

**Subject:** Raw Family Newsletter - May 2007  
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**Date:** Sat, 26 May 2007 01:45:25 -0400 (EDT)  
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### ***In this issue:***

1. Two Wild Green Smoothies with High Content of Vitamin C
2. Astounding Facts about Vitamin C
3. The Special Values of Miner's Lettuce and Douglas Fir
4. News from Sergei
3. What other raw food authors are saying about Victoria's new edition of 12 Steps to Raw Foods.
4. Radiation Protection
5. New book and DVD added to our Educational package
6. Tips for Composting – Absolutely Anywhere!

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## **Two Wild Green Smoothies with High Content of Vitamin C**

### **Green smoothie with Douglas Fir**

10 tips of Douglas Fir  
2 cups spinach or your favorite green  
2 bananas  
2 cups of water  
Blend well  
Yields one quart of smoothie

### **Green smoothie with Miner's Lettuce**

5 cups of fresh Miner's Lettuce  
1 ripe mango  
1 apple  
2 cups of water  
Blend well  
Yields one quart of smoothie

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**Vitamin C content in Douglas fir exhibits seasonal variation within the range of 100–350 mg per 100 g fresh weight!!! [1, 2]**

**Vitamin C content in Miner’s Lettuce varies from 120 to 860 mg per 100 g fresh weight!!!!!!!!!! [3]**

**For Comparison:**

**Good Sources of Vitamin C [3]**

Food	Amount <sup>*</sup>
Red Pepper (raw)	190
Yellow Pepper (raw)	183
Guava	100
Kiwi	90
Broccoli (raw)	89
Brussell Sprouts (raw)	85
Papaya	60
Strawberry	60
Orange	50
Lemon	40
Cantaloupe	40
Cauliflower	40
Grapefruit	30
Spinach	30
Cabbage	30
Raspberry	30
Tangerine	30

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<sup>\*</sup> mg of Vitamin C per 100 g

**At the same time:**

“Dietary surveys carried out in the U.S. population indicate that less than 12 percent of U.S. children and adults meet the recommended level of intake [of vitamin C]. Diet appears to be an important cofactor in the development of obstructive lung disease... and asthma... [New] research should focus on the equally challenging policy issues--namely, finding effective methods of convincing people to increase their daily consumption of fresh fruits and vegetables.” [4]

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**The Importance of Vitamin C**

*An adult needs 10 milligrams of vitamin C per day to prevent scurvy. This is the absolute minimum, however, and some studies have shown that a daily dose of 100 mg or more may be needed to maintain or maximize the body pool of vitamin C.[5 ]*

- Vitamin C serves as a key immune system nutrient and a potent free-radical fighter. This double-duty nutrient has been shown to prevent many illnesses, from everyday ailments such as the common cold to devastating diseases such as cancer.

- This vitamin is required for the building and maintenance of collagen, a protein that holds the body's cells in place. Collagen is indispensable for bones, teeth and healing of wounds.
- Vitamin C is a powerful antioxidant. It works along with vitamin E and the enzyme glutathione peroxidase to stop free radical chain reactions. Vitamin C may raise blood levels of HDL (good) cholesterol thereby reducing the risk of cardiovascular disease. It also assists the nervous system by converting certain amino acids into neurotransmitters.
- Vitamin C increases the iron absorption.
- Heavy smokers, alcohol consumers and women who use oral contraceptive need extra vitamin C.

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## Douglas Fir (*Pseudotsuga menziesii*)

This is the best time of year for harvesting the young shoot tips of the Douglas Fir. You want to pick only the bright green tips which are about 2 inches in length and can be found at the end of the branch as is seen in the following pictures.

**To view pictures of Douglas Fir, click here.**



Native Americans were widely using Douglas fir.

- They made a refreshing tea from the young leaves and twigs. [7]
- Due to its pleasant balsamic odor, fresh leaves are used as a coffee substitute according to some reports. [1]
- An infusion of the young sprouts has been used in the treatment of colds. [8]
- An infusion of the twigs or shoots has been used in the treatment of kidney and bladder problems. [9]
- Young shoots have been placed in the tips of shoes to keep the feet from perspiring and to prevent athletes foot. [8]
- A mouthwash is made by soaking the shoots in cold water. [9]
- Oils in Douglas fir have strong antimicrobial effects against bacteria, fungi and worms. [10] These oils' high content adds a strong taste to Douglas fir. That is why we use only a handful of them at a time.

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## Miner's Lettuce (*Claytonia perfoliata*)

Miner's lettuce is named after the California gold rush miners who ate it to get their vitamin C to fight scurvy. The vitamin-C content varies from 120 to 860 mg/ 100 g and on this account the plant was protected in Germany during the second world war. Europeans are growing Miner's lettuce on a commercial scale



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## News from Sergei

Sergei is very busy with taking people on hikes and teaching them to collect wild edibles and mix them into a salad right on the trail. There is so much interest and so much to learn. He keeps bringing all kinds of specimens home with him, makes them into smoothies, and treats us to these tasty, wild-crafted concoctions. If you plan on being near Ashland, OR, you may want to see a schedule of his hikes at: [www.harmonyhikes.com](http://www.harmonyhikes.com).

