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Persimmon Holiday Pudding by Valya Boutenko

1 cup Water
4 Persimmons (any kind, must be ripe)
2-3 Dates (pitted)
pinch Allspice

Peel persimmons and remove seeds. Cut in pieces.
Blend all ingredients well.
Pour mixture quickly into nice glasses and allow 15 minutes to set.

Yields: 2 cups of golden, delicious pudding.

It is Fall and the sunlight is diminishing. These are the light bulbs I use in my home and in the Raw Family office:

www.lightforhealth.com

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How My Family Eats

By Victoria Boutenko

"In this plate of food, I see the entire universe supporting my existence."
A Zen blessing at mealtime

Is it expensive to stay on raw food? Yes and no. Let me explain. In order to be understood correctly I am going to pull out my receipts and share in detail exactly what I spend. For my family of four, I spend on average \$45 per day. That comes to

\$1,350 per month, but if divided by four it is only \$338 per person. I would like to clarify that we spend so much money on food not because we are very rich but because we do not have health insurance and we consider our health to be a priority among all of our expenses. My intent is to *not* save money on nourishing the body. I am aware that I need to receive adequate nourishment not only for today's performance but also to make up for thousands of days in the past when my body was malnourished. I would rather cut on buying other things (e.g. furniture, clothing, household chemicals, fancy cars, and surely health insurance).

There were times when my family didn't have much money. Once, the four of us lived on a total budget of \$900 per month for two years. That was including car insurance, gas, and the rest of our expenses. My children like to remember the Christmas of 1997 when Valya received a hair band for present, and Sergei got a pencil. For some reason, they cherish the memory of that holiday more than any other. Even then we managed staying on a high quality raw food diet. We discovered many different ways of obtaining good produce for little money or at no cost at all, we just had to spend more of our time sorting or gathering produce, rather than buying it. Igor had built a special attachment to our van for growing sprouts in jars, in two large coolers. We constantly had an abundance of fresh sprouts at a cost of pennies. We approached different organic farmers and offered our help in exchange for fresh fruits and vegetables. We bought marked down organic produce from the health food stores. We learned to arrive at farmers markets at the end of the day to get the best deals on their goods. By attending several wild walks with experts we acquired foraging skills and started gathering wild edibles during most of the year. We went to countless U-picks and gathered anything from bell peppers to peaches. Finally, we offered help in picking fruit to owners of fruit trees who seemed not to have time for that. Many times people were curious what we were going to do with so much fruit and were quite surprised that we considered persimmons or cherries to be an important part of our diet. We ran into families that lived in big mansions but ate very poorly. We were poor but we sure ate as kings and queens, or I should say, as educated kings and queens.

Today all four of us work and we are happy to be able to buy all our food from health food stores and farmers. I am committed to obtaining only the best quality fresh organic produce, preferably seasonal and locally grown. During the warm season of the year we buy most of our produce from farmers. I love talking to organic farmers. I consider them all to be heroes for their dedication to natural gardening despite tremendous challenges and hard labor involved.

I am fortunate to have a health food store two blocks from my house that I visit every other day or 3-4 times a week and buy food for my family. My husband and children like to help but I do most of the food shopping. Typically I bring with me several cloth bags that I fill with produce. In the wintertime I alternate buying a case of apples or pears every week, to always have fresh organic fruit on hand at the house. Buying in bulk saves me 20% of the cost.

When I began consuming green smoothies and was looking for ways to increase variety of greens, I went to the growers market and spoke to at least ten

farmers. I offered to pay every one of them \$20 for bringing me a large box of edible weeds the following week. I believe that wild edibles are our true superfood. Two farmers became interested. Both of them have been bringing me chickweed, stinging nettles, lambsquarters, thistle, plantain, dandelions, purslane, and many other different edible greens on a weekly basis since then. Because of this supply of the most nutritious greens I stopped buying greens from the store almost completely beginning from April to October. Encouraged by my support, these farmers offered edible weeds to our local co-op and I was pleased to see these most nutritious greens there for sale.

During the rest of the year I usually buy eight bunches of different greens from the store (for two days), including but not limited to dandelion, kale, chard, spinach, romaine, cilantro, parsley, scallions, collard, arugula, frisee, escarole, and endive. Once a week I purchase a bag of baby greens mix. I always buy 12 avocados, 8 ripe, bright yellow lemons, and a bunch of bananas, for two days.

I consider that the fruit variety is not perfect in any of the stores because most of the fruit has been picked unripe. I also find it frustrating that I cannot enjoy seeded grapes anymore. I always buy the fruit that is the ripest of all, sometimes I ask the produce manager if they have riper fruit in the back. Typically I buy one pound each of 3-4 different fruits, such as mangoes, pineapples, papayas, grapefruits, kiwis, figs, persimmons, or whatever is in season. I always buy a lot of berries as they are less hybridized, riper than other fruit, and rich in many essential nutrients. I usually buy 4-5 pints of different berries. I almost never buy watermelon, except when it is in season because I only buy the best organic seeded watermelons directly from farmers.

I usually buy a dozen ripe tomatoes, 2-3 firm cucumbers, and a couple of red or yellow bell peppers. I never buy green bell peppers, as they are unripe. Once or twice per month I buy several carrots or beets to shred them in our salad. Approximately once a month I buy a bag of dates, choosing a different brand each time.

