

The Funky Raw

Healthy eating for everyone

magazine

Issue 33 - Winter 2014

£3.50



- Fermented Food Special
- Café and product reviews
- Wild Food

From the Editor

First, a little practical note. We've skipped an issue due to the publication date slipping and every issue being late... So this is a combined Autumn and Winter issue, the next issue will be Spring, due around the middle of March.

A bit of a fermentation special this issue, with three articles including a couple of recipes (pages 22 to 27) - if you hadn't realised yet, I think fermented food is a very important part of our diets, I eat or drink something fermented with most meals.

Here in Portugal, it is exciting to see the garden starting to take shape. I planted an umbrella pine which I grew from seed, in 10 to 15 years it might be producing pine nuts! Planted a couple of bilberry bushes under the pine, as they like the acidic soil created by the falling pine needles.

For anyone interested in Forest Gardening, there is a new website www.foodforests.eu selling seeds, plants and trees. They are running a crowd funding campaign to raise money to start a UK "Tree Factory", where they will grow trees and plants for sale at low cost and to give away to schools and community groups, plus grow a forest garden as an exhibition/learning centre. You can find out more and donate here: tinyurl.com/treefactory

You can contact me at magazine@funkyraw.com

love Rob



Cover Artwork

By Kate Priestley

Kate is an artist and graphic designer. You can see more of her work at soullevel.tumblr.com and you can contact her at kate_priestley@hotmail.com



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

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

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 its 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: **6 Feb 2015**.

Advertising deadline: 27 Feb 2015 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!

Published by Funky Raw Ltd, Unit 2, The Pound, Coate, Devizes, SN10 3LG (Office address only, no personal callers.)

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News

Got a story? Email news@funkyraw.com

Raw in London?

This new website will be useful whether you live in London or are just visiting. It has maps with raw restaurants, raw juice bars and organic farmers markets plus raw events and news: www.rawlondoner.com

Northampton Restaurant

A new vegetarian/vegan restaurant has opened in Northampton which has a few raw food options, with plans for more raw in the future. They also serve fresh raw juices and smoothies.

Open Tuesday to Sunday 11am to 10pm (last Order)

79 Broadmead Av, Northampton, NN3 2RA.
www.karmana.co.uk 01604 409 999

Aloe Vera Gel

You may know that if you have sunburn, insect bites, rashes, etc, fresh aloe vera gel soothes the skin wonderfully. But fresh aloe vera leaves are not always available, so that's where this wonderful product comes in handy. 97% organic aloe vera gel, the rest is vegetable glycerine and carrageenan seaweed extract to thicken. It works just like using the fresh leaf, it is cooling and soothing and very easy to use.



RRP £19.99 from www.rawgaia.com and www.funkyraw.com

Sauerkraut & Crackers

PaMa is a new raw food company in London. I went to meet Patka and see what they are up to. Patka is from Poland and Martin is from Germany so they both have the sauerkraut tradition in their blood. They are making sauerkraut using traditional methods and then making delicious crackers from the sauerkraut.

I tried the original crackers, you can really taste the sauerkraut, they have a great flavour with a little bit of spiciness. They also make beetroot sauerkraut crackers but I've not tried those yet.

They are selling their products at the Stoke Newington Farmers Market on Saturday mornings (10am to 2.30pm - St Paul's Church, Stoke Newington High Street).

The crackers are available in some organic shops in London including Mother Earth and Bumblebee, from some online shops and through their own website. We hope to have the crackers available on the Funky Raw online shop in the future.

Find out more at www.PaMa-raw-food.com



A plate with three types of sauerkraut along with tools for slicing and pounding the cabbage.



Workshops & Events

Keep Cosy in Winter with Raw Food

Date: Friday 05 December, 10am - 2.30pm

Location: Bradford on Avon near Bath

Description: Raw food doesn't have to mean cold food! In this workshop I'll be sharing ways to prepare warming raw food to nourish our body and soul on the grey days and in wintertime.

I'll demo warming recipes for a whole day's menu, including a raw porridge, a warm raw soup, and a hot chocolate elixir. We'll prepare a festive dinner menu so you can have a Raw Christmas if you choose.

There will be tasters through the morning, and we complete the workshop by sitting down to enjoy the festive lunch together.

Website: beautifulheartrawkitchen.co.uk

Festive Raw with Gabriela

Date: Saturday 06 December, 10:30am to 4:30pm

Location: Shaftesbury, Dorset

Description: Entertaining in the raw is actually a lot easier than one thinks. The good thing is that almost everything can be prepared in advance. In this special Christmas class we will be making colourful and tasty appetisers as well as some warming winter dishes that deserve to be center stage on a family dinner table.

Price: £87

Website: www.radiantonraw.co.uk

Celebrating in the Raw

Date: Sunday 07 December, 10.30am – 5pm

Location: London

Description: Learn how to to prepare a delicious special occasion and festive high raw food menu, as well as raw food gifts and festive treats to share. This fun day will have you feeling confident and excited about creating your own fabulous Raw Food Christmas and Celebration Feasts! Take your creations along to Christmas parties and celebration meals and wow people with your raw food delights.

Price: Early bird £139 (Full price £169)

Website: www.rawfreedom.co.uk

Raw food class - Main courses basics

Date: Saturday 13 December, 10:30 to 14:30

Same course also: Saturday 17 January, 10:30 to 14:30

Location: London

Description: Join us for our fun and hands-on Raw Food Cookery Classes and discover just how healthy and easy it can be to create your own nutritiously delicious raw food menus.

The tasty recipes are quick and simple to replicate at home in your own kitchen, and you don't need any fancy or expensive gadgets to make them. Best of all you'll experience the multiple health and well being benefits of raw food. Boost your immune system to lower unhealthy stress and help protect your body from flu and other illness.

Price: £75

Website: www.rawenergies.net

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

Merry Raw Christmas Workshop & Feast

Date: Sunday 14 December, 12.30 - 15.30

Location: Brighton

Description: Imagine eating delicious food that is not only satisfying your Christmas food craving but also nourishing your body at the same time!

Sometimes when embarking on a raw plant-based diet we can get sidetracked away from our usual healthy diet when special occasions such as birthday parties and Christmas come along.

This is when we start reaching for the traditional cooked dishes, looking to satisfy cravings, but usually regret it soon after when we feel bloated and sick.

That's why I have designed this delicious half day workshop, to teach you how to create a mouth watering raw vegan Christmas dinner, complete with starter, main course and dessert.

I will show you how to make spiced squash soup, raw vegan and gluten free nut roast, as well as accompaniments such as cranberry relish, miso onion gravy, 'roasted' seasonal veggies, and mince pies and vanilla cream. (Note – some of these recipes will require a dehydrator to recreate at home.)

Price: £59

Website: rawlesque.com/rawlesque-event-information/

Raw Magic Christmas Dinner Party

Date: Friday 19 December, 7-10pm

Location: Bristol (Montpelier area)

Description: with Kate Magic and Anna Middleton

Menu:

Magic Mojitos

Spicy Carrot Turmeric Soup

Walnut Sage Loaf, Mashed "Potatoes", Brussel Slaw,

Marinated Red Cabbage, Cranberry & Goji Relish, Miso Gravy

Matrix Tart

After Dinner Mints and Cacaoccino

Price: £40

Website: rawliving.eu/events/raw-christmas-dinner.html

Raw food class - Detox courses basics

Date: Saturday 10 January, 10:30 to 14:30

Description: Join us for our fun and hands-on Raw Food Cookery Classes and discover just how healthy and easy it can be to create your own nutritiously delicious raw food menus.

The tasty recipes are quick and simple to replicate at home in your own kitchen, and you don't need any fancy or expensive gadgets to make them. Best of all you'll experience the multiple health and well being benefits of raw food. Boost your immune system to lower unhealthy stress and help protect your body from flu and other illness.

All of the ingredients and kitchen tools are supplied, so all you need to bring to class is your curiosity to learn more about the value-adding raw food trend.

Price: £75

Website: www.rawenergies.net



Asian Raw with Gabriela

Date: Saturday 24 January, 10.30am to 4.30pm

Location: Shaftesbury, Dorset

Description: During the day I will demonstrate how you can make fast, delicious and nutritious raw meals and how to cut out foods that do not support your health and wellness, without sacrificing taste and flavour. I will share with you my healthy, raw lifestyle and how step-by-step you can achieve this too.

Price: £83 per person

Website: www.radiantonraw.co.uk/products/asian-raw-with-gabriela-24-january/31260

Fermentation Fetish

Date: Sunday 25 January, 10am

Location: Glastonbury

Description: Amazing health secrets you and your family need to know. In this informative, exciting and comprehensive class you will learn:

Raw food nutrition principles and recipe creation for long term success.

Why kefir is one of the most powerful and cost effective superfoods available.

How to use exotic cruciferous veggie ferments to safeguard you and your family from xenoestrogens and harmful chemicals in plastic.

How to easily and affordably create delicious fermented and living foods with no previous experience.

How to permanently eradicate Candida and other dysbiotic digestive disorders within months or even weeks!

Why the enzymes and probiotics in ferments are superior to any supplements you could buy in your local health food store.

Menu for the day where you will learn how to create: Exotic Kimchi and sauerkraut recipes. (simple and advanced methods.)

Lacto fermented Mexican salsa.

Zingy kefir pesto.

Lacto fermented pineapple, papaya curry chutney.

Coconut kefir ginger beer.

Mood elevating super nutritional kefir breakfast pudding.

Cherry kefir cheesecake.

Your facilitators: Holly Paige and Kenny Bountiful Sun.

Price: £85

Website: www.foodforconsciousness.co.uk

Funky Raw Shop

The Funky Raw online shop supplies a whole range of raw ingredients for your recipes.

raw chocolate
goji berries
chia seeds
vanilla powder
coconut butter

Fast Free Delivery on orders over £50

UK Mainland Only



www.funkyraw.com/shop

4 day holistic detox retreat - raw food, juicing

Date: Wednesday 28 January to Sunday 01 February

Location: Tomar, Portugal

Description: Mind/ body detox retreat in the sunny hills of Portugal. Organic raw food; cold pressed juice fasting, organic wheatgrass daily shots and yoga/meditation classes.

Website: quinta-do-anjo-ashram.org/productos/12/detox

7 day Retreat on Island of Gozo, Malta

Date: Friday 24 April to Friday 01 May

Location: Gozo, Malta

Description: We are excited to be bringing you an opportunity to take part in a truly holistic health-giving retreat on the magical island of Gozo.

We know from our own experience that when it comes to nutrition and diet, no two people are alike. So you may be doing all the right 'healthy' things and still aggravating your gut, or over- or under-doing your input of a particular essential nutrient/s. We offer a bio-energetic analysis which will assist you in understanding your own nutritional needs.

We will then work to bring your system into balance, from where it has the best chance to deal with any condition, and to take you into a state of wellbeing and longevity.

The retreat will offer personalised detox support with raw food and a 5 day juice programme. We will also offer guidance on a healthy lifestyle, talks and films on nutrition, emotional and spiritual wellbeing. There will also be plenty of time for de-stressing and relaxation, as well as inspiration and advice to take home with you to embed your programme into your daily life.

Price: £1,250 for a shared twin or double
£1,450 for single occupancy

Website: resource-me.com/detox-retreats-malta/

Advertise Here!

The Funky Raw magazine is sold in health food shops across the UK and via subscription.

Advertise to an audience who love healthy food and raw food.

Price from £35 + VAT (£42) for an 1/8 page up to a full page for £165 + VAT (£198)

See our website for more details or book now by contacting advertising@funkyraw.com

www.funkyraw.com/ads

Raw Nibbles Snacks

Review by Marie Louise Bussy

If like me you are a passionate raw vegan, finding something to eat to accompany a soya latte in the coffee shop (okay I'm not 100% raw vegan) or needing a snack out and about can be tricky.

It can be tiresome to try and hunt around to find something tasty, healthy and convenient. So I'm thankful to all the people who are raising awareness of diet by making accessible healthy choices without compromising at all on taste. Besides I'm tired of always opting for the one big name I know that makes raw vegan snacks. Sometimes I want variety!

Raw Nibbles is a company based in rural Suffolk and founded by husband and wife team Soph and Ian. The idyllic nature of their business appeals to me greatly. I know that the products have been developed and made with love and passion - such an important ingredient which is often overlooked.

Raw Nibbles packaging is simple, purposeful and understated. Their prices are comparable with other similar food products yet with a difference. I found Raw Nibbles products far more satisfying on the taste buds.

I tried the **Double Chocolate Brownie** which I really enjoyed partly because it wasn't made by me! I'm so used to making this kind of product for me and my children that it was nice for someone else to do it for me. The smoothness of the brownie was noticeably enjoyable - no chunks of nuts like mine contain! The **Organic Zingy Ginger Raw Fruit and Nut Ball** appealed because of its simplicity, very few ingredients which to me is a must. Less is always more and I'm a spice freak so I loved this one, the texture and taste is like ginger cake - yummy!

However my favourite product was the **Organic Coconut and Cashew Raw Fruit and Nut Ball**. I'm a real fan of coconut and this tasted like a macaroon, so I loved this one. It was a good size but I could easily have eaten two!

And finally the **Pistachio and Goji Berry Chocolate Bar**. This was so easy to like as I'm such a fan of chocolate. Elegant in design and taste, rich but not too rich, perfect. I eked it out over several days guarding it jealousy in my fridge. An enjoyable experience!



Raw Double Chocolate Brownie, 110g - £3.50

Ingredients: Dates, Raw Chocolate (Cacao Butter, Coconut Palm Sugar, Cacao Powder, Cacao Paste, Vanilla Powder), Almonds, Cacao Butter, Hazelnuts, Coconut Sugar, Cacao Powder.

Zingy Ginger Raw Fruit & Nut Ball, 60g - £2

Ingredients: Dates, Almonds, Ginger, Cinnamon, Cloves.

Coconut-Cashew Raw Fruit & Nut Ball, 60g - £2

Ingredients: Dates, Cashew Nuts, Desiccated Coconut, Coconut Oil.

The raw chocolate bar reviewed here has been discontinued, but they have a selection of other bars on the website for £3 each.

www.rawnibbles.co.uk

Raw Cafe Peru

Review by Nicola Pledger

This little place became our haven amongst the chaos of Lima. Based in the upmarket Miraflores district in Lima. This cafe is teeny, blink and you will miss it. In a country where it is very hard to get vegan, sugar and wheat free food this place is a little gem and proving very popular.

The desserts here are super delicious ~ many variations on a cheesecake. When we were there we tried aguaymanto cheesecake (fresh Incan berry) sweet and tangy goodness, Black and White – still trying to figure out how they make this, a creamy dreamy white chocolate layer then a rich and decadent dark chocolate layer – so good and our favourite. We also tried a cherimoya chocolate pudding which consisted of layers of fresh cherimoya pulp and chocolate avocado cream topped with a thick cream – yes heavenly. They sell these awesome little chocolate truffles made with figs, cacao and covered in coconut flakes which my daughter was very fond of. The only disappointing dessert was the brownie – though it looks incredible it lacked sweet flavour and was a bit too oil heavy for us.

The smoothies here are ridiculously good, some lovely intense flavour combinations going on. Inspiring. The Hulk became our firm favourite, my daughter gulped this down. It contains, apple, spinach, grapefruit, coca, spirulina, camu camu and maca. The flavour combinations just blew me away – foods that I would have never thought to combine. Another was; strawberry, beetroot, orange, mint and grapefruit.

They also offer a range of fresh juices.

