

## Why eat **raw** foods?

Cooking can cause some of the heat-sensitive, essential nutrients to denature, or lose their natural state. After most foods are cooked, the full amount of nutrients can no longer be obtained when eaten. Eating more raw foods also saves on your electricity and gas. Additionally, making raw food recipes normally take less time to prepare.

**Eliminating the toxins found in our foods can both reverse damage done to our bodies as well as maintain vitality.**

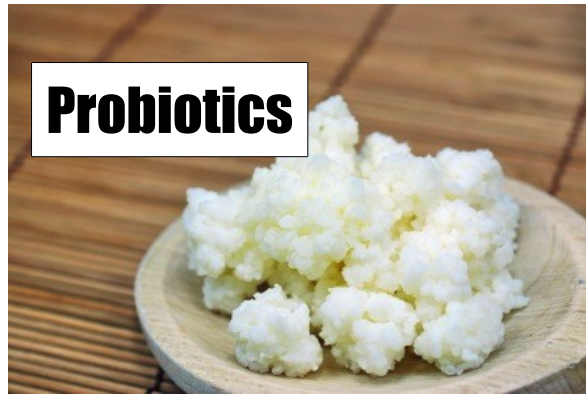
### Examples of raw food preparation:

Blending, sprouting, juicing, pickling, fermenting, dehydrating (118°F)

A large part of the American diet is based on meats and recipes requiring cooking. Adding more raw foods can help **maintain a balanced diet and lifestyle.**

### Raw foods to avoid

include potatoes, not-sprouted beans, mushrooms, peas, and certain greens. This leaves an abundance of raw foods to enjoy, but the best way to determine your ability to ingest any foods is to get to know your body and what it can handle.



They're alive!! “Pro” and “biota” literally mean “for life”. If you have ever eaten yogurt with live cultures you have ingested **millions of living bacteria** per serving. Not all bacteria are harmful. Some of them **filter** toxins while boosting the immune and digestive systems.

However, don't rush to buy your favorite yogurt. Make sure it is a low-sugar yogurt having healthy cultures (acidophilus, for example).

Plain yogurt is not as tasty as one with 20 grams of sugar; it takes some getting used to! Just add some dried fruit (with no added sugars) and a dab of raw honey, and your body will thank you.

**Kefir** is a high-yielding probiotic that is easily sustainable at home. To get started, you only need an initial amount of **kefir grains** (pictured above; this is the “starter”) and a constant supply of lactose **milk**. Combine the kefir grains (1 part) and milk (5 parts) to produce kefir and more kefir grains. Once you produce an abundance of grains, you can eat those for an extra probiotic boost or **share with friends.**

Note: **Avoid heating** probiotic foods. Heating kills the microorganisms.

“ **Clinical studies using mice and rats have found kombucha increased energy, prolonged life, boosted immunity, and had potent antioxidant properties.** ”



## Kombucha

Kombucha, which can also be easily made at home, is a **tea** fermented by a probiotic culture. Before getting started, make sure you are working in an environment with clean utensils and ingredients.

The **Tea** – Black and green tea work well for fermenting. Many herbal teas are also used.

The **Sugar** - Several sugars can be used. Avoid stevia, xylitol, and raw honey. **Some sugars yield a more sour brew!** Here, adding sugar to the tea is okay, because you don't eat it. The SCOBY does!



The **SCOBY** - (Symbiotic Colony of Bacteria and Yeast) is the whitish film that floats on top of your fermenting tea. It's **needed as a “starter”** to create new batches of kombucha. Just like kefir grains, the SCOBY has a healthy balance of good yeast and bacteria.

Source at top:  
[http://www.thevisualmd.com/expert\\_panel/alison\\_dalton\\_ba\\_bs\\_ms/kombucha](http://www.thevisualmd.com/expert_panel/alison_dalton_ba_bs_ms/kombucha)

## Pop Quiz

Answers at bottom. No cheating!

1. **True or False.** Raw food diets can contain lots of fats.
2. **True or False.** Diet has very little effect on the body's ability to maintain good health.
3. **True or False.** In order to reap the benefits of probiotics you must steam them for 5 minutes.
4. What is the difference between *kefir* and *kefir grains*?
5. What does **SCOBY** stand for?
6. What is used as a **starter** for kombucha?
7. Which sugars can be used in kombucha?
8. Where is the Howard County Farmers' Market located?



### Answers:

1. TRUE. Avocados are basically fat! And nuts have quite a bit, too. However these are fats that you need and want so eat up (in moderation)!
2. FALSE. Diet is quite possibly the source of poor health in the American diet.
3. False! False! FALSE! You will kill the beneficial microorganisms. Eat them raw and often.
4. Kefir grains are the symbiotic growth of “good” yeast and bacteria. Kefir is the milky byproduct produced by fermenting the grains. Both are loaded with probiotics.
5. Symbiotic Colony Of Bacteria and Yeast
6. The SCOBY
7. The safest sugar is granulated white sugar. You can use cane sugar, molasses, sucanat, agave, and pasteurized honey as well. Different sugars will yield specific tasting kombucha. Some require more time to ferment.
8. The Howard County Farmer's Market can be found on 110 South Washington Street between Hoard and Hempstead Streets, adjacent to the Howard County Health Unit and Howard County Senior Citizens' Center.

## Do you have any questions about today's workshop??

### Blog website link:

[realfoodrecipes4all.blogspot.com](http://realfoodrecipes4all.blogspot.com)

### Workshop presenter information:

Email: [davis.kenisha@gmail.com](mailto:davis.kenisha@gmail.com)

### Workshop pictures.

### You could be famous!

Howard County Farmers' Market Facebook Page  
Don't forget to LIKE us!

## Farmer's Market Schedule Tuesday and Friday from 7AM to SOLD OUT

### DIRECTIONS:

The Howard County Farmer's Market can be found on 110 South Washington Street between Hoard and Hempstead Streets, adjacent to the Howard County Health Unit and Howard County Senior Citizens' Center.

For more information about the Howard County Farmers' Market and how to become a market vendor, contact Market Managers:

Debra Bolding  
(870) 557-2352

Glenda Rice  
(870) 845-8859

# Howard County Farmers' Market

located at

**110 S Washington St  
Nashville, AR 71852**

on

**Tuesdays and Fridays  
from 7AM to SOLD OUT**



## Raw Foods Workshop

Nashville Chamber of Commerce  
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[www.nashvillear.com/farmers.htm](http://www.nashvillear.com/farmers.htm)