About once in two months I place a bulk order for a 5 pound bag of sunflower seeds, a 5 pound bag of almonds, a 2 pound bag of chia seeds, and a 25 pound bag of flax seed, that is a lot but we share large portion of our flaxseed crackers with friends.

I do not buy chocolate or raw cacao beans. I also do not buy any kind of salt but only sea vegetables, kelp, dulse, nori, arame, and others. I do not buy oil, as we stopped using oils altogether a while ago. However, I cannot guarantee that we will stay away from oils forever. In my family we are following our intuitive guidance rather than other people's recommendations. We attempt to consume fats in more natural form than oil, for example coconuts, avocados, occasional durians, and a small amount of seeds and nuts. I especially enjoy sea buckhorn berries that I pick in August-September in a local garden. I consider sea buckhorn berries to be a wonderful source of healthy oils, folic acid, B-vitamins, and many other important nutrients.

Often people ask my family to describe what we eat in the course of a day. I

will tell here what I eat.

I always have one quart of green smoothie for breakfast, around 8 o'clock. If I remember, I snack on a piece of fruit around noon, in other cases I get so busy with work, which I love, that I forget about my snack.

We have a tradition, almost a ceremony to eat green soup with our friends and family every day at 2 o'clock in the afternoon. Whether at my office, or at home one of us quickly prepares in a Vita-mix blender green soup, which consists of just four ingredients:

- 1 large handful of greens (kale, spinach, chard, or any other)
- 1 bell pepper with seeds (or 2 tomatoes, or 1 cucumber)
- juice of two or three lemons
- ½ one large (or one whole small) avocado

We add water as needed and blend to a desired consistency. We like to eat it with dulse leaves, grated carrot, or sprouts. This soup is incredibly satisfying and it is the most essential meal of my day.

When I come home at 7 o'clock I have another smoothie accompanied by either a bowl of greens and veggies without any dressing, or a bowl of fruit. Another option for my dinner is a bowl with a pint of berries topped with a spoonful of raw almond butter, which we grind ourselves. I really would like to not eat anything else, but I do eat an apple or two later in the evening.

I provided this information only as a sharing and not as recommendation. Please do not try to copy me, keep in mind that it took me over 12 years to come to this way of eating and it is continuously changing. Follow your inner guidance and treat yourselves as if you were well-educated kings and queens.

New Educational Package is available now at www.rawfamily.com



Books

Green for Life
12 Steps to Raw Food
Raw Family - A True Awakening
Eating Without Heating

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New! 12 Steps to Raw Foods
Greens can Save your Life
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Raw Gourmet Dishes Simplified
Spiritual Awakening with Raw Food

Total Price: ~~\$ 150.55~~

You Pay: \$ 99.95

Two free bonuses with each Package:
One 9oz pack of Igor's freshly made crackers
One Poster, The Ten Benefits of Green Smoothies

Victoria appears on a Sacramento Television News Show

Watch the one-minute video here:

<http://cbs13.com/betterbody>

Convenient Holiday Delivery Service

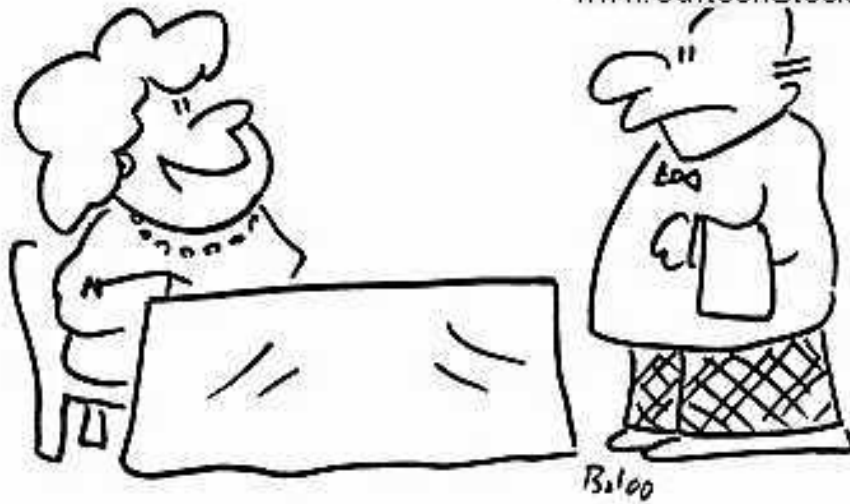
The holiday season tends to approach quickly and often we do not remember to send presents to our family and friends until it is too late. For an additional \$1 charge we are happy to offer the following services:

- We guarantee delivery during the week of December 18 for all orders placed before December 10.
- Special orders will be neatly wrapped in designer holiday paper.
- Upon your request, we will include an authentic card designed by Valya, with a choice of Christmas, Hanukkah, or general holiday greetings; with your choice of message.
- As always, the packaging will be decorated with appropriate stickers.
- Just call 541-488-8865 to give your special holiday instructions

We would like to help you to give the gift of good health to your loved ones this holiday!

Cartoon by Raloo

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"I'm on a diet — Just keep bringing me salads."

Please note: Previous issues of the Raw Family Newsletter are now available free of charge on our website: 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 1000 returns due to the anti-spam programs. Make sure we are added to your address book!