



## Reviving Raw Food Magic!

Ωμοφαγεία, Ωμομαγεία!

### Autumnal Greetings :)

Autumn....cascades of changing colour above and below...Madron and a second harvest .... Aside from getting ready to harvest the fruits of my pregnancy very soon, doing research for this newsletter has also been very exciting and it has been a delight to be able present this 'wild edible' information. Anyone who has attended a Raw Journeys workshop will know that we always say that eating straight off the land is true raw eating and that is the main juice of this Autumnal email. So read on to discover:

- \* The **25 wild foods** that are growing all around us here in Cyprus
- \* Three years of Raw Journeys -see our celebration offers!
- \* Autumn recipes
- \* Re-Vamped Raw Journeys chocolates....all with a kiss!
- \* Raw kitchen equipment
- \* Raw Journeys & the Media

## Wild Cypriot Edibles

For some time now I have wanted to filter through Mr Loucas Savvides' book '**Edible Wild Plants of the Cyprus Flora**' to bring you the main wild plants that can be eaten raw here in Cyprus. The book itself focuses on the many wild leaves, berries and pods native to Cyprus and the Mediterranean, although Mr Savvides also includes all those that can be cooked. I have enjoyed selecting 25 of the raw ones. What you will read below is only a taster; the book is filled with more information, including the nutrients of each wild edible, locations and a glossy photo to help you when you go out foraging. The book can be purchased from any good bookstore.

For the sake of brevity I have only included:

- \* the English name and the Greek name. Some of the Cypriot terms are sure to raise an eyebrow! Look out for 'gaourokavlo' below! There's also a wild plant the locals have labelled 'pouttohorto' - although I am afraid it's not edible so it's not on here ;-)
- \* the season it can be found in
- \* the parts of the plant that can be consumed raw. Most are used in salads with olive oil, lemon and olives but why not try other raw recipes with them or using your imagination e.g rolling the wild leaves in sundried tomatoes?

Anyone interested can print out this section from the newsletter and file it so you know what is in season when and use it accordingly.

Currently you can fill your autumnal basket with: **purslane, carob, bramble, hawthorn, terebinth** as well as **juicy pomegranate**.

So, here they are:

1) **Alkanet (Bugloss/ Oglosso)**

Dec-Apr

Tender steams/leaves and stalks

2) **Lemon Balm (Melisso votano)**

Mar-Oct

Leaves/stems and flowers

3) **Bladder Campion (Strouthouthkia)**

Dec-Apr

Young shoots and leaves



above: bladder campion

4) **Bramble (Vatos)**

In Season NOW!

Aug-Nov

Berries eaten fresh

5) **Carob Pods (Teratsi/Charoubia)**

In Season Now!

Sep-Oct

Grab a pod and chew its inner sweetness!

6) **Chicory (agrioradiko)**

Jan - Apr

Leaves

7) **Corn marigold/Crown daisy (Similloudi)**

Jan-Apr

Leaves and flowers

8) **Dandelion (Agrioradiki)**

Dec-May

Leaves

9) **Fennel**

Jan-May

Bulb

Note: fennels leaves are very similar to the Giant Fennel whose leaves are not edible. How can you tell difference? Crush the leaves in your hand and check the fragrance.

10) **Globe Thistle (Sarakinos)**

Feb-June

Tender stems can be eaten raw once thorns and spikes have been cleaned off.

11) **Goat's Beard / Salsify (Kalakatsouro)**

Feb -May

Tender stems and leaves

12) **Hartwort (Milarissos)**

Mar-May

Fruit

13) **Hawthorn (Mosfilia)**

In Season NOW!

Sep-Nov

Fresh yellow fruit

14) **Malva/Mallow (Molocha)**

Dec -Apr

The edible mallow has small petals and small purple flowers. Its leaves can be eaten raw.

15) **Milk Thistle (Gaourokavlos!)**

Jan - Apr

Tender stems and leaves can be eaten after being cleaned of thorns.

16) **Nettle (Tsouknitha)**

Jan-Apr

Young nettle leaves edible

17) **Plantain (lithospasto)**

Mar-June

Fresh tender leaves

18) **Purslane (glystiritha)**

In season NOW!

Jun - Oct

The leaves

19) **Scotch Thistle (Asprangatho)**

Apr - June

Tender flowers and stems need to be cleaned from spines

20) **Shepherd's Purse (Agriokardamouda)**

Dec-Apr

Leaves

21) **Sorrel (Xiniatos)**

Jan-Apr

Young leaves and stems

22) **Terebinth (tremithia)**

In Season NOW!

Sep - Oct

Wild blue fruits (locals use them to make 'tremithopitta')



above: terebinth fruits

23) **Watercress (Kartamilla)**

Apr-Sep

Stems and leaves

24) **White Mustard (Lapsana)**

Nov-Apr

Young tender shoots and leaves

25) **Wild Leek (Agriopraso/Agrioskordo)**

Dec-Apr

Leaves/stem/bulb

Please note: It is wise to be exactly sure that what you are picking is indeed the correct plant - if you have the slightest doubt, show it to a knowledgeable and experienced person before consuming or else avoid. Additionally, pregnant and lactating women should consult a specialist before eating any wild plant.

