OrbCafe

New Superfoods Recipe Book

A beautiful new book from Kate Magic, starting with lots of info on superfoods and then 160 recipes, all including supefoods. Full review next issue.

RRP £16.99. Available from www.rawliving.eu



And another new raw café for London...

Irene Arango and Rich Havardi are opening a 100% raw and organic cafe, not got too many details yet but it should be open by the time you read this.

Nama Foods, 19 Lonsdale Road, London, NW6 6RA.

Nearest tube: Queens Park.

Yurt Retreat Space in Wales

We have a long standing and deep love for living close to Mother Earth and have been yurt dwellers on and off for several years, blessed to now own a smaller yurt which is both sacred space and retreat space for all who wish to feel the simplicity of living this way.

We offer unique small retreat space for all who wish to connect deeper with nature, experience living foods in a relaxed environment and generally be fed and pampered.

Our 10ft Mongolian Yurt is luxuriously furnished in a traditional style and has a heater to keep the chill off, insulated with sheep's wool fleece and lit with faery lights and candles ~ pure simplicity. Your stay includes access to your own private kitchen with living water on tap literally and shared bathroom facilities, fire pit and outdoor seating area.

We offer you a range of options for your stay:

Bed and Break-fast: green smoothie or fresh juice with fresh chia porridge and a fresh fruit platter.

Full board: all meals provided for you and stored in your own kitchen ready for your meal times.

Living Lightly Retreats: come and discover the art of creating healing and cleansing living foods for yourself, in our relaxed kitchen sessions where you can see and participate in making your own juices, smoothies, shakes, amazing salads and soups plus elixirs and how to sprout seeds and beans for amazing health! Plus wild food foraging and organic gardening.

We also offer Lomi Lomi massage therapy and wild wood mysticism.

Bookings now taken for 2013 season - contact us at

www.schooloflivingrawfoods.com

dawn@schooloflivingrawfoods.com

Eco Community project in Dorset

Could you be interested? We are planning to find a substantial property fairly close to the sea in Dorset, for folks to live a mainly raw vegetarian lifestyle as a small community, having permaculture principles as a base. Living as sustainably as is possible in present circumstances, where we can grow most of our own food and fuel, build our own homes if at all possible and live off grid with our own solar and wind technologies, sharing tools, vehicles, etc. as much as is practicle. We plan to integrate and share our ideas with the local people offering them and others organic food, a place for seminars, retreats, green holidays and various activities including arts and rural crafts, forest schools and other beneficial activities.

Including a stunning forest garden with an abundance of nature and biodiversity for all to see and share. We are seeking others with similar ideas and aspirations who have some funding and are looking to start a project in 2013.

For more info please contact Chris on fol_chris@hotmail.co.uk

Local Gatherings and Potlucks

A potluck is an event where everyone brings a raw dish to share. They are great for meeting other raw fooders in your area, making new friends, talking about what to eat, swapping recipes, etc. If there is no potluck listed for your area, have a search on www.meetup.com and also see www.funkyraw.com/events/ or start your own. If you organise a potluck, email the details to news@funkyraw.com to have it listed here.

Hebden Bridge & Leeds

Meetups and wild food walks. See Facebook page for future events: www.tinyurl.com/rawhebden

South Manchester

Next potluck 6 Feb at On The Corner, 93 Beech Road, M21 9EQ Details: www.tinyurl.com/manc6feb
www.facebook.com/groups/southmanchesterraw/

Glasgow/Central Scotland

Join at www.meetup.com/Glasgow-Raw-Food/

Cambridge

Meetups, dinners and other events. Contact Barbara: www.rawfiesta.com
barbarafernandez@msn.com

Bedfordshire/Northamptonshire

Next potluck 9th of March.
Contact Elizabeth Drake on 07795 250312
www.tinyurl.com/rawbeds

Bath

Monthly on a Sunday evening:
www.positivelivingbath.co.uk/raw-food/raw-food-potluck/
or contact Jonathan: 07740 706232

Cardiff

First Saturday of the month - next Feb
2nd contact Nicola on kalistar@hotmail.co.uk

Bridgwater, Somerset

Monthly potluck, check website for future dates. More details:
www.resource-me.com/noticeboard.html

Please RSVP: enquiries@resource-me.com
Tel 01278 671863

Exeter

New monthly potluck at the Exeter Steiner School, probably on the last Friday of the month at 2pm - contact Charlotte on 07967 719 456 to confirm.

Sunderland/Newcastle

The 2nd Sunday of every month 12.30pm at the Quaker Meeting House, Sunderland, SR6 9PG. Also 4th Tuesday of every month in Newcastle, 6-8pm. For more info contact Madeleine on emvz53@gmail.com and see www.tinyurl.com/nerawmeet

Hull

FEAST (Food Education And Social Transformation) is Hull's conscious eating group which meets once a fortnight or so to eat, chat and organise. All welcome, call 07908 018 251 for more info.

Colchester

Contact Dawn on 01206 735780 or dawn.waterhouse@yahoo.com
www.tinyurl.com/dwnaturalhealth

London

North London: See the website for details of next meetup:
www.tinyurl.com/londonraw

East London: monthly Potluck in Plaistow, E13. For more info call Helen on 07940 057 724, or email rawfoodgardener@yahoo.com for

London Raw Food Meetup group
www.meetup.com/rawliving/ see website for future events.

Hastings

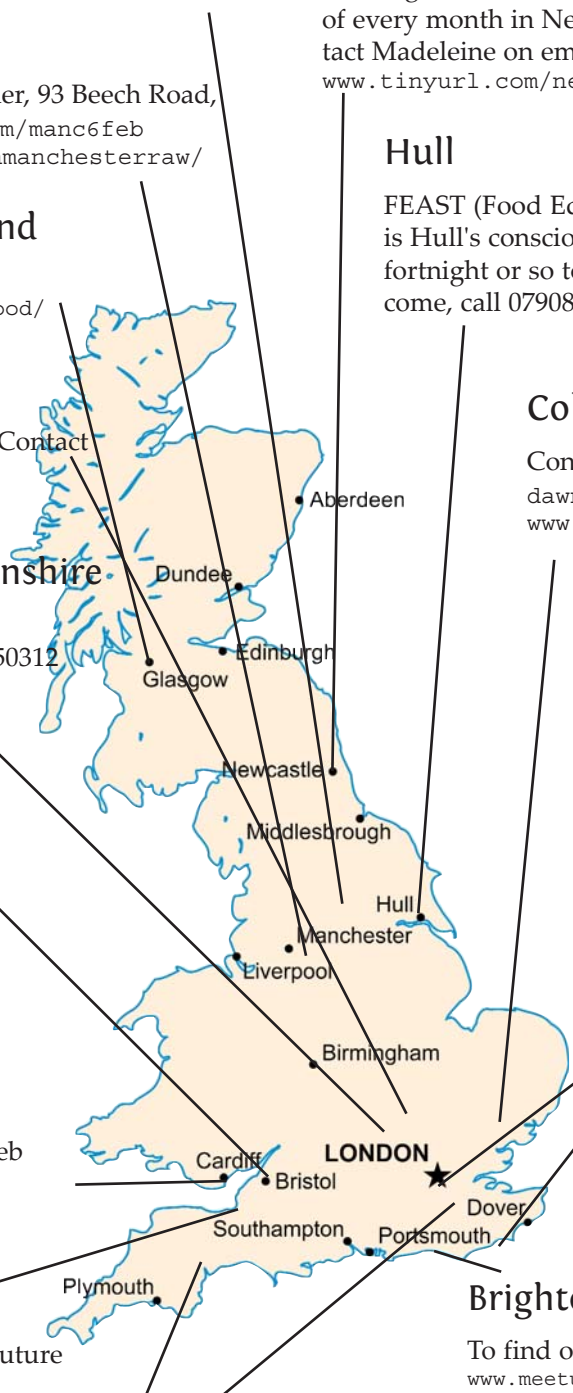
New potluck every 2 months:
sallyholloway@cheerful.com
07960 222077

Brighton

To find out about potlucks in Brighton, visit:
www.meetup.com/Brightons-raw-food-lovers/
and www.tinyurl.com/rawbrighton

Forest Row

First Tuesday of each month at 'The Milliners Studio', Lewes Road, Forest Row, East Sussex, RH18 5AF. Suggested donation £5. Please contact Sarmado to book or more info on 07757 766917
www.rawlovelife.com/event/raw-pot-luck-supper-club/



Workshops & Events

To get your event listed here, add it to our website at www.funkyraw.com/events/

Raw Handmade Chocolate 101

Date: Saturday 2 February, 10am-12:30pm

Location: The Albany Club, NW1 4DY, London

Description: To find out more about raw chocolate and most importantly learn how to make your own mouth watering chocolate selection, come to Tanya Alekseeva's intensive 2.5 hour beginner's class...

Decorate, roll or mould your own: • Dark Chocolate • White Chocolate • Milky Chocolate • Goji and Orange infused • Mint and Chocolate Fudge Brownie • Fruity Truffles • Chocolate dipped macaroons. Taste and take home everything in a beautiful ribbon box

Price: £75

Website: www.betterraw.com/p/teaching.html

Raw Food For Beginners Culinary Class

Date: Sunday 3 February, 1.00-3.00pm

Location: Purley, London

Description: In this class you'll discover my secret tips and ingredients to staying warm in the winter, how to stay nourished and more ways 'to get your glow on'! We'll be making recipes such as: Classic Green Smoothie, Warm Cacao with spice, Cacao Truffles/Chocolate Mousse/Brownies/Blueberry Pie, Tomato Tarragon Bisque and Kale and Avocado Salad

Price: £35

Website: www.rawlifeessentials.com/events-4348

Detoxing Inside and Out

Date: Sunday 10 February, 11.00am

Location: Leeds, West Yorkshire

Description: Come along and learn and become inspired about the whys and how, and what types of various naturopathic detoxing is available for your body. You will be invited to talks and demos and ask questions on all these possible avenues to better health with two experienced Naturopaths.

Peter Hinde www.bodyelectronics.co.uk

Susan Laing www.iridologyforhealth.co.uk

Price: Early bird £20 by the 1st of Feb, after £35

Contact: Susan Laing 0798 0064092

Website: www.leedschiroprpody.co.uk

Gentle, Silent Yoga Retreat & Raw Food

Date: Friday 5 April to Monday 8 April

Location: Bala Brook, South Brent, Devon TQ10 9ED

Description: You are invited to join Mira, British Wheel of Yoga teacher, for sessions of Asana, Pranayama, Meditation, Relaxation, Restorative Yoga, Chanting. Afternoons are free for walking, resting, reading, reflecting etc.

Raw Food prepared by Leah Katia who will also give a talk on Raw Food.

Website: www.miralove.co.uk

Raw & Superfood Yoga retreat

Date: Friday 10 May to Monday 20 May

Location: Alpujarras, Andalucia, Spain

Description: SunFoodYoga offers workshops and retreats

in the magnificent mountain area of the Alpujarras. Far away from the hectic lifestyle you're used to, your roles and stories, you can unwind from your daily responsibilities. This retreat is dedicated to your health. We gently detox the body and each day reconnect a bit more with our body, mind and spirit. We focus on yoga, pranayama and meditation and learn about what raw and superfood do for our body-mind and general wellbeing. In this week we will not only try interesting, tasty and beautiful dishes of rawfood, but we will also learn how to prepare it and how it can become a natural part of our life.

Price: From 960€ pp (twin room), 300€single sup.

Website: www.sunfoodyoga.com

Vitality Planet

Date: Saturday 11 May, 10.00am-8.00pm

Location: Kensington Town Hall

Description: Vitality Planet is a pioneering full-day conference and exhibition that celebrates the greatest wealth attainable, allowing you to discover new worlds of possibility for revitalising your life and rekindling your brilliance.

Vitality Planet provides fresh insights for the next evolutionary step in your personal wellness and showcases routes for healing that you may never have considered before.

Website: www.vitalityplanet.co.uk

What's Happening in Leeds?

Events every Sunday at the The Leeds Chiroprpody & Complementary Therapy Centre:

20th Jan Changing your eating habits day & raw gathering Graham Jevon Ashleigh Patterson, Susan Laing and Heather Sturmel

27th Jan Cranial Sacral Therapy Unwinding workshop John Mackie

3rd Feb The Experience of True Health & Beauty workshop Graham Jevon

10th Feb Optimising Detox pathways inside & out. A workshop Peter Hinde & Susan Laing

17th Feb Massage Therapy Beginners John Mackie

24th Feb Healing from within with Reflexology workshop Ashleigh Patterson

3rd March The Experience of True Health & Beauty

10th March Mothering Sunday. The perfect gift - Gift vouchers available for all treatments at the centre

17th March Raw Food Gathering with theme....see facebook for more details

24th March Ilkley Health Festival Fermented Foods talk & Demo Friday evening. And Optimising your health talk by Susan Laing

Shamanic Drumming circle held every 1st Sunday of the month at 6pm

For more info on these events see the Facebook page www.tinyurl.com/leedschiroprpody

www.leedschiroprpody.co.uk or contact 07980064092

Raw Food Made Easy for 1 or 2 people

Book review by Nicola Pledger

This is the revised and updated edition of Jennifer Cornbleet's *Raw Food Made Easy for 1 or 2 people*, which includes new recipes and new chapters. With easy to follow recipes that are also inspiring. This is the perfect book (or gift) for anyone just stepping into the raw food world. The recipes are simple and clearly set out with some colour photos, annoyingly though the pictures that are shown on the page next to a recipe isn't necessarily the picture of that recipe.

There is no real inclusion of powered super foods in this book, which I feel makes it far more accessible and makes this book even raw-er! Only a few recipes call for such syrups as agave, maple syrup, again I like this, keeping it simple and truly raw! This book truly is a raw food book using whole fruit, vegetables, nuts and seeds.

At first glance I wasn't too enthralled with the book, but as I kept dipping in, I liked it more and more. It gently inspired me.

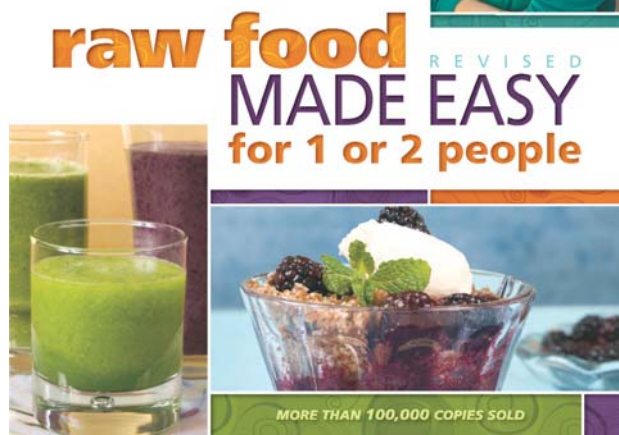
At the beginning of the book Jennifer talks of how to set your raw kitchen up, what utensils and staple ingredients you will need. Jennifer then lays it down how to successfully soak and sprout your nuts and seeds, soaking your fruits, storing and cleaning your edibles, preparing food ahead of time, plus there is some info on cutting boards and knives. She also goes on to explain how the recipes will be set out and how to correctly follow them.