If you like coffee you just have to try the coffee here (yes I know not raw at all, life is for living) I am not a coffee drinker at all as it affects my body lots, however I had been having a coffee craving since falling pregnant with my daughter and had not succumbed at all so I decided to treat myself. I had waited 2 years for this so maybe that's why it tasted so good although my daughter's father, ever the coffee connoisseur, agreed it was very good coffee. Very fresh too. We had it

mixed with some fresh creamy almond milk and it was so heavenly we had 2 cups with not much devastating effects on my body either.

The mains offered here are delicious also, their pizza especially along with the 'caramelised' onion tart were our favourites. Definitely the best raw pizza I have had topped with tomato sauce, mushrooms, olives, cashew cheese and fresh rocket and sea salt (they like their salt in Peru and it seems even here it isn't lost) the pizza is served warm which I like, gently heated in the dehydrator.

The 'caramelised' onion tart is so good, rich, creamy and exactly what it says. You only want one piece though as it is rather nut heavy.

We also tried the burgers; made with beetroot served with the rainbow salad ~ ensalada arco iris and a tangy tomato sauce and creamy cashew mayo type sauce absolutely sublime which paired really well with the taste of the burgers. Again the burgers are served warm. A tad on the salty side but as I have said this is expected in Peru.

I really enjoyed the fact that the mains were served warm this is something that I have never experienced before at a raw food restaurant. Normally food like this is served cold or barely at room temperature.

The salads were really good yet a little inconsistent. Though we only ever tried the Ensalada Arco Iris. This salad is bursting with mixed leaves, grated carrot, purple cabbage, yellow peppers, avocado, sprouts, sesame seeds with a super scrummy dressing.



The first few times we had this salad it was how it should be and so good. Yet we had it a few more times and there was either something missing that had not been mentioned to us when we ordered or there was a tiny bit of avocado when the day before or the person sitting opposite you, salad was bursting with avocado.

We tried one of the sandwiches that they offer which I think if I remember correctly was the 'wrap mediterraneo'

both satisfying and tasty. Filled with fresh tomatoes, palta (avocado), sprouts, creamy pesto and cashew 'cheese', red pepper. Very yummy indeed. The sandwiches and wraps are great as a snack yet if you are hungry you will want to order a salad with them or a pizza ;) !!!

They make these yummy dehydrated nori wraps filled with ginger and a sunflower curried cream. These were very good indeed.

The fresh herbal teas let them down. Even though they have a good selection listed on the menu in the whole 2 months we spent there they only ever had mint. As an avid herbal infused gal who loves nothing more than sipping on fresh local herbs I was disappointed, mucho.

There are also various breakfast options including a raw granola and chia mousse.

The restaurant itself has a really nice charming, cool, intimate and clean feel to it. It is petite with nice simple, fresh

décor. Often playing smooth beats or some cool reggae or dub – there is a love of music here which I always appreciate when eating somewhere. Food and music both hold so much passion.

As well as the restaurant they also offer a little shop selling Peruvian organic foods from cacao paste and various chocolate bars (not raw yet sugar free and vegan), to coffee, herbs and spices and some 'super foods'.

The guy who owns this place is good, good vibes. Very friendly, considerate and accommodating – having a toddler himself he made us most welcome. He happens to brew very tasty Kombucha, Dharma Kombucha, made with green tea and indigenous herbs, Hierba Luisa (lemongrass), Coca, Muna – a type of Andean mint – highly medicinal plant and quion (ginger). Ever so slightly sweet, a wee bit fizzy and excellent herbal flavour – very uplifting with nice packaging too.

I really rate and recommend this

place. Although we had a few disappointing eats here noticeably when the owner wasn't around. This place really cares and in my mind has stamped itself clearly on the raw food map ~ you can feel the love here. So if you ever find yourself in Lima wanting some tasty food, quiet calm and good vibes go seek this place out. A two course meal with a round of smoothies for 2½ of us cost around 100-120 soles, depending whether we had some Kombucha and snacks for my daughter which back in Feb/March 14 was around £20-25 however you currently get less for your pound right now.

Photo's courtesy of Raw Cafe Lima.

Open for breakfast, lunch and dinner Monday – Friday, Saturday open till lunch, closed Sunday.

Address: Independencia Street 587 next to the 4th block of west Angamos avenue, Miraflores, Lima.

facebook.com/RawCafeClub

Mello Juice - Raw Melon Juice

Review by Sarah Rehmatullah

It is amazing how food and drink conjures up fond memories from our past. Mello Watermelon juice is one such drink. The first time I consumed such great quantities of watermelon juice, was whilst travelling in Pune, India. The sweltering heat of the land had me returning daily for the sweet refreshing nectar that I joyously and eagerly consumed. You will be hard pressed to find raw fresh melon juice of any kind in the UK... until now. Previously, I would heave many large melons back from the supermarket, or when available, order with my weekly veggie box.

To say I was delighted to discover Mello Juice would be an understatement. Mello Juice also produce Cantaloupe Juice, which is equally delicious. The totally RAW factor, pure processing, is essential. Mello was created superior to cold pressed juice, using High Pressured

Processing or HPP. Rose Aldean, founder of Mello Juice, created the unique isotonic processing method. I found the juice to taste incredibly alive and incomparable to other bottled juices.

Unlike orange juice, melon is alkaline, which the body naturally loves and prefers! As raw food is becoming increasingly available to go, Mello Juice is a refreshing addition.

Mello Juice is not only delicious, but has many health benefits:

Mello Watermelon contains high levels of potassium and L-Citrulline. Mello Cantaloupe boosts the body with vitamins A, C and antioxidants.

Available from Ocado, Whole Foods Market, Planet Organic, Harvey Nichols and other independent stores. RRP from £2.49.

www.Mellodrinks.co.uk



Tanya's Café Chelsea, London

Review by Robin Littman

Deep in what is probably one of the most affluent areas in London just 10 minutes from South Kensington station is a most interesting development in raw food eateries – a raw food cafe in a hotel. Tanya came across the owners of the *myhotel* group Linda and Andreas and they felt a real connection with each other. Tanya loved what they were doing in the hotel with its crystals and hangings. It also had a bee sanctuary on the roof! She then found herself being invited by them to open a raw food café in their Chelsea hotel and that is where we all went.

Jenny and I were in London recently looking for a new raw food place and as Rob was in town too we all met up there. It turned out to be a gorgeous feast of a lunch. Rob tucked into a mountain of Thai Curry Noodles, Jenny tried the Pad Thai which was delicious and I loved the Lasagne which was very creamy. Then we went on to dessert. Even though they had sold out of some of them, we still managed to enjoy beautiful Lime Key Tart, Berry Cheesecake and Fudge balls – all unbelievably good.

After we had finished eating I did wonder how a place like that survives in Chelsea. I asked one of the people behind the bar and she answered 'We're getting busier and busier – especially at lunchtime.' It was certainly full whilst we were there chatting to Rob for hours about matters raw...

The menu

Tanya's menu covers all hours of the day starting with breakfast such as a *Caramel Chia porridge* and *Rawtella Untoast* which looked delicious. For lunch there is a full menu of main courses such as Lasagne, Thai Curry Noodles and a selection of salads, Tacos and Pad Thai. To be honest it was difficult to choose especially when it comes to desserts. She also offers great juices smoothies, milks and sumptuous cocktails for the evening. The staff are lovely and most helpful.

Tanya's story

Her own story is fascinating. In 1988, whilst living in New Zealand, she was in a near-fatal car accident, breaking her back and badly damaging all her internal organs. After surgery, she was

left with a plate and four screws holding her spine together, hideous scars and a body brace. She then embarked on a painful journey exploring many different diets and yet seeking comfort foods to help with the pain. What is more, she came from a traditional Russian family for whom meat was an essential part of their diet.

It was actually her parents who went all the way to a raw food festival Arizona to meet a fellow Russian – no less than Victoria Boutenko herself. They returned as two totally transformed people with completely different energy. 'They both lost weight, their skin was glowing, they both looked younger and they were truly so radiant, it was so beautiful.' This was the start of Tanya's exploration of living food and hence she found her calling. (See www.betterraw.com)

Robin and Jenny run workshops and detox retreats in the UK and on Gozo: www.reSource-me.com

Tanya's Cafe - myhotel, 35 Ixworth Place, London, SW3 3QX
www.tanyascafe.com 0207 225 7538



Vegetarian Paris Guide

Review by Theresa Webb

Amongst other subjects at uni, I studied French (lang, lit, linguistics, history) and prior to this, visited Paris on several occasions for pleasure, leisure and salsa dance (as a tourist salsa dancer)!

The last time I visited Paris, it was not quite what you could term a Vegetarian's (let alone, Vegan / Raw Fooder's) Paradise, so it was with great delight to read that there has been an enormous increase (over 100%) in Veggie friendly places since my previous visits (in the last century.)

This is a super guide book which is divided up into several sections and explores all useful areas relevant for plant-eaters. It is not specifically based on vegan/raw foods but I wanted to include it to explore the best areas which are the next best things and where, I'd presume, they'd serve the best salads and other alternative veggie dishes. This doesn't include the Crulinaire movement – with Cedricia and other raw fooders promoting raw foodism in France as a whole (so there is this in addition to consider).

Written with humorous accounts to appeal to all travellers, whether fluent in French or not.

Part 1

- Getting to Paris: Travel options
- Accommodation: Hotels & Rental options
- Celebrity Recommendations

- Markets
- Top Events – annual festivals & outings
- Organisations
- Language Guide – useful vocabulary
- International theme dining (many international cuisines)

By the time I'd read half way through, I was feeling:

- a) Hungry from all the appetising images of French style veggie foods
- and b) That I really want to go and visit Paris again!

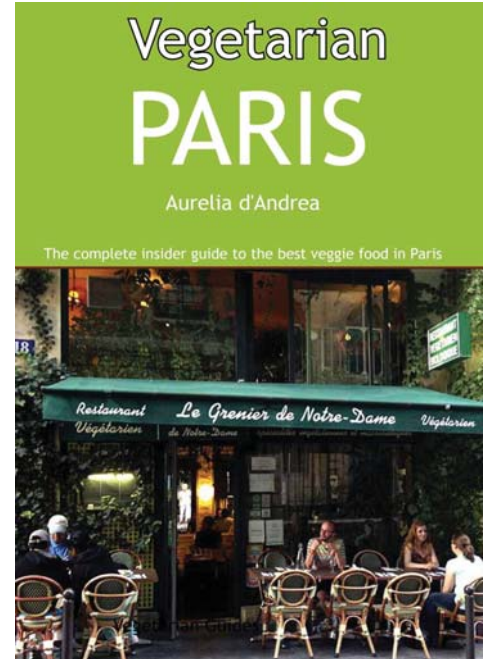
Part 2

A extensive directory of all localities around Paris; maps, plans and directions of all the different areas of Paris (Arrondissements), plus things to do, including cultural visits and activities to partake in when there. It's much more than simply a guide book but also provides the reader with a myriad of cultural focus points leaving us fully equipped with all the info we need to get started upon our own visits.

Travel & lodgings info, clothes shops, juice bars, spas, including visiting ideas for other areas of France such as hotels, a holistic health centre, Buddhist Temple, B&Bs, Yoga centre, shops selling dehydrators, juicers & sprouters, health food stores, etc.

Raw Food cafés and restaurants

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www.42degres.fr
Pg 168 14th Arr. ChocoLatitudes
www.chocolatitudes.com
Pg 184 17th Arr. My Kitch'n 1 & 2!
www.mykitchn.fr

Since just part-reading the guide, I've met various French speaking people: a top Parisian DJ, a cyclist at a busy station and restaurateurs (see next review Calabash Café).

This can only be a good sign of better things to come and I remain in mind for a visit. So now the question is, who wants to visit Paris – shall we have a French meetup / get together with French crudités?!

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By Aurelia d'Andrea, Alex Bourke
Published by Vegetarian Guide

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The Calabash of Culture Café with Catering by Organic Livity

Review by Theresa Webb

Owing to a slight maintenance mishap at the venue, my 40th Birthday Dinner Party took place a week later than anticipated but it was a delightful night nevertheless, at the Calabash of Culture Café on Sydenham High St, South London.

We'd previously arranged our menu options with the Café organiser, Kristelle, who couldn't do enough to make our party feel welcome. The shop regularly hosts a Friday night Pop-Up cafe but this was termed as a private party, so we enjoyed the venue to ourselves.

What met us on our arrival was a lovely, warm shop with part antique, vintage wooden furniture, mixed with crystal jewellery, natural lotions & potions and an array of books and games to amuse young & old. A whole host of wooden masks and African art work decorated the walls and more European style crafted wooden bowls and baskets were in the window display, musical instruments adorned the displays including a traditionally designed Didgeredoo.

Upon our arrival, we sat at the simple, homely table and explored the meaning and roots of the term 'Calabash' for our opening discussion: An African gourd vegetable, made into a dome shaped drum, played in a traditional style. I'd heard it played twice, on separate occasions during other birthday band outings and here it was again!

One of the owners overheard us and added his own version: The Calabash is a traditional African Gourd vegetable which when hollowed out becomes a vessel and is also used in making music.

They'd chosen to name the shop, cafe & juice bar Calabash, to signify it being like a vessel, to contain and welcome all cultures, backgrounds and activities; in natural education, music, art and living-food cuisine. As a theme, 'Nature' underpins their entire philosophy, from their products, their business approach as well as their kitchen. This is a nice refreshing and most welcome attitude in South East London!

The shop is a melting pot for Black, original and vintage cultures, history and backgrounds; it's very imaginative and grounded in ancestral roots and the belief in helping humanity to re-develop and re-awaken. Here, they celebrate Black History throughout the whole year; not just in the month of October! ;)

Since we had decided upon our menus in advance, after ordering our herbal teas, our starters arrived: A Beetroot Lasagne composed of wafer thin, square slices of beetroot, with layers of a creamy sauces, one cream and another green, with a cashew cheese on top & shreds of beetroot. A work of art! It resembles Paul Klee's Concentric Circles in Squares! We loved it. Using a Mandolin, we pronounced, enables it to be so thin.

Among my birthday gifts I received dried blood orange peel and horsetail, to flavour and enhance teas during the winter time. The horsetail leaves are particularly good for bones, teeth and kidneys (due to their silica con-



tent). I decided to share out the peel for our tea and we agreed that it added to the spicy, citrus notes and felt pleasantly warming (very useful in UK during the winter!)

Our Mains followed:

1. Stuffed Portabello Mushroom on a bed of red cabbage salad and fine shreds of tomato & cucumber.
2. Cauliflower 'Rice' with fresh mint, peas, apple, pine nuts and oil, served with fig & salad.

These were also delicious and particularly the interesting 'rice' which was served in a dome shape and tasted almost creamy. This had been made in a food processor, by finely grinding down cauliflower florets until they resemble breadcrumbs. They are easier to eat in a raw state in this way and are very tasty together with the other ingredients too.

As a goitrogenic brassica vegetable, it also suits my constitution well as it relaxes and calms the thyroid gland. In hindsight, I wish I had chosen this option! ;)

Our puddings followed; the desserts were:

1. A raspberry & banana ice cream cake; how could I resist?!

2. Superfruit mousse, which also looked more like a slice of cake, with a blueberry and baobab filling :)

These were so pretty that each of us halved and shared our slices to enjoy the combination.

What was my favourite? The Ice Cream Cake! It's totally delicious, with a slightly mousse-like texture and a 'Cornflake Cake' style, coconut & chocolate base made this great! I could eat some of this for breakfast...

Our meals, though filling had been so deliciously light, that they did not leave us feeling over full, so we had energy to move & dance, so Raa, the resident owner \DJ turned up the jazz and reggae tunes and we spun around and felt inspired to create a suggestion and introduce another club-night into their already varied mix.

Raa, explained that each day offers something different: food combining, detoxing and also a fruitarian day! The cafe is only open on a Friday evening as a pop-up cafe but during the day, they are open all week days and serve an amazing mix of foods,

drinks inc smoothies, juices and the delicious desserts. Well worth a visit.

