

November 2010

RAW NEWSLETTER



Thank you everyone for making our "Rawktober" event in Rialto special! And sharing in a fun time! Many thanks to Everyone who participated! Click here to see the pictures!

*Thanksgiving Raw Food Demo!
*Cranberry Festival at Goodwins Organics!

THANKSGIVING RAW FOOD DEMO!

Best Pumpkin Pie Ever!" , Cranberry Relish, Rawsome Stuffing, and Turkey-less Turkey Loaf, Mashed-No-Taters and Gravy, and Thanksgiving Cider! We look forward to seeing you! And have a wonderful Thanksgiving! We cut the cost for this Demo to just \$35 at the door! Similar demos cost \$125! How Cool is that?

In honor of the *Annual Cranberry Festival*, we put together a fun video demonstrating how you can easily make Raw Vegan Cranberry Relish in mere minutes in the time it takes to run a food processor! Click here to see the video!

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!



ushing closer! What is it? It is The family "get togethers" approaching! **Thanksgiving Day** is just around the corner. So what is for dinner? We will demonstrate a feast that is healthy, festive, delicious, and will impress your family and friends! Samples and recipe-files will be provided.

Why are so many people sick around the holidays? Is it the weather? Are we spending more time indoors? A major factor is the increased intake of refined sugars and processed starches; it begins with Halloween and continues all of the way through New Years! This is also the period of time in which hospitals get their most patients. We have an amazing array of holiday gourmet dishes that you can easily learn to prepare that are tasty, healthy, and fun to make including: "The

What: Thanksgiving Demo!

Where: Goodwin's Organic Foods

**191 W. Big Springs Rd
Riverside, CA 92507
(909)215-8932**

When: November 20th at 3pm

RSVP!

Announcing the Annual Cranberry Festival Coming to **Goodwin's Organics** in Riverside!

November 17th 4-8 pm

At Goodwin's Organics! Click on the ad below for directions to the location:



hat if your breakfast this morning could reduce your risk of cancer? Or change a young girl's life? Or help save the planet? To whom much is given, much is required; we have been given much! To find out what you can do, click on the "Believe in Green" banner below!

Believe in Green!

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



Cancer Cure Video. Watch!

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