The recipes are set out in different parts, with subheadings in each part, so there is Breakfast which contains info on juices, fruit, green smoothies (which is new to this edition) cereals & milks, easy snacks, then there is Lunch & Dinner which includes, dips, patés, sauces, soups, salads & dressings, sandwiches, entrees (mains in British English), vegetable side dishes, followed by Desserts with cakes, cookies, bars, crisps, pies & tarts, mousses, puddings, sauces, shakes, ice creams & sorbets - yes you need an ice cream maker for these!

There is also a full glossary of ingredients and utensils, which I think is really helpful especially if you are completely new to raw food, but even if you are not it is still a valuable resource. I like the fact that not one of these recipes requires a dehydrator though you do need a high speed blender / juicer for many of the recipes. There is also a chapter on eating raw while travelling (this is also new to this edition).

People who like to know exactly how much fat, carbs, protein and fibre they are eating can do as Jennifer has worked this all out for each recipe! She also lists exactly what equipment you will need for each recipe along with the ingredients and method.

I tried a few things from this book and I look forward to trying more of the recipes when more ingredients come into season here in the UK. I am especially looking forward to trying some of the green smoothies, like peachy apple or the non sweet green smoothie. I am also looking



forward to trying the berries & almond cream and the ramen which sounds really good. For when I am next in Peru I very much look forward to making the more exotic papaya & lime soup which sounds very delicious.

All of the recipes that I tried were super yummy, super easy and quick (which surprised me) to make. I made the Zucchini (courgett) Pasta with Marianna Sauce & Not Meatballs which was so delicious and looked so impressive. I am very much looking forward to making and eating again, I just have to now buy a spiralizer as I have learnt how much fun they can be!

I was disappointed however with the desserts section of the book which were all too nut heavy for me, and didn't particularly inspire me.

Some of the recipes in this book are the generic recipes which you will find in various recreated forms in many of the raw books and raw blogs, such as chocolate mousse and key lime pie made with avocado, tahini sauce, guacamole, not tuna pate, Zucchini hummus. Though they all have their individual Jennifer twist on them!

This book really is simple and easy just as Jennifer states at the beginning of the book, '*...my approach to raw food still reflects my approach life: keep it simple and enjoy!*'

A lovely gift for a friend who loves creating food and/or someone new to raw food, or just a raw food mama like me :) Thank you Jennifer! For those who want to stay in touch with Jennifer after reading this book she has a website where she has online courses where you can learn more about raw food preparation.

Nicola Pledger - Earth Mama, Daughter, Sister, Chocolatier.

200 pages, £17.99

ISBN: 978-1570672736

Authors website: www.learnrawfood.com

Caramelia Cakery by Victoria Leith

eBook review by Jessie Maguire

This eBook is sooo beautiful! I was amazed by the front cover, first of all.... And this eBook did lift my spirit, as is suggested in the well-written foreword, by the Raw Chocolate Company's Kris McGowan.

In the intro, Victoria describes her former health troubles and how she turned them round, beginning a family and how she began experimenting in the kitchen. The cake pics are beeeautiful!! Adorned with petals, and molded, pretty designs, you're aching to make the cakes even before you've finished the introduction! How does she do it?! Victoria points out how important it is to feel good after the cake. How right. She recommends cakes now and then, but any time of the day ;)

Ingredients and machines are covered before the recipes. Victoria uses honey, dates, lucuma, coconut sugar etc. It's important to have a good blender, like Victoria, for the recipes.

Victoria now tells us a little about her website/company, the Little Guru... Then follows the recipes. I'm excited!! More than anything, to see how she layers pink, brown, purple, orange, cream and red together with molded flowers..... What decoration, what luxury!!

Then comes a few little quotes, and the contents page. There are 3 chapters: Chocolate, Berries and Cherries, and Exquisite Fancies. After describing some of the common cake ingredients that regular bakers may not be accustomed to, comes the Hazelnut Chocolate Torte recipe. Oh my! And Rawlos come next: raw Rolos! This made me laugh, and hungry hehe.

Chocolate Mousse Cake... Caramel Fingers... and the Little Star of Wonder Cupcakes, which I especially like the look of for their layers of green, purple, pink, etc.. They look almost psychedelic. The Cosmic Chocolate Cake Pops are a lovely idea! Cake on a stick! With beautiful edible stars...! Wow!!

The Berries and Cherries section is equally beautiful, and pink. So many

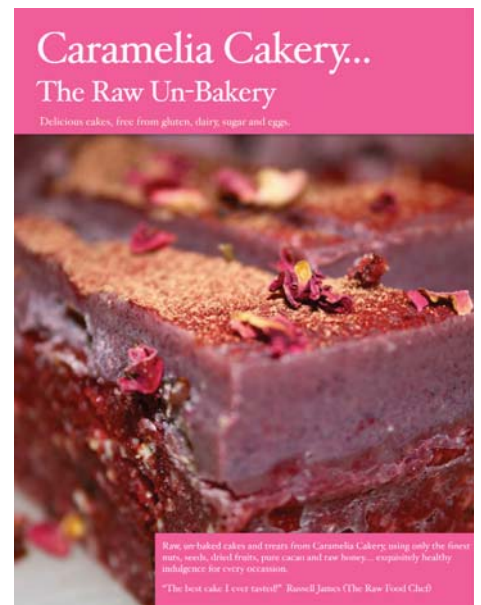
berries, baobab, puuuurple corn.... The Cashew Apple Thumbprint Cookies, with sticky beetroot date jam look interesting. The Banana Goji Butterfly Cakes seemed divine. Everything is gorgeously presented, and the ideas are really creative.

In the Exquisite Fancies, Victoria has really gone overboard with the elegance, and I Love It! The first page includes Cashew Apple Donuts with Superfood Glazes! Papaya and Mango Cheesecake, anyone? Rose and Beetroot Marzipan Cake... that's surely a Battenberg to die for! Lemon and Marigold Cake. Sweet Strawberry Cacao Bean Cake? Are you kidding! I was just overwhelmed with the luxury and imagination that went in to these creations.

Victoria ends her lovely eBook with a quote that brings together alchemy, motherhood, the earth, and cake. Hm! Divine!

So what did I not like about this eBook? Well, for me, there's far too much sugar! But this is a personal preference, because I'm sensitive to sugar, and like to eat cake all day if I get the chance ;) I know many people struggle with this, but there are also so many intermediate peeps, who definitely would benefit from all this straight-up gooooooodness. Love the book, especially the pics. Please feed these cakes to those around you!

PDF eBook with 73 pages
£2.99 from
www.tinyurl.com/rawcake



The Moneyless Manifesto by Mark Boyle

Book review by Rob Hull

I could make this the shortest review ever "You must read this book. Go out and buy it now." Actually, given the subject of this book, you don't have to buy it if you don't want - it is available to read for free on the internet. Either way, I suppose I best tell you a bit more about it... As an introduction, on the back cover it says "That we need money to live - like it or not - is a self-evident truism. Right? Not anymore." And to prove this, the author, Mark Boyle, lived for 2½ years completely without money. Not because he was forced to, but out of choice. He says "living without money changed my way of being. Existing outside the monetary economy enabled me to sit inside the organic flow of life and recognise the interconnected oneness; it enabled me to experience a different sense of self."

The book is broadly in two parts, the first few chapters introduce Mark's thoughts on money, why he thinks it is no longer working for us, how it is causing the destruction of our communities and the destruction of nature. He shows how money makes us feel like we are independent and don't need anyone's help, but that of course all we have done is switch our dependence from our local community to much further afield. There is also a look at alternative ways of living without money.

Then the bulk of the book covers how to live without money for various aspects of our lives, including land, food, washing, transport, education, leisure and more.

Mark is always direct and forthright with his choice of words. Not many books where you can read sentences such as "I believe that shoes are like condoms, in a way" - this is in the section where he talks about walking barefoot being the only truly sustainable form of transport - "But I believe that until we feel the earth beneath our feet again we will never learn to walk gently on Her." While you may find many ideas in this book radical, Mark is aware of this and tries to present a range of options to suit different people.

Re-learning ancient skills is clearly important if we want to live without money. Such as how to light a fire without

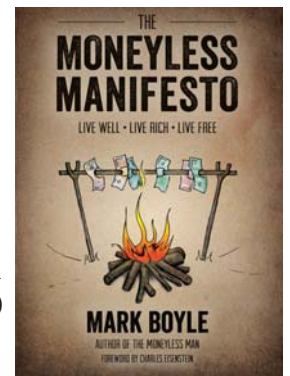
matches or a lighter - "the industrialised system that creates such useful little gadgets may not exist at some point in the future. Therefore learning how to create fire without them could save your life in an apocalyptic style scenario that we would all like to avoid. Likewise, if for some reason you find yourself in the middle of nowhere (like a forest) without a functioning lighter, then knowing how to utilise the natural materials at hand could be the difference between life and death. Convenience can leave us dangerously unskilled."

While he gives as much detail as he can in this book, including recipes for natural cleaning liquids, hay fever cures, how to make compost, and more, he can't do this for every topic as many subjects he touches on are books in themselves - I had to put the book down and search the internet to find out what a bow drill was and how to make one! (If you are wondering, it's a simple tool which can be used to start a fire.) Throughout the book, Mark includes short sections written by experts in particular fields, including permaculture, compost, wild protein, hitch-hiking, home-schooling and more.

There is a chapter on moneyless leisure. Mark says "Reality TV is the posterboy of a culture that *consumes* instead of *plays*." Instead of listening to music created by other people from far away, he suggests that we would be more fulfilled by creating our own music, and he gives more ideas for ways of creating our own entertainment.

I love this book. It is well written and engaging, I couldn't put it down!

320 pages, £14.95 or free to read online
ISBN: 978-1-85623-101-5
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Permaculture A Beginners Guide by Graham Burnett

Book review by Rob Hull

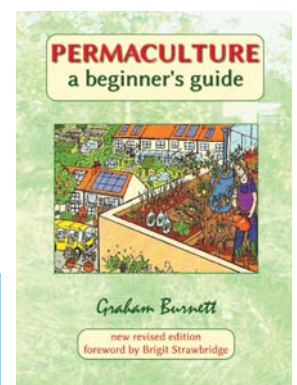
Do you keep hearing that word "permaculture" and not really know what it means? This updated little book explains all! It is a very visual book, there are not many large blocks of text, everything is explained through pictures, diagrams and charts. Graham goes through all the ideas and principles behind permaculture and explains them in a simple way and shows how they can be applied to your life, even (or especially) if you live in a city.

Community gardens and composting schemes are introduced, as are the principles of permaculture such as "Use minimum effort for maximum effect", "Turn problems into solutions" and "Every element should serve many functions", etc.

The book then goes on to applying these ideas to your garden, your home, and life to make it all more sustainable.

After reading this book, you're probably going to want to know more, by going on a course or reading more - Graham has provided a great resource section at the end with information on a wide range of books, films, websites and contacts for further study.

74 pages, £8.99
ISBN: 978-0-9553492-1-8
Website: spiralseed.co.uk



Recipes

Want your recipe to appear here? Email it to magazine@funkyraw.com Free magazine if used.

Courgette Sushi with Sun dried Tomato Paté

Ingredients for Sun dried Tomato Paté

1 Cup Pumpkin seeds soaked or Cashew nuts
2 Mushrooms
½ cup sun dried tomatoes
1 tablespoon dark miso
2 teaspoons cumin
2 teaspoons ground coriander
2 tablespoons olive oil
1 clove garlic
3 tablespoons water
3 spring onions
1 handful fresh chopped Basil

Directions

In a food processor grind all ingredients. If you want a smoother pate or filler for courgette sushi then put in the blender.

As a dip, salad dressing or inside courgette Sushi's

Directions for Courgette Sushi

Take a courgette and peel the dark skin off and top and tail.

Use a vegetable peeler or a cheese slicer and slice long thin strips of the courgette. Lay each one flat and top with the pate mixture. Put in some raw vegetables thinly sliced for decoration and roll.

Stand each sushi roll up on end on a flat plate.

Enjoy! When you have had enough put them in the dehydrator and then you have a totally different snack, and they will keep for ages, brilliant and yummy of I say so myself!

by Fiona Robertson - www.retreatbiarritz.com



Morning Cocktail to make a happy day!

Drink on an empty stomach.

Ingredients

One Whole Cucumber
One Whole medium sized fennel
One whole bunch celery
One handful of parsley

Method

Blend it all up - starting with the cucumber, and half a cup of filtered water, then the fennel, and parsley, then use the celery to push it down and finish when it is a delightful green sludge. Strain it in a nut bag (or clean paint strainer) into a bowl with a pouring spout, and DRINK until your body's delight.

by Zoe Cobb

funkyraw.com

Raw Carrot Ginger Soup

I love soups and I am an expert at making cooked soups but haven't made many raw ones. This one is going to be a regular during the cooler months for sure. It's so delicious, pure, creamy, warm and satisfying (I'm typing away while eating it) and still raw. And hey, what soup takes just a couple of minutes to make? This one does...

Ingredients (Serves 2, if you're lucky)

3 large carrots
2½-3 cups warm water
3 spring onions (I didn't use the green tops)
2 cloves of garlic
1 slice ginger
2½ tbsp tahini or a generous handful of cashews
1 tsp salt
pinch of cayenne pepper
(olive oil to drizzle)

Directions

1. Chop the carrots, onions, garlic and ginger into smaller pieces to make it easier on your blender.

Coconut Lemon Fudge

I can't say this is as easy as 1, 2, 3 because it's probably easier. Perfect if you're in a rush to make something sweet. My mother always started baking cookies and pastries weeks before Christmas and by the time the tree was up and decorated the dining table and the pantry were full of all kinds of seasonal delights. Coconut lemon cookies were always on her list and they were my inspiration for the ingredients used here to create similar flavours in a raw way. What started out as lemon bars resulted in something more like a delicious fudge with a wonderful texture. These melt in your mouth but aren't as sweet as the traditional ones you might be used to so add more sugar if you prefer it sweeter.

Ingredients (Makes 32 bite size squares)

1 cup melted coconut butter
juice of 2 large lemons
4-5 tbsp coconut palm sugar / your favourite sweetener
2 tbsp shredded coconut
4 tbsp coconut flour
optional: add some lemon zest for extra strong lemon flavour

Combine all of the ingredients and press the mixture into a plastic-wrap-lined, flat dish. Place it in the fridge and allow it to set for an hour or two. You'll need a very sharp knife to cut it into cubes before serving. I've told you it was simple!

by Dita - www.rawfoodfortruth.blogspot.com



2. Blend all ingredients with the water added little by little because you might not need it all.

3. Taste test and adjust seasoning

4. Pour into serving bowls and drizzle with some olive oil.

5. Garnish with green onions or sprinkle some herbs, spices, etc. on top and serve with crackers (like these or these) or just by itself. Heavenly! :)

Health notes

Carrots are an excellent source of beta-carotene, good for improved eyesight, clearer skin and healthier lungs. Beta-carotene is an antioxidant which helps to strengthen your immune system and protect you from cancer. The sweet roots are rich in fibre, vitamin K and C, and potassium, an important mineral for heart-health. Bunnies' favourites will also help a sore throat and reduce coughs. They can lower your cholesterol and your blood pressure, have antiseptic qualities, and lessen your risk for arthritis. Lots of reasons to make carrot soup!

by Dita -

www.rawfoodfortruth.blogspot.com



Super Easy Fermented Turnips

This Winter our local Organic Farm suffered a very bad year like most farms around the UK. The humble Turnip turned out to be their prized crop & more than made up for the lack of heirloom Squashes.

