



## Raw Family Newsletter, September 2005

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### Zucchini Chips

- 4 medium zucchinis
- $\frac{1}{4}$  cup lemon juice
- $\frac{1}{2}$  teaspoon salt (optional)
- $\frac{1}{2}$  teaspoon cumin
- $\frac{1}{2}$  teaspoon ground cayenne pepper
- $\frac{1}{2}$  bunch cilantro (finely chopped)

Thinly slice the zucchinis by hand or by grater. Place in a large bowl and add the remaining ingredients. Mix well.

Lay out the zucchini pieces in a single layer on dehydrator sheets. Dehydrate until crisp. Enjoy chips by themselves or with guacamole.

### Bell-pepper Guacamole

Blend the following ingredients in a food processor:

- 3 large RIPE avocados
- 1 ripe colored bell-pepper
- 1 medium tomato
- $\frac{1}{4}$  cup lemon juice
- 1 spicy pepper
- $\frac{1}{2}$  teaspoon sea salt (optional)

Place the contents of the food processor into a large bowl.

Chop the following ingredients:

- $\frac{1}{2}$  bunch green onion
- 1 bunch parsley

Mix the chopped ingredients into the mixture already in the bowl.

Serves 6

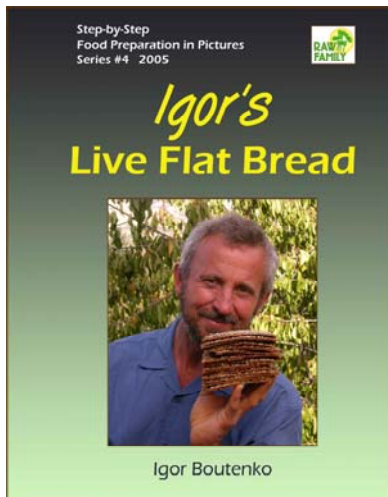
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Our new recipe book is out:

## **IGOR'S LIVE FLAT BREAD - \$15.00 US**

I heard some people saying that Igor's crackers were to live for. They definitely helped my family to stick to the raw food diet. Reading this book is exactly like watching over Igor's shoulder. Dozens of colored pictures reveal all the details of Igor's refined cracker making process.



**Other books of this series:**

**Raw Jams and Jam Pies – \$15.00 US**

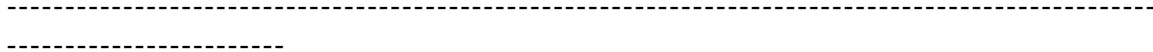
**Live Kim-Chee and Cultured Veggies - \$15.00 US**

**How to Eat Uncommon Fruit - \$15.00 US**

These books are step-by-step recipes that are very helpful.

People who bought them say they are better than videos.

Available now at [www.rawfamily.com](http://www.rawfamily.com)



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By

Victoria Boutenko

### **Are There Enough Greens in Our Stores?**

Millions of years of co-existence on the same planet has resulted in plants, people, and animals developing a strong symbiotic connection. Plants do not mind if people and animals eat their fruits because such practice benefits the plant by spreading its seeds and thus promoting future generations. In fact plants are "interested" in someone eating their fruit, but only when it is ripe. The

ultimate goal of all plants is the continuation of their species and providing adequate living conditions for them. That is why most of the fruit in the world has a round shape, so that it could roll away and start a new life. For the very same reason plants have learned to make their fruit colorful, palatable, fragrant, and nutritious to ensure that its consumers not only eat one fruit but continue to return for more. This strategy works very well and all fruit gets eaten. Have you ever noticed how thoroughly birds clean cherry trees or how squirrels keep working on an oak tree until there are no more acorns left? What happens next? The "eaters" digest their food and have bowel movements far away from the mother plant and the seeds are covered with nice "organic fertilizer." The seeds get a perfect start. Inside the fruit, the seeds are wisely protected from being digested with hardy shells and inhibitors. Note that the plant keeps its fruit extremely un-tasteful, colorless, and without attractive fragrance all the way until the seeds are ripe, so that nobody wastes them before the seeds have matured.

