

Dear Customer,

This e-news is loaded with wonderful recipes, articles, events and gift ideas. Your favorite health food café has been evolving for 11 years now! Every aspect of our Café has seen improvements from the quality of ingredients (lots of local) and chef work, to the menu now featuring a grain bowl section, to our new line of local premium teas with iron teapots from MEM Tea Company of Somerville and the locally roasted fair-trade and/or Rain Forest Alliance certified coffee we have been serving by our own Atomic Coffee Roasters on Cabot St, Beverly. Other improvements include our website (some areas still under construction), the décor of the cafe as well as the cooling & heating systems. The logo has evolved too and is undergoing some fine enhancements yet again. Last but definitely not least, the service has seen improvement as well.

This year we won the Best of North Shore for Vegetarian again and we were featured in the December issue of Edible Boston Magazine Boston's Vegan, Vegetarian and Raw Restaurants- Please All Palates by Andrea Pyenson. We look forward to seeing you soon and serving you our uncompromised organic & sustainable fare.

All the very best to you this Holiday Season,  
and may the LIFE FORCE be with you!

Rawbert and the Super Green OG Team



HOLIDAY GIFT IDEAS!!

## **\$999 Raw Chef Internship Certification program!**

This deal is for our Two Week Program, and has never been offered for this low of a price before. We have spaces open starting at the end of January. This one time special offer is from now until Xmas and requires payment in full in order to receive it.

Our One Week Program's special price is \$699. Join the dozens of happy interns who are now creating wonderful savory and sweet delights for their friends and family with the Organic Garden's prized techniques and recipes. This is one on one training with tons of hands on experience. Take the most direct path to raw chef skills possible by entering into this program.

## **Organic Garden Café organic cotton T-shirts \$20**

We have a nice selection of organic cotton T-Shirts with eco-friendly printing of Rawbert's Organic Garden Logo with various slogans. If your favorite is not in we can order it for you. 2 favorites are: 'What Can you LOVE about this moment?' and 'Build First Rate Health with First Rate Foods'. We are selling them for only \$20!

## **Organic Garden Café Electronic Gift Cards available online!**

Choose any denomination securely at <http://www.organicgardencafe.com/giftcards.php>

This weekend we have 2 events on Saturday:

9:15 to 11:30am - Vegan Author Melanie Joy Presents at the Organic Garden on her groundbreaking new book, *Why We Love Dogs, Eat Pigs, and Wear Cows*. In this presentation, Dr. Joy will discuss the psychology of eating animals as well as ways that vegetarians and vegans can use this information to improve their relationships with meat eaters and communicate their message more effectively. Check out Melanie on YouTube. Go to our events page to see more information  
<http://www.organicgardencafe.com/classes.php>

4pm - Our regular 2nd Saturday of the Month - 4pm Raw Meetup group – click the link to RSVP on the [meetup.com/RawBoston/](http://meetup.com/RawBoston/) website

Here's the deal: if you want to come and you like to see a nice size group, you must RSVP! We have observed the way the meetup groups work is -- people are tentative to commit until they see others commit. Therefore the more people that RSVP 'yes' or 'maybe' the more momentum the meetup gains, for everyone wants a good turn out. So PLEASE if you think you might want to come, go to the website and vote your confidence with a YES or MAYBE!

Meet fellow Raw Foodists in the Boston area, have fun, share a meal, and discuss the raw vegan diet and health issues. Anyone interested in the raw/live food diet and lifestyle is welcome!

## Our Weekend Special

Our fabulous Spaghetti and Meatballs is back!  
The best gourmet raw vegan meatball (nut-free) you have ever tasted is made with sunflower, flax, fresh onion, sun-dried tomato, olive oil, fennel and Italian seasonings is presented on delicate zucchini spirals with the OG's Red Sauce (perfected after 10 years of evolution)

Check out these 2 powerful tributes to veganism!

### The Rise of the Power Vegans

Steve Wynn, Russell Simmons, Bill Clinton and a comparable cast of heavies are now using tempeh to assert their superiority. A look at what gives

[http://www.businessweek.com/magazine/content/10\\_46/b4203103862097.htm](http://www.businessweek.com/magazine/content/10_46/b4203103862097.htm)

Bill Clinton VEGAN! Interview on CNN

Watch the CNN interview with Clinton now:

<http://gawker.com/5644559/bill-clinton-is-a-vegan> Gawker

<http://bit.ly/cTAHmn> Vegsource

[http://www.youtube.com/watch?v=R3ied\\_AD4iE](http://www.youtube.com/watch?v=R3ied_AD4iE) You Tube

## 7 steps to successful seasonal 70% raw food diet

I was inspired to share this basic information after lecturing recently at the <http://www.naturalfoodexchange.com/> in Reading, MA on Rte 28, right off Rte 128 near Rte 93. They specialize in gluten free products, health supplements, macro and raw products, etc.

Many of us have emotional triggers from past conditioning (some tied to holidays) that cause us to consume foods that are no longer working for us. This need not be the case when there is so much more that can be done to make food healthy and satisfying. With a few baby steps our bodies will start to guide us. Definitely leave the guilt behind.