They also offer Kundalini Yoga Classes, Drum Circles and Art Gallery installations. We think it'd be great to offer them a 'Morning Glory' style early morning dance and an evening session, for dancers too, as we explained another vision of things to come for the winter nights :) The rest of the night was spent chatting to the owners and greeting the chef, in French (continuing the French part of the week...)

Thank you all for making it a lovely night to remember and discovering the Calabash of Culture and Honey Hive Cafe; we are soon to return, I'm sure!

Theresa practises as a nutritionist from two London clinics. More info here:
www.tinyurl.com/webbnutrition

Theresa's website is kitchenbuddy.eu and blog theresawebb.wordpress.com

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Tel 020 8778 6326

www.calabash-culture.com
tinyurl.com/livityfb



Cocoa Raw Chocolate Bars and Treats

Review by Nicola Pledger

I discovered this company randomly in a TK Maxx store recently. I was amazed to find raw chocolate here and thought that I would try it. It was awesome so I decided to contact the company and tell them so. I asked if it was okay if I could review it for the Funky Raw magazine, I was then blown away by their generosity, they sent me a sample of every one of their products!

Cocoa (SuroVital) are based in Poland and all their chocolate products are made using stone ground raw organic criollo cacao beans, sweetened with coconut blossom sugar. I am not an advocate of coconut sugar however as a decadent treat every once in a while I feel it is okay. These chocolate bars are a real delight and feel most indulgent and very satisfying.

I find a lot of the raw chocolate on the market too sweet, or too grainy lacking the true cacao flavour – I am left disappointed, deflated. None of it feels like a true chocolate bar in my opinion. These however are what I have been searching for since giving up my 60% plus cacao bars which were not raw many years ago. I am not comparing it to this however suggesting that this is more in line with what a true chocolate bar should be

(again in my opinion) – a high cacao content, made with the whole bean, stone ground at low temperatures and mixed with some delicious flavours. These hit the spot. The bars snap perfectly – how I love that ‘snapping’ sound. The chocolate bars and nibbles cacao content ranges between 55%-70%.

Cocoa offer a lovely mix of chocolate products.

A selection of chocolate bars, 5 in all: Classic Bitter 70%, Dark Chocolate with Pecans 70%, Goji and Cacao Nibs 65%, Acai Cherry 65%, Almond Cappuccino with Mulberry 55%.

They also offer a range of chocolate coated berries, nuts and fruits: Incan berries, Goji Berries, Mulberries, Hazelnuts, Brazil nuts, Almonds, Banana, Cashew Coffee. A delightful array. Wonderful when you mix them all up and dip in. All 70% cacao content.

I love all the products however some tip it for me. I will do a run down of each of them. My favourite bars are the Acai Cherry and the Almond Cappuccino with Mulberry.

The Almond Cappuccino with Mulberry is smooth and mellow. Perfectly balanced between the cacao

and coffee with the mulberry coming in as an after-taste, slightly caramely and tangy. The delightful mix of almonds and mulberries have given this chocolate bar a ‘milky’ flavour to it.

Mmmmm. Very very creamy.

I was expecting whole pieces of mulberries and almonds, however both ingredients were stone ground in so all the flavours mingle together, what a wonderful taste sensation. Wow this is SO GOOD. And so SMOOTH really incredible. This bar blew me away both on taste and texture. I honestly think this is one of the most flavour-some, well rounded, textured bar of chocolate I have ever eaten, yet...

The Acai Cherry is again smooth, balanced, sweet, creamy yet a little tangy. The acai and cherry giving a nice sharp and fruity taste contrasted with the ‘milky’ chocolate taste. Very subtle and works wonderfully with the taste of the cacao – a delightful combination.

The Goji and Cacao Nib again smooth, creamy a little bitter yet sweet because of the gojis.

I love the scattering of nibs and berries on the one side of the bar. The gojis are plump, sweet and juicy – a sign of well produced gojis.

The Classic Bitter and Dark Chocolate with pecans are also yummy. More bitter than the 3 other flavours. The pecans are perfectly crunchy and bright in colour again one side of the bar is scattered with the pecans which visually is enjoyable and looks inviting. I like that they have got 3 sweet and ‘milky’ bars with 2 dark and intense cacao bars – something for everyone.

The bars all weigh 50g.

Of the dipped nuts and fruits, for me the bananas are just amazing! Sweet, chewy, taste explosion of the dried bananas which are still pretty moist coupled with the thick slightly bitter chocolate coating are just wowzers. Little balls of yum, indeed!

The Incan berries are super tangy and



moist and are wonderfully paired to the bitter chocolate.

The mulberries are like caramel chewy goodness smothered in chocolate.

The goji berries are super cute, super plump, juicy and sweet and again work amazingly with the chocolate coating.

The almonds are my favourite out of the nuts probably because I am not generally a nut person. Almonds are gentle to me. However as a one off I enjoyed the hazelnuts and Brazil nuts. Again all thickly coated in smooth rich Cocoa chocolate!

The cashews are dipped in coffee chocolate (okay not technically raw). I am not into cashews although I tired a few of these and they were extremely tasty. My mum and friend loved these (coffee fans)

All the nuts were crunchy. All the fruits were plump, sweet and juicy so quality shines through here. As well all the fruits and nuts are thickly coated in chocolate – there is no skimping here.

I love the different shapes and sizes of all these treats too, visually enjoyable.

These little delightful sweets weigh in at 70g per bag/box.

These treats go above and beyond any of the raw chocolate bars currently available in the shops in the UK. The quality is very high coupled with the interesting flavour combinations these offer everything one would want in a true chocolate bar – the concessioner's choice.

The packaging is sleek and stylish.

While these cacao products are not currently available in the UK (TK Maxx don't seem to sell them anymore) you can order online direct from the producers:
www.rawcocoa.pl

Toxic World, Toxic People by Anna Rodgers Review by Jessie Maguire

Anna Rodger's amazing work, Toxic World, Toxic People was 829 pages long on my little Nook (e-reader). Though initially daunting, I was so impressed by how well written and easy to read it was. I loved Anna's no bullshit, fill you with answers and solutions approach.

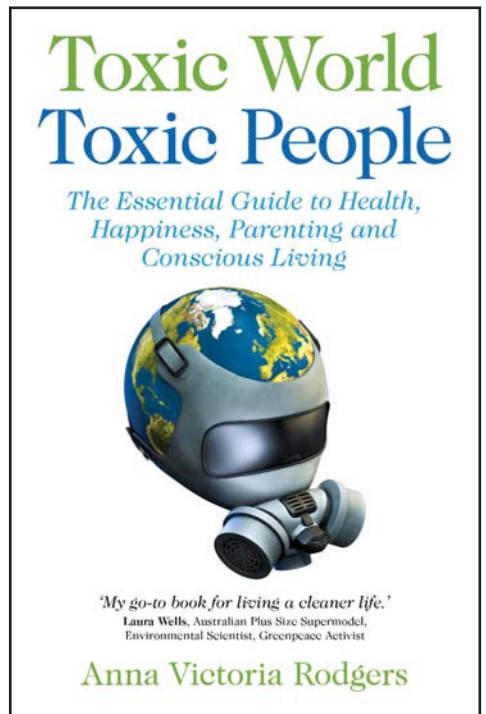
Seriously, with a hard copy of this bible on your bookshelf, you'd be set for the next few years if you wanted to completely turn around your life – your health, relationships, home, everything! "Hm," You might think to yourself – "I wonder if I could erase all chemicals from my bathroom?" Just pick up this bible. "I wonder where I can get more information about good baby carriers and where I can buy a pushchair that allows my baby to face me." Bingo. "What about improving my relationship with my mum?" She's got it covered. What I loved most about this masterpiece was that it is an actual masterpiece. Haha! The quotes, the references, the study that went into it shows – she doesn't leave you hanging on any subject. She sends you in the right direction for more info, more interesting material. Websites, books, companies, solutions, solutions, solutions? So nourishing.

Anna Rodgers is an extremely thoughtful and passionate woman. At first, this was hard for me to take – as the first half of the book deals with

how fucked up and toxic the world is. Once you've read the title of the book, this isn't a surprise, but.... I was thinking, "WE'RE ALLLL DOOOOOMMED." I mean, it's not like we aren't all aware of it, to some degree. Though a little heavy going to hear, this is stuff we *need* to know. People should know. In order to deal with the heaviness, without missing out on the valuable information inside, you could use it like a reference book. It makes a perfect, extremely readable dipper-inner as you implement the (vast and very useful) knowledge at your own pace.

There's some brilliant, inspiring stuff within these pages - it was cool to read about Kate Magic homeschooling her kids, and many other stories of people's success and healing. It gives you strength to go against the grain when you know it went well for many other people. But I would understand what you meant if you told me that you experienced some dark moments there during the section on heavy metals.

It's fair to say that some of this material wasn't new to me, but the fact is that I've never found it all in one book, in such a complete and accessible way. There's something for everyone to learn and contemplate. If you're going to have a baby or already have children, I would *definitely* recommend this book - Anna has her



own, cool perspective on things, and references some brilliant books. The section on bringing up kids and teenagers is amazing. So many tools. But whatever your circumstances and state of health, I hope you buy this book. I know it will enrich your life, and the lives of your loved ones. The world certainly needs more books like this.

£21.99

ISBN: 978-1780994710

More from Anna Rodgers at
www.missecoglam.com

Recipes

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

Seasonal Massaged Kale Salad

I am guessing that most long term raw fooders have a go to massaged kale salad, this is my interpretation. A warming & nourishing winter meal or side dish.

By using the lemon & salt this gently softens the kale so that it is easier on the mouth and digestive system.

Ingredients

A whole head of cavolo nero kale ~ curly kale is fine too
1 whole sweet red pepper
1 whole lemon
A good glug of cold pressed hemp oil, about a tablespoon
A good sprinkling of whichever salt you use, about ¼-½ tsp
A good pinch of finely chopped dried chilli

Method

Finely chop the kale into very thin shreds and add to a big bowl.

Finely chop the red pepper – add to the kale.

Sprinkle over the dried chilli (how much is up to you) and salt.

Juice the lemon and pour over along with the good glug of hemp oil.

Now get your hands in there and lovingly massage it all together.

Cover & leave in a cool dry place or your fridge for about 8 hours.

If you put in the fridge bring to room temperature before serving.

This can be eaten alone, however it acts wonderfully as an accompaniment to other dishes, also yum with raw crackers.

by Nicola Pledger - blessedgratitude.wordpress.com



Brazil Nut & Raspberry Ice-ream

Ok, so it's really not the season for this, but it was submitted and there was space for it, so here you go. Save it for next summer!

Ingredients

150g brazil nuts
150ml water
100g raspberries
30ml agave nectar

Method

Process nuts, add water and agave then process again until smooth (I use a high speed blender for this). Stir in the raspberries until they have turned the mixture pinkish but are still intact. Freeze.

by Marie-Louise Bussy

Also fermented recipes:
Kimchi on page 24 and
Gundruk on page 26

Raw Persimmon Pie

Ingredients (Makes One 9-inch (23 cm) Pie)

For The Crust

1½ cups cashews (use a bit less if you're like me and prefer a thinner crust)*

½ cup dry shredded coconut

8 dried cherries**

4-5 Medjool dates**

1 vanilla bean (only the scrapings of it)

pinch of salt

3 T coconut oil

* any kind of (or the mixture of) buttery nuts may be used: macadamia, walnuts, pecans work well

**any dried fruit you like may be used (I like adding some for tartness, like cherries) but you may use only sweet ones and add a squeeze of lemon or even some lemon zest for a nice twist

For The Filling

9 ripe (soft and dark orange!!) Hachiya persimmons

1 T coconut oil

3 T coconut sugar (optional, taste test the filling for sweetness)

½ tsp psyllium husk powder

½ tsp (or a bit less) allspice

½ tsp cinnamon

¼ tsp ginger powder

Method

1. Grind all crust ingredients, except for the coconut oil, in the food processor to make a homogeneous mixture
2. In a glass bowl, work the coconut oil into your crumbly mixture by hand. Make sure the oil is well distributed and there are no chunks of it anywhere in the dough.
3. Press the dough into a pie shell (you may even use a shallow bowl instead) and pinch the edges. Place it in the fridge for 15 minutes to let the crust become firm.
4. To make the filling, the easiest thing to do is to squeeze the soft insides of persimmons into the a blender by cracking the skin open while holding the fruit above the carafe and let the soft part drop in there. Don't use any of the skin or the stems and leaves, of course, only the soft part of the fruits.
5. Add the rest of the ingredients except for maybe all the sugar and blend them into a smooth pudding-like consistency.
6. Taste test your filling mixture and add sugar (or anything else) as desired to adjust the flavour to your and you guests' liking.
7. Pour the filling into the pie crust you have chilled and either spread it with a spatula or make a pattern on top or decorate it later with berries, dried fruits, edible flowers, nuts, coconut flakes, or anything you have on hand and you think would

go well and / or look pretty.

I had no berries at home and that's what I would have put on...so, I just made a swirl, which people also commented on and really liked :) simple things can really work well.

8. Place the pie in the fridge to cool and set for at least an hour before serving. You want to make sure it becomes firm enough so that the slices don't collapse and look like sauce upon cutting the pie.

The Super Nutritious Persimmon

Persimmons are rich in fibre, very high in betacarotene and vitamin C and are good sources of vitamins E and B6. How do they score in the minerals department? They're an excellent source of potassium but would you have figured that one fruit provides you with 9%DV of copper? That is unheard of among fruits! Copper, in general, is abundant in nuts and seeds but a fruit being so rich in this mineral is a god-given! To top it all, they're extremely rich in manganese and believe it or not, a persimmon is a complete protein too. Ok, so what does all this gibberish translate to? You should get some for its antioxidants and wonderful gut-cleaning properties, eye sight protection, gray-hair reversal qualities, skin nourishment, etc, besides the taste and fun of it all...

by Dita - rawfoodfortruth.blogspot.com



Shazzie's Academy of Raw Foods

Shazzie has released a new raw food course, it includes PDF guides, meal planners and of course recipes, all for free! You can download the full course at shazzie.com but here are a couple of recipes to whet your appetite.

Octopesto

Serves two to four, depending on serving size.

Keeps for three days when refrigerated in a sealed container, or for many weeks if topped with oil.

For your inner mermaid or merman, when you're craving salt and greens, or dreaming of the sea. Perfect on crackers, breads, sliced veggies, or with mixed greens for an elegant and nutritious meal.

Ingredients

100g or 2 cups seaweed (arame, hijiki, wakame) soaked for a few minutes in water
1 large handful dried dulse
1 large bunch fresh basil, shredded
50g or ½ cup raw pine nuts
1 teaspoon unrefined sea salt (or to taste)
3 teaspoons Udo's Oil or other high-omega 3 oil
3 teaspoons olive oil
1 clove garlic

Method

Crush the garlic and shred the dulse.

Mix everything together in a food processor until it's slightly chunky like a traditional pesto.

Spoon it all into a jar, and pour some extra oil over the top if you're storing it.

Rustic round loaf with herbs

This is a beautiful and delicious all purpose loaf of what I call "better than bread" and for those who prefer breads to sweets... this will be heaven!

Makes one beautiful loaf that serves about ten people, but feel free to experiment with various shapes and sizes.

Keeps for around seven days when refrigerated in a sealed container.