2012 was the first time that I had ever tried a Turnip. Sweet, spicy, radishy, a flavour adventure for the mouth.

A very versatile vegetable I discovered. Good finely sliced in Asian inspired seaweed salad dishes, just as yum grated into a salad with Carrots, Tomatoes, Watercress & raw Sundered Tomato & Almond hummus.

The winner was by far fermenting them, a very impressive thing to offer at a dinner party, I learnt.

Thank you humble Turnip with your beautiful deep violet skin & creamy insides, thank you for giving my Winter a splash of colour, for purple vegetables there are so few.

I have learnt that when fermenting your chosen vegetable needs to be as freshly picked as possible, and your salt of high quality.

Directions

Take 3 or 4 large turnips or 6 - 8 small ones, slice as thin as you can.

Find a suitable glass dish with sides, layer the turnip slices in the dish sprinkling with a good quality salt of your choice, you will need roughly a tablespoon of salt for this amount.

Keep layering & salting until all the slices are in the bowl.

Now massage the Turnips really well, really getting in there, water will start to be released, do this for a few minutes.

Find a suitable weight, cover the dish with chlorine free brown parchment paper & set the weight on top of this, pushing down with your hands.

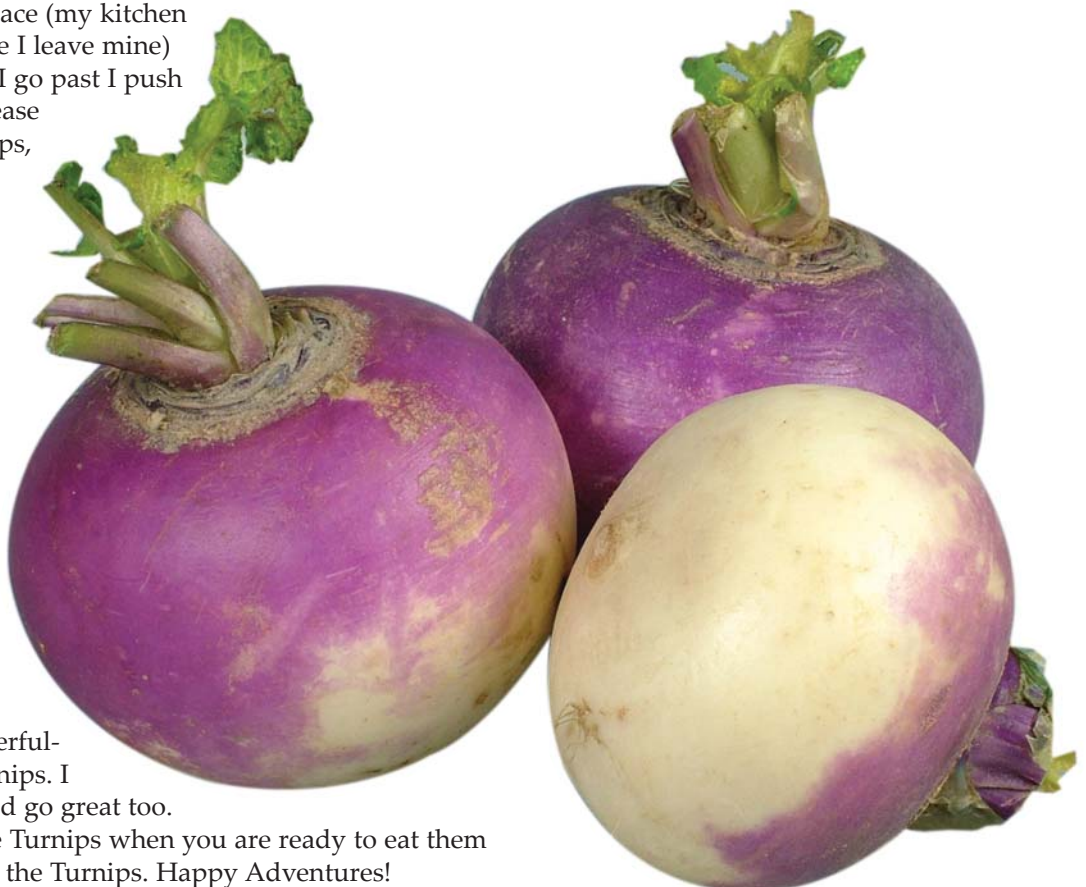
Leave this dish in a cold place (my kitchen is very cold so this is where I leave mine) Then everyday whenever I go past I push down on the weight to release more water from the Turnips, very satisfyingly.

I usually make this on a Saturday and come Wednesday I jar it up in a clean jar with all the juice too.

It can be eaten like this or you can leave it another week or so for the flavour to develop & the turnips to soften.

Very good served with, well everything! I tried these once with Nori, layering the Nori between the Turnips, the Nori does go slimy though works wonderfully with the taste of the Turnips. I think other seaweeds would go great too.

I would add the nori to the Turnips when you are ready to eat them rather than ferment it with the Turnips. Happy Adventures!



by Nicola Pledger

Macadamia and chives 'goats style' cheese

I love cheese. It has been the single most difficult thing to leave behind when I embarked in this raw food journey and I have since been trying to replicate the flavours and textures of my favourites.

This 'goat' cheese style roll is one of my favourites and seems to be very popular amongst my friends and family. It is firm enough to make into a neat roll but soft enough so you can spread it onto raw crackers or raw bread or to cut in pieces and mix into a tomato salad.

Ingredients

½ cup homemade rejuvelac
2 cups raw macadamia nuts
2 tablespoons nutritional yeast
1 tablespoon powder garlic
Fresh chives to taste, chopped
½ teaspoon Himalayan salt

Equipment needed: A nut milk bag and a bowl

First soak the macadamia nuts for 8 hours, rinse and drain well. Add them to the blender together with the rejuvelac and blend well until a fluffily and uniform consistency has been achieved. The creamier the mixture, the better the texture of the end result.

Put the mixture into the nut milk bag and hang it over a bowl for 24 hours to ferment (the bowl will catch the excess of liquid). After this time, put the fermented macadamia cheese in a bowl and fold in the nutritional yeast, the Himalayan salt, the powdered garlic and as many chopped chives as you like.

Form the cheese into shape (roll or balls work well) and roll over some more chives for decoration.

You can modify this recipe with as many different herbs as you like to create your own unique flavour. An spicy version with chilli flakes instead of chives seems to be very popular too!

Rejuvelac

Making rejuvelac is very easy but it does take a few days, so make this in advance or keep some in your fridge to make cheese regularly. I like using quinoa, but you can use wheat berries if you prefer.

Ingredients

½ cup quinoa
3 cups water (make sure the water is as clean as possible- chlorine and other pollutants can ruin the end result)

Equipment needed: Cheese cloth and a rubber band

First you need to sprout the quinoa. Soak the grains for 2 hours and then drain the excess water leaving the quinoa in a jar or bowl. Rinse twice daily until the tails start to grow.

Place the sprouted quinoa in a jar and add the 3 cups clean water. Cover with the cheese cloth and secure it with the rubber band. Place the jar in a warm place and when the water turns cloudy (like white) and the flavour is a bit tart it is ready to be used. This takes 2-3 days. Filter the rejuvelac and throw away the grains. It keeps for 3-4 weeks refrigerated.

Happy fermenting!

Recipe by Irene Arango, who will be opening a new raw cafe NAMA Foods where they will be serving a 'cheese board' with some other nut cheese delights and raw crackers. NAMA Foods, 19 Lonsdale Road, NW6 6RA, London



What is Fermentation? And what are the Health Benefits?

An indepth introduction to fermenting and instructions for making your own ferments with **Katie Claire**.



Fermentation is an ancient process, preceding human history. It also occurs in the cells of our bodies. It is the transformative action of microorganisms (bacteria or yeasts) as well as the enzymes they produce. People have long studied and played with the technique which is both a science and an art. Ferments, like the condiments pictured below, are a collaboration with microbes; we manipulate the environmental conditions to select the bacteria we want to thrive, then sit back while they do all the work. We add the flavours and the finishing touches to make unique eatables. A culinary symbiosis of bacteria and man!

It is estimated that a third of our cuisine globally is fermented; yoghurts, cheese, tofu, bread, vinegar, alcohol and so on, although of course many items today are now highly processed, made as quickly as possible and pasteurised to kill off any bacteria. The word 'ketchup' comes from an old Indonesian word 'Ketjap' which is a fermented sauce and until only a couple of hundred years ago all

bread would have been made from a sourdough starter culture, using beneficial bacteria. Through time people have fermented for many reasons; to produce alcohol, for preservation, for the flavours; in a time of environmental awareness and concern some people choose to ferment to reduce their reliance on refrigeration.

The bacteria that we want to encourage into our products in order to access their health benefits are lactic acid bacteria, also known as or lactobacilli or LAB. The term lactofermentation is also used to describe the work they do. These bacteria are found on all plants but in relatively low numbers due to other types of bacteria dominating in the natural environment.

As the LAB transform their ingredients they produce nutritional benefits. Phytate bonds are broken away making the minerals more accessible, proteins are taken apart into peptides and amino acids, reducing their allergenic potential. It is as though the ingredients were predigested for us! B vitamins can be increased (B1, B2 and B3 in particular) and anti nutrients or toxins such as nitrates and also oxalates, related to kidney stones, are removed.

As long as the finished product is not cooked or pasteurised then the LAB will still be intact and can be taken into our digestive systems. Unfortunately this rules out most fermented products available in supermarkets and even health food shops. This is why there is such a great need for us to ferment at home and the reason why there is a lactofermentation revival happening.

The microbial ecology of the gut is an area of vast amounts of current interest and research for science and medicine. Probiotics



are being investigated for their healing capabilities in digestive and immunity disorders. Larger trials continuing on from the successful Swansea Baby Study may well see probiotic supplements being given to newborns for six months on the NHS because of the 57% reduction in atopic eczema found in the preliminary study after 2 years. Dr Campbell-McBride's work looks at a connection between the gut and psychological issues.

Lacto-fermented foods are not going to contain the same amounts of beneficial bacteria that a probiotic supplement will do, there is a big difference between the two. However homemade ferments are part of a bigger picture of health and wellbeing. Sandor Katz particularly emphasises using wild foods in your recipes for the genetic variety and diversity they contain and are able to enrich your gut flora with. Fermented foods are special, deeply nourishing foods.

Practical basics and tips for fermenting

Making ferments is all about encouraging the proliferation of lactic acid bacteria. This is achieved by getting the vegetables submerged under liquid, under their own juices and away from the air supply. Thus preventing the growth of moulds and of oxygen dependent bacteria (the bacteria that we don't want). Create the right environment and the lactobacilli will do all the work.

As Sandor Katz puts it; there are five crucial stages...

Chop ■ Salt ■ Pound ■ Pack ■ Wait

Chop

Either use a knife to chop the vegetables or a grater. If you are making big batches you can buy large cabbage shredders online from Germany or the USA. By chopping you are breaking down the cell walls which hold in water and you are increasing the surface area from which the juices can be released. This is really important as submerging the vegetables under their own juices is the key to success. Coarse chopping and a mix of textures makes the mix more interesting.

Salt

Salt is used for several reasons. Firstly it changes the salinity of the mix and this kills off a lot of bacteria (the ones that we don't want). This is the reason why salt has been used as a preservative for such a long time. Luckily the lactic acid bacteria are salt tolerant and so with a free reign they can really thrive and multiply. Secondly salt pulls water out of the vegetables by osmosis. We really want the water to come out of those vegetables. Finally it helps to keep the vegetables crispy by slowing down the pectin digesting enzymes, which turn the vegetables mushy.

I recommend using a coarse sea salt. If you are concerned about your salt intake you can try using whey, which contains lots of lactic acid bacteria and lactic acid and so gives the product a head start.

Pound

Now it is time to bash, bruise, pound, squeeze the vegetables. Do this in a bowl or a bucket. If you are working on a vegetable like a carrot you can do a lot of this work with your hands, if you are using cabbage you will need a tool

to help you. You can use a flat end of a rolling pin, a pestle (from a pestle and mortar) or you can purchase a wooden meat hammer. Once again the aim of this is to get as much of the juices out of the vegetables as you can. This will probably take about ten minutes, do not skip on this process.

Pack

Start to pack the mix into previously sterilised (by boiling water) glass jars. It is not such a good idea to use metal (acid corrosion) or plastic (chemical leaching) for storing ferments, although it is fine to serve them in dishes made of these materials. Pack the vegetables in tightly, regularly press down all the way around the edge of the jar with a fork or spoon. This is to expel any pockets of air as an environment without oxygen is required and is critical for success. Only fill the jar to about 1 cm below the top, leave room for the carbon dioxide which will be produced as the product ferments

Make sure that the liquid just about covers the mix below. If there is not quite enough then add a little water. It is important not to use tap water as it contains antimicrobial properties such as chlorine. Either boil the tap water for 5 minutes and allow to cool before using, as heat can also kill off the beneficial bacteria, or use filtered water. Seal the jar and leave out at room temperature.

Wait

Fermentation will produce CO₂, particularly in the first few days. This will cause the pressure in the jar to increase. Release this pressure by momentarily loosening the jar lid for a moment. You may hear or smell the gases release. If you do not do this each day the jar may break or it may become very hard to then loosen the lid. It is possible that it could explode so do not put the jar next to your most precious possessions. Clamp jars are great as they allow gasses to escape but don't allow anything back in. After a few days CO₂ will continue to be released but at a much slower rate.

Protect from direct sunlight but ideally you do not want total darkness at this stage either. I would suggest leaving the ferment out for 1 week and then tasting it. If you are happy with it you can then transfer it to the refrigerator or if not leave it out for another few days and then try again. You can eat the product after just a couple of days but then the fermenting process has only really just started. In hotter weather fermentation will happen quicker. It is a little more tricky in winter to balance between the cold weather and the central heating – choose a place where you think it will be snug and experiment.

Here's a recipe for you to try using this method:

2kg of cabbage
one granny smith apple (grated)
1 tbsp caraway seeds
1 tbsp dill
1 tbsp crushed juniper berries
1 tbsp salt
4 tbsp whey (or one additional tbsp of salt)

Katie recommends the book [The Art of Fermentation](#) by revivalist Sandor Katz for more information on fermenting. You can read more from Katie on her blog at www.katieclare.co.uk ☘



Don't You Feel C O L D in Winter?

Holly Paige answers the perennial question rawfoodists get asked, with recipes by **Kenny Sunshine**.

As someone who claims to prefer tropical sunshine somehow I find myself yet again doing winter in the dark and cold of these magical isles. But now I have a strategy and each year I seem to put together more of the pieces. In the process of being raw at a latitude such as that of Britain we can learn much about human needs that we would never need to even think about if we lived in a biologically more suitable climate.

Something I personally noticed the first winter I was completely raw was how much warmer I felt in the colder months. I had always been the kind of person who felt the cold pretty extremely – I like to be very warm. Now I found I could enjoy treading out in the frosty garden with bare feet and that I no longer needed to soak in hot baths to restore my circulation after a trip out. I noticed that eating raw food gave me a kind of summer feeling, leading to the conclusion that much of the apparent effect of winter is to do with stodgy food and disconnection from nature. I know that people vary in the way that a raw diet affects them. There are many ways to do raw food and many different constitutions. Sitting writing this in a sleeveless top on a December evening, I am hoping that some of the suggestions in this article will help you experience some of the same benefits.

