



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



**Rawktober is here!** We are celebrating the Halloween Season with a fun filled **Rawktober Celebration!**

This is going to be a raw vegan pot luck. This meetup will have a Halloween theme, so if you would like to come in costume, **DO IT!!! GO NUTS!!!** Let's have a blast!!! Rawktober is always a fun event! This month, we will be having prize giveaways as well as a magic show! Children are welcome! And there will be live music by the band "Second Culture."

### Rawktober!

**When:** October 22nd at 3pm

**Where:** At Lorena's House  
18215 Wood Ln  
Riverside, CA 92504  
Phone: 951.534.6824

**RSVP!**



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



## RAWKTOBER!



We are having our **Community Garden Kickoff!** To celebrate, we are having **Rick Machado**, a professional organic gardener, visit us to share his amazing expertise, so that you can easily start your own garden! An abundance of information will be coming our way, so be sure

to bring pens and paper to take notes. Rick will list what he considers to be Superfoods that can be grown in a garden in Southern California and will show everyone how to create a planting bed, how to plant, water, and harvest. He will give out an amazing formula for making compost and will bring a host of items for display: some soil, mulch, seeds, and drip irrigation parts, so that anyone who wants to garden can easily replicate what he does. He will also give out names and numbers of great suppliers. Rick's presentation will be at 1 PM following our pot luck, so we can share a wonderful meal with everyone, and stay for his presentation!

### Community Garden Kickoff!

**When:** October 30th 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!**



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



Professional Raw Food Chef and famous celebrity: **Jason Wrobel** will be coming to Goodwins Organics in Riverside October 12th! He will be giving an amazing raw food demonstration! [Click Here](#) to get the full

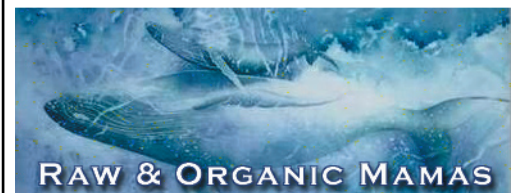


periodic trip to the hydrotherapist is a smart strategy if you are on a raw vegan diet! Because the Raw Vegan Diet is so dynamically healthy, the body is often in a state of cleanse which is why colonics are so important! Some people have not had good success with the 100% Raw Diet because they neglected 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!](#)