The following example illustrates how much the continuation of their species means to plants. In a recent study in Russia, biologists discovered that "When a tree is foreseeing its death, the tree gathers its entire energy and deposits this energy into producing seeds for the very last time. For example, an oak tree broken by the storm or a cedar tree with its bark removed from its trunk, in a farewell effort before they die forever, give their record crops of acorns or nuts."<sup>1</sup>

In contrast with the previous example, when a plant is genetically altered, it does not produce seeds on purpose. Such a plant makes itself infertile to prevent future unhealthy generations. Seedless watermelons are usually odorless and tasteless, because an upset plant has no motivation to make its fruits sweet, fragrant, or attractive in any other way. I am sure that it is not healthy to eat seedless plants, because their entire chemistry, electromagnetic charge, and who knows what else has been altered. In my own life, I prefer to pay double for an organic seeded watermelon or tomato.

Do plants "want" us to eat their trunk and roots? Nope. Without roots, plants would instantly die. That is why the roots are hidden in the ground. The sweetness in roots is meant for specific beneficial microorganisms in the soil that are fed off of tiny rootlets. The trunk is also vital for the life of the plant and is purposely covered with hard and bitter bark. And what about the greens? Here, plants demonstrate their perfect ability to develop symbiosis with different creatures. Plants "allow" humans and animals to eat ALL of their fruits, but only PART of their leaves, because plants need to have leaves for their own use - which is manufacturing chlorophyll. However, plants depend on moving creatures for many different reasons, like pollination, fertilizing the soil, and hanging around to help eat the ripe fruit. For this reason, plants accumulate a lot of highly nutritious elements in their leaves, but mix these nourishing ingredients with either bitterness or very small amounts of alkaloids (poisons). **That is how animals are forced to rotate their menu** and that is why all wild animals are

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<sup>1</sup> Soloukhin, Vladimir. Razryv Trava. In Russian. Moscow: Molodaya Gvardia, 2001.

browsers. They eat a small amount of one thing, then move on to many other plants during the course of the day. The body is capable of easily detoxifying small amounts of a great many things, but it is much more difficult for the human system to get rid of a large amount of one type of poison. This is why it is crucial for us to learn to rotate the greens in our diet. Chimpanzees also rotate the green plants they eat. They go through approximately 117 different plants in one year.<sup>2</sup> We humans need to learn to alternate our variety of greens as much as possible instead of eating only iceberg lettuce, spinach and romaine. Unfortunately, I was able to locate only about 40 types of various greens, including edible weeds that are available in my state of Oregon. I hope that our farmers will learn to grow a larger variety of green leafy vegetables to increase our green sources. The greens available in grocery stores were mostly bred from the dandelion and mustard families. Despite their names and appearances, cultivated greens have similar nutritional content. To meet our nutritional needs, it is essential that we learn to include greens from a number of totally different plant families into our daily diets.

After several months of drinking green smoothies I got very tired of using kale and spinach. It was at that time that I first embraced weeds. I appreciate that weeds presented me with a practically unlimited variety of greens. This summer I discovered heavenly scrumptious and nutritious “new” foods such as: pumpkin leaves, grape leaves, chicory greens, young and tender borage leaves and flowers, tightly curled fists of young ferns, clover leaves and flowers, plantain, sorrel, and even lemon grass. Next year I plan to fill my garden a large variety of weeds.

The following is a list of greens that my family has been rotating in our diet during the last year.

**Greens:**

Arugula  
Asparagus  
Beet greens (tops)  
Bok choy  
Broccoli  
Carrot tops  
Celery  
Chard  
Collard greens  
Endive  
Escarole  
Fresee  
Grape leaves  
Kale (3 types)  
Mitsuna

Mustard greens  
Pumpkin leaves  
Radicchio  
Radish tops  
Rhubarb  
Romaine lettuce green and red leaf (no  
Iceberg or light colored leaf)  
Spinach

**Weeds:**

Borage leaves and flowers  
Chicory greens and flowers  
Chickweed  
Clover  
Dandelion (greens and flowers)  
Fiddlehead ferns  
Lambsquarters

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<sup>2</sup> Goodall, Jane. The Chimpanzees of Gombe. Massachusetts: The Belknap Press of Harvard University Press. 1986.