As well as stodgy food, potential disconnection from

nature and lack of exercise by staying indoors there are of course two major hazards associated with winter – lack of light and lack of warmth. These are real biological concerns for our species. We could be said to be designed for a life in the tropics or sub-tropics where the amount of light, warmth and tropical fruit is ideal for us. However, as a supremely adaptable species we are capable of flourishing in a wide variety of circumstances if we put our minds to it. In this article we will look at how we can happily eat raw food in winter and thereby enjoy that summery feeling inside. Also we will consider how we can boost our metabolisms to help us keep warm and help our immune systems functioning optimally. Then there is the question of how we compensate for reduced sunlight. Last, but not least there is the importance of maintaining connection with the earth and exercising.

Raw does not mean cold!

When people think of the horrors of eating raw food in winter they are in all likelihood thinking of limp salads straight out of the fridge and missing the rich foods and warming soups and drinks that we find so comforting in winter. Actually there is no reason at all not to have warm foods and liquids as part of a raw food diet. In our natural environment our food would all be slightly warm anyway so it would seem to be an ideal way to consume it.

Warm superfood elixirs and vegetable soups can be made by using herbal teas as a base or even heating very carefully over a low heat. The key point is to keep the food at or below 'biological temperature' which is around 40 degrees celsius or the temperature of your body. Above that temperature the actual structure of some of the nutrients can begin to change. Dehydrators are another way of warming food if you like more solid foods. Spices such as cayenne and ginger boost the circulation and help keep us warm.

Coconut butter/oil and creamed coconut are great ingredients because they support the thyroid and therefore boost metabolism, helping us produce more energy and heat. Iodine is important for the function of the thyroid too and most of us lack it. This is largely because of depletion of mineral levels in the soil, the minerals have been effectively swept out to sea, sea vegetables and particularly kelp are some of the best sources. We need to be cautious about habitually eating large amounts of cruciferous vegetables raw because they contain goitrogens, compounds which interfere in the uptake of iodine by the thyroid. However small amounts of goitrogens may have a beneficial health effect if balanced by ample amounts of iodine in the diet. Examples of cruciferous vegetables include kale, spinach, broccoli and cabbage. In traditional diets they were often fermented which introduces helpful probiotics. You can watch how to make cultured vegetables here: www.tinyurl.com/rawcultured

Animals who live in cold climates and fish who swim in cold waters have a high percentage of omega 3 fatty acids in their bodies, and in the case of animals, especially in their feet. Many people notice that when the weather gets colder they are drawn to foods that contain these oils. Omega 3's are polyunsaturated fats which stay liquid at low temperatures and it would seem that they help our bodies function in these circumstances. Flax oil, hemp oil and fish liver oils are examples. It seems like we need denser foods in general in winter to compensate for the lack of warmth and sunshine. Medicinal mushrooms such as reishi, lion's mane, chaga, tremella and cordyceps feel particularly good in winter and help our immune system. They are delicious in marinades, dehydrated breads and elixirs. Herbs which boost the immune system also include echinacea, ginseng, garlic, astragalus and cat's claw.

Emotional comfort is important too. There are plenty of raw food snacks we can make and now buy in winter that will help us get through. We can use green powders such as barley grass, chlorella and spirulina to help us keep alkalised if we are eating more nuts and seeds and these help make up for the reduced availability of salad and wild greens.

Also I have found just imagining being somewhere warm, and putting pictures up of sunny holiday travel destinations radically changes how I feel. They say that you feel the effects of bar of chocolate even when you are thinking about eating it, even taking the first bite, I have found that making plans to visit tropical locations has the same effect on me! Also when we are connected to the nature and the Earth our imaginations are much more connected to reality and therefore more powerful.

Personally I am for keeping ourselves as physically warm enough as we want to be when we are indoors. Below 28 degrees Celsius our bodies go into a mild form of stress maintaining our body temperature. By keeping warm we are allowing our parasympathetic nervous system to operate which means that both our bodies and brains function better. It may be more practical to keep just one part of our dwelling super warm - one of the benefits I have noticed living in a caravan in winter is how much warmer I can keep this small space and therefore how much more relaxed I feel.

Light is a nutrient

Now onto the issue of light. It seems that we assimilate food quite differently when we are in sunshine. Most people notice that they eat differently in summer and when on holiday somewhere hot. There are many clues about this by looking at the traditional diets of people around the world, for example in the work of Dr Weston Price. Basically, the further away you go from the equator, the higher percentage of animal foods including dairy products were traditionally included in the diet. It is as if when we moved away from our biological habitat we had to use the resources of species who could assimilate nutrients from plants that grew there, function successfully in the lower levels of sunlight, and could live unclothed outdoors to make use of the light there is. One of the factors involved is so-called fat soluble vitamins. They are principally vitamins A, D and K, which although found in plants, are in the form we can use them in animal products such as dairy. These vitamins are essential for the body to actually make use of minerals such as calcium. Of course we can get vitamin D from sunshine but the fact is that between about September and March in the British Isles, the sun is too low to shine UVB light on our skins to make vitamin D. So - either we need to eat vitamin D rich foods or use a supplement. Sun-showers (a kind of stand up cubicle version of a sun-bed which emits carefully regulated doses of UVB) are also helpful if there is one in your area. Many people find that full-spectrum lighting really helps them maintain a good mood throughout the darker months.

Charge up from the Earth not the mains!

It is tempting in winter to hole up indoors but actually if we can get out for a brisk walk in nature, even the local park, we are going to feel a whole lot better. Regular exercise improves our metabolism and makes us feel significantly warmer. It also helps us generate the feel-good brain chemical serotonin out of the amino acid tryptophan, get the lymphatic system moving and boost endorphin levels. We need connection with nature for mental well-being and, hesitant though I am to mention it, bare-foot connection with the earth is as beneficial to us in winter as it is in summer. If you have not heard Clint Ober talking about the health benefits of earthing it is well worth listening to this fascinating interview www.tinyurl.com/earthing2

With all the preceding suggestions in place maybe a bare-foot foray outdoors will seem appealing. Putting in all the components to keep well in winter takes more self-discipline and conscious awareness than in summer but is well

worth the effort not least because it gives us a good start in spring.

Enjoying the magic of winter

We are very lucky in the British Isles to experience a kind of roller coaster of light levels which influenced the magical traditions and spirituality of the indigenous peoples for example the Celts. In summer we are very aware of the beauty of nature in the outer world. As the light levels fall in winter our melatonin production increases. This makes us feel more sleepy but also induces a more meditative state and gives us the chance to experience the magic of the inner worlds of our imaginations and psychic awareness. The more natural and nourishing we can keep our diets, the more elevated and relaxed we can keep our brain chemistry, and the stronger we can keep our connection with the Earth, the greater the chance we have to experience this.

Two delicious vegetable soups for winter

Alkalisising soup with vegetable juice and cucumber.

450 to 550 ml (16 -20 oz) juiced celery, beet, onion, garlic, ginger and lemon
1 avocado
half a red bell pepper
half a cucumber (English)
pinch salt
pinch cayenne

Blend all ingredients and warm gently if desired.

Garnish with some tasty dehydrated crackers, cubed raw goats cheese and alfalfa sprouts.

Rich and warming soup made with tea

1 sweet potato
1 courgette
1 leek
60g creamed coconut
40g seaweed – wakame or sea spaghetti recommended
yogi or other tea
salt and pepper to taste

Soak seaweed in tea (let it cool a little first)

Blend everything including the tea.

Serve with garnish of sprouts or yoghurt.

Holly has been passionately engaged in a raw food lifestyle in the British Isles for over a decade and has brought up two children this way, giving her a unique insight into the practicalities of making raw nutrition work in this slightly cold and cloudy climate. Kenny returned to Britain after a decade of adventures in the cutting edge US raw food scene and now shares the wealth of nutritional and culinary expertise he acquired.

Holly's website www.foodforconsciousness.co.uk is full of information and sells a selection of superfoods and supplements. And you can find more of their recipes at www.rawrecipesforsuccess.blogspot.co.uk ☘

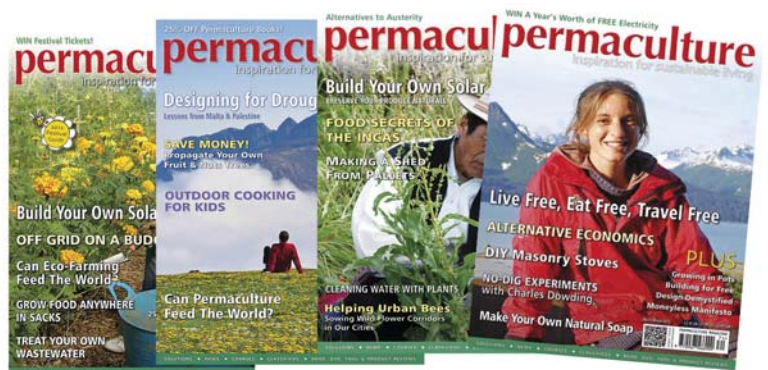
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The Wonderful Walnut Tree



Nutrition, mythology, healing, and kids toys: Dawn Waterhouse shares her knowledge of walnuts.

At the bottom of my garden, there lives a little piece of tranquillity and calm. In the summer months I can shelter from the elements (be they rain or shine!!) under my little walnut tree. Every year I dream of harvesting all the lovely nuts and of all the wonderful things I plan to do with them. Then mid-autumn I wake up with a jolt of reality when I discover the squirrels have beaten me to them yet again!

In the shade of my little walnut tree grows an amazing crop of rhubarb. Each autumn we feed the rhubarb with neat chicken or pigeon manure, and each spring the pretty pink and green greet the coming year with a promise of things to come. It is a good job that rhubarb cannot read..... I am sure it would be saddened to know that it is not a good companion plant to the walnut tree. I wonder if they grow so well together because I feed the rhubarb and there is plenty to go round with the hungry walnut tree!!

Walnut trees are reported to kill everything that tries to grow around its trunk due to high nutrient needs and also the release of the chemical juglone (especially from the bark, roots, nut hulls and buds). My tree is well established and it may take from the plants around it, but I like to feed everything well (including those in my greenhouse that is partially shaded by the tree too!) You also have to avoid planting anything directly in competition with the trees root space. After all – there is only so much

room in the soil for a plant to stand, and it cannot be comfortable for a plant to be standing on another's toes. If you want plants next to the trunk of the walnut tree, and you have problems with space or wilting unhappy plants, it may be worth considering using planters or raised beds or as a means to gain the best display.

The deciduous English Walnut tree (also known as the Persian nut) originates from western and central Asia. It can grow up to a height of 60ft (18m). Flowering in early to mid-spring it bears pretty white flowers. The tree bears both male (catkin like) and female (in single spikes or groups of up to four) flowers. Walnut trees have been reported to live to over 300 years old in France, so I feel this is a symbol that it is a tree of longevity.

The Tree was introduced to Rome by the Greeks where it was named *juglans* meaning Jupiter's acorn or nut of the gods. The Romans then brought it to Europe and it is said the English name Walnut is derived from Anglo Saxon for "alien nut" (*wealh hnutu*).

The Walnut tree has its place in ancient mythology too. There are quite a few variants on the story. In one version, a woman discovered how much she liked the walnuts and sat and ate many of them, when asked to go to town to sell the nuts; she refused to go with the villagers. When the village people returned, she was rooted to the spot and had become a walnut tree herself. No amount of

work could remove her from the ground. There appears to be a moral to this story. The woman's punishment is to never have the nuts she craved. The tree does not hold on to ripe nuts. As soon as they are ripe in the autumn they fall to the ground – out of the “woman's” reach!

To Harvest the walnut it is wise to wear gloves that you have no attachment to. Why – they stain your hands. To start with you may not notice the discolouration, but gradually the green moisture from the husk turns black – and your hands look as if you have not washed for at least a week. No matter how much you scrub the stain remains, and you just have to wait for it to fade in its own time. Yes – this does mean you can use the husks as a natural dye to great effect. However, please note to use the dye in an area that you are happy to stain black. Sink, skin, utensils and all will change colour with nature's strong black dye!

When the ripe green husk opens the nut is ready to harvest. In my case – the squirrels seem to have a rota to keep closer watch than I do... but that aside I have seen the husk of the nut open on the tree, I usually take a stick with me to hit the relevant branches and knock the nuts down. Then the gathering game begins, wearing suitable gloves that are okay to be stained, gather the nuts and clean off any residue hull. Some people clean them with water and a brush, some rub them clean with their gloves. Do what works for you, and also bear in mind what you want them for. (If you are making ornate objects with the shells you may want to clean them up properly).

Then put the nuts somewhere to air and dry. Damp nuts will go mouldy, so a whole crop can be wasted for lack of thought to drying. If you have a dehydrator, set it to low and use that until the nuts are dry (check back periodically as every season is different).

Store the nuts somewhere dry. I have seen many interesting ways on how to open a walnut. They are quite a challenge if using a nut cracker. However, there is a simple secret to getting in. Use a pen knife (carefully) to prize between the points where the two halves join at the flat base (where the nut is attached to the tree). With a simple twist or two the nut should flip in half with shells complete. No splinters of shell to gather from the floor or dodge as it shatters :0)

Once into the secret stronghold, you may be lucky enough to see the shape of a heart. This is how much the tree loves you. Carefully pull out the nut pieces and use them to decorate your raw creations, soak and blend with herbs to make raw patés or dips, whizz with carob and dates to make a yummy cake, mix into a salad with chopped celery and apple – or skip all of that – and just enjoy as nature intended fresh from the shell with friends!

Nutrition

Have you ever looked closely at the fleshy walnut? It looks like a little brain, and that is one of the parts of the body it is really good for! It is also great for the heart (which is what we see when opened carefully as described above) being rich in vitamin E and potassium. It is also reported to help prevention of cancer due to its high antioxidant content.

Healing Uses

The walnut tree is a tree of protection – the flower essence made from its blossoms helps promote adaptability, and protection in times of change. This is a great flower essence to consider when transitioning on your raw journey or perhaps feeling in need of protection from comments about your dietary and lifestyle choices. It is also a remedy to consider in times of emotional loss where you need to adapt to new circumstances, or perhaps feel in need of protection whilst dealing with emotional vulnerability such as bereavement, divorce or change. It helps us to break with the old and embrace the new.

The tree itself has many healing properties, having anti-fungal, antiseptic and astringent properties. The leaves can be made in to a treatment for diarrhoea and its oil can be used as a treatment for tapeworm. A preparation made from the “fruit” (the green husked whole - before it splits open to reveal the nut) can help with hypothyroidism, and externally walnut preparations can help with a wide array of skin conditions such as eczema, herpes, acne, psoriasis and dermatitis. It is also beneficial as an aid to help prevent hair loss, so can be added to your hair care routine. I would add that it is wise to patch test / speak to an herbalist for your personal requirements as the walnut can be an irritant to some.



Homeopathically the remedy *juglans regia* is used for many conditions, including eczema, herpes and a wide array of skin disorders. It is used for spleen pain, headaches with sharp pain at the rear of the head (occipital) and styes. Remember, with homeopathy we look at the whole picture, so the more issues you have that match the remedy, the more accurate your remedy choice. If in doubt, do get in touch with your homeopath.

