



Raw Family Newsletter, June 2006

We dedicate this issue to lambsquarters, (the weed).

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LAMBSQUARTERS & TOMATO SALAD

This delicious salad has unique taste and is only available in the summer.

Blend well:

- 4 cups lambsquarters
 - 2 cups cherry tomatoes, cut in half
 - ½ bunch dill weed, chopped
 - 1 lemon juiced
 - 1 avocado, mashed
- Add sea salt if desired
Serves: 2-3

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LAMBSQUARTERS & PEACH SMOOTHIE

The most nutritious and tasty!

Blend well:

- 2 cups lambsquarters
 - 2 cups fresh peaches halves
 - 3 cups water
- Yields: 1 quart of smoothie

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Lambsquarters nutritional profile:

[Nutrition Data: Lambsquarters](#)

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LAMBSQUARTERS – (Chenopodium album)

by Rose Barlow

Genesis 1:29 And God said, "See, I have given you every herb that yields

seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food. Also, to every beast of the earth, to every bird of the air, and to everything that creeps on the earth, in which there is life, I have given every green herb for food"; and it was so.

Lambsquarters is a top-notch wild food and nutritive herb. It grows all over America in many different habitats from rich farm soils to empty lots in desert towns. It tends to grow in disturbed soils, close to humans rather than in remote places, so you needn't go far to find it. In fact, a very likely place to find it will be in your garden. The odds are high that you've been weeding this one out every year. Not only does it grow everywhere but it has a very long edible season. It gets to be a good eating size around June, being a late spring arrival, and its tender leaves are available for the rest of the growing season.

Lambsquarters is a close cousin of spinach, but it has by far more nutrients. It ranks right up there with dandelion, watercress, and stinging nettles as one of nature's nutritional powerhouses. It has a mild, green flavor like our domestic greens. In fact it is a relative of Swiss chard, beets and a few exotic garden greens like orach, all in the chenopodium family.

Lambsquarters has a few different nicknames like pigweed or goosefoot depending on where you live. Whatever you decide to call it, it would be to your advantage to befriend this precious tender herb.

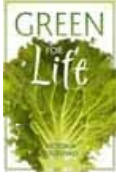
You may get several crops of lambsquarters out of your garden beds if you grow your lambsquarters side by side with your vegetables.

Use the leaves and the tender tips off the stems. You may wash your Lambsquarters and spread the leaves out on a towel to drip dry before eating. Store in a plastic bag or Tupperware container in the fridge.

Lambsquarters can be used in any recipe that calls for spinach. It is endlessly versatile in the kitchen and can be included in all kinds of dips, dressings, sauces, soups, salads, and main dishes. It is one of the finest spinach substitutes; no one would ever know the difference if you didn't tell them, so it's a good one for sneaking into a skeptical husband's dinner!

Source: <http://www.prodigalgardens.info/june%20weblog.htm>

For more information on edible weeds and green smoothies
Please read Victoria's book:



Green For Life is available at our website:

www.rawfamily.com

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Cartoon by Valya



-How raw R U?

-I am 100% raw 20% of the time

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Firefighters for greens!!!

These handsome guys have learned
a lot from putting out so many kitchen fires!!!

<http://engine2.org/site/index.php>

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PERSONAL NOTE FROM VICTORIA

Dear friends,

I would like to give you an update on the status of my current work. We have completed a compilation of green smoothie recipes for the new book, *Green Smoothie Revolution*. It consists of approximately 250 recipes. We have carefully tested the recipes that many of you sent us and selected almost a hundred from those submissions. I would like to extend my deepest gratitude to all of you who took the time and effort to share your favorite recipes with us. I am glad we asked for your help because your input greatly enhanced the book, and we will make sure that your recipes will become available to green smoothie drinkers across the world. Our main criteria for the final selections were determined by our goal to provide the greatest possible variety as well as original ideas. In addition to recipes, I have added a step-by-step guide with pictures demonstrating how to prepare green smoothies as well as answers to the most frequently asked questions about them.