Ingredients

200g or 1 cup golden flax seeds
15g or ½ cup psyllium husks
60ml or ¼ cup tamari or nama shoyu
60ml or ¼ cup lemon juice
3 teaspoons dried oregano
3 teaspoons dried thyme
20g or 1 cup dried basil leaves
75g or ¾ cup maca

3 teaspoons raw agave nectar
60ml or ¼ cup water
480ml or 2 cups water for psyllium
3 teaspoons sea salt
1 small bunch fresh dill
1 teaspoon ground cumin
1 teaspoon dried parsley

Method

Grind the flax seeds (using the grain jug if you have one) in a high speed blender (such as the VitaPrep) or a coffee/spice grinder.



Soak the psyllium in 480ml / 2 cups water until the water is absorbed.

Set aside a teaspoon of salt, a teaspoon of dried herbs and a couple of teaspoons of maca for sprinkling on the top.

Mix all other ingredients together, either in

a food processor with an S blade or in a large bowl by hand (or large spoon)

Knead the dough.

Form into a round loaf.

Slash an X on top with a knife, sprinkle with the remaining sea salt, dried herbs and the maca powder (looks like dusted flour!).

Dehydrate at 115° F or 46° C for 18-24 hours, (until crispy on the outside).



Due to the way the loaf is shaped and the nature of the bread, it's preferable to be a bit chewy inside. It's so much like traditional freshly baked bread, but sooooo much better!

Slice or rip into chunks for soups, sandwiches and buttery spreads.

Discovering a new wild edible berry: *Solanum nigrum* - Black Nightshade

Rob Hull finds out that Black Nightshade and Deadly Nightshade are different plants.

At some point in my life I learnt about a plant called Deadly Nightshade. I've no idea when this was, possibly when I was young. All I knew was that it was deadly poisonous and I shouldn't eat the berries. For most of my life, I didn't think much about it, except briefly when I was living at Ecoforest a visitor there from Finland used to eat the berries. He stayed for 3 months and he didn't die. For some reason I just ignored the inconsistency and continued with my life, believing that these berries were poisonous.

Fast forward to this year and a Facebook friend, Chris Lane, posted the following "Black Nightshade is a plant eaten worldwide, leaves and

ripe fruit, yet shunned in Europe and North America due to a historical mix up between this species and Deadly Nightshade - *Atropa belladonna*" along with a link to an article which goes into a lot more detail. Something clicked in my brain, clearly my Finnish friend hadn't been eating *Atropa belladonna*, deadly nightshade, he had been eating *Solanum nigrum*, black nightshade...

So, I did some more research, looked at lots of photos, and worked out the difference between the two plants. They are both in the same family, so there are a lot of similarities, but the main differences as far as I can see are shown below.

A couple of weeks ago I identified the plants growing here as *Solanum nigrum*, so I tried a berry and it tasted a bit like a tomato! I had a few more - I like them! I've been eating them regularly since this and I'm still alive...

The berries are the size of a pea and you should only eat them when they are ripe - black or dark purplish black. They hang in little bunches, unlike the poisonous deadly nightshade which hang individually.

I recommend you do your own research and look at lots of photos before trying these berries yourself.

Personally I wouldn't eat the leaves, it seems in some places they are eaten cooked, but they can contain toxic alkaloids and are poisonous raw.

More from Rob on his blog rawrob.com ☼



Solanum Nigrum (Edible)

Berries in bunches

Flowers are White with Yellow centre

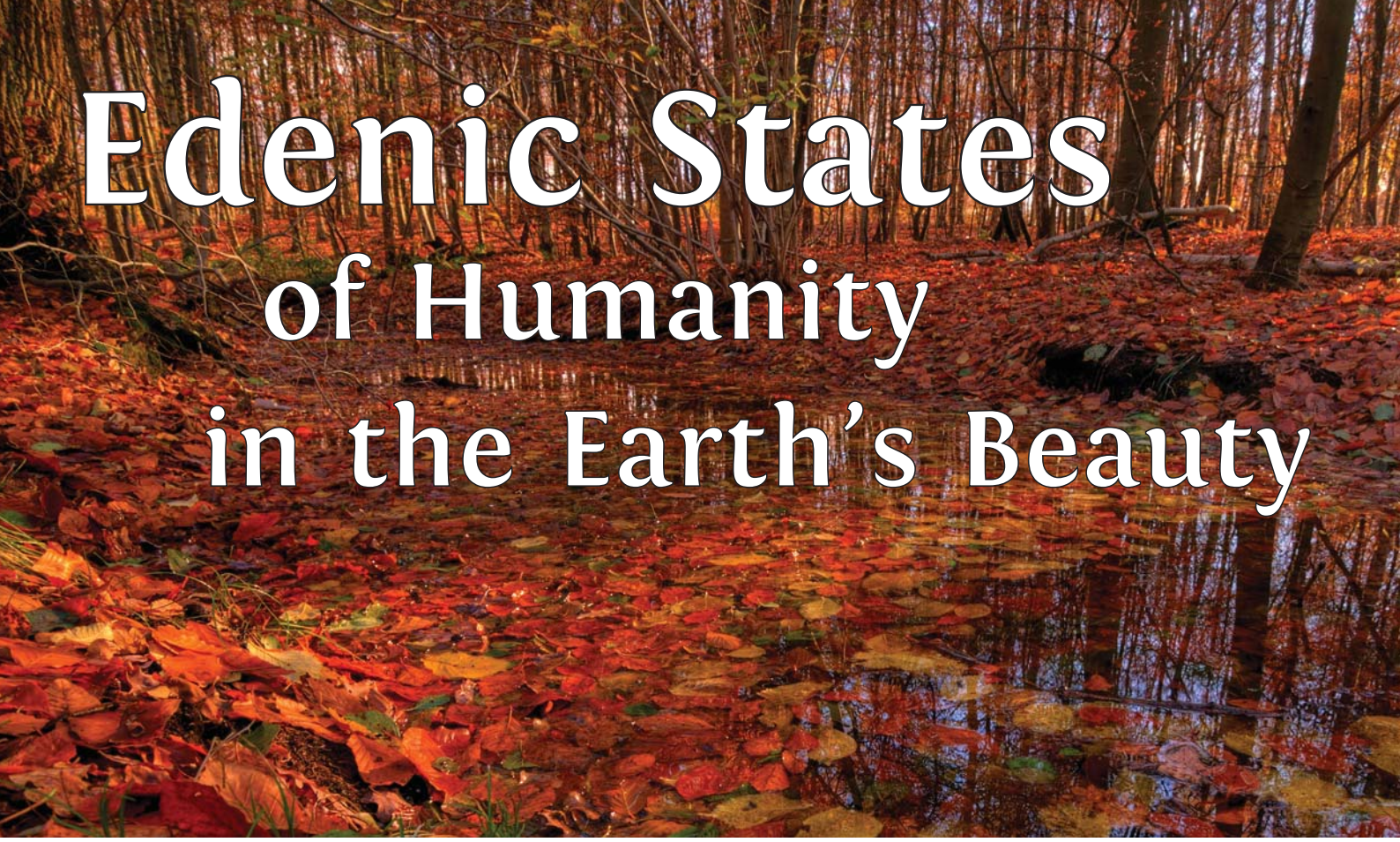


Atropa Belladonna (Poisonous)

Berries hang individually

Flowers are Purple/Green

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Edenic States of Humanity in the Earth's Beauty

Holly Paige covers the basics of a holistic lifestyle, connecting us to nature and the energy of the earth.

As the artificial stream of reality in human life on this planet reaches unprecedented heights, for some the dream of humanity living in paradise on earth is growing day by day. Paradise on earth is more than a garden of beauty, it is about a state of mind that can see and respond to that beauty, that can be informed and ecstatically guided by it on a moment by moment level, a paradisiacal sense of connection, an Edenic state.

The ability to tune into the wisdom and knowledge and the relevant signals of the Earth is one of the most crucial survival skills we have, in the past, now and in the future. This becomes obvious when you think about it. The Earth, although not ultimate source, is the the source of our immediate physical life and our material needs living in this life on this planet. It is now widely appreciated that Gaia is a self-regulating intelligent organism with a conscious intelligence of its own. To take this appreciation a step further and recognise her incredible divine wisdom and her interest in us is a step towards the

position of adepts of the mysteries long ago who knew her as Sophia the Wisdom Goddess. They had techniques to get into states where they could deliberately communicate with her. Now science is beginning to support these claims and we are beginning to rediscover the knowledge of how to set about this deliberate communication.

On a basic material level the importance of 'earthing' or grounding is becoming much more widely known. Earthing is simply electrical connection to the planet either through bare soles of our feet on the earth or through grounding equipment in order to maintain optimal health and sanity. If you think it through, our very metabolism is designed to run in electrical conjunction with the planet. In the scientific model, metabolism is an oxidative process which means that it creates electron hungry free radicals which can potentially cause havoc in the body. Antioxidants or electrons are needed to neutralise them. Antioxidants can be obtained of course from fruit and vegetables but if

we are in physical skin contact with the earth then electrons will enter us from the Earth. We are designed to run with skin contact with the earth. The Earth is the source of our electricity supply and in the absence of this contact we lose energy, much like an electronic device that is not plugged onto the mains.

There are more subtle aspects to this connection also. Our true and healthy desires are electrochemical in nature and are deeply connected to the intelligence of the Earth. Disconnected from this source we are easily manipulated into wanting and working for things that we literally have no earthly use for and can never make us happy.

In days gone by our ancestors were conceived, born, ate, slept and lived in electrical, as well as spiritual, connection with the planet. Nowadays we can no longer take that situation for granted with electrically insulated shoes and floors the norm. This is the cause of problems that we are only just becoming aware of. Reconnecting to the Earth is arguably the primary

key to restoring health and sanity to our species.

So how might we go about tuning into the Earth's energy and intelligence?

Eating the natural biological diet of our species, raw unprocessed fruits, vegetables, seeds, etc, is an immediate link because we are eating foods with the same intrinsic biochemical patterning as the Earth. We remove the barrier of dead sludge that can get in the way and by taking in the optimal materials in our original design spec we rebuild our neural structures to their greater potential and we increase the abundance of neurotransmitters. Our neural system and brain work at their best with an abundant supply of plant chemicals. In our natural state we have a symbiotic relationship with plants. For example we would naturally eat the most of the fruits that make us feel best and this would help spread the seeds of those fruit trees. The flavonoids in fruits can actually increase neurotransmitter levels and our capacity to feel including a way that we ordinarily consider 'extrasensory' or even psychic. Layering in mildly psychotropic herbs and foods such as hemp leaf, he shou wu, cacao, mucuna and also herbs and flowers such as ginkgo, elderflower and heather which become slightly psychotropic when fermented builds up the effect of a natural high and expansion of awareness. Shamanic activities carried out with this bodily biochemical basis have so much more power and balance.

There are many activities that can be done to enhance our connection with this beautiful planet Gaia-Sophia that we live in. Walking barefoot in nature, observations of the lunar cycles and constellations, connecting directly with plants and stones. Spending time at sacred places where there is a strong current of Earth energy or on mountains and by rivers heightens our sense of connection and gives us a blast of energy.

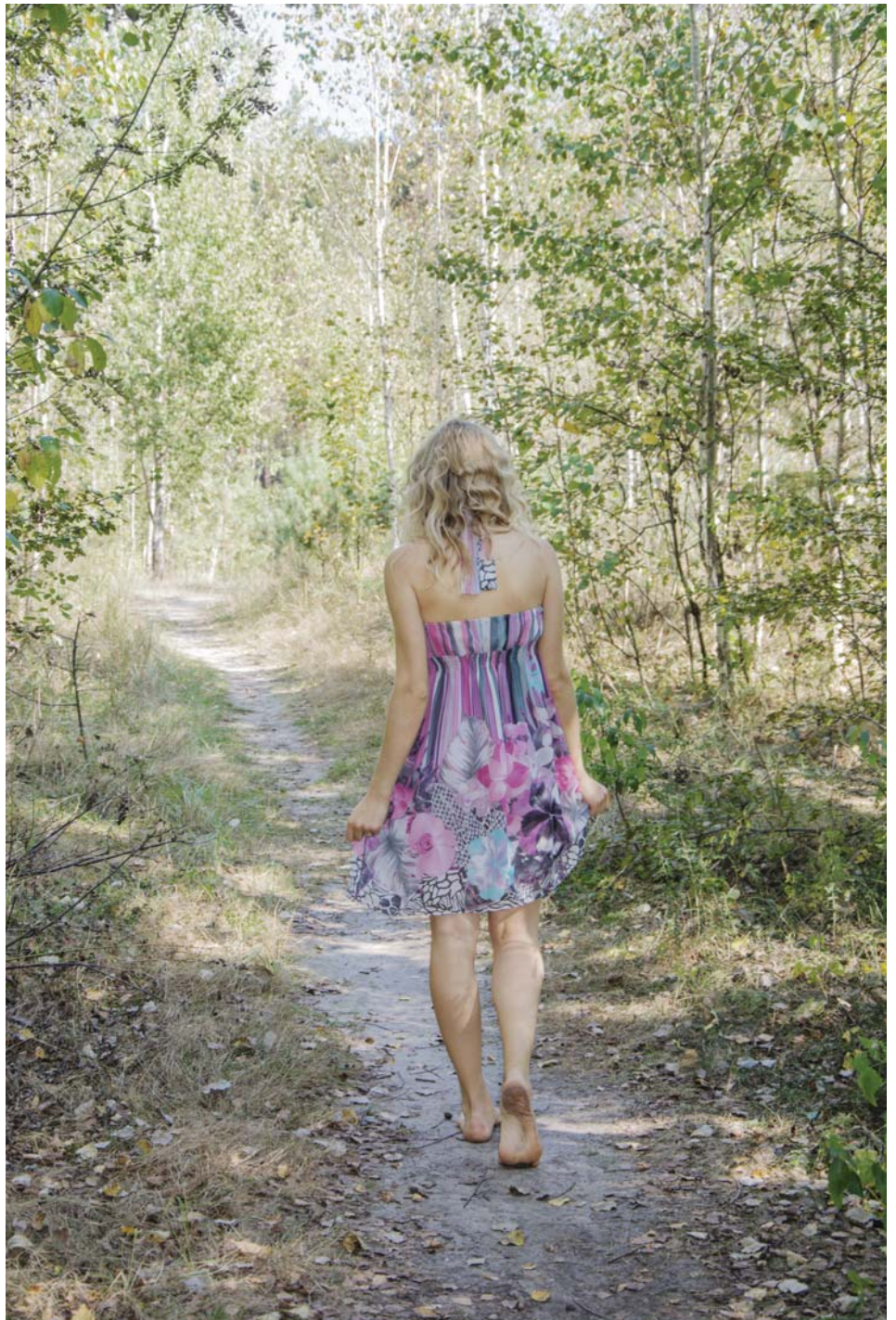
Activities such as yoga not only strengthen our connection to our bodies and stimulate kundalini energy but they also calm our conceptual minds to allow our energetic feelings to be registered.

Then, in turn, we become more aware of how our thoughts make us feel. We are a story telling species and an important part of our transformation is to engage with a narrative that connects us to the source and takes us where we would like to go in the future.

To be in a state of ecstatic knowing tuned onto the biochemical aura of the earth is probably the most wonderful and pleasurable state a human can be in and if we could experience it ongoingly we would not want to live any other way. Within of all of us exists latently the capacity to sustainably experience ecstatic states of connection and knowing. In fact this abil-

ity is encoded into our DNA blueprint, which is waiting to be read to its full potential. Edenic States is about exploring this potential. Exploring, experimenting and experiencing Edenic States.

Holly is currently, with a team, setting up a series of events, retreats and adventures, all in beautiful natural places and along these lines. If you want to know more or be involved please email holly@foodforconsciousness.co.uk to go on the mailing list. Information will also appear on the website www.foodforconsciousness.co.uk until www.edenicstates.com is up and running. ✿



The Art of Fermentation

Henri Dobson gives an overview of the talk by Sandor Katz at Schumacher College, May 2014.

