

Dear Rawbert,

This e-news brings you:

- A request from a raw vegan in **urgent** need
- An offer from Organic Garden Café for this weekend only: Enjoy a complimentary dessert when you order two entrees and mention this e-mail
- The specials and local foods on our menu
- A beautiful poem and photo from Larch Hanson, *Seeking the Wild Exception*
- Recipes — some from my previous e-news, plus a couple new ones Cantaloupe Shake and Papaya Tropical Fruit Salad

Rawbert's Organic Garden Café, 294 Cabot St., Beverly, MA 01915, 978.922.0004, www.organicgardencafe.com

URGENT: Type "A Positive" blood needed!

Are you a longtime raw vegan who has clean blood and has never smoked? Are you able and willing to donate your blood for transfusions to a 14-year-old girl at Children's Hospital in Boston, MA? If so, please call Fred Chapman at 413-528-6611 by Sept. 4, 2010. Thank you!

All of the team members at Organic Garden Café truly believe that we must focus on our local environment and economy in order to make a large impact that will benefit every single organism on Earth. We acknowledge that begins here in this present moment!

This week we have Nevada lettuce and basil by Green Meadows Farm in Hamilton. We also have red lipstick and Carmen peppers, carrots, kale, cucumbers, arugula and several varieties of tomatoes grown at First Light Farm in Hamilton. Clark Farm in Danvers is providing us with the choice of over 42 varieties of tomatoes. Zucchini are from Cider Hill Farm in Amesbury. Eastern Farms in Ipswich is our supplier of delicious Brandywine tomatoes. Whenever we use honey, it's local wild honey collected from the North Shore area. Our wheatgrass is produced by Randy Jacobs's Life Force Growers in Waltham.

All farms are within 25 miles and use only organic growing practices.

We also get dulse from Larch Hanson of the Maine Seaweed Company. <http://www.alcasoft.com/seaweed/> Here's a photo taken last month of 64 year old Larch harvesting digitata from the wildest surf locations he can find for seaweed harvesting! I think this photo is absolutely amazing! Larch will speak at the Organic Garden Café at the end of this month. Stay tuned for the announcement.

Organic Garden Café also continues to support many other local business and farms, that we do not have direct relationships with, through our partnerships with larger purveyors like Albert's Organics, United Natural Foods and Associated Buyer. Our mung bean sprouts, clover sprouts, and sunflower sprouts are grown in MA along with native spring water from the Berkshires. In addition to the whole dulse plants from Larch Hanson, we also use Maine Coast sea vegetables. And when you come in for a cup of coffee, you will enjoy the amazing line of fair trade and rainforest alliance coffees roasted from Beverly's own Atomic Cafe

The amazing specials lined up for next week are:

Phish 'n Chips — Innovatively flavored with Maine dulse sea vegetable, dill and local parsley combines with local zucchini, celery, cashew, sunflower seed, lemon and a touch of apricot to produce an amazing fish flavor and texture. Served with kale chips and crunchy zucchini chips.

Lasagna — Cider Hill Farms grows our zucchini pasta, which you will find layered throughout this dish, along with First Light Farms's New Girl tomato, Cherokee Purples, BHM tomato, Early Girl tomato and basil.

Heirloom Tomato Salad — Cherokee Purple, Japanese Black Trifele and Green Zebra tomatoes from First Light Farm meet with Juliet, Striped German, and Black Crimson tomatoes from Clark Farm in Danvers.

Fresh Arugula & Spinach Salad — Arugula, spinach, tomatoes, cucumbers and sprouts drizzled with an orange tahini dressing.

Pesto Napoleon — Pesto made with local basil highlights the savory flavor provided by freshly picked heirloom tomatoes from Hamilton, Ipswich and Danvers.

Seeking the Wild Exception (Larch Hanson)

There are unseen patterns,
Afloat in the Universe,
Anchored to the Earth by mineral salts,
That determine the Form of each plant.

A plant is but a condensation of a Pattern,
or Thought,
Expressed in transformation of minerals, water
and sunlight,
Yearning to return, through evolution,
to its true home,
In Infinity.