Just for the fun of it

A riddle!
As soft as silk, as white as milk,
As bitter as gall, a strong wall,
And a green coat covers me all.

The answer is of course our dear friend, the walnut!

Many years ago, a group of friends were enjoying eating their way through the Christmas nut bowl. I saved all the walnut shells, matched and glued them together with a knotted loop of thread in between the glued halves, then painted half of the glued nuts gold and the other half silver. These pretty creations are now hung on my little festive tree every year, reminding me of dear friends and fond memories. Another simple craft is to pour a little melted candle wax in a shell half with a short wick in the middle. Then voila – a mini candle (do not leave it unattended whilst lit!!)

Children love to play with walnut shells (of course I have to remind you here that if someone is allergic to nuts – this is not the best toy to provide!!!), there are so many ways to create with them. Remove all the inner husk and you have a pretty little supper bowl for the toys to eat from. Edge the shell half with a little lace and pop a tiny hand sewn pillow in for a baby cot, perhaps even making a tiny cloth babe to match. Plait some scraps of wool to make a tiny braid and glue across the width of the shell half to make a little basket. Or how about turning the shell half upside down, drawing on a face and whiskers, gluing a tail at the pointed end of the shell half and you have your own pet mouse! The shell halves are lovely for making patterns with on the ground and the old classic is the nut shell boat. Fix a cocktail stick or twig in the middle of the shell with glue or some form or tacky material, fix a little flag and sail on it, then off to the nearest sink or puddle we go (I have also used winged seeds such as sycamore, ash, maple etc to good effect). Wonderful for teaching little ones about floating objects, wind power with the sails etc. Of course – you could also just play at being counting squirrels and hand out the nuts and ask little ones to count them and share them out evenly, or to their toys etc.... so much learning from one little tree! Make a note in your diary to spend some time on walnut activities during the coming year.

There is so much to know about this little tree, I have included lots of resources for you to take your research further. Have fun!

Resources

Companion plants

www.tinyurl.com/walnutcomp
www.tinyurl.com/walnutcomp2

Growing Walnut Trees

www.tinyurl.com/growwalnuts

Identification

www.tinyurl.com/identifywalnuts

Nutrition

www.tinyurl.com/walnutnut
www.tinyurl.com/walnutnut2

Bach Flower

tinyurl.com/walnutbach

Making walnut dye

www.tinyurl.com/walnutdye

Myth

www.tinyurl.com/walnutmyth
www.tinyurl.com/walnutmyth2

Healing properties

www.tinyurl.com/walnuthealing
www.tinyurl.com/walnuthealing2

Things to make

www.tinyurl.com/walnutmake

At 21, when faced with a crippling disease for the rest of her life, Dawn discovered natural remedies and raw food (over two decades ago). Her determination to walk down the aisle unaided and have a life free of medications was the motivation to discover a whole way of being. When Dawn had children - she carried this passion for natural health forward for her unvaccinated children (now 8 and 12), combining the wealth of all her experiences she now teaches and supports natural immunity through private sessions, workshops and support groups.

Dawn is a raw foodist, qualified homeopath and Japanese Reiki Master and shares her non-judgmental experience in her workshops. The sessions are aimed to help you feel more confident about using alternatives for you and your family's health. Find Dawn on her website www.dawnwaterhouse.co.uk or Facebook www.tinyurl.com/dwnaturalhealth ☘



Stalking the



Wild Garlic

If you've come across a strong garlic smell in the woods in spring, you've struck green gold! Heather Gardner investigates.

When you take a sprightly step to your local woodland for a sunny spring stroll, you may be greeted by the tantalising whiff of garlic on a beckoning breeze. If you follow your nose, your heart will be rewarded by an emerald carpet of sulfurous splendour, laid out before you on the forest's ferny floor. You have just struck Wild Gold!

Identifying & Collecting

Wild Garlic, also known as Ramsons, is a wild relative of chives. It grows prolifically in patches, usually in forests. It has long broad leaves and a single flower stalk that rises from the centre and explodes into a white globe of star-like, little white flowers, which looks like a white bluebell. The leaves can easily be mistaken for the poisonous Lily of the Valley. The best way to identify it is to rub the leaves between your fingers, which should produce a garlic-like smell. Make sure to pick it

well away from roads. Even though the flowers and the bulbs are edible, I like to leave them in the earth to ensure the growth of next year's crop. A good way to harvest the leaves is to pinch them off or snip with scissors just short of the base of the leaf, by doing this the leaf continues to grow and acts like a 'cut and come again' garlic!

Flavour & Uses

The leaves, which can be used raw in salads, or as a seasoning to replace ordinary garlic, as it has a similar taste and health benefits. As a vegetable it can be used like spinach, as an ingredient for recipes such as pesto, or as a garnish on soup. Its initial chive-like taste gives way to a garlicky aftertaste, although it's much less pungent and without such a strong lingering scent. Wild garlic is tastiest before flowering and best eaten soon after being picked as the flavour

diminishes with time. It usually starts to appear in March and is good up until June, perfect timing for a spring detox.

Health Benefits

- Contains more magnesium, manganese, iron and sulfur compounds than common garlic.
- Rich in vitamin C, A, B, Folic Acid, Iron, & Protein.
- Wild garlic acts as a prebiotic, encouraging the growth of friendly bacteria and benefiting the digestive system. This is vital if you suffer from diabetes, have been on a course of antibiotics or have a weakened immune system.
- Wild garlic also has mild antiseptic, antibacterial & antiviral properties to ward off spring coughs and sniffles.
- Makes a great blood & skin-cleansing herb that has a long his-

tory as a favourite tonic spring herb.

- Can reduce cholesterol and high blood pressure, promotes a healthy heart & circulatory system.
- Medical research shows that the garlic family helps to neutralise toxins in the liver.

Wild Alternatives

Ramsons doesn't grow in North America but some similar wild edibles that do can be used instead. These are, Three-cornered leek, found along the coasts of Oregon and California, Ramps (Wild Leeks) grows from South Carolina to Canada and Garlic Mustard.

Cultivating Wild Garlic

It is possible to cultivate wild garlic in the domestic garden and does an excellent job of repelling moles. It can be grown from saved seed, or existing bulbs can be divided in the last weeks of summer just before the plant dies down for the winter. In the right conditions, wild garlic will propagate itself well and can end up being invasive.

Wild Garlic Butter

6-8 Wild garlic Leaves
75g/3 oz Coconut Oil
1 teaspoon lemon juice – optional
A small splash of Olive Oil
Salt & Pepper to taste

Wash and thoroughly dry the Wild garlic leaves, using some kitchen paper or a towel. Shred them with a sharp knife as finely as possible. Melt the coconut oil gently in a bowl over a

saucepan of hot water. When liquid, add in the wild garlic & other ingredients, whisking it well until it's completely mixed. Then pour into a ramekin or other non-plastic dish. Let it harden in the fridge and serve as required. Delicious over a baked sweet potato, steamed greens or veg. Also lovely on some Essene bread, warm from the dehydrator. If you eat dairy then you can use butter instead of the oil, but try to source raw organic butter if possible.

Preserving in Oil

A great way to preserve your Wild Garlic and enjoy it all year round.

500g Wild garlic leaves
500ml Organic Cold pressed Olive oil
1 tsp natural salt

Make sure your leaves are clean and completely dry. Add them to a food processor or blender with the oil and salt and blend to a puree. Pour into sterilised (wash previously with boiling water), completely dry glass jars. Make sure there is a thick covering of olive oil or melted coconut oil on top of the puree to preserve it. Store in a cool, dry place or even freeze in plastic tubs.

Wild Garlic Cyder Vinegar

Another lovely way to enjoy your wild garlic is to bruise a handful of leaves and add them to a bottle of cyder vinegar, let this sit for up to 6 weeks, giving it the odd shake. Adds a nice touch to your salad dressings.

Wild Garlic Dressing

Place a handful of Wild Garlic in your blender and cover with 3 parts olive

oil & 1 part cyder vinegar or lemon juice. Blend and use as a sauce or dressing for any of your dishes and salads. If you want a creamier sauce then add a spoon of Tahini or Dijon mustard.

Wild Garlic May'no'naise (serves 4)

2 Ripe Avocados
½ cup of hemp hearts, cashews, pine nuts or macadamias
A small handful of Wild Garlic Leaves
A few sprigs of Parsley
2 Tbsp Olive Oil
Juice of half a small lemon
½ cup of water
Pinch of salt, paprika, cayenne or chili powder & kelp powder

Blend until smooth adding more water if you need it. Store what isn't eaten in a glass jar with a lid, pour some olive oil over the mayonnaise to keep out the air and preserve it.

Wild Garlic Hummus (serves 2-4)

2 cups courgette/Zucchini (courgett)
1 small handful Wild Garlic
¾ cup tahini
¼ cup olive oil
½ cup lemon juice
1 tsp cumin powder & 1 tsp paprika
Pinch of salt.

Blend all the ingredients together, you may need to adjust amounts of liquid depending how watery your courgettes are. You can use sprouted chickpeas instead of courgette but to enhance the digestibility its recommended to steam them a little first or cover with just under boiling water for 5 mins to soften. They are no longer raw but they are still very healthy and easy to digest.

Wild Garlic Pesto

2 large handfuls of Wild Garlic
1 bunch or pack of Parsley (helps neutralise that garlic breath!)
2 cups of soaked nuts or seeds
~Choose from Almonds, Walnuts, Hazelnuts, Shelled Hemp Hearts, Pumpkin or Sunflower seeds.
Organic Cold Pressed oil as needed ~
Olive, Hemp or Pumpkin
Juice of 1 Lemon
Salt, Pepper & powdered seaweed to taste

Place all the ingredients into your food processor and start to blend, when blended coarsely, start to drizzle oil through the top until it's the consistency you like.



Place into clean dry glass jars and cover the top in oil to preserve, store in the fridge for several weeks, always keep covered in oil. Also freezes well, you can freeze in portion sizes and then store them in a zip lock bag.

Wild Garlic Soup (serves 4)

1 large handful of wild garlic
 3 cups of Celeriac or parsnip
 1 cup of fennel bulb
 2 stalks of celery
 ½ cup of Hemp Hearts, soaked nuts or avocado flesh
 ¼ cup of olive oil & 1 tsp lecithin – both optional
 1 green chili or ½ tsp chili powder – optional
 1 desert sp of white miso or a pinch of salt
 4 cups of warm water

First wash the wild garlic & chop. Scrub & cube the parsnip, fennel & celery. Place all the other ingredients except the oil in your blender and blend until warm & smooth. Then add the olive oil in bit by bit to emulsify the soup and give it an airy quality, leave it out if you want to minimise fats in your diet. Pour into warmed bowls, with a swirl of wild garlic pesto and sprinkle with some minced parsley.

Creamy Wild Garlic Rawsotto

2-4 cups of Parsnip rice – process the parsnips in a food processor until it resembles rice.

Or Wild Rice – soak the wild rice overnight, then allow to 'sprout' for

several days, rinsing regularly until the rice starts to 'split', then its ready.

Mix in any of the following - Peas, avocado, spring onion, red onion, radish, olives, diced courgette or cucumber, soaked & sliced sundried tomatoes, hemp seeds, handful of micro greens or sprouts, foraged spring greens such as nettle, dandelion, sorrel, hawthorn leaves etc, fresh parsley, mint, thyme or rosemary

Make a creamy ranch sauce by blending the following –

1 cup of any soaked nut or seed, or a mix ~ try tahini, cashews, pine nuts, hemp hearts, sunflower or pumpkin seeds, ¼ cup of olive oil, ¼ cup cyder vinegar, 1 Tsp lemon juice, ½ cup of water, tsp honey or a date, tsp mustard, some fresh or dried herbs, some chili or paprika, pinch salt.



Mix the 'rice', the veggies etc with the sauce, you can warm it in the dehydrator or in a bain-marie and serve with a green salad.

Recommended Reading:

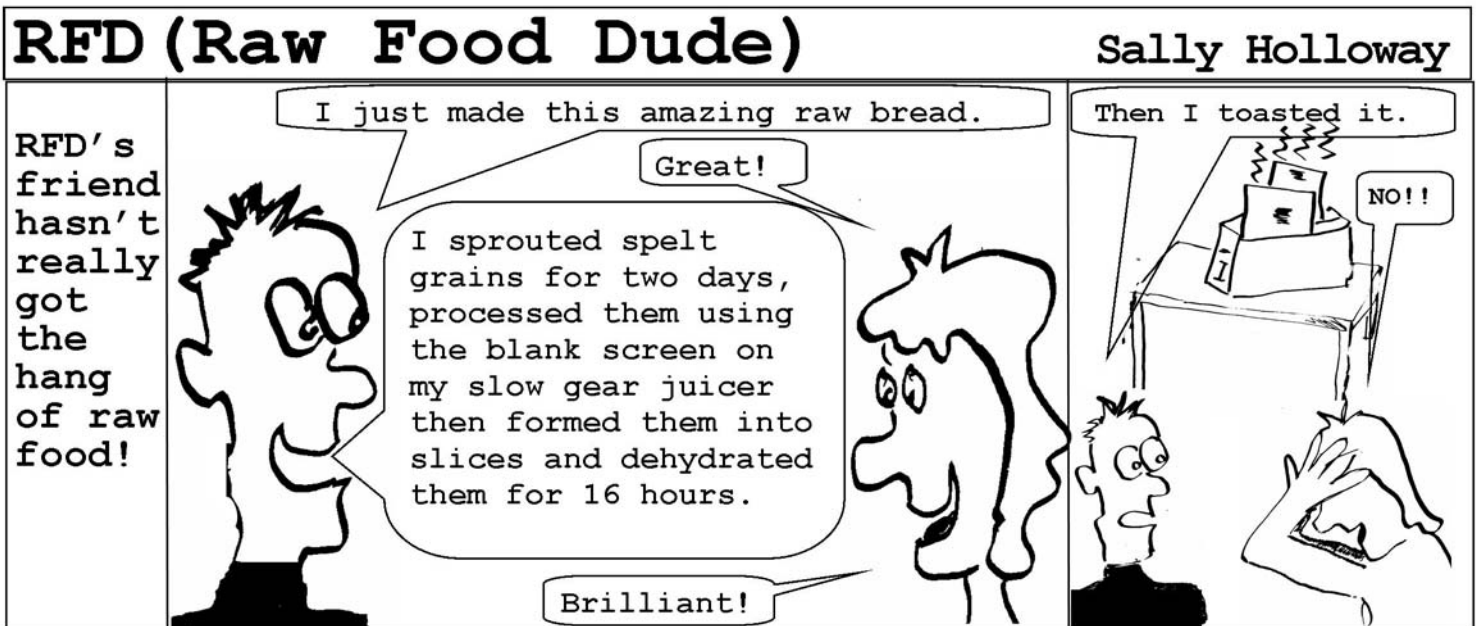
Seaweed and Eat It ~ A Family Foraging and Cooking Adventure by Fiona Houston & Xa Milne

Hedgerow Medicine by Julie Bruton Seal

Heather is a lifelong 3rd generation vegetarian, Raw Food and Kundalini Yoga Teacher. She began learning about herbs and wild foods at a young age from her herbalist mother while growing up on a remote mountainside in Ireland and delving into the world of foraging, potion making, nutrition, and raw & living foods as a teenager searching for answers to numerous health challenges. At 20 she began learning and experimenting with the Raw Lifestyle and in 2005 she began to move onto a raw diet and has transitioned to a balanced high raw diet over time. She has studied Natural Nutrition and many other healing modalities and has over 10 years experience as a Natural Remedies, Health & Beauty manager and Brand manager within the UK Natural Products industry, and helping people to achieve better health naturally. Now she lives in the west of Ireland, teaching and running her business

consciousearthcompany.com as well as running after her feisty little toddler!

