



Thank you everyone for making our "Italian Cuisine" demo special! And sharing in a fun time! Many thanks to Everyone who participated! Click here to see the comments!



Top Secret!



Wild, Wild Weeds!

We will be having a class that features a hike and foraging for wild edibles!

For the longest time, people have been asking for a class that involved a nature walk to learn about wild edibles, so we are absolutely going to do that! Yay!

We will be going on a short nature walk just outside of Goodwins Organics to view and forage for some of the native wild edible plants that reside in our "own backyard"; then, we will venture back to Goodwins for a class on how to easily make delicious creations with these foods that are extremely healthy!

Wild Wild Weeds Raw food Demo!

When: August 17th at 6pm

Where: At Goodwins Organics 191 W. Big Springs Rd Riverside, CA 92507.

RSVP!



Raw "Top Secret" Presentation in Rialto! We are having a Special Presentation this month.

Summertime is unfolding with fresh leafy greens everywhere! It's a mystery sometimes as far as what native greens pop up. Sometimes we get an abundance of lamb's quarters; other times, we get an abundance of dandelions; most people feel they can do without those, but if you can't beat em, EAT EM!

What's in store for this meetup? It's a mystery! It could be a mystery guest speaker or a great educational activity, but for certain, it will be a great time! And of course, it will for certain involve the best raw vegan food ever.

Top Secret: The first 3 people to RSVP for this meetup win a special prize! Oops! I said too much! Shhh!

Top Secret!

When: August 20th at 3pm

Where: At The Lutheran Church of the Cross 1308 N. Riverside Ave. Rialto, CA 92376

RSVP!

"Green Hearts" is a new meetup group in our community! They are health conscious volunteers, helping to bring quality organic food to those in need. Their mission is to spark a passion for health in parents and their children, by teaching them how to grow their own organic fruits and vegetables! Click Here for more information and to JOIN!



Professional Raw Food Chef and famous celebrity: Jason Wrobel will be coming to Goodwins Organics in Riverside October 5th! He will be giving an amazing raw food demonstration! Click Here to get the full details!



periodic trip to the hydrotherapist is a smart strategy if you are on a raw vegan diet! Because the Raw Vegan Diet is so dynamically healthy, the body is often in a state or cleanse which is why colonics are so important! Some people have not had good success with the 100% Raw Diet because they neglected to cleanse! If you are interested in a colonic, visit the Colon Care Center.

Recipes Here!

Wondering what you can prepare for our pot-lucks? Amazing raw recipes can be found on the web by simply clicking Here! There are hundreds of easy to prepare recipes to choose from!

Raw & Organic Mommas is a new Meet Up Group that has just been created by Tosca, so all of you "Rawsome Mommys" can click on the banner below to join!



For the best produce ever at the most affordable price, visit the Inland Empire Organic Produce Co Op by clicking Here!



Red Brick Pizza 16155 Sierra Lakes Pkwy #140 Fontana, CA 92336 909-355-3637



Subscribe to the Raw Success blog and receive each blog post directly to your inbox.

