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**How to Eat a Cherimoya Fruit**

This time of year you can find Cherimoya fruit in many grocery stores. It is a bit expensive but worth every penny and loaded with nutrients. Cherimoya is an excellent source of Vitamin C, Niacin, Calcium, and Iron. (According to the New York Times published January 22, 2008 [\[i\]](#))

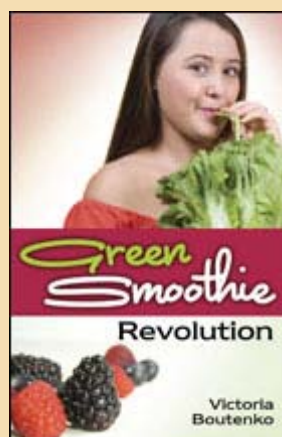
Cherimoya was originally grown by Inca farmers in Ecuador and Peru however they are now savored world-wide. Cherimoya is considered one of the most exquisite fruits of the world and tastes like a blend of pineapple, mango, and strawberry flavors. They ripen within two to three days at room temperature. You should eat ripe fruits immediately. Ripe fruits are black-green and give to slight pressure like an avocado or peach. You may slice cherimoya in wedges and enjoy it like an orange, or peel, seed and cut the white, slightly ivory-colored flesh of the cherimoya into chunks. Inside, cherimoya is creamy similar to a ripe peach, it will "melt" in the mouth. They contain several black inedible seeds. Cherimoyas are very delicate and are exported on a small scale. Cherimoya season is from October to May in California.

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**A Personal Note from Victoria**

Dear Friends,

First I would like to thank everyone for their continued support. I receive many questions about my new book "Green Smoothie Revolution" so I would like to report on my progress. Unfortunately books are not like babies and it is hard to predict their birthday. My book took another turn and it now has an extensive piece on human nutritional deficiencies. This way this project feels more complete to me. I think it is going to be my best book so far. I am working on it almost around the clock now, thanks to my beautiful helpers in the office, Rhoma and Aletha. I know that I am very close to finishing it and hopefully will publish it in March. Here is the cover for you to see. I hope you like it. I still have to come up with the sub title which will also appear on the cover.



I am working on my book at a new raw food health institute here in Southern Oregon. Angel's Health Food Institute is a very beautiful and peaceful retreat. I feel fortunate to be invited by the owner Peggy McDonnell to work here on my book. I have a quiet, comfortable room, access to internet, phone line, and on top of this the Angel's staff is pampering me with freshly made green smoothies whenever I want. They are opening for the public in April. You may find more information at:

<http://www.angelshealthfoodinstitute.com/>

This retreat is similar to CHI in Michigan and OHI in Lemon Groves, California. One additional advantage is that they are pet friendly meaning you may bring your pet and they are well cared for including grooming.

Finally, I would like to share with you a picture of my grandson (son of Stephan).



As you can see he continues to enjoy green smoothies.

Love Victoria

### **The Green Smoothie Experiment**

Meet Valerie Winters who lived on only green smoothies for six months:

March 5, 2007 I started a Green Smoothie Diet. Green Smoothies are a blended mixture of raw leafy greens, raw fruit or veggies, & water. Between March and August I documented my experiment in this blog. At the end of August I added whole raw fruits and veggies back into my diet. I'm leaving this blog up for people who are interested in green smoothies even though the experiment is over and I'm no longer posting here.

To read more click here,

<http://greensmoothieexperiment.blogspot.com/2007/04/break-in-clouds.html>

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You Pay: \$ 112.95

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New! Interview with Sergei  
12 Steps to Raw Foods  
Greens Can Save Your Life  
Is Raw Food for You  
Raw Gourmet Dishes Simplified  
Spiritual Awakening with Raw Food

Two free bonuses with each Package:

One 9 oz pack of Igor's freshly made crackers

One Poster, The Ten Benefits of Green Smoothies

[Click here to order](#)

[i](#) EATING WELL: Uncommon Treasures As a Source of Nutrients. The New York Times,  
Tuesday, January 22, 2008.

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