Some of you requested that we place your website and other information under your recipe. After thorough consideration we decided that we are going to list only your name and the state where you reside. To eliminate frustration we decided not to reveal the final list of recipes accepted before publication. We received an avalanche of recipes. To be fair, we decided to prepare and taste every single contribution. This involved more activity than we anticipated. We discovered that it was impossible to taste more than seven combinations per day while keeping our taste buds fresh. We had to have at least four people present for a fair consensus. The availability of the ingredients began to change with the season and that brought more recipes for our consideration. Most of the recipes submitted were delicious and incredible. We had to discount some great recipes simply because they were repetitions. Apparently publishing

a recipe book takes longer than we anticipated. We are confident that our final compilation has surpassed all expectations in variety and flavor. Already, we have been enjoying the benefit of having this manuscript on hand in my home and office.

Our designer is currently working on the interior design and the cover of the book. We hope to have it completed in two weeks. Meanwhile, our editors are searching through the manuscript to filter out the typos. Then the book will go to the printer, for whom summer is the busiest season. They request six weeks for the printing process. I will keep you updated on the progress.

Valya and I are continuing to work on our book about children's health. Considering the great value of your help with the recipe book, we would like to ask you to share with us your personal stories about how your childhood experience has influenced how you eat today. Anyone whose story will be included in this book will receive a free copy when the book is published. When submitting your anecdotes please try to be as sincere and personal as possible. Sometimes sharing memories that may have caused us pain can be difficult, but they end up being the most helpful to others. We are all one and we can recognize ourselves in other's stories only when the story is told sincerely. We are especially interested in accounts from those lucky people whose parents made healthy choices for them.

- How has your early exposure to an alternative diet affected your adolescent years with its peer pressures?
- What kind of foods do you crave in moments of distress?
- Are you grateful for your parent's choices?
- Have any of you intuitively chosen healthy foods despite being raised in a mainstream household?
- Who are some of the other people who have helped to influence your food choices?
- Do you recall later being positively influenced by anyone eating better than you, even if you ridiculed that person at that time?

My work on the second edition of my book, 12 Steps to Raw Foods, is progressing and is scheduled to be printed in the

spring of 2007. I am adding several new chapters, get some rewritten, and a few removed entirely. This book will contain the latest scientific research on the benefits of raw, as opposed to cooked foods. I have been gathering materials from all over the world during my travels and research studies. There will be a new emphasis on the role of greens for an easier transition to the raw food lifestyle.

In my spare time I am helping Igor to work on his new step-by-step picture book, The Perfect Raw Cookie, similar to his Live Flat Bread book.

Finally, I am thrilled to let you know that Sergei has just graduated from Southern Oregon University, with honors, and has opened a new business called Harmony Hikes. He is offering a variety of expeditions in Southern Oregon where he will educate hikers about foraging and eating raw food on the trail. You may learn more details on his website at www.harmonyhikes.com.

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**Our best-selling video Is Raw Food For You?
is now available in DVD format at our website:
www.rawfamily.com**



"Is Raw Food For You?" was a keynote presentation at North America's premier natural health show, *Total Health*.

In this lecture, Victoria tells her remarkable raw food story, and explains the 4 levels of addiction to cooked food:

- Chemical
- Biological
- Emotional
- Spiritual

Victoria believes that being aware of our multi-level attachment to cooked food can help us transition effectively onto a raw food

diet and stay on it successfully for a lifetime.

Price: \$19.95

RAW FOOD GATHERINGS THIS SUMMER:

August 30 through September 2, 2006:

The first annual Raw Spirit Retreat at Camp Adams near Molalla, Oregon.

For more details, please see: <http://www.rawspirit.net>

THE SECOND ANNUAL VIBRANT LIVING EXPO

August 24-27, 2006

call 707-964-2420 or visit www.RawFoodChef.com

The Raw Passion Fig Party

August 19 in Guerneville, California

Inn at the Willows

www.raw-passion.com

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!

If you got on our list by mistake, please send this e-mail back with REMOVE in Subject line.

Please specify WHICH email address you would like removed.