During a recent trip to Devon, I discovered the speaker Sandor Katz, one of the worlds leading authorities on fermentation, was giving a talk at the Schumacher College Earth lectures in Dartington. I've always been a fan of Schumacher College and of Dartington, as they are an incubator for new and ancient ideas and practices on sustainability. Also being an enthusiastic student of nutrition I decided to go along and find out what all the fermentation fuss is about.

Fermentation turns out to be an exciting subject, especially if you're interested in the health of your guts. It's about bubbles, bacteria, flavour, gut health, immunity, and it seems to be one of the essential and often missing pieces of our modern nutritional jigsaw puzzle.

Incidentally, fermentation is a subject I've avoided exploring until recently, since the thought of "consciously" eating bacteria and gone-off foods makes me feel quite queasy. Fear of the unknown perhaps. However, since it was suggested the gut in good bacterial health can produce B12 from fermented foods, I've become interested in whether this is a realistic way of coming off B12 supplements for the rest of my vegan life. Or an alternative perhaps to foraging for bugs and grubs or eating worms out of the compost heap.

The first thing I learnt was that fermented foods create strong flavours and gourmet food stores are full of them and in spite of my current fear of and avoidance of all things fermented, I discovered they formed a regular part of my diet up until I went raw and vegan 13 years ago! Delectables such as cured meat, salami, chocolate, coffee, vanilla, some tea, condiments, sauces, pickles, vine-



gar, cheese, yogurt & alcohol are all fermented foods. Sauerkraut however, wasn't included in my early diet, and this is what I'm here to learn how to make.

Sandor started by describing fermentation as the "**transformative action of microorganisms**" where there is something intended and desirable happening.

Most fermentations don't require oxygen, although some do such as vinegar, where oxygen converts alcohol into vinegar (I remembered gone-off cheap wine smelling like vinegar!). Fermentation is a form of preservation, for instance fermented soured milk creates kefir, yogurt & cheese. Other types of preservation include canning, drying, and heavy salting.

Fermentation is included in every culinary tradition around the world, harnessing a natural force, stabilising food, making it more digestible. It is defined by "bubbles" and means "to boil". Wikipedia describes it as "a metabolic process that converts sugar to acids, gases and/or alcohol", and occurs in yeast and bacteria. It's about creating live bacterial cultures. Examples are tempeh, sourdough, yogurt, kefir, dairy, sauerkraut, and

fermented drinks such as kombucha, and traditional alcohol.

Sandor went on to describe the health benefits of fermentation as: pre-digestion, detoxification, nutrient enhancement, protection from bad bacteria, mental health and building immunity.

- 1) **Pre-digestion** - micro-organisms break down nutrients & digests food. For example, soybeans are indigestible until fermented when they create tofu, tempeh, or soy sauce. The soy protein gets broken down into amino acids by fermentation. Gluten in wheat when fermented creates sourdough.
- 2) **Detoxification** - toxins are processed by fermentation, for example cassava in W. Africa contains cyanide until fermented. Fermentation also breaks down phytic acid, and pesticides.
- 3) **Nutrient enhancement** - fermentation produces higher number of B vitamins, and natokinese or "nato", which regulates blood clotting by dissolving fibrin
- 4) **Protection from "bad" bacteria** - The 99.9% of bacteria that we can live with protects us from the 0.1% of harmful bacteria that we can't. Soaps that kill 99.9% of bacteria

are pointless as we cannot live without bacteria. Our body cells are outnumbered 10:1 by it in/on our bodies.

- 5) **Mental health** - how we feel and think is related to serotonin which is regulated by bacteria.
- 6) **Immune system** - is regulated by the bacteria in our gut. Most of our immune system is in our guts, so we need to consciously take bacteria to rebuild biodiversity in our guts and according to Sandor Katz, fermented foods are better than probiotic pills and we need to eat a little of them every day.

So, how to get started?

There are two different ways to start fermenting. Either do it "wild", otherwise known as wild fermentation, which is based on organisms already present on the fruit / veg you're fermenting, or by using a starter culture.

With **wild fermentation** fermenting, vegetables are a good place to start.

Put the veg you want to ferment in a jar with a little salt & water (this makes brine). Recommended veg are turnips, swedes, carrots, cabbage and grated beets, which are all easy to ferment. Put a lid on tightly and release the pressure once a day for the first

week. The length of time you ferment depends on your taste preference. The longer you leave it the stronger the flavour. Taste it after 3-4 days, a week, etc. and put it in fridge when it's the right taste. In Eastern Europe the average fermentation time is 4 months!

Make your own tempeh – can do it with broad beans: get the hull off them & cook for a short time to maintain the form & structure of the bean. (need to keep them quite hard). Can mix them up with red rice.

Make your own nato – all legumes have a certain bacteria on them and can survive boiling temps. (bacteria satillus). Can therefore make nato without a starter. cook soybeans 5 hours (till soft), strain, spread out in a thin layer and incubate at 40 degrees for 6-12 hours (eg in an oven with the light on.)

Sauerkraut can be made without salt by adding celery (salt makes the veg crunchier).

Starter cultures. This can be done by "back slopping" – using a bit of the last batch or buying it. A SCOBY is a "Symbiotic communities of Bacteria and yeast". Sandor handed round a couple of plates, one looked like small

white milky looking blobs like cauliflower which was the SCOBY for kefir; the other looked like rubbery bits, which is the rubbery pancake that floats on top of the tea that makes kombucha, called the "mother of kombucha". White rubbery blobs don't particularly tempt me, but I tried kombucha for the first time this summer and it was delicious!

Finally we touched on the idea of "metaphysical fermentation" – bubbly, spiritual ferment, social ferment ... fermentation as an engine for social change. . .

So in conclusion we need diversity in our diet and in our guts so there's no one "miracle" food. We need to build biodiversity so **vary the types of fermented foods you eat**. Eat small portions of it as a condiment and eat a little every day. I'm planning to experiment by testing my B12 levels after 6 months of eating some fermented foods everyday and am going to make my own sauerkraut this winter.

A video of the talk can be watched online for free here: tinyurl.com/katztalk

Sandor Katz is the author of Wild Fermentation, and The Art of Fermentation, both of which go into more details of the subjects covered in this article. ☘

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Food Forestation sells trees, plants and seeds at affordable prices, to create income to support the promotion & development of food forests. Trees & perennials build soil, capturing carbon efficiently. Food forests could help feed us far more sustainably than our present energy intensive agriculture, and their creation enriches our lives, creating local employment producing healthy fresh food, and creating habitat for wildlife that so badly needs it. Bees and other pollinators in particular benefit from forest gardens.

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Fermented Food



Anna Middleton answers some common questions.

Why do you think fermented foods are important in a raw food diet?

Eating fermented foods help heal our guts and are beneficial whether we favour a predominately raw or cooked food diet. The process of culturing different foods enhances the nutrient content and produces bacteria which are vital for our health. Minerals become more readily available to the body and the bacteria produce both vitamins and enzymes which aid digestion.

Raw vegetables can be incredibly difficult for many people to digest so the inclusion of cultured vegetables are much easier to manage and cause less inflammation to sensitive stomachs. Phytates and lectins are found in most raw grains, legumes, nuts & seeds and they can drastically reduce our body's ability to absorb minerals and long-term consumption can contribute towards negative health effects such as tooth decay. Soaking and fermenting these foods can make them much more digestible. Even though nuts and seeds are packed with nutrients, they are high in phytic acid and also inhibit iron absorption so they are best consumed in moderation and not relied on as a staple in the diet.

Gut bacteria balance intestinal flora, aid in detoxification and help to regulate

weight. Improving our digestive tract with these powerful pro-biotics boosts our immune system which not only impacts our physical health but also benefits our mind as our guts produce serotonin which influence mood and mental health.

What are some of the best foods to ferment?

Home-made cultured foods can vary

in both the nutrients they contain as well as the ease of making them. Some of the most beneficial fermented foods are cultured fruits and vegetables (such as sauerkraut and kimchi), nut and seed cheeses, kefir and kombucha.

What dishes can you add fermented foods to?

Cultured vegetables are easy to add as a condiment to a wide variety of dishes (both cooked and raw) such as nori wraps, through salads, with curries and stirred into soups.

Fermented nuts can be used to make nut cheeses or added to cakes.

Kefir made from milk (from raw dairy, nut milk or coconut) can be used for smoothies or fermented until the curds and whey separate and then the whey can be used as a starting culture and the curds can be made into cheese or added to desserts.

What is the easiest way to begin?

I would say that cultured vegetables are the best starting point. They are easy and cheap to make, rich in nutrients and taste wonderful. Either a starter culture can be used (such as pro-biotic powder) or you can allow the natural enzymes in the vegetables to ferment once they are submerged in brine.

Spicy Sweet and Sour Kimchi

Ingredients

1 large cabbage (red or white) – finely sliced or grated
Radish or turnip
2-3 carrots
2 or 3 spring onions or shallots
1 apple
Chunk of fresh ginger - grated
2 cloves garlic - crushed
1 chopped chili
2 tsp mineral / rock salt



Method

Massage vegetables until brine is released.
Squash down into glass jar and place cabbage leaf on top - make sure all vegetables are covered in juices.
If there are not enough juices, top up with salty water or celery juice to cover.
Place heavy weight on top of cabbage to make sure vegetables stay submerged under water.
Leave to ferment in warm area for 7-10 days. You can leave it up to 2 weeks if you prefer a stronger and tangy flavour.
Store in fridge (this is now preserved and will keep for months).

Notes

If you want the kimchi to be ready sooner, add 1tsp probiotic powder
Ensure vegetables are under water to prevent mould.

Mineral salt is used to massage the vegetables and release the natural juices. Salt also adds to flavour, acts as a preservative (to prevent the vegetables turning to mush), eliminates and inhibits any pathogenic bacteria or surface mold.

If you don't want to ferment your own food, there are plenty of high quality products available on the market such as sauerkraut, kimchi, miso, seaclear, kefir, kombucha and jun.

Are there any harder things that are worth mastering and why?

Both kefir and kombucha are incredibly healing foods. Both require a starter culture and once they are fermenting, will need more care and attention than fermenting vegetables.

Kombucha is a culture which produces fermented tea that can be incredibly beneficial for digestive disorders, inflammation and joint pain. Some people may find they are sensitive to the sugar and caffeine levels which remain at the end of the fermentation process (the longer the culture ferments, the lower the sugar content will be and the more sour in taste it becomes)

Kefir grains come in 2 varieties - water and milk. They are referred to as grains but are actually colonies of bacteria and yeast and the main difference in the way they look is that dairy kefir

is white and looks like cottage cheese and the water kefir grains are clear.

Water kefir is fermented by adding filtered water or coconut water with a slice of lemon and sugar. Bacteria digest most of the sugar and after around 3 or 4 days, you are left with a sparkling nutritious drink to enjoy. Milk kefir can be made using raw unpasteurised milk, nut or seed milk or coconut. Once fermented, both types of kefir produce drinks high in pro-biotics, digestive enzymes and are full of vitamins. In addition to the benefits from water kefir, milk kefir also contains protein and is mineral-rich.

Dairy kefir grains feed on lactose so if a dairy-free fermented drink is made using coconut or nut milk, every 2 or 3 times it's used the kefir will need to sit in a glass of milk.

Consuming dairy kefir made from goats or cows milk may not appeal to everyone for a variety of reasons and as with all foods, may not work for everyone.

Fermenting raw dairy into kefir provides a highly nutritious food including fat soluble vitamins A, K2 and D3. The process of fermentation breaks down the lactose and sugars and transforms the casein into beneficial peptides, it also rebalances the amino acids in milk making the milk more

suitable for humans to digest. Dairy kefir is best made with A2 milk from Jersey cows as it causes less allergic reactions than A1 milk produced by most cows reared in commercial farming. For more information about raw dairy, see foodforconsciousness.com

Is any equipment needed?

No special equipment is needed. It is easy to get started with a knife, chopping board and a glass kilner jar.

Do you have any special tips?

Fermented foods do not like metal or plastic – use glass or ceramic bowls or jars with wooden spoons for stirring.

Place half a clean eggshell in with water kefir to replenish minerals, especially if using filtered water.

Chlorella or goji berries are great to add to fermented vegetable mixes for a stronger flavour and to boost nutrition.

The best advice is to start with one ferment. There's no need to include all the fermented foods all the time. Listen to your body and find what works for you. It's very common to find that you are drawn to once fermented foods and after a while, your body will let you know it's had enough.

Anna runs courses and classes, see her website for details: annamiddleton.com ❁

FERMENTATION FETISH

A PICTURE IS WORTH A THOUSAND WORDS SO
HERE IS A PICTURE AS WELL AS SOME WORDS.

FEEDS OFF OF HONEY INSTEAD OF DANGEROUS SUGARS, IMPROVES LIVER FUNCTION, CONTAINS ENZYMES, PROBIOTICS AND B VITAMINS, REMOVES TOXICITY FROM INTESTINAL TRACT, CULTURES OMEGA 3, 6, 7 AND 9 INTERNALLY OUT OF MONOUNSATURATED FATS, PURIFIES THE BLOOD, REMOVES MOLD FROM BODY TISSUE, REMOVES FLUORIDE RESIDUE FROM THE PINEAL GLAND..... WE COULD GO ON BUT WE THINK THIS PAINTS THE PICTURE ADEQUATELY

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Gundruk

Leaf Jerky from Nepal

What is Gundruk? And how do you make it? Tom Rothsey explores this traditional fermented food.

Gundruk is a traditional vegetable preservation technique from Nepal. Nepal, as you may know, is high in the Himalayas, in an environment where there are long periods where no fresh green vegetables are available. Fermentation of vegetable greens, those parts that we in the west often throw away (or at least hopefully turn into compost), ensures a steady supply of essential vitamins and minerals when no fresh food is available. The fermentation process not only preserves and makes these nutrients more bio-available, but also produces enzymes and amino acids that aid digestion and assimilation of food. The gundruk ferment is initiated by heterofermentative lactic acid bacteria species such as *Lactobacillus brevis* and *Pediococcus pentosaceus* and follows the usual successional pattern of Western vegetable ferments (e.g. sauerkraut), culminating in the domination of the microbiota by *Lb. plantarum*. Gundruk may be enjoyed dried

(as 'leaf jerky'), or cooked in curries, achars (Indian Pickles), soups or stews. It may also be ground and added to ingredients such as salt, seaweed or sesame seed for use as a condiment.

Of the 69 different cultural and linguistic groups in Nepal, the most well known to Westerners are the ethnic Tibetan Sherpa in the north, and the ethnic Indo-Aryan Ghurkha in the south, and both these peoples are renowned for their strength, endurance and bravery. Now we also know that these peoples historically relied upon Gundruk (and the related radish root ferment Sinki) to get them through the toughest parts of the yearly cycle. When the British army called on Ghurkha warriors to get them out of a tight spot, and when Tenzing Norgay took a stroll up Mount Everest with Edmund Hillary, you can bet that gundruk was there too, tucked away in a corner of each backpack.

In some Nepalese villages, gundruk is fermented under dung, but we won't be doing that here. It can be buried, or fermented in the open, and we will look at the easy option of fermentation in a closed container sitting on a bench or table at home.

Take the green parts of a variety of vegetables. Anything in the cruciferous vegetable group is traditional (e.g. kale, mizuna, and other radish greens), and we can extend this to include collard greens, broccoli greens, beet greens, spinach, and celery leaves. Any robust and edible green leaf is suitable, but the bulk should be from crucifers. Remove any thick stems, rinse and then wilt the greens in an airy container placed in a warm and airy location. Wilt the leaves for 2 days (or less if the weather is very warm), then chop the leaves roughly with scissors or a knife. Pack the cut leaves as tightly as you can into a glass or ceramic vessel, top it up with pure water heated to about



30° C (86° F) and leave for 5 days to a week. A little salt may be added to the water, but this isn't necessary.

