

A Winter Solstice greeting, Holiday Hours & Gifts

Your favorite health food café's **15th anniversary** is today, on the **Winter Solstice!** We are blessed to be here serving the planet and the community for 15 years and are overwhelmed with appreciation for all of the support and patronage we have received over this great span of time. Throughout this 15 year span we have been evolving every aspect of our Café! We have enjoyed helping to lead the rawfood movement with out innovative gourmet raw and vegan foods and we reaffirm our commitment to staying on the cutting edge of sustainable nutrition.

Below you will find my best **Winter Health Tips** and **Gift Ideas**. Also I promised folks from my last talk **my simple recipe for Immune Strengthening Tea Infusion (below)** and a link to my favorite food combining chart; <http://healthkinect.blogspot.com/2012/06/food-combining-for-digestion-and-weight.html>

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

Rawbert and the Ever-green OG Team!

HOLIDAY HOURS:

Open Mondays 11am to 3pm until further notice ;)

We are open on Dec 24th Christmas Eve from 9am - 4:30pm (last seating for sit down service is 3:30).

We are FULLY STOCKED with your favorite desserts, chocolates, pies and like, including holiday wrapped dessert platters or you may custom build your own with free packaging

We are closed Dec 25th Christmas Day

We are **open New Years Eve till 8:30pm**
www.organicgardencafe.com/new_years.php

CALL [978-922-0004](tel:978-922-0004) AND MAKE A RESERVATION - **we are serving a Thai themed dinner** that includes an authentic green papaya salad and panang curry vegetables with avocado. The meal starts with a lemongrass miso soup and vegetable dumplings in dehydrated young coconut wrappers with plum hoisin sauce.

We are also **open New Years Day**

from 11:30am to 3:30pm!! www.organicgardencafe.com/new_years.php On this day we will offer a sliding scale menu or you can *pay-it-forward* - purchase a meal from \$1 to full value or more. In the spirit of this special day, we will have a community table for those who wish to make new friends and share glad tidings.



HOLIDAY GIFT IDEAS!!

15% off these items!

- **Use code 'xmas' your cart**
- **Jan 24th & 25th Chef Class**
- **Gift Certificates to the Cafe**
- **<http://www.e-junkie.com/127434>**

Organic Garden Café Electronic Gift Cards available online!

Choose any denomination securely at <http://www.organicgardencafe.com/giftcards.php>. **Remember your discount code "Xmas"**

\$999 Raw Chef Internship Certification program- This deal for our Two Week Program, has not been offered for this low of a price since 2011. We have spaces open starting at the end of January. This one time special offer is from now until 10 spots have sold and requires payment in full in order to receive it. **USE THE DISCOUNT CODE "deal2" in the shopping cart!**

\$699 for One Week Raw Chef Internship program - 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. **USE THE DISCOUNT CODE "deal1" in the shopping cart!**

OUR SPECIALS

Now Through Thursday: Holiday Dinner - portabella tarragon loaf, *caramelized brussels sprouts & onion, butternut squash, stuffing – a gluten-free stuffing with celery, onion, carrot, apple, *cranberry, walnut, spouted buckwheat, rosemary & sage – dehydrated crispy but warmed with hot water just before serving, cranberry relish w/orange zest

Next up Friday December 26th: Our fabulous Spaghetti and Meetballs is back!

The best gourmet raw vegan meetball (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)



SIMPLE WINTER SOLSTICE CEREMONY

Last night with my wife, son & daughter, we each lit a candle. Then we went around acknowledging our gratitude for things, and then around again setting our intentions. With a new moon Solstice it is surely a very powerful time to set intentions; now thru December 23rd I would say! WAY more powerful intention setting timed with celestial events than a Gregorian calendar's Jan 1 new year's resolution! Have your own candle lighting ceremony tonight!

The winter SOL (sun) STICE (stand) occurs when the sun reaches its lowest declination in the sky and appears to stand in the same arc briefly before slowly increasing its declination. It is the time when the earth's axis is tilted furthest away from the sun. The solstice causes the longest night of the year. Though it marks the beginning of winter, it also heralds the beginning of longer days. Therefore time to celebrate!!

Revered throughout antiquity, the Winter Solstice is indeed the most significant celestial event of the year. The original Christmas & New Years rolled into one. And what could be better to combat *seasonal affective disorder* than preparing for the celebration with lights & festive decorations, a tradition carried on with Christmas and Hanukkah celebrations?!