### These 7 steps will get you over 60% raw easy!

- 1) Always have some raw fruit in the morning, even if just an apple with a warm grain (SEE BREAKFAST SECTION BELOW)
- 2) Have a green smoothie (SEE GREEN SMOOTHIE SECTION BELOW!) or raw juice every day and consume at least 50 ounces of water or lemon water a day
- 3) Eat a salad with lunch AND dinner and you won't have as much room to overeat on the less healthy or less vibrant foods at the meal
- 4) Lay off refined carbs, a principle that ALL successful diet programs share in common!
- 5) Refrain from ANY cooked oils/fats; stir-fry your veggies with a few pinches of salt AND cover the frying pan with a lid and they'll cook in their own juices add a tiny bit of water if needed. Then add a touch of oil or Nama Shoyu after turning off the burner for flavor.
- 6) Consume raw desserts which are usually very filling and satisfying; raw cacao chocolates are not only superfoods but they'll break your addiction to cooked chocolate! Dinner may be skipped.
- 7) AND of course, regularly patronize Organic Garden Cafe for great food, energy and inspiration!

## **BREAKFAST**

Breakfast is an often-underrated meal. There may be much wisdom in the statement "eat breakfast like king, lunch like a prince and dinner like a pauper". Even Sports Nutritionist recommend that athletes frontload their nutrition for the day, rather than trying to make up for caloric needs at the end of the day when it is late, one is tired, and digestion is weaker. Additionally, the digestion that must happen after eating late will interfere with the rejuvenating and healing processes that occur while we are sleeping. This in turn results in quickened aging, degenerate disease, and often allergic & cleansing reactions that would otherwise not occur if our bodies were able to properly rest and cleanse during the nighttime hours.

Breakfast, like other meals, should vary according to the season. While green smoothies can work all year long, the fruit choice we use in them as well as the greens should be varied. I avoid tropical fruits during the fall/winter and adjunct my mostly raw diet with cooked grains like buckwheat, millet, quinoa, brown rice, and whole oat groats (for the coldest mornings). Raw granolas, like the ones we sell at our restaurant and teach at our recipe class, also include sprouted buckwheat (the hardiest of cereal grasses) and whole oats groats. I love making simple superfood granolas on the fly by adding things like Goji berries, cacao nibs, and hemp seed to diced apple with raw tahini (and sometimes that in turn is on top of a warmed grain).

Keep your immune system up with superfoods rich in Vitamin C and medicinal herb teas. Make sure to add pro-biotics to your green smoothies for a healthy gut. Keep getting 20 minutes of direct sunlight every day. Slow down and rest at night, give yourself a full 8 hours sleep.

## **INCREASE GREEN SMOOTHIES IN YOUR DIET**

Use apples, pears, grapes, figs, ginger, and lemon as a fruit base and Nettle Tea, an amazing superherb that is good for almost every type of ailment, and is iron and silica-rich.

Nettle Tea Instructions: steep 1/4 cup dried nettle for 4 hours at room temperature in 1/2 gallon of pure water. You may soak in the fridge if it will be a lot longer; you will notice a "skunky" smell and taste if it soaks too long. Look for bulk nettle online at <http://www.starwest-botanicals.com> or <http://www.frontiercoop.com/products.php?ct=hchhaz&cn=Nettle>

NETTLE Half n' Half Iced Tea: Nettle Tea steeped according to instructions, with a lemon wedge and 1 Teaspoon agave nectar, maple syrup, yacon syrup, etc. Even kids love this!!

My favorite green smoothies at this moment are:

### **Grape Green smoothie**

FRUIT: approx 1/2 to 1lb Red (or green) Grapes, more or less to taste

LIQUID: 1 to 2 cups Nettle Tea, Juice, pure water or medicinal tea

I figure why 'waste' the liquid ingredient as ordinary water when you can power it up a bit with something more medicinal

1 or 2 GREENS: 3 large leafy stems Chard, 1/4 to 1/2 bunch Parsley, Celery, Kale, Spinach etc.

FIBER: 1 to 2 Tablespoon (Tbl) Chia Seed OR 1 Tbl ground flax (use a coffee grinder) or psyllium husk powder

PRO-BIOTICS (friendly/beneficial bacteria): 2 to 5 capsules of Jarro-Dophilus (I like that brand of 6 beneficial pro-biotic strains) or other brand

SUPERFOODS/OTHER: 1 Tbl Dulse or Dulse Flake, a teaspoon to 1 tablespoon of any green superfood powders (Spirulina, Barley Greens, Kamut Powder, Crystal Manna/Blue Green Algae, etc) or tablets such as Wheatgrass or Alfalfa tabs.

YIELD: It makes about 1 qt with more or less of the tea and grapes.

### **Apple Lemon Ginger Green smoothie**

FRUIT: 1 to 2 medium size apples, ½ lemon, 1 Tablespoon Ginger

LIQUID: 1 to 2 cups Nettle Tea, Juice, pure water or medicinal tea

1 or 2 GREENS: 3 stems Kale or Chard, 1/4 to 1/2 bunch Parsley, Celery, and Spinach etc.

FIBER: 1 to 2 Tablespoon (Tbl) ground Golden or Brown Flax (use a coffee grinder), Chia Seed or 1 Tbl psyllium husk

PRO-BIOTICS (friendly/beneficial bacteria): 2 to 5 capsules of Jarro-Dophilus (I like that brand of 6 beneficial pro-biotic strains) or other brand

SUPERFOODS/OTHER: 1 Tbl Dulse or Dulse Flake, a teaspoon to 1 tablespoon of any green superfood powders (Spirulina, Barley Greens, Crystal Manna/Blue Green Algae, etc) or tablets such as Wheatgrass or Alfalfa tabs.

YIELD: It makes about 1 qt with more or less of the tea and apple.