Connect on her facebook page:
www.facebook.com/rawconscious ❁



Finding Your Tribe

Where do we belong? How do we communicate? Susan Laing investigates how we can be in this changing world.

I chose to get back to writing my internet blog once again as I miss it! That connection of words flowing from the heart space onto the computer window. How romantic is that! Wouldn't it be nicer to be putting pen to paper I ask myselfau natural and organic. Things have changed so quickly in the past few decades with the speed of so called advancing technology. Yes there are always two sides to the coin, yin and yang, sun and moon etc. So there are benefits of the media technology like the freedom of speech on YouTube and forums. And bam, before you know it you can Google almost anything on any subject you like! But on the other side of the coin this speed and technology has left us bereft of connecting to prana or chi. Walking or dancing barefoot, being in nature outdoors and so on.

Children are much more geared to and interested in their apps and games on their mobile or whatever piece of equipment they choose to console themselves with. They are tuning into another world of unreality. And losing their natural inherent tribal skills of communication. There are even classes and workshops these days set up for teaching children how to relearn their natural socialising or communicating skills. Instead of being in their very own matrix of disconnection. Connected to the wired zone-pad of speed and violence more than ever before, making it quite normal in all their eyes including the 3rd one!

These forms of daily violence are not only brainwashing them with all those subliminal messages but the electrical energy emitted from computers and mobile phones is destroying their pineal gland - the gland of intuition and much more. *"The moment you change your perception is the moment you rewrite the chemistry of your body."* Bruce Lipton talking about Epigenetics

Taking children out of nature, taking children out of natural social communicating skills, taking them away from interaction with another human being or their tribe sets them up for becoming unhealthy human beings. Not knowing

how to simply ask for help or communicate simple inner confusion. There it is, the truth. Will they understand the truth of reality even less than humans do now. I wonder.

What will children of the future be able to offer to Mother Earth. Will they be able to form a tribe or a family?

I ask these simple questions because doesn't everything comes down to the art of communication. It is an energy that requires to flow creating a mycelium of connection between everyone and Mother Earth.

The Tribe is our inherent need to feel that we belong. If we are unable to have faith in nature or a God or within a family tribe, where will this lead us to? Disconnection and a breakdown in human-kind.

Already we can see so many problems within the infrastructure of the so called system of governing bodies. What will it be like in the future? Guns or no guns. This is not just about guns it is so deep rooted within these gangs that run around disconnected from a nourishing tribe that they will do anything to create their need of a so called tribe - a gang of warfare. The *need* to belong to *A Tribe*. Will it take an apocalypse of tragic events to make people understand and become aware of the important simple things in their life ?

Finding our Tribe is at our core essence of survival. It is so deep rooted like the roots of a tree within our downloaded DNA and biophotonic cellular energy. In Chinese Medicine they talk about this inherent nourishment as spleen energy as being the source of our chi or prana - see my previous article on walking barefoot in issue 20.

A Tribe creates a safe place to connect and to experience rituals involving the circles of life and elements of nature like earth, wind, fire and water. Allowing us to understand the how the Universe weaves her majick. A Tribe creates the place to create medicine made from the plants of Mother earth to allow for any sickness whether it be of mind body or spirit. It is organic and not contaminat-

ed with any man made poisons. A Tribe allows us to understand the mirrors that are within each of us. So that we may learn and grow from one another. Planting seeds of wisdom and nourishment on many levels from our souls to our bellies.

Before religion there was Paganism and Shamanism which were faiths and practices that involved all that is natural on this earth. People of various tribes and clans worked with the natural ebbs and flows of nature. They worshiped the sun and her energy and the other planets within the cosmos knowing that everything played a part in the consciousness of everything that vibrated from the earth's core of DNA to the magnetic pull of the planets on the poles.

Nature was respected and was observed with wise eyes and grounded light bodies.

Indigenous people believe in compassion and *only took what they needed from Mother Earth*. Very different from "an eye for an eye" outlook. All their relationships whether social or economic were based on gaining allies rather than multiplying enemies.

Because there are no tribal clans anymore, people now look for their tribal family sometimes outside their families to find a common soul ground of belief systems... from their yoga tribe, Shamanic tribe, raw food tribe, vegan tribe, dancing tribe and so on... where they feel they can connect with like minds and way of living. But really we are all connected. We know this when we experience open hearts. It is good to tolerate others harmless beliefs as we do our own.

Lets hope that this year will bring in a new form of light compassionate energy to bring forth an awareness and tolerance for humans and all that is nature, after all that is what we are Mother Nature.

Susan Laing practices Naturopathic Iridology & Nutritional Healing & runs a regular Shamanic drumming group.
www.iridologyforhealth.co.uk
www.raw-spirit.com ❁

Raw Menopausal Woman

Helen Kirby Roach discusses her experience of the menopause and how it might be different on a raw diet.

There is some disparity of opinion in the raw food world regarding the menopause. A disparity I welcome as I applaud the fact that there are many differing ideas and beliefs for us to consider and thus draw our own conclusions. To me this is free thought in action. I thereby offer myself as an example in the hope that it may help others, but also to confirm that I am surely not alone in undergoing these life changes, with the degree of confusion that they generate?

If you read of the raw diet in relation to the menopause, by and large it would seem that it is a slight blip on a woman's life. My own experience is detailed below. I am being frank about this as it does concern me that some women may expect more of their bodies than is reasonable IF you have not been eating raw for 10- 15 years previous to the perimenopause.

For example, "Annette Larkins reports in the book 'The Live Food Factor' by Susan Schenck that six years after going "100% raw", she noticed she had skipped her menstrual period for three months. Concerned that she was pregnant, she went to her physician, only to discover that she was actually going through menopause! She had none of the dreaded symptoms; no weight gain, emotional distress, insomnia, night sweats or memory loss." -

www.rawpeople.com

I must emphasise here that we are all different, we are all individual in our experiences. Whilst the general principles of a raw diet will work wonders, this has to be compared personally, as to what we would have been otherwise. Not to hold up some one else and wonder why you don't feel like them or look like them.

I have long resolutely refused to have the menopause, but powerful being though I assuredly am (alongside everyone else), inevitably some aspects of it have infringed on my life - the hot flushes spring to mind. To those who never suffer these (men) I can liken them only to a panic attack, which is only an aid to understanding if you have ever experienced these! Not pleasant, indeed initially quite scary, but over time you learn that they will end and that they just need to be breathed through but you do wish so very much they didn't happen!

When I commenced getting several of these hot flushes a day, I was determined to attribute them to stress. At the

time I was flying back and forth between the UK and Spain every couple of weeks dividing my time between my fiancé and my almost- out- of- their -teens children, a division that was emotionally extremely tough on me. I seemed to have the worst flushes when away from my children and worrying about them, so it is comprehensible that I should justly lay the cause of these over - heatings as stress. The fact that my periods died a death was a mercy for which I can only proffer the greatest of thanks, and again this cessation could be laid at the door of stress, as at the time I was not to know they were gone for good. My raw life started during this year, so it is only retrospectively I can make the connections to my condition and a fully raw diet.

Also, my mother died during this year, and although we were not especially close I knew I had lost the one person who had unconditionally loved me - whilst alternately despairing and being proud of me, as only mothers can! This relationship impinges on my life more so now than it ever did when she was alive but that is an article for another time. It is however a fact that many women going through menopause have to address this altered mother relationship either due to failing health and disability, or death. It is a relationship of great enormity and to have to deal with fall out whilst in an emotionally challenged state is not the best timing. I am not negating the father here, but one only has to read Dr Christiane Northrup's 'Mother - Daughter Wisdom' to understand why the mother relationship affects us the most.

During this time, I noticed that if I ate anything high in sugar, even if it be raw and natural, the hot flush would come a calling very shortly afterwards, but still I thought, it was surely nothing to do with the menopause but rather my messed up adrenals. So in this spirit I refused to read anything on the subject and apply it specifically to myself until recently, whereupon Dr Christiane Northrup gains a further mention. I first came across Christiane in the 'Hungry for Change' film and was impressed by her common sense, intelligence and warmth. I chose therefore to read her book 'The Wisdom of Menopause' - I liked the sound of being considered wise - and I really am not able to stomach a lot of the pseudo spiritual books (as they appear to me) about passages and transitions and authentic women.

It made me realise how much I have escaped symptom wise, for instance the following are typical: fibroids, heavy or tender breasts, urinary symptoms, vaginal dryness, bone loss, weight gain, mood swings (erm well don't we have these all the time? Men included?) fuzzy thinking, skin changes - aha see below!

To quote one woman from the book "almost overnight it feels as though my skin has become dry and crêpey." Yes this could be me. Almost overnight - well in the last year - the elasticity has gone so much that I could despair, but thankfully am now knighted with wisdom, so know there is no point. Also whilst it is Winter I can cover it up and therefore if I don't see it, it does not exist! However, bearing in mind these words from Anthony Robbins: "Whatever you hold in your mind on a consistent basis is exactly what you will experience in life", I have to constantly monitor my thoughts.

The right mentality is key to everything, alongside being able to laugh at ones self, but I feel lucky, as I am confident that much L- Carnosine and MSM amongst other things, will repair the damage. Had I been able to take these throughout the last few years the mirror would be telling a different story. Ditto had I come to raw when Tonya Zavasta did, she looks amazing after 15 years of eating raw and I am still yet a few months away from 5 years as I write. Tonya has quite different reasons to me for wanting her life to be what it is right now, and has thrown herself with much determination into achieving what she longed for.

I admire her perseverance more than I can say. She has been one of the lights leading me further down the raw route so for this also, I thank her.

We however have very different bodies, for one I have grown and given birth to 5 children whereas Tonya put her body through this only one time. I have not the physical leg deformities that she has had many operations for. All these are considerations in how our individual body happens to behave around our 50's...I must say here that until I reached 51, I did not look my age at all...and now at 53, in my humble opinion, I do. As one daughter said recently after discussion of my newly etched lines " but I think you will stay looking like this for a long time now though..." we take comfort where we can find it and feel blessed (er yes right!) She actually only echoed my own thoughts, so happily 10 years hence I can look forward to looking 10 years younger. If you see what I mean.

Of course it is too superficial to be all about looks, we who are going through this, *know* this, but as any enlightened person similarly knows, throwing off the repeated media imaging we have been subjected to all our lives is one heck of a job.

So the menopause, I have come as far as I have 4 years now since the first symptoms with hardly a mark other than the hot flushes and the skin thing. Coincidental to my raw food diet? I think not! As part of my working life a decade ago I met many a woman wanting help with terrible mood swings, depression, insomnia and tiredness during the menopause...it is a blight on many women's lives for 5 years or more. It is an emotionally tricky time when the realisation of no more babies hits home, yes you may have decided you don't want any more but you still know you could if you wanted to. Any natural way to help this transition, any kindly way that does not involve drugs that come from abused horses or otherwise, is the only authentic way in my humble opinion.

Yet, in addition to all the above, there is more to consider as there is the 'new' evidence that, " what you are thinking, feeling, and believing is changing the genetic expression and chemical composition of your body on a moment to moment basis ". Once it was believed that the way we aged was in our genes but amazingly we can affect how these genes express themselves. Just as it is known that the more you smile when you don't feel like it, the more you will feel like smiling; the more you think young, the more you will experience this. Dawson Church author of 'The Genie in Your Genes' further states: "though we know that changing the mind changes the body it also seems that the reverse is true. Changing the body changes the mind". Does the word connectivity leap out at you here? How can it be any other way. We are a marvellous cellular combination of spiritual and physical. By changing the body with a cleansing raw food diet the mind cannot fail to change also, and the reverse order is true. Problem solved! I am now leaving to slap some fresh aloe juice on my rapidly disappearing lines whilst chanting I am 35 I am 35 I am 35.....

For more on this read


Tonya Zavasta: www.beautifulonraw.com

Annette Larkins reference from: www.rawpeople.com

The Genie in your Genes by Dawson Church PHD

Read more from Helen on her website at

www.rawfoodyhealthnut.blogspot.com or contact her on rawfoodyhealthnut@gmail.com ☘



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The Rawfood Gardener

Jerusalem Artichokes

&

Raspberries

If you've not tried Jerusalem artichokes, start here! New series on gardening for raw fooders with **Helen Hurworth**.

This morning I went down to my allotment in East London to dig up some Jerusalem artichokes - *Helianthus tuberosus*, not to be confused with the Globe Artichoke *Cynara scolymus* which is a completely different plant family.

Jerusalem Artichokes are a wonderful vegetable. They can literally be neglected year to year, are tolerant of frost, dry weather, and are happy in any corner of the garden or vegetable plot. The taste is 'smoky', and if you are missing that smoky barbecue flavour from cooked food days, then you must try to grow some. They are quite expensive to buy in the supermarket, so it really is worth it.

They are easy to grow, having hardly any pests, and are absolutely delicious, either grated in a salad or coleslaw, or added to soups. Carrot and artichoke soup is a marriage made in heaven in my opinion.

Jerusalem artichokes are also a great flavour enhancer for raw dehydrated burger recipes. How about making crisps out of them, slicing very thinly adding salt and pepper and dehydrating till nice and crisp.

To Grow

I buy the variety 'fuseau' from Garden Organic, but tubers are available from most good sellers. They may seem quite expensive to buy first of all, but once you have your first set, you do not need to buy again. Plant out in February to March in a cleared area in rows 60cm apart each way, 10cm deep. They can be grown much closer, mine are squeezed in a bed 25cm apart and are fine, but try to keep to rows if you can, this will make digging up later in the year much easier. During the summer months long stems will start to shoot up. This makes an excellent screen growing to 5ft. I use them purposeful-



Freshly dug Jerusalem Artichokes

ly in an area of the allotment that has no fence. When the flower heads appear, cut them off, this will help the tubers bulk up underground. (The flowers are pictured on the right.) Tubers will be ready to lift when the stems have died and become brittle. Have a dig around in late Autumn. They keep well into winter, so don't worry if you don't get to them until November or December, they will stay in the ground quite happily. I would advise in the spring you cut the stems right down to the ground. You will find they will come up year after year, it's impossible to find all the tubers, and a bit like potatoes, what you thought was a cleared potato patch will spring up with the odd missed tuber the following year! The dried stems also make great kindling for fires. I do hope you will give them a go!