Some vegetable matter will rise above the water. A food safe weight may be utilised to keep all the greens submerged (food safe means glass, ceramic, hardwood, or a non-porous, boiled stone – steel or plastic will react to the acids produced by fermentation). Alternately, with clean hands, dig in and rotate the greens, pushing them down as much as you can, but being sure that the same greens are not in contact with the air two days running. While doing this, remove any overly yellowed greens if you see them, or any that are browning. The seal on your jar may be loose or airtight, it doesn't matter. Lactic acid fermentation is an anaerobic process, but be mindful when fermenting in a closed system that CO₂ is a by-product of the conversion of plant sugars to lactic acid by the microorganisms of fermentation. CO₂ production in a closed vessel can lead to a potentially explosive build up of pressure, so airtight systems may need burping.

After 5 days or so, drain the greens well. The water may be utilised in a soup, if we wish. There is plenty of goodness in it, it would seem a shame to waste it. Place the drained greens in a tray or similar, and spread them out as thinly as possible. Cover the tray with an airy cloth to keep insects away, and dry in the sun. The next step will take as long as it takes. It will be quick if the weather is nice and hot, it will take possibly a few days if the weather is cool. Ensure adequate ventilation at all times, and this stage is only complete when the vegetable matter is bone dry. This is when it has become gundruk, which may be stored in a container for a year or more without mould developing.

As soon as the fermenting vessel is emptied, fill it with more greens for more gundruk. Do this continually throughout the growing season to avoid having to buy imported green vegetables from a different hemisphere in the off season. It is best to eat food from our own region where possible because we are more in tune with it energetically, and reducing the long distance transportation of food is

an environmentally sound practice. Fermentation may be seen as a process of controlled food spoilage, where the natural tendency to decay is diverted down the path of preservation and augmentation, and it is one of the oldest and simplest strategies for preserving the harvest known to us. Enjoy your leaf jerky, and I encourage you to dive into fermentation, as this is one practice that is definitely part of the solution to many of the challenges facing our planet and our species at this time.

On a final note, I would like to share an idea I call 'love cooking'. Every time we handle food that will be eaten by our family and friends we are presented with the opportunity to load it up with our energy. When we cook or prepare without thought, or with distraction, or while mulling over the

day's slights, frustrations, and negativity, this is the energy we are unconsciously putting into our food. Preferable for me is to be mindful, to give thanks and respect to the spirit of the life that will sustain us, and to think about the love I have for those who will share the feast with me. Food for thought, as they say.

Tom (aka 'Celestial Roots') is an ecologist, herbalist, fermentation fanatic, reflexologist, energy worker and holistic health and wellness counsellor who lives with his wife and son in a rainforest on the north coast of New South Wales, Australia. His book 'Cultivating Communities' on fermentation, natural diets for optimal health, self-empowerment, love, and community will be published in early 2015.

www.facebook.com/celestialroots
www.celestialroots.com ☘



Castor Oil Pack with Fresh Turmeric & Ginger

Susan Laing looks at the how turmeric and ginger can help with cleansing the liver.

Whilst I have been carrying out another liver/gallbladder cleanse over 21 days I started to add freshly squeezed ginger and turmeric along with the castor oil to my liver and gallbladder area every day. This is my own little joyful creation.

The liver and gallbladder is one of the most important organs to rebalance when you are experiencing a multitude of unhealthy symptoms in the body. Most diseases begin with a congested liver due to an unhealthy lifestyle.

In Chinese medicine the liver is linked to the **spirit**. If the **chi** is not flowing *smoothly* then there will be all sorts of energetic imbalances to compensate for the lack of flowing energy. On an **emotional** level one may experience excess:

- ♦ outbursts of anger or frustration
- ♦ crying spells for no apparent reason

There may also be lack of energy and depression and so on. So cleansing and rebalancing the liver and gallbladder is number one – always start with the liver and gallbladder.

What does liver/gallbladder cleansing do? It helps to:

- ♦ cleanse stagnant waste from the liver and gallbladder
- ♦ improve liver functioning and bile flow by up to 400% if you can do

the 14 day nutritional feast (fast) cleanse by Dr David Jubb

- ♦ purify the blood and lymph
- ♦ rejuvenate the body
- ♦ if done regularly helps to bring the body back to **homeostasis**

For more info on Dr David Jubb's liver/gallbladder cleanse see my blog.

Since the American psychic Edgar Cayce wrote his book on the many healing benefits of castor oil it has become well used in the circles of naturopathic healing techniques.

Did you know these facts about castor oil?

- ♦ Castor oil is said to emit white **bio-photonic** light offering the **full colour spectrum** of equal intensity just like **daylight**
- ♦ It also stimulates the body to generate its own **bio-photons of light** from it's **DNA helix**
- ♦ This healing white light has the capacity to reach deep into the body tissues, up to **15 cms in depth!** Amazing
- ♦ It has a high negative charge which allows it to **donate electrons** and makes it an fantastic healing **antioxidant**
- ♦ And has the ability to change the electrical charge within the cells of the body helping to create move-

ment and release **stagnation** in *gunked up* cells

- ♦ The oil has a gentle, calming affect (as if you have been touched by the healing hands of Christ) when you apply it to the body, which could be one of the reasons it is revered with the name of '**Palma Christi**' – *The Hands of Christ*, apart from the many healing qualities it holds
- ♦ There are many benefits using castor oil orally, and topically, for helping all sorts of imbalances e.g. from helping hair grow to helping heal keloid scars.

Make sure the castor oil you purchase is organic and hexane free

Facts about Ginger

The freshly squeezed organic **ginger root** is very powerful when added to the body as a pack along with heat:

- ♦ increases the blood flow to a stagnated area
- ♦ stagnation usually manifests as inflammation, swelling or stiffness
- ♦ heating the area with a hot water bottle can help to soften mucus stagnations
- ♦ and fatty accumulations such as liver stones
- ♦ warmed freshly squeezed ginger can **penetrate deep** into the tissues helping to break down **cysts** and **benign tumours** such as uterine fibroids
- ♦ helps to remove **yin** conditions in certain organs such as the kidneys

- ♦ contra-indicated in acute inflammatory conditions or an infected area and cancer

Facts about Turmeric

Freshly squeezed organic **turmeric root** is even more messy than castor oil! So be careful when adding this to the body as it stains everything. So use an old t-shirt and trousers or shorts. Turmeric root when applied as a pack:

- ♦ increases circulation to the area and so relieves stagnation within the body tissues
- ♦ in Thailand this is used as a compress along with other herbal ingredients
- ♦ fresh turmeric helps to decrease pain and inflammation caused by **gallstones**
- ♦ the highly coloured orange indicates the presence of a group of antioxidants called curcuminoids, the most important of which is curcumin
- ♦ the anti-inflammatory strength of curcumin is extremely powerful and when added to the skin has powerful healing properties!
- ♦ turmeric is enhanced when taken orally by using black pepper and

has the capacity to pass through the blood brain barrier and may help alleviate depression – I noticed a nice uplifting serene mood whilst using turmeric in my pack

- ♦ make freshly squeezed turmeric for each application

To make the pack

Find a piece of natural unbleached organic cotton or hemp – I use a hemp bag.

Use a separate piece of unbleached cotton mesh for holding the freshly squeezed ginger and turmeric -folding it over so it contains the juices and bits of fibre from the roots – you can heat the gauze in boiling water

Add the castor oil to the larger piece of hemp (17cm x 9cm- or larger) and then place the smaller piece of warmed mesh (approx 5cm x 5cm) with contained ginger and turmeric on top of hemp cloth with castor oil.

Place over affected area.

You can add paper towels as I do over the top of your pack plus a plastic bag and then add hot water bottle onto the pack.

Remember to wear old clothes and use a towel as turmeric manages to stain **everything** - it can be a messy time but it is so worth it!

Leave on for 20 minutes to an hour, lie on your right side.

Tips

You can use this pack for:

- ♦ many inflamed conditions such as arthritic joints
- ♦ stiffness
- ♦ broken/fractured bones
- ♦ on the colon for constipation/stagnation
- ♦ anywhere on the body where there may be stagnation

Since writing this article, Susan has started selling ready prepared bottles of castor oil with organic turmeric and ginger. These can be purchased direct from Susan or from

www.foodforconsciousness.co.uk

Susan is a writer, public speaker, iridologist, naturopath, and nutritionist. She has a book coming out soon called KISS Keep it so simple, on easy to digest, smooth and alkaline Lifefood for all bowel conditions. Find out more at Iridologyforhealth.co.uk ☼

RFD (Raw Food Dude)

Sally Holloway

RFD has just found a recipe for sprout crackers. Oh, it looks delicious, the ingredients are divine.

His mouth waters. He wants them NOW!



Mmm, yummm Wonderful...

And all he's got to do is soak the seeds for 8 hours... Sprout them for three days... And dehydrate it all for 12 hours...



Well it's something to look forward to!!

Sally Holloway's 44 page book *Sprouting In The UK, How to grow, Greens, Beans and Superfoods* is available from sallyholloway.com for £2.99 or Amazon Kindle for £1.53.

The Truth About WiFi Radiation & EMF Protection



Do you use WiFi or a mobile phone?
Chang-yu Tan shares her research on
the effects of these microwaves.



Do you know you are constantly **microwaving yourself, your children** and people around you? Ever wondering what could be the real causes of the mysterious headaches, fatigue, sleep disturbances, muscle aches, weaker immune system, infertility, miscarriage, mood swing, hair loss, memory loss, anxiety, depression, neurotransmitter disorders, change in a child's behaviour, tumour, etc.? I'd like to share the simple methods you can adapt to improve your health and the quality of your life.

Most people are not aware of the radiation emitted from mobile phones (1-2GHz) and Wi-Fi routers (2-5GHz) **are the same radiation used in microwave ovens** (3-30GHz), and these microwaves (MW) radiations can penetrate walls, ceilings and floors with a range of 10-20 meters. Now hundreds of scientific studies have shown the electromagnetic field (EMF) and MW radiations **affect everybody** whether you can feel it or not, and the **biological damages** caused by these radiations exposure are **cumulative**. Regular users of mobile and smart phones and Wi-Fi, young children and pregnant women are particularly at higher risk. It can only get better when we start to understand EMF and protect ourselves.

More than 6 years ago, I started to notice my children and I are affected by these harmful radiations, especially from mobile phones and Wi-Fi routers. In fact, my ex-husband suffered clinical depression a few months after he started to work for Blackberry telecom company. We've also realised the EMF radiation pollution is getting worse as the years go by. We are fortun-

nate to live (sometimes) in an area **"free of microwave radiation"** in south of France. Our contrast experience to EMF exposure is so profound, which has motivated me to research further into this subject. The evidence I've found out about the danger of EMF is truly overwhelming, I feel I have to share this information with everybody.

The "2012 Bio Initiative report" has been prepared by 29 authors from 10 countries between 1997 to 2012. This Report reviews over 1800 new scientific studies, which show the **biological effects and adverse health effects relevant for cell towers (phone mast), power lines, WI-FI, wireless laptops, baby monitors, mobile phones, smart phones and cordless phones, etc.** The Bio Initiative Report has been conducted independently, and presents a solid scientific and public health policy assessment. The **RF Colour Charts** summarised many of these studies, the power density note will help you to understand these charts:

bioinitiative.org/rf-color-charts/
and
emfwise.com/tableofeffects.php

Note: In terms of power density ($10 \text{ mW/m}^2 = 1 \text{ uW/cm}^2$), mobile phone mast at 100 meters (4 mW/m^2); Wi-Fi router at 1 meter ($40 - 500 \text{ mW/m}^2$); mobile phone ($125 - 250 \text{ mW/m}^2$); wireless laptop (200 mW/m^2); cordless phone ($10 - 200 \text{ mW/m}^2$).

Why are most people not informed about the danger of Wi-Fi and mobile phones by mainstream media and their governments? Why is the safety standard of **EMF exposure limit in the UK 1000 times higher** than other countries? The "Golden Rules" in our

society means whoever have the gold, make the rules. Money buys power. The telecom industry is one of richest in the modern world hence they have immense power over media, research bodies and governments. Many findings of scientific studies about EMF were manipulated. So who do you trust?

There is easy ways to protect yourself and your loved ones

Learn To Switch Off - The best way to avoid MW radiation is to unplug the offending devices, e.g., wireless routers, mobile or smart phones, and cordless phones. Alternatively, use a timer switch to turn off your WiFi router, especially during the night-time sleep. Because studies tell us that the biggest danger with MW radiation comes from the night-time exposures; cellular regeneration, rejuvenation, and detoxification is impeded and notably melatonin production can be significantly reduced.

Swap Wireless for Wired. Change to the right modem/router and use ethernet cable - for almost 1 year, we've been using a wired router without WiFi which was provided by my telephone/broadband company. Also it's faster to use cable.

Neighbour's Wi-Fi. This is a tricky bit. First you can use your smart phone or laptop to identify the source of other WiFi signals. Talk to your neighbours, it will benefit them just as much. Otherwise you need to use some shielding materials at least in the bedrooms. For example, we are using good shielding canopy for our beds.

If you find it hard to give up your wireless devices, you can at least try to minimise your exposure.

Grounding (Earthing) – When your body is in direct contact with the ground, the earth's electrons are conducted to your body, is shown to improve the balance of the nervous system. E.g. walking barefoot, sitting on grass or sand for at least 30 minutes a day.

Some foods can help to detox radiation. Foods rich in iodine (seaweeds), foods rich in chlorophyll (green leafy vegetables), rich in **antioxidants**, and fruits high in pectin.

There is a lot of information about EMF protection available on internet.

Listed below are some useful links if you like to know more details.

Maintaining a healthy lifestyle consists of many things, such as proper nutrition, staying active, being grateful, and it's equally important to make EMF protection your priority.