A human body, also, is a condensation of
a Pattern,
And the human body is anchored to the earth,
Through the minerals of plants,
And the human Spirit is aided in its return
to Infinity
By the Essences of plants, arising, lifting,
upwards toward the Light.

The sea plants were the first ones to truly anchor themselves
To the earth, through concentrating minerals
at their lower end,
And then floating, upwards, lifting, back toward
the Light.

We all had to go down into the depths with dark
and salt,
Before we could lift, upward, toward the Light.

I ask my daughter:
"If we destroyed all the daisy plants,
(like the ones in the vase on the table)
And all the daisy seeds
Would there still be a chance for daisies?
Would the world again evolve through daisies?
Does the Pattern still hold?"

I have sent her into the Darkness,
to ponder on the Light.

She knows that her Pattern is anchored
and uplifted
By the Patterns of kelp, alaria, dulse, nori,
Buckwheat, oats, rye, wheat, millet, rice, corn,
Carrot, kale, onion, bean, burdock, cabbage
and broccoli,
To name a few.

The thought of losing any link in the
Chain of Being
Troubles herespecially in this precarious age.

The human family is asleep to this Awareness,
This Knowing:
Destroy the plant patterns,
Or interfere with them,
In the name of "improvement"
And you will distort the human pattern.

A sea harvester seeks the wildness of the
outermost islands,
In hopes of capturing the unspoiled patterns...

And when he grows old,
He roams in fields of waving grain
Seeking the Wild Exception.

Larch Hanson

It's been thirty years since I wrote Seeking the Wild Exception, and the young daughter mentioned in the poem is now an ecologist candidate for her PhD. At age 64, I still push toward the wildest surf locations I can find for seaweed harvesting, and in my garden, there are many plants that simply reseed themselves, volunteering because they have adapted to the seaweed-rich soil that I've created for them.

Recipes

At this time of the year, I'm often on-the-go and love eating simple salads with seasonal greens, including arugula. I whip up the below recipes in about a minute, adding some pesto to the salad on an Organic Garden Café raw bagel or croutons, along with some avocado and heirloom tomatoes.

Simple Balsamic Dressing

1 part balsamic or apple cider vinegar
2 parts olive oil
Italian seasoning or black pepper
Splash of nama shoyu or pinch of sea salt
Optional splash of agave or maple syrup

Sometimes I also add some of the ingredients from the Simple Caesar recipe below, such as mustard or nutritional yeast.

I rarely make this dressing the same way twice, because it tastes so good no matter how you change it up.

You can make just two ounces for one salad to go, or shake it in a small jar.

Simple Caesar (mix in a jar by hand, fork or spoon)

4 tablespoons Veganise* (or raw cashew cream*, alfredo or sour cream recipe)
2 tablespoons mustard
2 tablespoons lemon juice
1 tablespoon olive oil
1 to 2 tablespoons nama shoyu
2 teaspoons nutritional yeast
1/2 teaspoon Italian seasoning

*You can also blend all of the ingredients, except Veganise, but with 2 tablespoons of raw cashews and 2 tablespoons of water.

Breakfast

This meal in the summer continues to be whole seasonal fruit (usually 5 or 6 nectarines), a bag of cherries or some melons. I also love making simple cantaloupe shakes.

Cantaloupe Shake

1 cantaloupe cut into chunks
Optional: 1/4 to 1/2 bunch of parsley, 1 tablespoon of c
hia seed
Press chunks into the blade of your blender and blend until creamy.
No liquid necessary.

Papaya/Mango Tropical Delight

1 whole papaya or mango
1/2 lime cut into wedges or circles
1 to 2 tablespoons of Artisan Coconut Butter

After cutting the papaya in half and scooping out the seeds, use a tablespoon to scoop out bite size pieces and place them into a 'to go' container or bowl. Put the lime and coconut butter on top. Or,

leave the papaya (with seeds scooped out) intact, place half of the lime and coconut in each half, and simply wait to scoop each bite out as you eat it, which is my favorite way to enjoy it. Scoop up a tiny bit of coconut butter with a bite of papaya, as you like. Squirt some lime juice on it or suck on the lime. The flavors are the best and seem to food combine quite well with the papaya, which is a sub-acid fruit.