

FREE

RIPE!

Raw Food Association of Western Australia

ISSUE 1

BUNURU SEASON FEB/MAR 09



ASIAN SALAD

FOOD BY RACHAN/PHOTO BY GLEN

LIVE FOOD LIVE BODIES

This is a delightful, refreshing salad reminiscent of nothing - it's completely unique!

The Lifestyle

The raw food lifestyle embraces the consumption of uncooked, unprocessed plant-based foods. It is about having fun, enjoying food and loving the life you live.

We are a passionate group, each of us with a unique story of how we embarked on our raw adventure.

We welcome you to come along to our picnics and be part of our growing community.



Events

February

Sat 7th, 12pm Rawfood Picnic
Women's Memorial, Kings Park. All Welcome, bring a plate to share!

Victoria & Valya Boutenko
Sun 8th: Perth 1:30 - 5pm, Tickets \$59 from Alive Organics

Fri 13th: Dunsborough 5:30-8:30pm, Tickets \$20 via lila@samudra.com.au

March

Sun 1st, 12pm Rawfood Picnic & Mon 2nd Public Holiday Picnic!
Women's Memorial, Kings Park. All Welcome, bring a plate to share!

Fun Raw Food Workshop
Sat 7th & Sun 22nd Applecross
Fun hands-on classes making divine dinners and decadent desserts!
Call Kate 0410 605 890

Sun 8th: Simply Raw - Reversing Diabetes in 30 Days Film Screening,
Tickets \$10 Manna Wholefoods, Freo or Meredith 0450 125 657 or meredith@roarvanilla.com

RECIPE: ASIAN SALAD

Ingredients

Salad

- 2 apples
- 1 large handful of english spinach
- 2 small tomatoes
- 1/2 cup red cabbage
- 1 tbsp red onion
- 4 stems coriander

Dressing

- 2 limes
- 1 clove garlic
- Pinch celtic sea salt
- 1/2 inch ginger root
- 2 stems coriander

Method

Salad

Core and thickly slice the apples, tear the english spinach, segment the tomatoes, shred the cabbage, finely slice the onion and chop the coriander - leaves and all. Place all salad ingredients in a bowl.

Dressing

Juice the limes, then blend with all other dressing ingredients.

Serving

Toss the dressing through the salad, and serve.



My Story - *How it is for this one* by Raw Food Grandma

Although I am most keen to get down to some 'deep and meaningful ideas', to begin with the best thing I can do is to share with you my experiences with Raw Food. Raw Food - 'The Journey', in fact, because it is so much more than what has gone into my mouth over this time. I have met excitement, challenges, growth, friendship and the help of others. And there have been massive changes in almost every area of my life.



In the middle of January 2007, I had a massage with a new therapist. As she worked the area at the base of my neck between my shoulders she asked me, 'Do you have osteoporosis?' I replied with a shocked 'No!'. But afterwards I remembered that I'd had a bone density test 4 years earlier. The results had not been good at all. In fact I'd been told to go for further testing - something I'd ignored. After all, I'd been raised in a family of cheese and milk addicts and I was one of its most shining

members! Calcium to spare according to all I knew about nutrition!

A week later, I was discussing with a friend how tired and lethargic I always felt. I was always cold, frequently depressed and substantially overweight. I had been overweight since the age of 11 and none of the usual diets had ever worked despite all the deprivation and misery I'd poured into them. My friend suggested I should have my thyroid function checked out. I had just turned 50 years of age and truly was not ready to be thrown on the junk heap - first talk of osteoporosis and now thyroid? I've never liked medications in any form and have always prided myself on being healthy, even if I was too large to be fit! I raced to the Great Web to see what natural cures I could find before this all got out of hand. Before very long I discovered raw foods. I threw myself headlong into researching this astoundingly radical way of life and began straight away on about 75% raw foods.

I spent 10 hours a day for 2 months reading everything I could lay my eyes on, joined a raw food online forum, and attended Perth Rawfood Picnics. I completely embraced this new lifestyle and before I knew it I was close to 100% raw in my eating.



Since my first raw day nearly 2 years ago I have rid myself of 30 kilos in excess weight which literally fell off me with no effort at all. And I no longer have the debilitating panic attacks which made my life like a daily, terrifying Russian roulette. The benefits of raw foods are immeasurable; totally beyond belief to what I knew in my 'old life'. I want to take this step now and share with you more about these and other wonderful changes that have happened with my life, my body, my mind.

Follow Raw Food Grandma's story with her regular column "Tales from the Rawkin' Chair" in Living Raw magazine.

Events in Perspective by Rachan

Hip hip HOORAY! for the motley crew of the RFAWA. You could say we were mostly complete strangers when we first got together two months ago for a meeting. With only my name to go by, a few had expected me to be a woman. Sharing our time and passion organising raw food projects in WA has been both enjoyable and rewarding. Welcome to RIPE! newsletter - what a great beginning! Let's look forward to many more good things to come.

In brief this summer: you have a choice of where to see international speakers Victoria & Valya Boutenko, grab the first issue of "Living Raw Magazine" hot off the press, and there's a growing range of raw culinary classes to choose from - these days there's even one at TAFE! Relax at the theatre with the inspiring documentary "Simply Raw: Reversing Diabetes in 30 Days" afterwards there will be a bar stacked with superfood candy and a door prize for a double pass to Roar Vanilla's superfood culinary class. Most importantly, enter our monthly picnic dates in your diary, now... Got it? Celebrate raw foods!

Our next issue of RIPE! features news of Fred Bisci for seminars in early May, RFAWA stalls, and more!

Thank you!

Thanks to our sponsor for helping produce this newsletter

SAMARA CREATIVE

&

LIVING RAW MAGAZINE

<http://www.rawandvegan.com>

About the Raw Food Association of W.A.

RIPE! is the free bi-monthly newsletter of the Raw Food Association of Western Australia. We celebrate raw, plant-based foods, and connect the raw food community through events and activities.

For more information or to sponsor the next issue, come along to our monthly picnic or contact Rachan on admin@rawhope.org or 0431 991 813. Join our picnic mailing list by visiting <http://www.rawhope.org>