Useful Links

www.bioinitiative.org

www.emfwise.com/protection.php

www.tinyurl.com/wifiprotection

www.tinyurl.com/childrenemf
(children & EMF)

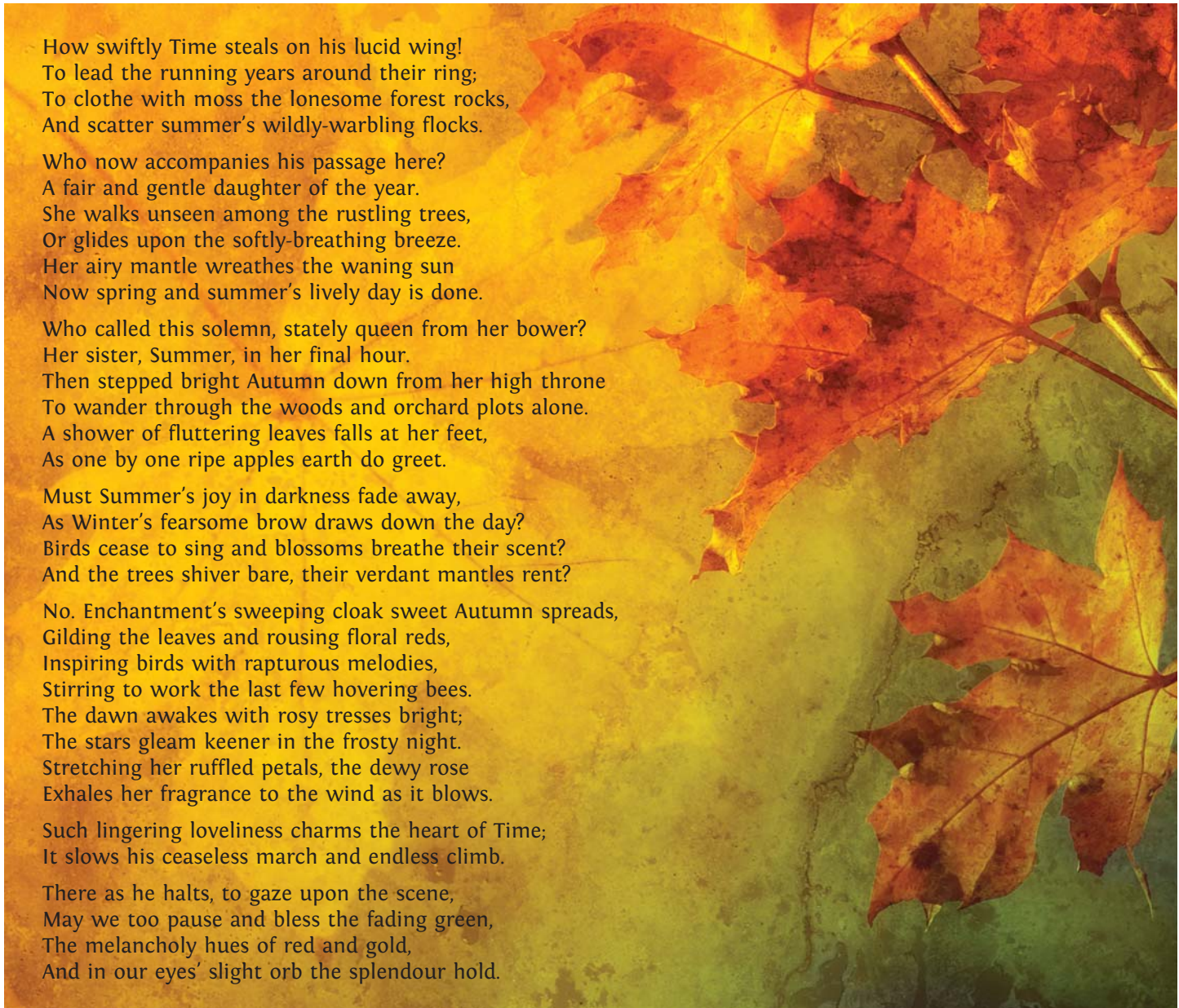
www.tinyurl.com/wifipanorama
(Wi-Fi Dangers - BBC Panorama -Dec 2011)

www.bit.ly/mobilizeonvimeo
Mobilize: a Film About Cell Phone Radiation.

www.s21.com/sar.htm and
www.sardatabase.com (check SAR value of your phone)

Note: Specific Absorption Rate (SAR) refers to the rate at which the body absorbs radio frequency (RF) exposure. ☼

The coming of Autumn by Jamie McMillan



How swiftly Time steals on his lucid wing!
To lead the running years around their ring;
To clothe with moss the lonesome forest rocks,
And scatter summer's wildly-warbling flocks.

Who now accompanies his passage here?
A fair and gentle daughter of the year.
She walks unseen among the rustling trees,
Or glides upon the softly-breathing breeze.
Her airy mantle wreathes the waning sun
Now spring and summer's lively day is done.

Who called this solemn, stately queen from her bower?
Her sister, Summer, in her final hour.
Then stepped bright Autumn down from her high throne
To wander through the woods and orchard plots alone.
A shower of fluttering leaves falls at her feet,
As one by one ripe apples earth do greet.

Must Summer's joy in darkness fade away,
As Winter's fearsome brow draws down the day?
Birds cease to sing and blossoms breathe their scent?
And the trees shiver bare, their verdant mantles rent?

No. Enchantment's sweeping cloak sweet Autumn spreads,
Gilding the leaves and rousing floral reds,
Inspiring birds with rapturous melodies,
Stirring to work the last few hovering bees.
The dawn awakes with rosy tresses bright;
The stars gleam keener in the frosty night.
Stretching her ruffled petals, the dewy rose
Exhales her fragrance to the wind as it blows.

Such lingering loveliness charms the heart of Time;
It slows his ceaseless march and endless climb.

There as he halts, to gaze upon the scene,
May we too pause and bless the fading green,
The melancholy hues of red and gold,
And in our eyes' slight orb the splendour hold.

Against Forgetting

Derrick Jensen asks us to pay attention to our local wildlife - notice if there are less frogs than last year. It's hard to fight for what you don't know you've lost.



Last night a host of nonhuman neighbors paid me a visit. First, two gray foxes sauntered up, including an older female who lost her tail to a leghold trap six or seven years ago. They trotted back into a thicker part of the forest, and a few minutes later a raccoon ambled forward. After he left I saw the two foxes again. Later, they went around the right side of a redwood tree as a black bear approached around the left. He sat on the porch for a while, and then walked off into the night. Then the foxes returned, hung out, and, when I looked away for a moment then looked back, they were gone. It wasn't too long before the bear returned to lie on the porch. After a brief nap, he went away. The raccoon came back and brought two friends. When they left the foxes returned, and after the foxes came the bear. The evening was like a French farce: As one character exited stage left, another entered stage right.

Although I see some of these nonhuman neighbors daily, I was entranced and delighted to see so many of them over the span of just one evening. I remained delighted until sometime the next day, when I remembered reading that, prior to conquest by the Europeans, people in this region could expect to see a grizzly bear every 15 minutes.

This phenomenon is something we all encounter daily, even if some of us rarely notice it. It happens often enough to have a name: declining baselines. The phrase describes the process of becoming accustomed to and accepting as normal worsening conditions. Along with normalization can come a forgetting that things were not always this way. And this can lead to further acceptance and further normalization, which leads to further amnesia, and so on. Meanwhile the world is killed, species by species, biome by biome. And we are happy when we see the ever-dwindling number of survivors.

I've gone on the salmon-spawning tours that local environmentalists give, and I'm not the only person who by the end is openly weeping. If we're lucky, we see 15 fish. Prior to conquest there were so many fish the rivers were described as "black and roiling." And it's not just salmon. Only five years ago, whenever I'd pick up a piece of firewood, I'd have to take off a half-dozen sowbugs. It's taken me all winter this year to see as many. And I used to go on spider patrol before I took a shower, in order to remove them to safety before the deluge. I still go on spider patrol, but now it's mostly pro forma. The spiders are gone. My mother used to put up five hummingbird feeders, and the

birds would fight over those. Now she puts up two, and as often as not the sugar ferments before anyone eats it. I used to routinely see bats in the summer. Last year I saw one.

You can transpose this story to wherever you live and whatever members of the nonhuman community live there with you. I was horrified a few years ago to read that many songbird populations on the Atlantic Seaboard have collapsed by up to 80 percent over the last 40 years. But, and this is precisely the point, I was even more horrified when I realized that *Silent Spring* came out more than 40 years ago, so this 80 percent decline followed an already huge decline caused by pesticides, which followed another undoubtedly huge decline caused by the deforestation, conversion to agriculture, and urbanization that followed conquest.

My great-grandmother grew up in a sod house in Nebraska. When she was a tiny girl—in other words, only four human generations ago—there were still enough wild bison on the Plains that she was afraid lightning storms would spook them and they would trample her home. Who in Nebraska today worries about being trampled by bison? For that matter, who in Nebraska today even thinks about bison on a monthly, much less daily, basis?

This state of affairs is problematic for many reasons, not the least of which is that it's harder to fight for what you don't love than for what you do, and it's hard to love what you don't know you're missing. It's harder still to fight an injustice you do not perceive as an injustice but rather as just the way things are. How can you fight an injustice you never think about because it never occurs to you that things have ever been any different?

Declining baselines apply not only to the environment but to many fields. Take surveillance. Back in the 1930s, there were people who freaked out at the notion of being assigned a Social Security number, as it was "a number that will follow you from cradle to grave." But since 9/11, according to former National Security Agency official William Binney, the U.S. government has been retaining *every* email sent, in case any of us ever does anything the government doesn't like. How many people complain about that? And it's not just the government. I received spam birthday greetings this year from all sorts of commercial websites. How and why does ESPN.com have my birth date? And remember the fight about GMOs? They were perceived as scary (because they are), and now they're all over the place, but most people don't know or don't care. The same goes for nanotechnology.

Yesterday I ate a strawberry. Or rather, I ate a strawberry-shaped object that didn't have much taste. When did we stop noticing that straw-

berries/plums/tomatoes no longer taste like what they resemble? In my 20s I rented a house where a previous resident's cat had pooped all over the dirt basement, which happened to be where the air intakes for the furnace were located. The house smelled like cat feces. After I'd been there a few months, I wrote to a friend, "At first the smell really got to me, but then, as with everything, I got used to the stench and it just doesn't bother me anymore."

This is a process we need to stop. Milan Kundera famously wrote, "The struggle of man against power is the struggle of memory against forgetting." Everything in this culture is aimed at helping to distract us from—or better, help us to forget—the injustices, the pain. And it is completely normal for us to want to be distracted from or to forget pain. Pain hurts. Which is why on every level from somatic reflex to socially constructed means of denial we have pathways to avoid it.

But here is what I want you to do: I want you to go outside. I want you to listen to the (disappearing) frogs, to watch the (disappearing) fireflies. Even if you're in a city—especially if you're in a city—I want you to picture the land as it was before the land was built over. I want you to research who lived there. I want you to feel how it was then, feel how it wants to be. I want you to begin keeping a calendar of who you see and when: the first day each year you see buttercups, the first day frogs start singing, the last

day you see robins in the fall, the first day for grasshoppers. In short, I want you to pay attention.

If you do this, your baseline will stop declining, because you'll have a record of what's being lost.

Do not go numb in the face of this data. Do not turn away. I want you to feel the pain. Keep it like a coal inside your coat, a coal that burns and burns. I want all of us to do this, because we should all want the pain of injustice to stop. We should want this pain to stop not because we get used to it and it just doesn't bother us anymore, but because we stop the injustices and destruction that are causing the pain in the first place. I want us to feel how awful the destruction is, and then act from this feeling.

And I promise you two things. One: Feeling this pain won't kill you. And two: Not feeling this pain, continuing to go numb and avoid it, will.

Originally published in the July/August 2013 issue of Orion magazine.

Hailed as the philosopher poet of the environmental movement, Derrick Jensen is author of over twenty books, including A Language Older Than Words, The Culture of Make Believe, and Endgame. To find out more about Derrick and his work see www.derrickjensen.org

Along with Lierre Keith and Aric McBay, Derrick has contributed to the book Deep Green Resistance which shows how a serious resistance movement that can bring down the industrial economy can come about. Find out more and join the movement at deepgreenresistance.org ☘



Bodily Fluids ~ In Folk Medicine and Folk Lore

J. ZarA looks at how menstrual blood, urine, sexual fluids and spit are used for various purposes.

Something may be taboo because it is too holy, too sacred, too good or pure to be touched and doing so would be sacrilege. Something else might be taboo because it is evil, wicked, unclean or impure. A breach of these taboos would pollute and defile the offender. Notably, humans are the only animals in Fauna's realm who have such prohibitions. Bodily fluids are doubly taboo, considered both sacred and impure, giving a heightened charge to their power within the realm of German folk medicine and witchcraft. Menstrual blood, sexual secretions, saliva, urine and tears are highly desired catalysts of magic. As a practitioner I do of course acknowledge that we live in a time where various diseases could make working with these substances quite unsafe. Accordingly, I use spells including bodily fluids with caution.

The general purpose of magic is to align ourselves with the ley lines, meridians and power point connectors of the universe, in order to interpret the energy around us and thereby manifest matter. Folk magic is employed to attract, to repel, to heal or to curse. Thoughts create reality and influence the universe when spoken out loud. Magic almost always uses this power of language but can be enhanced by the power of select bodily fluids. There is a parallel for this combination of forces in religion. "Hic est sanguis meus" - this is the chalice of my blood, are the words spoken in the Christian Eucharist mass, implying that worshippers would gain the power of rebirth when symbolically drinking the blood of Jesus. Early Christians had a rite of

"sacred marriage," where worshippers were given a drink of immortality, made from menstrual blood. Interestingly, this rite was soon declared a heresy and banned by the church. It is one of many manifestations within patriarchal institutions fearing women's creative powers.

Now research scientists are working with menstrual blood stem cells (New Scientist issues 11/2007 and 08/2008). They have found that the stem cells in menstrual blood can activate our cellular capacity for incredible levels of regenerative healing. As a corollary to this physical property, we know that during menstruation, women experience states of physical and spiritual high. The DMT contained in the menstrual blood opens us to a state of pure consciousness of the frequency of love and transports us to endocrine-derived states of rapture. This knowledge has been almost lost over the last thousand years, as it has been fragmented, scattered and deliberately destroyed. During this span of time women have been encouraged to give their powers away by discarding their "moon blood" and to consider their Menses as an inconvenient "curse".

Within the practice of witchcraft and folk medicine menstrual blood can be put to good use by drinking it directly. Gathered in a "Moon Cup" our sacred blood is best consumed warm and fresh on an empty stomach. Likewise it can be used in a garden. It is a wonderful gift and healing nourishment for our mother earth. By putting it back into the soil we strengthen our connection to the cosmic matrix, the womb portal of our galaxy, of

which our physical womb is a microcosmic replica. Used for pheromone-magic, moon blood partakes of biology as much as it does of occultism. For "capturing a man's attention" one would give him a drink with moon blood mixed into it. For another powerful pheromone magic, a woman would soak a dark coloured silk scarf with her moon blood and wear that scarf wrapped around her hair. The warmth of the head will ooze out the fragrant molecules, which will be dispersed when moving around thereby attracting love at first sniff. Women are also affected by the odour especially in conjunction with moon gazing. While women's cycles normally synchronise only after living together for a month or two, cycles might sync spontaneously when exposed to the odour under the moon.

Other bodily fluids have equally powerful qualities. Sexual fluids gathered during the full moon after masturbation or sex, are most commonly used for sex magic as well for dedication to a deity. Although sex magic is completely neutral and has neither good nor bad attached to it, it is nevertheless very effective. It is in the nature of sexual fluids to be creative; our thoughts — or seeds of the mind — generated during sexual activity, are planted in the womb of the cosmic matrix producing a magical "child" within the realm of the imagination. In sex magic the mind creates an intention, the body provides the fuel of sexual energy and the spirit, harnessed by the utter presence that is created during orgasm, provides the result.

Since sexual fluids also form strong

ties between people, they can be used for healing if there is no menstrual blood available. For example, at a shaman conference in Austria, Graz, in 2008 a shamanka (female shaman) masturbated on a man's injured knee, allowing her precious fluids to be absorbed by his injury. The healing was total and the receiver was able to walk again right away. Unfortunately, this practice caused outrage amongst the male shamens participating; they declared that amongst their tribes this practice would be forbidden. It is sad to realise, just as in prior times with organised religion, among shamens patriarchy dominates and erases positive female influences.

Looking to a fluid from our digestive system, urine is considered to be a supernatural, living food, containing "life force" or prana. Prana, the sum of all energy manifest in the universe is present in all living things and also in the air we breathe. It has the ability to affect all levels of being - from the physical, mental, emotional up to the subtler vibrations of the soul. In the Shivambu Gita an ancient vedic script, also called the Damar Tantra, it is said that the yogini, "saturating herself with herself" (meaning drinking her urine) is attaining immortality. Urine could possibly be considered to be a sort of liquid hologram. Once the body is made conscious of urine by ingesting it, the whole organism evaluates it and updates its own regulating mechanisms accordingly. Thereby the body "short-circuits" its system and stimulates the transmutational forces within via its own regulating mechanism. This energy exchange stimulates the body on an homeopathic level and transforms its molecules.

