

The Funky Raw

Issue 21 - Autumn 2011

Healthy eating for everyone

magazine

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Healthy Raw Recipes • Holistic Health • Personal Development

From the Editor



To continue on from last issue, the raw cafe in Norwich is now open, full details are on page 4. And another raw cafe will be opening in London on Oct 26th, again see page 4 for the details.

It's wonderful to see the number of raw cafes and restaurants growing, I hear that there are now raw restaurants in Riga (Latvia) and Vilnius (Lithuania), but apart from in major cities it is still quite difficult to eat out raw. I was talking to a friend about this a little while ago and we came to the conclusion that the way forward is for existing establishments to start offering raw options, in the same way that virtually every restaurant in the UK offers a vegetarian meal. I know Shazzie did something about this a while ago, a free ebook for you to print out and give to local restaurants www.shazzie.com/divinity/raw_britannia/ with recipes they can use. Maybe also just asking if they have any raw dishes on the menu at as many places as you can will show them how much demand there is for raw food...

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

Cover Artwork

by Tracy Villa Carrera.

Illustration by Tracy Villa Carrera oil on canvas pays tribute to two 'health heros'. Dancer and raw vegan Tonya Kay and Dr. Paul Stamets medicinal mushroom expert.

Illustrator and fine artist Tracy Villa Carrera continues to create work celebrating empowering food choices in her paintings and illustration work. She lives and works as a fine artist and illustrator in Albuquerque, New Mexico USA. Her email is www.tvcarrera@live.com. To see more work from Carrera please visit her on Facebook.



Raw Food: What? How? Why?

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

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

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

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

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

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

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

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

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

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

Find out more on our website:

www.funkyraw.com

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

Submission deadline for next issue: **12th Dec 2011.**

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

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

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

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www.ink.uk.com



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Chocolate Selection Box by Anna Middleton

Review by Sarah Ince

The selection box comes in a small white box, beautifully packaged, chocolates that are made with love and care. The first chocolate to be tested was the ginger, mint and suma, it comes wrapped in mint green colour foil, and inside is a miniature chocolate bar. The taste combination of the ginger mint and suma raises all three ingredients to new heights, neither one overpowering the other, but delightfully complimenting one another:- only complaint was that it did not come in a full sized chocolate bar! (Perhaps that may be for next time?). The chocolate itself is one of the most perfect blends I have experienced thus far in the world of raw chocolate, being creamy - but not oily, and tasting of...well..chocolate (not overpowered by other ingredients).

Next to be tested - the Citrus Zest, purple corn, he shou wu and chlorella. As I bite into the chocolate, I'm overtaken by a taste sensation explosion... how unprepared was I! A smooth and silky, creamy chocolate, with an evident zesty zing that welcomes you on the first bite, and tantalises your taste buds after you have finished. This left me searching for the ingredients of this wonder chocolate, as I'm sure there was some cherries in this chocolate? Most delightful either way!

I've already come to the conclusion, just 2 chocolates into my review, that Anna Middleton, the creator of these marvellous chocolates, has a definite affinity with chocolate making, and some skill with herbal/flavour blending! Finding the perfect chocolate in the raw food world has been a search, but I have no hesitation to give those blessings to Rawsome!

Next on my list to test, is the beautiful magic superhearts. I was wondering if this flavour sensation would weave through the whole selection box. Containing Ashwanga, he shou wu, maca & purple corn, I found this chocolate to

have a very earthy taste, but earthy in a good way - a deep slightly sweet flavour - with the depths of the superfoods creating an earthy delight upon your taste buds!

Followed by...the fruit and nut duo with mesquite, lucuma, maca and yacon. Lightly fruity and lightly nutty, but not overpowering, as you will find in most fruit and nut bars...this is more of a delicate blend with a coconut aftertaste.

The chocolates are more like a nutritious and filling treat that sustains you, rather than the usual sugary treats we may have known in the non-raw food world.

Next onto the Vanilla maple with fudge centre. This chocolate is very lightly flavoured - a gentle vanilla with a hint of maple. The fudge centre was mixed with the almond butter and superfoods - a semi-liquid centre - the first in the box thus far. Once again, superfoods give a superboost, and you feel it directly after eating this tasty chocolate!

Also includes reishi

mushroom. Careful how you eat this liquid centre chocolate, or you could end up in a mess! ;-)

And lastly, but not least - is the orange cashew truffle. This chocolate tastes predominately of orange, followed by the cashew, and the purple corn gives it an edge, the vanilla brings out the orange flavour to a creamier orange, and the He Shou Wu gives the superfood kick into the equation! Rawsome! truffles are the nearest I have experienced to the traditional chocolate texture and taste of non-raw food truffles, yet you know you are eating with consciousness and awareness to your body's nutritional needs.

Order from www.rawsome.co.uk

More reviews from Sarah at www.ecoluminescence.com



This sample contains just the Chocolate Selection Box review. The complete magazine can be purchased:

Printed version: www.funkyraw.com/shop/index.php?main_page=product_info&products_id=391

eBook version: www.funkyraw.com/shop/index.php?main_page=product_info&products_id=390

