

Organic, Local & Raw: An Overview of Conscientious Eating

Organic:

- must be grown in safe soil, have no modifications and must remain separate from conventional products
- cannot contain synthetic pesticides, bioengineered genes or petroleum/sewage based fertilizers
- some organic is better than no organic

Local:

- support your local community/economy
- reduce carbon footprint due to long distance shipping
- better taste and more nutritional value
- consider food co-ops or investing in a CSA farm

Raw:

- plant-based foods not heated over 118 degrees Fahrenheit
- “live” foods contain enzymes that are more easily digested by the body
- increased energy and well-being



Genetically Modified Organisms (GMOs)

- an organism whose genetic material has been altered using genetic engineering techniques
- only short-term studies have been done to determine the safety of consuming GMOs, long-term ramifications have not yet been seen
- currently, there is no requirement in North America for foods containing GMOs to be labeled as such and the only way to avoid them is to choose to buy organic

Pesticides

- chemicals such as fungicides, herbicides & insecticides
- widely used in conventional agriculture and residues remain on (and in) what we eat
- exposure at an early age can cause developmental delays, behavioural disorders and motor dysfunction

Google Tips:

Google “CSA farms” and your province or state to find local farm shares.
 Google “food co-ops” and your province or state to find local food co-ops in your area.
 Google “farmer’s market” and your province or state to find great markets to find local & organic items.

Great Blogs for Organic & Raw Eating:

<http://deliciouslyorganic.net>
<http://theorganickitchen.blogspot.ca>
www.rawmazing.com
www.therawtarian.com

Books:

Conscious Eating – Gabriel Cousins
 The 100 Mile Diet – Smith & MacKinnon
 Into the Raw – Carol Alt
 The China Study – T. Colin Campbell
 In Defense of Food: An Eater’s Manifesto – Michael Pol
 It’s All Good: Delicious, Easy Recipes That Will Make You Feel Good and Look Great – Gwyneth Paltrow

Raw Asian-Inspired Salad with Sesame Vinaigrette

Ingredients:

- 1 bell pepper, chopped
- 2 ribs celery, diced
- 3/4 cup snow peas, chopped
- ½ cup fresh corn kernels
- 3 green onions, chopped
- 3 tablespoons fresh cilantro, chopped
- 1 tbsp balsamic vinegar
- 1 tbsp apple cider vinegar
- 1 tbsp agave nectar
- 1 tsp cold-pressed sesame oil (or coconut oil)

Preparation:

1. In a large bowl, combine the bell pepper, celery, snow peas, corn, green onions and cilantro.
2. In a small, separate bowl, whisk together the remaining ingredients and drizzle over the vegetable mixture, tossing well to combine. Season with sea salt, to taste.
3. If you have time, chill before serving, to allow the flavours to blend together, and gently toss again, just before serving.

Tip: if you are not a cilantro fan, you can substitute fresh parsley.