Another job I have done within the last fortnight on my plot is to topdress the raspberry bed. I inherited the raspberry bed from the previous plotholder. It was a bit sparse and straggly so I have added varieties over the years. Raspberries, like strawberries come in early, main, or late varieties. I have mostly late varieties like 'Joan J' and very popular 'Autumn Bliss', as I want to extend the fruit season as long as I can, and raspberries are simply wonderful, still fruiting up until the first frosts. It also means I can concentrate my harvesting time to other fruit such as strawberries which crop heavily in the summer. I used a 50L bag of ericaceous compost* bought from B&Q and liberally scattered it over the bed. Raspberries prefer a

more acid soil, and this helps balance out my very clay and alkaline soil, I leave the worms to work down the topdressing, as I follow a no-dig policy on my plot. Watch out with raspberries when weeding, their roots are very near the surface, so clear areas around them with care. I hope to re-organise some of the plants soon into 2 rows and put up supports to tie in the stems next year for easier cropping, (another job for the list!). There are an easy plant to grow and come in varying colours from yellow, orange, to deep purple. Plant canes 30-38cm apart in rows no less than 1.2m apart. Plant any-time from late October to mid-March. In winter to spring cut stems down to 20cms. These stems make excellent hurdles, which is what I use them for to edge my beds, as in the photo.

Raspberries are so delicious, but fresh ones from the garden only last 24 hours (whatever do they spray them with in the shops to make them last I wonder?), so freezing is an option. A good way to make raw jam is to dehydrate them and then add a sweetener such as agave or honey and blend using a high speed blender. Now is the time to buy those canes, make sure they are 'certified disease free' by the growers before purchase though, enjoy!



Raspberry bed, with canes cut to 10cms and top-dressed with Ericaceous compost

Helen Hurworth, is trained in Horticulture and is a member of the RHS, Kew Gardens and Garden Organic and also a member of the Heritage Seed Library. In between maintaining her allotment, she volunteers to manage a heritage fruit and vegetable garden for Essex Wildlife Trust. ❁

* Editors note: Commercial ericaceous compost is usually made from peat which comes from very rare and ecologically sensitive environments, which are very high in biodiversity, and removal of peat is destroying them. We're experimenting with using foraged pine needles on our raspberries as a sustainable alternative. See www.tinyurl.com/peatalert



Raspberry canes used to make hurdles to edge borders.

Green Smoothies

An Introduction

Kristine Miles on why you might want to drink green smoothies and some recipes to get you started.



Quite simply, green smoothies are smoothies with raw leafy greens blended through them. Traditionally they are a combination of sweet fruit, water and leafy greens, however the blending of greenery can of course be blended through any type of smoothie, whether they are dairy or plant based.

The idea of using greens is all about leafy greens, not any green vegetable such as broccoli or peas or courgette. Leafy greens are incredibly nutritious, especially when organic or home-grown. They are low calorie, low carb, high fibre, contain protein, chlorophyll, vitamins, minerals, antioxidants, and some even contain omega 3 fats! But most people tend to struggle to eat enough greens. Many raw food eaters are good at eating a lot of salads with greens, and most would eat greens every day, but most people would be lucky to eat greens a few times a week and even then, it's a small side dish of cooked or raw greens with dinner.

Blending greens has many advantages. Firstly, it's another way to get greens in to your diet, often at a time you wouldn't normally, given breakfast is the typical time of day to have a smoothie. Furthermore, blending, like juicing, bursts open the cells of the green leafies releasing all of their wonderful nutrients that can otherwise be locked up, and not made fully available by eating them by chewing,

given we do not chew a zillion times like chimpanzees do! Blending greens is hence a better delivery system of nutrition compared to chewing greens, for modern humans.

Personally I prefer smoothies over juicing namely for the fibre benefit. Both insoluble fibre and soluble fibre are present in abundance in a green smoothie. Insoluble fibre is largely from the greens and is the 'roughage' that gently sweeps of colon and keeps things moving! Soluble fibre breaks down into much smaller pieces and helps form our stools, making them easier to pass. Soluble fibre is also important as it assists with blood sugar regulation by slowing the release of glucose into the bloodstream, *and* it aids the removal of low density lipoprotein 'bad' cholesterol from the body via the bowel. Fibre also means the drink is more filling, and will more likely fill you up enough for it to be a meal and satisfy you for many hours, versus a juice that won't.

If you have never had a green smoothie before, I can assure you that they don't taste horrible! They do look green (and at times other odd brown or purplish colours!), but thankfully they taste like the fruit in them. Obviously if you go overboard with the greens, it will taste pretty green, aka bitter, but generally speaking you don't taste the greens much, if at all.

Green smoothies for the purposes of this article are raw and mostly vegan, meaning no cooked or pasteurised ingredients and no dairy ingredients like milk and yoghurt, which are the base of traditional smoothies. When I say mostly vegan, there are recipes that I suggest may be sweetened with raw honey, but this is optional of course. And if you want to use a dairy base, raw or otherwise, there is no rule saying you can't, my recipes just don't.

The ideal combination for one litre of green smoothie is 2 cups of fruit, 1.5 cups of liquid (water, nut milk or coconut water) and 1-2 handfuls of leafy greens. This amount is perfect for two servings. The combination of sweet fruit and bitter greens offsets the flavour of what would otherwise be a very bitter green drink. Some fruits do not taste as sweet when you blend them compared to when eaten whole, such as some stone fruit and berries. So combine such fruits with a sweet fruit like mango or banana, or add a healthy sweetener to taste such as dates, agave, raw honey or stevia. Healthy fats like hemp seeds and avocado can also be added to green smoothies, as can superfood powders.

To make a green smoothie, you put greens, roughly chopped fruit, and liquid in a blender, and blend for 1-2 mins. Spinach is a great green to start with as the flavour is mild and the

green colour frequently spectacular. It is generally recommended to use 40% greens and 60% fruit. For beginners, start with a small amount of greens and gradually increase with time. If you do happen to overdo the greens, try some sweetener, a bit of vanilla or some lemon juice to take the edge off. I am a fan of using as few ingredients as possible so you can actually taste what is in your smoothie. You can put six different fruits in if you like, but it can become a smoothie with a non-specific and non-inspiring flavour. For example, you will taste both berries and banana in a banana-berry smoothie, but add apple and pear and peaches too, and it gets very confused. When inventing your own concoctions, you will have the odd failure no matter how you try and troubleshoot. Don't worry! Just drink it anyway and learn from that mistake.

Suggestions for greens include kale, silverbeet/chard, bok choy, mint, parsley, spinach, mesclun salad mix, celery leaves, wombok/napa cabbage, beet-root leaves, butter lettuce, oak leaf lettuce, coriander/cilantro, cos/romaine lettuce, fennel tops, radish tops, purslane and basil.

Experiment with different greens to see what you enjoy drinking, but don't use the same green all the time. It's important to rotate your greens to respect the seasons. It is also important to avoid the secondary metabolites present in greens. E.g. chard and spinach have oxalic acid in them, herbs have essential oils, some greens have tannins, or saponins. If you only eat the same green in your smoothies daily, you may start to have problems with too many of the same metabolite in your system, which is harmless in small quantities but harmful or unpleasant in large amounts. I can tell if I have been eating too much of the same green, because I start to not want smoothies and I feel a bit queasy mid-morning. The point of these naturally occurring substances in plants is that they make us rotate our food sources. In the wild this is a defence mechanism to prevent devastation by predators, and in a modern society it ensures we eat a variety of foods which is important nutritionally.

To aid convenience, have your greens washed and ready to use. Pull leaves off the stalks of greens like kale and

large pieces of chard as they can be a bit too fibrous to blend. After washing, place on towels on the bench to air dry, then place in a large container in the fridge lined with a clean dry dish towel. The towel will absorb excess moisture and will stay hygienic for 5-7 days.

Be sure to blend thoroughly to break up all the greens. Rest your blender if needed if you have a less powerful one. I believe it doesn't matter what order you put the ingredients in and I put the liquid and solids in at the same time. Popular high powered blenders are Vitamix and Blendtec, however I use a Thermomix which is more than just a blender! Furthermore Thermomix blended smoothies do not get warm unlike some other blenders that require ice to compensate for friction induce heating as it blends. If your smoothie gets warm while blending, substitute some ice for the liquid component or use frozen fruit.

When it comes to green smoothies, there are infinite combinations of ingredients given the range of produce around the world and personal taste. In my book, 'The Green Smoothie Bible', I created over 300 recipes, which have been arranged into categories. For those passionate about eating with the seasons, there are chapters for spring, summer, autumn, and winter. There are green smoothie recipes for children, recipes for superfood fans, for those with specific concerns like weight loss or cardiovascular health, and many more. Whether you follow a recipe of invent recipes yourself – there are some guidelines that will make the whole process a great success! Here are some recipes to get you started.

Beginner's Green Smoothie

3-4 bananas
1½ cups of water or almond milk
A handful of raw spinach
1 tsp vanilla extract

Spiced Pear Pleasure

2-3 large ripe pears
1½ cups water or almond milk
1 tsp cinnamon
¼ tsp ground cardamom
1-2cm piece of fresh ginger
A handful of kale



Coco-Berry Blast

2 bananas
1 cup blueberries or strawberries
Flesh and water from a young coconut
2 medjool dates
1 head of butter lettuce

Peach Melba

1 cup of frozen raspberries
1 cup of soft peach flesh
1½ cups of water
½ cup cashews
1-2 tsp vanilla extract
1-2 Tbs honey or agave nectar
3-4 leaves of Wombok/Napa cabbage

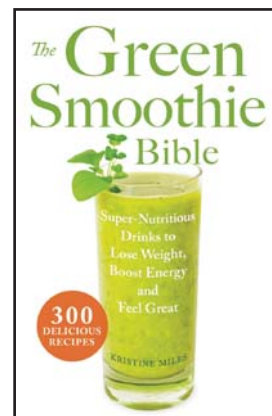


Choc Mint Mania

2 bananas
1-2 frozen bananas, sliced
1½ cups of water
3-4 Tbs hemp seeds or ½ an avocado
2 Tbs raw cacao powder
Pinch salt
Handful of mint leaves

Hot tip - smoothies with cacao need some fat, need to be sweet, and salt helps bring out the flavour.

Kristine Miles is a health professional with over 16 years' experience. She is passionate about life-long learning, plant based nutrition and living a low toxic lifestyle. Her mission is 'to promote health and wellbeing, through empowering others to lead lives free of chemicals and full of real, delicious food'. Kristine works full time as a physiotherapist in private practice on Phillip Island, Victoria, Australia. She is also a part time cooking demonstrator, and blogger on kristinemiles.com and greensmoothiecommunity.com. Kristine's first book, 'The Green Smoothie Bible' was released in February 2012 and her second, 'Green Smoothies for Every Season' will be published in mid-2013. ✿



Imagine

One of the (many) ways this culture is killing the planet is through a lack of imagination. I've been thinking about this a lot in the wake of the Fukushima nuclear catastrophe, and especially in light of three pretty typical responses I've read, each one showing less imagination than the one before. **By Derrick Jensen.**

The first comes from global warming activist George Monbiot, who, just ten days after the earthquake and tsunami, wrote in the *Guardian*, "As a result of the disaster at Fukushima, I am no longer nuclear-neutral. I now support the technology." His position was that the catastrophe—the mass release of highly toxic radiation—was caused not by the routine production and concentration of highly radioactive materials, but rather by a natural disaster combined with "a legacy of poor design and corner-cutting." If the capitalists can just design this monstrous process better, he seems to believe, they can continue to produce and concentrate highly radioactive materials without causing more accidents. Similar arguments were made after Oak Ridge, Windscale, Three Mile Island, and Chernobyl. You'd think by now we'd all know better. And you'd think it wouldn't take a lot of imagination to see how routinely performing an action as stupendously dangerous as the intentional concentration of highly toxic and radioactive materials would render their eventual catastrophic release not so much an accident as an inevitability, with the question of *if* quickly giving way to the questions of *when*, *how often*, and *how bad*.

The second comment I read came from someone who did not have George Monbiot's advantage of living half a world away from the smoldering radioactive mess. In late March, an official with the Japanese nuclear regulatory agency told the *Wall Street Journal* that Japan is not reconsidering nuclear energy in the wake of Fukushima, because "Japan couldn't go forward without nuclear power in order to meet its demand for energy today." He said that a significant reduction in nuclear power would result in blackouts, then added, "I don't think anyone could imagine life without electricity." There's nothing surprising about his response. Most exploiters cannot imagine life without the benefits of their exploitation, and, perhaps more importantly, cannot imagine that anyone else could imagine going through life being any less exploitative than they are. Many slave owners cannot imagine life without slave labor. Many pimps cannot imagine life without prostituting women. Many abusers cannot imagine life without those they routinely abuse. And many addicts cannot imagine life without their addictions, whether to heroin, crack, television, the inter-

net, entitlement, power, economic growth, technological escalation, electricity, or industrial civilization.

The failure of imagination at work here is stunning. Humans have lived without industrially generated electricity for nearly all of our existence. In fact we thrived on every continent except Antarctica without it. And for nearly all those years the majority of humans lived sustainably and comfortably. And let's not forget the many traditional indigenous peoples (plus another almost 2 billion people) who are living without electricity today. The Japanese official is so lacking in imagination that he can't even imagine that they exist.

George Monbiot, in his *Guardian* article, asks some important questions about living without industrial electricity: "How do we drive our textile mills, brick kilns, blast furnaces and electric railways—not to mention advanced industrial processes? Rooftop solar panels?" But he reaches an illogical conclusion: "The moment you consider the demands of the whole economy is the moment at which you fall out of love with local energy production." Actually, no. The moment you consider the demands of the whole economy is the moment you fall out of love with the whole economy, an economy that is systematically exploitative and destructive, an economy that is killing the planet.

It is insane to favor textile mills, brick kilns, blast furnaces, electric railways, and advanced industrial processes over a living planet. Our ability to imagine is so impoverished that we cannot even imagine what is happening right in front of our faces.

Why is it unimaginable, unthinkable, or absurd to talk about getting rid of electricity, but it is not unimaginable, unthinkable, and absurd to think about extirpating great apes, great cats, salmon, passenger pigeons, Eskimo curlews, short-nosed sea snakes, coral reef communities? And why is it just as accepted to allow the extinction of indigenous humans who are also inevitable victims of this way of life (many of whom live with little or no electricity)? This failure of imagination is not only insane, it is profoundly immoral.

Imagine for a moment that we weren't suffering from this lack of imagination. Imagine a public official saying not

that he cannot imagine living without electricity, but that he cannot imagine living *with* it, that what he can't imagine living without are polar bears, the mother swimming hundreds of miles next to her child, and, when the child tires, hundreds of miles more with the cub on her back. Imagine if this public official, or rather, imagine if we all were to say that we cannot imagine living without rockhopper penguins (as I write this, the largest nesting grounds of endangered rockhoppers is threatened by an oil spill). Imagine if we were to say we cannot imagine living without the heart-stopping flutters and swoops and dives of bats, and we cannot imagine living without hearing frog song in spring. Imagine if we were to say that we cannot live without the solemn grace of newts, and the cheerful flight of bumblebees (some areas of China are so polluted that all pollinators are dead, which means all flowering plants are effectively dead, which means hundreds of millions of years of evolution have been destroyed). Imagine if it were not this destructive culture—and its textile mills, brick kilns, electric railways, and advanced industrial processes—that we could not imagine living without, but rather the real, physical world.

How would we act, and react, differently if we not only said these things but meant them? How would we act, and react, differently if we were not insane? And I mean that in the deepest sense, of being out of touch with physical reality. How can it be so difficult to understand that humans can survive (and have survived) quite well without an industrial economy, but an industrial economy—and in fact any economy—cannot survive without a living planet?