WINTER TIPS

A few quick health tips: Winter has arrived and at some point you may feel challenged with some cleansing (colds) from all the fall/holiday "stuffing of the face". Increase Vitamin C, such as a buffered C vitamin like Ester C (less acidic), or whole foods like Goji Berries, and Camu Camu powder (Myrciaria dubia, grows naturally in the Amazon rainforest. It is quickly gaining recognition as having the highest naturally occurring

concentration of vitamin C on the planet), AND other immune strengthening herbs such as olive leaf extract, black elderberry syrup, astragalus and licorice. In the morning start off with 20 or more ounces or warmed lemon water (also vit. C, alkalizing) to hydrate. ALSO warm the water or liquid you use in your smoothies, and warm fruit or leave out at room temp overnight so its not coming straight from the fridge. Include warm Miso soup before meals, even for breakfast, to fire up your digestion.

Avoid hot showers or long showers which lower your resistance, constitution and strip protective oils from your body - instead wet down quickly, put water on hold, soap minimally mostly on important areas ('privates' and arm pits), and rinse off quickly, ending even colder with the water temp. The colder you can shower the warmer you'll feel after, you'll build your constitution and protect oils on your body; very important for the fall and winter. It also helps to do yoga or stretching before showering to build up some heat or do a quick set of pushups or jumping jacks; that will give you more courage to take a quick colder than normal shower. Add lymph brushing before (not after) and you've got the whole deal happening.

If you've noticed any dry spots on the body (hips, thighs, ribs, calves, etc) hit 'em with coconut oil (melt by immersing the jar in hot water) or use jojoba oil, sesame or olive oil. In addition to these dry areas oil the ears, feet, nostrils, and scalp any time. I like a few drops of lavender oil or other blends such as Abundance or Believe (not sure if Young carries these anymore) by http://www.youngliving.com/en_US/discover/guide/balance will have you feeling wonderful and grounded.

Don't forget to turn off the computer early, and relax at night properly 2 hours before bed to calm the mind for important RESTFUL sleep, the kind you really want. According to Ayurveda, get to bed before 10pm (9pm if possible) optimally to take full advantage of healing cycles in the body! Then rise by 6am. Try to meditate every day, have warmed foods and smoothies (make with warmed water) in the morning including medicinal teas - Immune Strengthening Tea recipes below.

MORE WINTER TIPS - SUNLIGHT!

After months of fall and early winter days, the shorter days of sunlight can cause many people to battle with depression, it just sort of sneaks up. This is not necessary if you make an effort to get your daily dose of sun. As there can be stretches of days without any sun, get it everyday that it is available to accumulate reserves in your 'solar bank account'.

It has been my personal experience that on many days that end up cloudy, the sun is much more likely to be out in the first hour of the day than any other, and then less likely as each hour of the day progresses. Therefore get your sun dose as early as possible, while the 'getting is good', because you never know. If it is not available in your backyard or front porch, then explore around your area to find the spots that are somewhat secluded, such as a corner of a park, where you are not right in front of the dog walkers. If the spot is out of the wind, then even on the very coldest of days it will feel warm when you are in the direct sunlight and then you may expose your solar center(solar plexus) to the sun to more efficiently recharge your 'battery'. The human is like a crystal in this respect. When you have absorbed an adequate dose, your solar plexus will turn pink. It only takes 10 to 15 minutes to do so. (I used to say 15 to 20 minutes but now I can feel the sun is much hotter).

If you haven't gotten outside by lunch, then eat lunch in the glorious sun,___ how splendid! You may also find it possible to meditate while basking in the sun, thus "feeding two birds with one sunflower seed". I like to hike or snowshoe out into the forest (or snowshoe at a golf course) at dawn before going to work, and meditate with the early rays of the sun before heading back to my car; that combines nature, exercise, sun and meditation!

IMMUNE STRENGTHENING TEA INFUSION

Use about 3/4 cup of (fluffy) herb for 1 Quart water - will make a nice concentrate

3/4 cup Oat straw

2 Tbl cut & sifted Burdock Root (and/or dandelion root, astragalus, liquorice, sarsaparilla)

Bring 1 qt of water to a boil and pour over the herbs in a glass 1 qt mason jar and cover. Strain after 4 hours, pour back into glass jar and refrigerate.

To use: reheat to desired temp to drink OR bring 1 part fresh water to a boil and pour in 1 part cold **Immune Strengthening Tea** and drink.