Malva  
Miner's lettuce  
Plantain  
Purslane  
Sorrel  
Stinging nettles

**Herbs:**

Aloe Vera  
Baby dill  
Basil  
Cilantro  
Fennel

Mint  
Parsley (2 types)  
Peppermint leaves  
Spearmint

**Sprouts:**

Alfalfa  
Broccoli  
Clover  
Fenugreek  
Radish  
Sunflower

Wild edibles often contain more vitamins and minerals than commercially marketed plants. Weeds have not been "spoiled" with farmers' care in contrast to the "good" plants of the garden. In order to survive in spite of constant weeding, pulling, and spraying, weeds had to develop strong survival properties. For example, in order to stay alive without being watered, most weeds have developed unbelievably long roots. Alfalfa's roots grow up to 20 feet long reaching for the most fertile layers of the soil. As a result, all wild plants possess more nutrients than commercially grown plants. I feel so silly now when I remember how I used to always pull out the "nasty" lambsquarters from my garden to let my "precious" iceberg lettuce grow.

The best way to learn which weeds are edible is to sign up for an herb walk with an experienced guide in your local area. This way you can learn to recognize particular edible plants by actually touching, smelling, and tasting them so that you can gather your "wild produce" on your own. Also, there are lots of articles and photos of edible weeds on the Internet. You may also find many books that help identify edible plants in your area. Please maintain caution when picking wild plants to avoid poisoning. There are usually only a couple of poisonous plants in one region, make sure you can identify them well.

For the sake of variety, I include several kinds of sprouts in my diet, but never more than a handful and only one or two times a week. Approximately from the third to the sixth day of their life, sprouts contain higher levels of alkaloids, as a means of protection from animals nipping them off and killing them.<sup>3</sup> That doesn't mean that sprouts are poisonous or dangerous, but only that we cannot live on sprouts alone. Most sprouts are rich in B-vitamins and have a hundred times more nutrients than a fully developed plant because sprouts need more nutrition for their fast growing period.

Once in a while I read in the news or receive an e-mail about kale or spinach or parsley or any other green having a toxic ingredient and therefore being dangerous for human consumption. This is all true but not to such a degree as to exclude any particular green from our diet. Let us learn to increase the variety of greens in our diet and to constantly rotate them for better nutritional results.

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<sup>3</sup> Baker Elizabeth. Unbelievably Easy Sprouting! Washington: Poulsbo, 2000.

There are several other ways in which plants protect themselves from being destroyed. Some plants have thorns instead of alkaloids and one type of acacia tree in Africa is inhabited by colonies of very aggressive ants with a painful sting.

Thorny plants, like cactuses and stinging nettles, do not contain any alkaloids, which makes them a valuable addition to our diet. Of course, we need to first figure out how to eat them. I have often successfully added stinging nettles to my green smoothies by harvesting them while wearing gloves. It is September now, and there is an abundance of incredible wild greens everywhere. I encourage you to take full advantage of them now keeping in mind that we have another long kale-spinach winter ahead of us.

If you would like to learn more about rotating greens, you may read my up-coming new book, [Green For Life](#).

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**NEW Book Green For Life** is now available for pre-orders  
by Victoria Boutenko



Victoria's long awaited new book about greens and green smoothies contains exciting new information. The author approaches human nutrition from a new angle, comparing the human diet with the diet of chimpanzees. This book is written in a clear style, illustrated with anecdotes, diagrams and pictures. The results of the Roseburg study conducted by Victoria and Dr Fieber, reveal the unique healing potential of green smoothies.

**This book is scheduled to come out October 1<sup>st</sup>, 2005.**

We recommend pre-ordering this book early to avoid waiting. Your orders will be processed in the order they were received.

\$14.95

-Pre-orders only-  
[www.rawfamily.com](http://www.rawfamily.com)

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For those of you living in the UK or those of you who love traveling, there will be an excellent Raw Food Festival not to be missed:

[The Fresh Festival 2005](#)

World-renowned raw food teachers, nutritionists, and top raw gourmet chefs will all be presenting at a gorgeous location

during the three days extravaganza: Friday 28 October - Sunday 30 October 2005

My family participated in The Fresh Festival-2004 and considered it to be one of the best-organized Raw Food events!

For more details go to: <http://www.fresh-network.com/festival/index.htm>

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