The truth is, the Japanese official and anybody else who states that they cannot imagine living without electricity had better start, because the industrial generation of electricity is simply not sustainable—whether it's coal or

hydropower or even large-scale solar and wind power—which means someday, and likely someday soon, people will be not only imagining living without electricity, but actually living without it, along with the more than 2 billion already doing so. About this prospect, a *hapa* (half Hawaiian) man recently said to me: "A lot of us are just biding our time, waiting to go back to the old ways. Can't be more than a few decades at the latest. We did okay out here without microwave popcorn and weedwhackers and Jet Skis."

Which leads me to the third article I read, titled "What Are You Willing to Sacrifice to Give Up Nuclear Energy?" In it, the author talks, as did the Japanese official, as did George Monbiot, about the importance of cheap energy to the industrial economy. But he's got it all wrong. The real question is: what are you willing to sacrifice to allow the continuation of nuclear energy? And more broadly: what are you willing to sacrifice to allow the continuation of this industrialized way of life?

Given that industrial-scale electricity is unsustainable, and that a lot of people and other species are dying because of it, another question worth asking is: what will be left of the world when the electricity goes off? I can't speak for you, but I'd rather be living on a planet that is healthier and more capable of sustaining life, rather than one that resembles the restricted area around Fukushima.

This article was first published in the Sept/Oct 2011 issue of Orion magazine www.orionmagazine.org

*Hailed as the philosopher poet of the environmental movement, Derrick Jensen is author of twenty-one books, including *A Language Older Than Words*, *The Culture of Make Believe*, and *Endgame*. He writes for *Orion*, *Audubon*, and *The Sun Magazine*, among many others. To find out more about Derrick and his work see www.derrickjensen.org and to get involved see www.deepgreenresistance.org ☸*

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Responsibility

a key to growth and wisdom

Joe Jennings on taking responsibility for our own reality.

Thought is creative. We are creators. Everything we experience is created by us, on a soul level, for us. It allows and aids our perfect development and expression. Life is orchestrated perfectly for all, so we learn, grow and come to understand ourself, our reality and our place in it.

In this divine flow nothing is good, nothing is bad, nothing is missed. Our only choice is whether we flow with it or rebel through free will, or at least the semblance of it. Ultimately we cannot avoid the flow, but we can ignore it and play victim, though this merely leads to the lessons, or callings to become louder until they eventually somatise as chronic diseases and we allow them to kill us.

In this game, where we are the experiencer seeking new and ever evolving expression, we create our purpose. We create our *raison d'être*. We choose.

This leads us back to the paradox of free will and divine flow. They are not, however, mutually exclusive. On a grander scale we are in the divine flow and it is constantly guiding us back to unity, within this, however, we are able to make our own choices, create our purpose and do, more-or-less, anything we fancy. On this level we have the law of attraction, where what we think we create, albeit not so instantly, and we have the issue that many of our thoughts are subconscious. Therefore, some things we attract are due to old belief patterns and experiences. Yet all of this gives us the opportunity to learn and evolve. Once we realise that everything we experience is a direct result of our choices, past or present, conscious or not, we realise that we must take responsibility for everything we experience.

Taking responsibility for reality

We must accept responsibility for everything that has happened to us as, on one level or another, we chose to experience it in order aid us on our path. The beings involved in challenging situations were just helping us to unravel ourselves. There cannot be any blame placed upon others as it was all our choice and necessary for us. Pleasure or pain, their actions and expressions were perfect for us. It is and was all pure love and we should be grateful for it. We can know this when we look back on difficult events and reflect, 'well if that hadn't happened that way I would not have learnt this,' or 'I would not be the person I am today.' Difficult experiences can never cause us to devolve only evolve. The worst thing that can happen is we get stuck in the process, the emotional pain and angst, until we either learn from it or we allow it to kill us and start again. We are the immortal soul so there is no rush, eventually we will learn and evolve into greater expressions of our true selves.

Taking responsibility for all that we experience and looking for the lessons and negative belief patterns in all the situations we attract is incredibly empowering. It instantly dissolves any victim belief. No one can victimise us, it can only

ever be a projection of our inner milieu. And as soon as we identify and dissolve these belief structures we will never experience such projections again!

On top of this, each individual is fully responsible for their experiences and interpretations. We cannot be responsible for how someone will react to our expressions. Indeed, each person will react differently. We also cannot be responsible for anyone's happiness. Therefore we no longer need to pussyfoot around worrying what will this person or that person think of me if I do this or that. We can truly be who we are meant to be, we can gracefully unfold and relax into the divine flow. Some people may ridicule, some people may love, but that is not our problem it is theirs, they are wholly responsible whether they like it or not. This frees us up to realise that reactions are merely projections and nothing to do with us, therefore we can be loving and compassionate to everyone no matter how they treat us, as really it is just a projection of how they see themselves, not us!

Also each person is divinely guided and has attracted whatever experiences they need to help them heal and evolve. The homeless person you feel bad for, the friend that has lost someone close to them, the sibling whose marriage has just failed, the colleague who has just got fired, the parent who just got cancer. Don't feel bad! For one reason or another these experiences are perfect for them to help them drop outdated and erroneous conditioning and unfold into to their divine-selves. You are not responsible for this, therefore you do not have to feel bad for them nor save them. Even if you tried to save them you couldn't. You would be denouncing the divine flow and blocking their chance to heal. Everyone is divinely guided and supported. We are not responsible for this. We can offer help and assistance, and indeed this is a lovely thing to do but we cannot save anyone.

Trust and surrender

Thus our own evolution into our perfect expression is not just about taking responsibility for ourselves and allowing others to take responsibility for themselves we also have to learn to trust the divine flow and surrender to it. As was mentioned, when we look back we realise the amazing lessons, that even the hardest experiences taught us, we can be grateful for them! Once we realise this we can begin to trust the flow until eventually, even in what seems, from our limited perception, to be the worst of situations, we can surrender fully, knowing that it is perfect for us, we are held, supported, guided and loved, always and in all ways.

Joe works with Rebirthing Breathwork in Oxford giving private individual sessions and group trainings. If you would like some help or advice on subjects covered in this article you can contact him on joe@rebirthinginternational.co.uk For more information about Rebirthing Breathwork visit www.rebirthinginternational.co.uk ❀

An Ending and a New Beginning

Rob & Jolita find land to start growing a forest garden and running retreats in Portugal.

If you remember back to Funky Raw issue 16, my partner Jolita and I set off on a journey to find a place to live - land where we can grow our own food and run raw retreats and holidays. Well, eight countries and two and a half years later, our travels have come to an end, and our new life starts in Portugal. We've purchased 5 hectares of land in a "Parque Natural", relatively remote and peaceful, with its own spring for drinking water in a reasonable climate - hot summers and mild winters, we still get some frosts in winter but also some lovely sunny days.

There are lots of olive trees on the land plus a few other fruit and nut trees including figs and kakis and so far we've planted apples, pears, figs, cherries, apricots, lemons, almonds, blueberries and raspberries. And we're looking forward to planting a veg garden in the spring.

We want to create a forest garden so we read the book *Forest Gardening* by Robert A be J Hart. It is a wonderful book, although not the one we were hoping for! This book is a general introduction to the forest garden concept, told through the author's own experience of growing his forest garden, with ideas on how forest gardens can change the world for the better. The book we wanted is a practical guide to creating a forest garden, we've now ordered what we hope is the book we need, *Creating a Forest Garden* by Martin Crawford. We watched a couple of videos on Youtube from Martin, he's been doing a lot of research on forest gardens whilst growing one in Devon.

The idea behind a forest garden is to try and emulate a natural forest for minimal maintenance and environmental benefits, but with trees and plants which produce food and other useful resources, making use of 7 layers - large canopy trees, small trees & large shrubs, shade tolerant shrubs, perennial plants & herbs, ground cover plants, climbers & vines and root vegetables.

We're happy to report that there are loads of wild greens on the land and lots of wild nature, birds, frogs, and some interesting lizard creatures we've never seen before, orange with black spots!

There are two houses on the land which we are in the process of restoring ready for running our retreats, hopefully starting this summer, more news soon...

For more info on forest gardening see
www.agroforestry.co.uk

Read more from Rob on his blog at www.rawrob.com ✿



Dirty Juicing Secrets!

Sally Holloway with a humorous look at juicing

A friend of mine got a part time job helping someone who had turned to raw food to cure his health condition. I imagined her showing him how to make crackers, whisking up delicacies and poring over recipe books to keep his diet interesting. But the job turned out to be washing up the juicer! Everything else about raw food he and his partner could cope with but washing up the juicer three to five times a day was just too much.

He is not alone.

I keep reading articles by long term raw fooders and juice enthusiasts that talk of their Dirty Juicing Secret. Dirty Juicing Secret is code for 'I want to drink home-made juice several times a day, but I can't be bothered to wash my juicer up, so this is what I do...'

Juicing three times a day can be seen as the holy grail, many books say it turns round people's health and cures all sorts of terrible conditions. Why, they ask, don't more people turn to juicing instead of chemotherapy, heavy drugs and heart surgery?

Well the reason is that you don't have to wash up fiddly pieces of equipment three times a day when you're on chemo. If you did, less people would do it.

Sorry to be flippant, but washing up the juicer, especially if it's of the twin gear masticating kind, is a pain in the butt. If you drop any parts into the washing up bowl before scraping the pulp out first, they float on the top of the water like a major accident. Once you have depulped then you have to soak for a while. Then wash it. Then get one of those small brushes to get to the difficult to reach parts. Even if you do all this it can still look stained, unless you get a metal brush or brillo pad and scrub it for all you're worth.

I keep my juicer hidden because I don't want anyone to see the state of it. I scrape off what I can, but it's

seven years old and used three times a day and it shows. It looks dirty even when it's not.

One of my hobbies is going on retreats so that other people have to wash up the juicer instead of me. Sadly the indulgence has often been spoilt by the discovery of their Dirty Juicing Secrets. One place I went to had a pristine looking twin gear juicer in pride of place in the kitchen, but when the juice arrived it had a distinctly powdery taste. It turned out it was fruit and green powders whizzed up in the blender. When I asked why they didn't use the lovely slow gear juicer the woman looked at me and laughed, 'Because it would take ages,' she said, 'and that's without the washing up'. At that point I'd realised I'd paid £500 to drink juices that were not as good as the ones I have at home. Another time I was tempted to attend a 'juice fast', but decided to check out first exactly what juice I'd be getting.

'Apple juice,' a member of staff told me.

'Fresh and cold pressed?' I asked.

'No, from a carton.'

I decided not to attend.

I laughed when Frank Skinner admitted in his book that he only uses his juicer on the day his cleaner comes so she can wash it up. I was surprised however when Karen Knowler, who is at the vanguard of the raw food movement, teaching the benefits of raw food all over the world, said in an article that she just rinses her juicer under the tap, because, anything more and you won't do it. I mean if Karen Knowler can't wash her juicer up properly, then who can?

The most popular 'dirty juicing secret' I have come across is to make all your juices in the morning and keep them in the fridge until they are needed. Many juicing authorities recommend this. Basically it means you only have to wash your juicer once a day, even if



the juice may not be as fresh, it's better than no juice at all. I have tried this and it makes for a slightly boring start to the day as it can take me half an hour to do myself a smoothie and two juices and then wash up. But for the rest of the day it's blissful. Just reaching into the fridge when I'm ready for my juice is a delight, it makes me feel all organised and like I'm taking care of myself.

My own dirty juicing secret is that since I swapped from using sweet fruit to cooking apples in my green juices (or red currants and sour plums when they are in season) I have found that my juicer doesn't need as much washing after use, as without sugar there is no fermentation. I keep my juicer in a cool place, so anything stuck in there stays as fresh as possible. When I want to use it again I give it quick sluice through with water and it's ready to go. I wash it up properly once every night, by which time it's a really dirty old juicer and the mesh screen is usually clogged up and, like I said, I hide it away if I have visitors. But it's great to have a way of juicing throughout the day that isn't too laborious for when I don't have time to get my juices and smoothies ready in the morning.

So the next time you see someone glowing with health and they tell you that the secret is juicing, ask them what their dirty juicing secret is, they're bound to have one.

*Sally Holloway is author of **Sprouting in the UK - How to Grow Greens, Beans and Superfoods**. Available on Kindle, ebay, or from sallyholloway.com ☘*

Poetry

Golden Nectar

Droplets of golden nectar
Entice one, beckoning forth to new realms
The tangible mist caresses adoringly
Gently upon the skin
Like the breath of nature
Offering sweet and silent surrender

by Sarah Ince www.sarahince.com

Reign of Life

Does this matrix contain me?
Refrain me?
I know, I'm pulsing inside
With life force
Ready to reign my own world
The earths tipping point is coming
Earth reclaims her domain
The kingdom she rightly owns

Let your spirit fly free
Break through the matrix
Let your life flow
Let your spirit grow
Move into your sovereignty
That was there all along
Buried deep....now to resurface, rise, meet the light!

by Sarah Ince www.sarahince.com

Dynamic acceleration through life

I belong to the air, the sea, the earth
Yet only by my breath is this so

As I am eternal, of the stars, galaxies and beyond
A roaring energy resides in me
It is liberated – to be all it can be
Flying free into the heart of life itself
Merging with the soul of existence

Turning through the matrix of time
As it threads through my DNA
Unlocking the third dimensional confines
With the greatest care and diligence
Alchemically transforming deep within my core
Unrecognizable to the familiar
Yet this was my destiny
To unfold my essence and my dream

by Sarah Ince www.sarahince.com

love is in the wind

love is in the wind
blowing the grasses and trees
nodding the flower heads
lifting birds on its breeze
touching everything in sight
and in the shadows too
...does it blow between
or does it join like glue?
moving us all in a dance
spiralling to its sound
...music leading us on
to where love is found

love is in the wind
the air that links us all
caressing everything
with its constant call
penetrating deep within
...we remember somewhere
that love is our essence
...and that it's always there!

by Niccola Willis



Aegle - Goddess of Radiant Good Health

Never was a child full of vigor and grace
So glowing in vitality and fair of face
Of wise lineage, understanding consecrated
Knowledge to live by, in doing, emancipated

In the garden of Gaia seeds were sown
In the garden of Gaia seeds were grown
In the garden of Gaia health was planted
In the garden of Gaia health was granted

Aegle, the epitome of blossoming radiance
Dancing in the gardens of Gaias benevolence
Knowing the alchemy of magic ingested
Of living energy, in good health invested

Gaia is a garden, a pharmaceutical laboratory
Gaia is a garden, the healthy repository
Gaia is a garden of natural health
Gaia is a garden of immeasurable wealth

Veritable cornucopia of healthy abundance
That feeds the soul with honest raw substance
A rainbow of foodstuffs that make you bloom from inside
These gifts are given and seasons, our guide

From Gaias garden dinner was fresh
From Gaias garden was food for flesh
From Gaias garden with nothing preserved
From Gaias garden, dinner was served

Fungi, grains, greens, fruits and milk
To nuts and honey as smooth as silk
Spices and herbs and bulbs underground
To seaweeds and berries and chocolate abound

Gaia has a garden where wellness prevails
Gaia has a garden, abundance never fails
Gaia has a garden where Aegle can nourish
Gaia has a garden where we all can flourish

Elixirs of life, in pure natural form
Ingested, transmuted, good health re-born
Take Aegles cue and know for good living
Nothing compares with Gaias raw giving

Poem and image by Tilly Campbell-Allen
www.tillicampbellallen.com



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