Considered the alchemy, or false science, of modern times, the Damar Tantra is seen as one of the divine manifestations of cosmic intelligence. It is still too controversial for most people and since, unlike manufactured pharmaceuticals, it is not financially rewarding, it is rarely talked about. Unfortunately, this invaluable potent medicine is either overlooked or even completely dismissed.

Most people who start drinking urine find the taste too unpleasant and the odour way too strong to continue

with the practice. But urine's cleansing effect on the blood can soon be observed by its change in taste and colour as it is more and more recycled in the body it becomes purer and clearer. To start this panacea, place 1 to 5 drops of fresh urine under the tongue, increase to 5-10 drops on the second day morning and evening, to be followed by a gulp or more the following days, but only when collected from the middle stream of fresh, warm urine. In the teachings of the Damar Tantra that is done at 4 am in the morning after making a prayer, thanking our bodies for providing us with this divine elixir, and drinking the urine slowly, willingly and with cheerfulness from one's favourite cup. In folklore the use of urine is often employed to undo a hex by peeing into flowing water. It is also mixed in drinks to allure and used to mark territory. In German folk medicine it serves as a gargling liquid for sore throats, as a remedy to relieve fever and colds or for topical application for insect bites. It is also said that a freshly injured body part will cease to hurt if peed upon.

In German folklore there are also various customs and rituals involving spittle, often applied to increase good luck. If one would find a Glueckspfennig (lucky penny), one would spit three times on it before safekeeping. When sealing a deal one would spit in the palm of the hand before a handshake. Stones, serving as surrogates for people one wanted to repel, would be spat on before tossing them into water. My grandmother also used to employ a popular wart charm involving spittle, where one had to stand under the full moon and after she applied her spittle to the persons wart, she would speak over it while rubbing in the spittle in an anti-clockwise motion. In the spell it was said that the wart would be gone at the dark moon - and so it was. Saliva's medicinal properties are widely applicable due to their antiseptic value. However, most ancient cures involving spittle involve ritualistic elements suggesting that

the result depends not so much on the physical properties of saliva itself, but more on its symbolic use that is based on its magical employment.

Since tears are highly charged with emotional energy, they are also powerful ingredients for spells. In order to protect oneself from a sadness and anger and to evoke happiness one would capture tears in a small bottle, and use them for making elixirs. There is a custom of mixing blood and tears into a special ink, which is used for writing affirmations and spells. One also would use tears to curse a person that has caused an emotion, by flicking the tears wiped from the eyes at them and thereby make them to suffer and hurt to the degree as one were hurt. Tears however have healing properties too, they remove toxins, caused by stress from the body and can kill viruses and bacteria. Crying not only releases tension and stress but also sometimes gifts us with clear sight. Folk customs and rituals work. Not because of their occult aspects but because they link us to the rites of the foremothers and are thereby practical and available sources of power.

J. ZarA continuously advances her practice with the latest cutting edge methods of alternative health from her home country of Germany. She seeks to induce healing with symbolic language and the use of her voice. Giving a twist to classic hypnotherapy, she allows her voice to become an instrument of spiritual force, whereby she encourages faith in a magical transformation that will create new order in the material reality.

For more info please see jzara.net or contact her on Facebook: [facebook.com/alsosprachjzara](https://www.facebook.com/alsosprachjzara)

Want to write for Funky Raw?

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www.funkyraw.com/magazine/contributing.php

Email magazine@funkyraw.com to get involved.

Big BOOM Experience

Making your own clothes. Manta meditation. Lots of things you maybe wouldn't expect at a Trance Music Festival. **Jolita** reports from Portugal's Boom festival.

I heard about Boom festival many years ago, but I didn't really resonate with it until this year. I have recently met a few interesting people who were sharing their experiences from previous Boom festivals and I was intrigued by their stories.

It took me and my partner Rob quite a while to decide whether we're going, especially that we had to book tickets at a discounted early bird price more than a half a year in advance and I am not a person who likes to be tied down by future plans.

When Boom was coming closer and closer my anticipation was increasing - I was curious and eager for a new experience. This year, which was Boom's 10th edition, the theme was Sacred Feminine, the energy that creates and nurtures life, allows us to come in deep contact with each other and with the planet as a living being. The festival was scheduled to coincide with Full Moon.

We packed our VW campervan on the 5th of August and drove towards Idanha-A-Nova, which is about 150 kilometres from where we live in Portugal. The queue to the festival was massive - it took us roughly 3 hours to get in. The first afternoon was quiet - no music or other activities yet, so we were slowly exploring the area and finding a place to have dinner.

The festival started the next day with massive opening ceremonies and rituals. There were four enormous stages erected for the music and dance - impressive "Dance temple", a real piece of art mostly constructed out of

bamboo and built by drawing inspiration from Gaudi's "Familia Sagrada" in Barcelona. The other stages were "Alchemy circle", "Chill out Garden" and "Sacred fire". Each of them were focused on different styles of music - "Dance temple" and "Alchemy circle" were primarily focused on psychedelic trance dance, "Chill out Gardens" and "Sacred fire" played a little bit of a mixture of afro, indian/ethno-fusion, psychedelic rock, dub, organic trance. I would say there was music to dance and to listen to for every taste nearly 24 hours a day! We could hear music very late at night at our camping place, but somehow miraculously our ears got adjusted to that almost constant "booming" and we could sleep.

We were told that there were 42,000 participants from 152 countries! But the festival was very thoughtfully spread out and there was enough space to roam around not bumping

into each other. For those who wanted peace and quiet it was possible to walk further along the lake for a peaceful spot.

The festival had an overwhelming amount of talks/activities/workshops. I remember looking at the program and having difficulty in making choices and feeling slightly frustrated at not being able to go to several workshops at once!

Liminal Village had presentations, interactive talks, movement workshops and discussion panels on a wide range of subjects, from ecology and sustainability to psychedelia to political action for change.

The Healing area had all sort of workshops, therapy rooms, meditations, chanting, rituals such as Biodanza, Qi Gong, different types of yoga, laughter workshop, Rebirthing, Bioenergetics, Tamazcalli rituals, heal-



Manta Singing with Mantra Malta

ing concerts with High Frequency balls and Gong, Tantra workshops, etc.

Sacred Fire focused on hands on workshops: organic gardening and permaculture, Earth sculpting, Mayan backstrap loom weaving, funky dress making without stitching, making art with recycled materials, etc.

The Sacred Fire's highlight was "Yin altar" - a quiet place for all genders to come in contact with the Feminine energy, also where women in their full Moon could find support and share circles and rituals.

Luckily the festival was situated by the lake which made a real difference in peak August heat. I was going for a swim every day, sometimes twice a day.

I felt pretty spoiled by the number of places available for food - all sort of cooked and some raw food options to make everyone happy and divinely nurtured. My saviour in that summer heat was Acai sorbet. Regardless of such a massive scale of the festival the food was made with love and care.

My absolute favourite workshop was "Funky dress making without stitching" where we reused lycra fabric from previous Boom 2012 to make new pieces of clothing. It actually inspired me to buy an overlocker to make my own stretchy clothes.

When it comes to dancing, I danced in Dance Temple the most as my body loved that constant psychedelic rhythm. The music on the Sacred Fire stage was more interesting though.

Boom's commitment to sustainability and to the practice of the principles of permaculture was obvious and impressive: they had compost toilets where the resulting "humanure" is used in the gardens. Waste water is recycled by plants. They used recycled vegetable oil for the generators, along with solar and wind energy. Recycled and reused materials were used for different projects. More than 2000 new trees were planted within the Boom land.



Funky Dress Making Workshop



Cooling down in the lake

The only thing that I thought Boom could improve in the future - installing more taps for hand washing and drinking, which would reduce queues considerably.

The festival was massive and intense but I felt there was a sacred space for everyone. Everyone could do as little or as much as they wanted. There was this healing sense of oneness, it felt as some higher intelligence was orchestrating everything.

Even though it was short - 7 days only, it gave a short glimpse of how

the life could be if only we cooperate, share and relate to each other and our Mother Earth, the source of our life, with integrity. This experience truly opened my heart and gave a lot of hope, energy and inspiration for the future.

Find out more about boom:
www.boomfestival.org

Jolita is healer, kundalini yoga teacher and artist. You can see her artwork at www.redantart.eu and classes and retreats here holisticretreats.eu ✿

Are you in a Health Cult or a Health Culture?

Are all raw food diets are healthy? Probably not. **Kenny Bountiful Sun and Holly Paige** investigate.

Are you one of the many people who have been sold the idea that if you could just get onto 100% fresh fruits and vegetables all of your health woes would disappear? Or if you could just eliminate most of your fat intake, eat hardly any veggies and mainly subsist on fruits you would have superior health, be cute and sexy and be at your ideal weight for ever and ever! Sounds like a dream come true and maybe, just maybe, it is for a rare genetically predisposed few. For a lot more people who have adopted these often touted half truths it has turned into a nightmare that in numerous cases has even been fatal.

(Kenny) Now don't get me wrong for someone coming out of the standard western dietary regime perhaps it is a good idea to get onto a program like this for a short spell, but what often happens is that people go raw vegan or fruitarian, they get some results, eg weight loss, detoxification, beautification, etc, and they think that this is the ideal diet for humans. Often they become evangelical/dogmatic in their views and attitude, exhibit cult like characteristics and often they start to resemble people who have been brainwashed.

After almost seventeen years living a raw/living foods lifestyle we have seen pretty much all the different approaches to this lifestyle be attempted as a means of gaining optimal health. Based upon the observations made by us and other raw veterans the fad that is most popularly known as 80 10 10 is for want of a better term 'a highly dangerous proposition'.

Now that the raw/living foods movement has 'grown up' so to speak it is becoming obvious based upon countless negative testimonials that long term extreme dietary approaches like fruitarianism and in some cases even raw veganism can create nutritional deficits and often times neurodegenerative issues.

If one observes certain online personalities who are uber pervasive on sites like YouTube the neurological irritation due to lack of cell membrane fatty acids is very noticeable and obvious to the trained and even untrained eye. One author on this diet is notorious amongst people in the US raw food community for being awkward, obnoxious, and generally angry. The question to ask yourself when considering a raw mentor is this. Does this person have what I want and do I want to be like this person?

We think it is wise to be predominantly plant based, in fact we highly endorse and recommend it, but the fact of the matter is that it is very difficult long term to obtain everything we need nutritionally from plants, let alone just fruits, such as bananas.

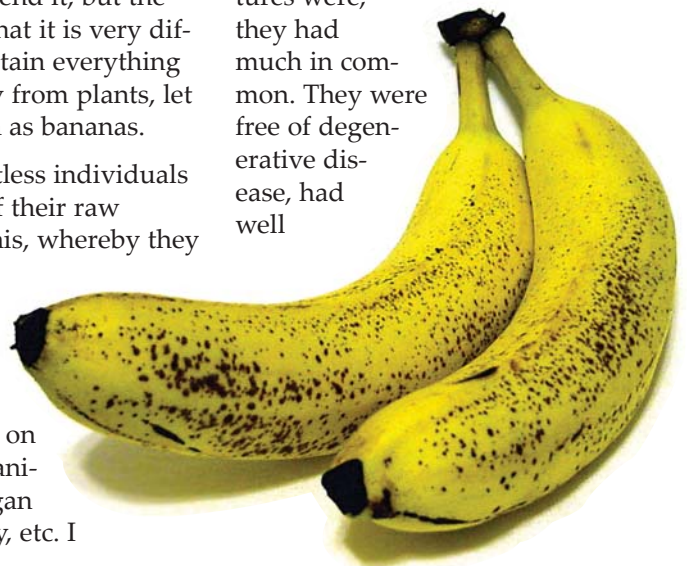
I have watched countless individuals fall by the wayside of their raw lifestyle because of this, whereby they go back to eating cooked food (in some cases junk food) or go completely in the other direction and end up on massive amounts of animal products like organ meats, eggs and dairy, etc. I

have seen friends of mine die, and others, including myself, come very close to death because we followed this very bad advice.

Now I know for sure that some people's response to this will be 'oh they just were not doing it right' but I would say there is no correct way to do an experiment that has already been proven to be hazardous to human health.

(Holly) Looking in more detail at the nutritional aspects, some of you might have heard of the work of Dr Weston Price. To cut a long story short, as a dentist working in America during the first part of the 20th century he was shocked at not only the state of his patients' teeth but also the retarded formation of their jaws. He set out on a mission to study the nutritional habits of various cultures around the world, whom, in the 1930s roads and processed foods had not reached.

Diverse as these cultures were, they had much in common. They were free of degenerative disease, had well



formed faces and jaws with room for their teeth to grow straight and even, and they had little if no tooth decay, even in the absence of a toothbrush. Although their diets were adjusted to what was available in those locations their were some definite commonalities. Eating a high percentage of raw foods, also fermented foods and having periods of light eating were some of them. There was also another very significant commonality – their diets were all rich in the fat soluble vitamins A,D and K. In fact special foods rich in these nutrients were reserved for children and women of reproductive age in some cases, as they were seen as crucial for the next generation to thrive. And, as these vitamins are very difficult to obtain elsewhere they came from animals sources, such as raw dairy foods, fish or fish eggs. Although Dr Price would have been delighted to find one, he found no culture that was exclusively vegan or vegetarian. The amount of animal produce eaten varied with location, nearer the equator where there is

more sunshine, less animal produce was consumed.

Looking at the nutritional realities, it is obvious why all surviving, thriving cultures included particularly animal fats and also animal proteins in their diets. The idea that we can thrive almost entirely on fruit is an understandable one as in many ways as humans have in many respects a frugivorous design. The simple fact is, however, that in our current state, after countless generations living out of our wild biological habitat our physiology is radically different and we do not have a digestive system or metabolism that can extract complete nutrition from a predominantly fruit based diet. Fruit is a valuable part of our diets, salad also. But we need a lot more to maintain health and vitality long term. Other primates, often cited by raw foodists, such as gorillas have quite different digestive systems that actually generate fat from the vast amount of vegetation that they eat. We as humans need fat in even greater amounts to build a complex

neural system whose insulation materials are composed mainly of fat. We need fatty acids from not only seeds and nuts but also animals sources too in order to obtain crucial DHA and EPA, known as essential fatty acids, also saturated fats and fat soluble vitamins. Of course there are the B vitamins to be considered too. In addition there are probably a whole host of other nutrients we do not even understand yet, that would explain why people so often get so ill on 80 10 10 style diets.

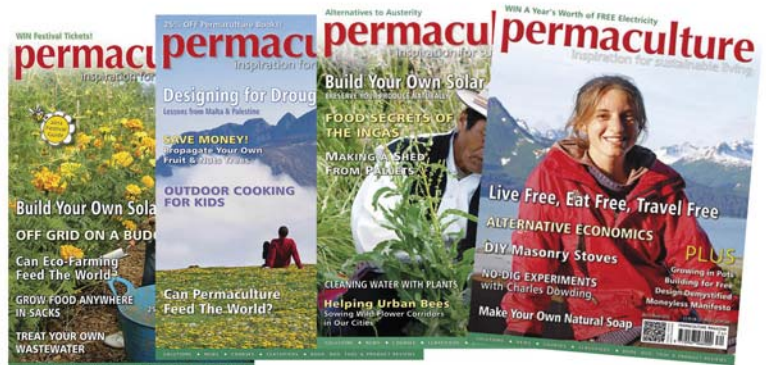
There is only one 80 10 10 diet I ever heard about that made sense to me and that is the Raw Humour 80 10 10 diet. It goes something like this: spend no more than 10% of your time preparing food, no more than 10% of your time worrying about food and at least 80% of your time enjoying and getting on with your life. Which will be a lot easier to do if you are properly nourished.

Holly and Kenny run an online shop and workshops. Find out more at www.foodforconsciousness.co.uk ❁

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