



Small Bites

September 10, 2008

ALL ABOUT "LIVE FOOD:" What is it and why has it become so popular?
Why is nutritious, local, sustainably grown food so important to its taste?
Q & A with Molly Peppo, Owner of Glow Live Food Café

Q: What is live food?

A: Live or raw food is food that has not been cooked, processed, pesticided, microwaved, irradiated, or genetically engineered. It can be dehydrated under 115 degrees to keep the enzymes intact and lend a crispy texture. It is food in an unadulterated and whole form.

Q: What are the benefits of eating live food?

A: A survey of over 325 people on a predominantly live food diet showed many benefits: desire to overeat diminished, 82% of people came to their ideal weight, quality of sleep improved, sense functions improved, sickness decreased by 93%, cardiovascular health and flexibility improved, there were less addictive tendencies, depression and anxiety decreased, 85% felt emotionally and spiritually better, and there was an improvement in mental clarity, optimism, and sense of well being.

Q: How do I incorporate live foods into my diet?

A: A good way to begin adding live food to meals is for every cooked food, add a live food. This can be as easy as slicing a banana on top of cereal or oatmeal, beginning a meal with a green salad, or slicing up carrots, tomatoes, and fresh herbs and stirring them in to pasta or rice with unheated olive oil.

Q: How does eating live food help the environment?

A: In truth our bodies are microcosms of this earth and the environment. If our earth is polluted, toxic, and cruel to

animals, we need to reverse that by being conscious to not take in these elements of pollution and cruelty to our own bodies. We can change consciousness starting with ourselves. By re-mineralizing the soil, protecting the water and eating with the season, we can reclaim a sense of health. Food links us to the earth, the elements, and respect for our body.

Q: How does eating local food correspond with eating live food?

A: It is important to eat local food because it is fresh, supports local economy, agriculture, and biodiversity, and it links us to the environment that we live in. Foods that have been transported great distances increase waste, pollution, and the carbon footprint. Locally grown live food is much more nutritious than conventionally farmed and transported food. Also, local food tastes amazing and makes you feel amazing.

The local farmer who farms sustainably, operates with a commitment to producing the highest quality food possible. Their commitment is to quality rather than mass production. We have the chance to meet the people face to face who plant, nourish, and harvest our food. Idaho's Bounty allows us to eat authentic locally grown organic and/or all-natural food, snack on homemade delicious treats, while supporting the biodiversity of our environment and our local economy.

Note from Molly:

Please join us for a local, live foods dinner **Friday, September 26th** at glow live food cafe.

Reservations are requested, as seating is limited. 725-0314



Imagine ...

- + Knowing where your food comes from, who is producing it, and their ethics and farming practices
- + Working in support of the health of your local community food shed where energy stays local and supports our rural economy