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**What other raw food authors are saying about  
Victoria's new edition of 12 Steps to Raw Foods:**

**Susan Schenck, the author of "The Live Food Factor: A Comprehensive Guide to the Ultimate Diet for Body, Mind, Spirit & Planet":**

Victoria, this is a very useful book! It has a lot of new information. You should have given it a new title. I especially like the chapters on spiritual awakening.

**Tonya Zavasta, the author of "Beautiful on Raw" and "Your Right to Be Beautiful: How to Halt the Train of Aging and Meet the Most Beautiful You":**

I just finished reading the revised 12 Steps. Although I read voraciously, I rarely finish a book feeling so overwhelmed with warmth and gratitude. I sat motionless, hugging the book to my chest, as I was reflecting on its message for a good twenty minutes. As a writer I share one quality with Victoria: I approach my subjects from a very personal perspective. If I ever doubted that is the best way to reach people, I know after reading this book that it is the only way.

*You may order new edition of "12 Steps to Raw Foods" from our website – [www.rawfamily.com](http://www.rawfamily.com).*

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## **Radiation Protection**

I would like to share with you my personal negative experience with cordless phones. Several months ago, I spent four hours participating in a teleconference using the cordless phone in my office. Later that night, as I got ready for bed, I experienced a distinct pressure inside my ear. A few days thereafter, I noticed an unusual growth on lobe of the same ear. Another week later, I happened to take part in a morning TV show directly after a professional dermatologist. I asked her about the growth which by that time had become the size of a pea, had turned red, and was painful to touch. She explained to me that a keloid scar had formed probably due to the excessive use of the wireless phone. To my dismay, she told me to immediately take out my earrings and permanently stop wearing them.

Since then I became a lot more careful. I went to store and bought two corded phones with 25 feet of additional cord, and use my cell phone only for emergencies. I am not going to get any "convenient" wireless devices for my home or office. By now, the growth on my ear is almost gone.

There is constantly more research available on the internet about the radiation these devices emit. I thought you might enjoy these pictures of what some creative Europeans are doing to protect themselves and their families from the rays coming

from wireless equipment.

Follow this link to see the images:

<http://www.next-up.org/NewsOfTheWorld/ProtectionsEmfCem.php#1>



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### Books

12 Steps to Raw Foods (New!)  
Green for Life  
Raw Family - A True Story of Awakening  
Eating Without Heating

### DVDs/CDs

**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 9oz pack of Igor's freshly made crackers  
One Poster, The Ten Benefits of Green Smoothies

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### Tips for Composting – Absolutely Anywhere!

As we prepare food, we have the choice of just throwing the scraps in the garbage or returning this nutritional waste back to the soil. Anyone with a garden at home knows the value of composting and how it improves the quality of the soil. Even if you live in a city composting is important and can be quite simple.

Our Raw Family office is located in a complex without a garden nearby. For years we would carry our compost home with us which was inconvenient and could get messy and stinky. Valya came up with a quick and easy way to compost right at the office



complex. She puts the food scraps into the Vita mix, and then blends them with a little bit of water. Then she pours this blend onto any soil nearby. After a few months of doing this, we've noticed an improvement in the trees and bushes that grow around us and even the soil itself – the earth worms love it!

This way of composting takes literally seconds and is very clean. You may put such food scraps as banana peels, onion skins, avocado pits and skin, watermelon rinds, fruit seeds, orange peels, and so on. It's important to remember that all these food scraps must be raw – we don't put cooked food in the compost because it would destroy microorganisms in the soil.

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Please note: Previous issues of the Raw Family Newsletter are now available free of charge on our website: [www.rawfamily.com](http://www.rawfamily.com)

If you have signed up before but are not yet receiving the newsletter, it may be because of your anti-spam program.

Every time we send the newsletter out, we receive over 100 returns due to the anti-spam programs. Make sure we are added to your address book!

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1- <http://www.springerlink.com/content/mg87152qw422g611/>

2 - Facciola. S. *Cornucopia - A Source Book of Edible Plants*. Kampong Publications 1990 ISBN 0962808709

3- Hippophae Rhamnoides L. M. C. Pearson, J. A. Rogers *The Journal of Ecology*, Vol. 50, No. 2 (Jul., 1962)

4- <http://www.vitamindeals.info/articles/vitamin-c.html>

5- Romieu I, Trenga C. Diet and obstructive lung disease. Pan American Health Organization and National Institute of Public Health, Center for Population Studies, Cuernavaca, Morelos, Mexico

6- *Kronhausen, E*, Kronhausen, P and Demopoulos, H., M.D., *Formula for Life*, William Morrow and Co., New York, 1989

7- Weiner. M. A. *Earth Medicine, Earth Food*. Ballantine Books 1980 ISBN 0-449-90589-6

8 - Moerman. D. *Native American Ethnobotany* Timber Press. Oregon. 1998 ISBN 0-88192-453-9

9 - Bryan. J. and Castle. C. *Edible Ornamental Garden*. Pitman Publishing 1976 ISBN 0-273-00098-5

10 - <http://www.ethnobiomed.com/content/3/1/11/table/T5>

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