## Late Summer Bounties:



What I love about living here is how friends and family will readily share with you the bounties of their pervoli and we were lucky enough to have some luscious August food from the Cypriot land. Above you can see prickly pear 'papoutsosiko', figs, carob pods, pears, apples, pistachios (notice they are a little dried -I couldn't bear destroying those sunset-coloured skins).

The purslane (glystiritha) grew wild in our garden but the watermelon we harvested from our garden grew by chance after throwing the pips into our yard. It is fun to

scatter the leftover seeds of fruits, sprouts and vegetables in one's garden and see what shoots up!

## Happy 3rd Birthday to Raw Journeys!

Whilst Barbara and I have been on this raw journey for longer, it was three years ago that our paths merged to bring you workshops and raw food advice. To celebrate:

20% off the 100g : Incan berries \* cacao powder \* cacao nibs \* mesquite \* maca \* hemp seeds

15% off the Raw Journeys Chocolate Range

3 euro off Flora Papadopoulou's book 'Mediterranean Goes Raw' either in Greek or English.

This offer extends from 21st September and lasts until 31st October (Halloween!) :).. (unless stocks sell out first) .

## Raw Chocolate Re-Vamping!



We can't say we have been brewing because we don't use heat but let's just say we have been casting more magic spells on our Raw Journeys chocolates to bring you new and enhanced flavours. I have promised not to say too much until they are ready but you will certainly know when they make their grand diva debut!

For now you can still buy Aphrodite's Dream, Incan Goddess and Kiss Kiss now available in bar form so you can break off bit by sublime bit and indulge in it gently...gently!

Call Erini on 99321948 or send us an email to place your order. Due to the fact that I make all the chocolates by hand and with utmost passion, I will be taking a little hiatus after the birth so please place your orders before November 1st. Raw choc activities will resume just before Christmas.

## Autumn Recipe 1:Vege Rolls

These are super nutritious and seem to be greatly enjoyed by children. My own son reaches for them from the dehydrator before they are even ready. If you don't have a dehydrator, you can use your oven under 48 degrees Celsius.



Ingredients:

1 1/2 carrots  
1/2 red onion  
1/2 cabbage  
1/4 red pepper  
100g sunflower seeds  
5 olives  
4 dates  
2 tablespoons olive oil  
Himalayan pink salt  
pinch cumin

Chop the carrots, red onion, cabbage, red pepper and olives into small pieces. Place all these along with the sunflower seeds and dates in a food processor and add the olive oil. Blend well until well combined and sticky. Next add the salt and cumin and blend again. Check for taste.

Using your hands, roll the mixture into either long 'sausage' shapes or flatter, rounded shapes. You can even have fun trying to make animal shapes like fish. Place them on a tray and dehydrate them at 48 degrees Celsius for 3 hours on one side then flip them over for another 2 hours on the other side. It's worth making more and storing them in a tupperware in the fridge for a few days.

Note: Due to Cypriot heat, you can dehydrate above 48 degrees for about an hour or so to avoid bacteria forming.

## Autumn Recipe 2: Raw Coleslaw

If you are a fan of normal coleslaw, then you will like this raw, fresh version that contains no dairy but is still creamy due to the Brazil nuts used. It is a great accompaniment to either a raw or cooked meal.

Ingredients:

2 carrots grated  
1/4 green cabbage very thinly sliced  
1/2 courgette (optional)

1 cup Brazil nuts - best to soak for a few hours  
1 onion sliced thinly  
1 clove garlic chopped into pieces  
Juice of 1 lemon (or more if you like it stronger)  
3 tablespoons olive oil  
dash Himalayan Pink Salt  
dash pepper/paprika

- Make the raw cream by putting the Brazil nuts, together with the garlic, lemon, 2 tablespoons olive oil, salt and pepper, in a blender and mix until the nuts are part of a smooth cream. Check to see if it needs water so that it isn't too thick.
- Place the sliced vegetables in a bowl and mix well adding a 1 tablespoon olive oil.
- Place the raw cream over the vegetables and mix very well, making sure there is an even spread.

Enjoy with a raw meal like dehydrated flax seed crackers

## Kitchen Equipment: Dehydrators

Autumn is a ripe time to invest in a dehydrator, especially as the weather cools and the body does crave warmer, moreish food like the above vege rolls. We are often asked about the differences between the dehydrators so below you will find the top three we recommend with brief descriptions.

**Excalibur:** Top of the range and used by nearly all serious raw foodists. It uses a horizontal drying system and there is a very even distribution of the air, ensuring your food gets properly and uniformly dried -something not all dehydrators do well. If you wish to use liquids too, you will need to add the Teflex sheets which are sold separately and re-usable as well as opening up doors to exciting meals like banana crepes. The machine is available in black or white and comes with either 5 trays or 9 trays and timer is optional.

**L'Equip Filter Pro:** This has replaced the old L'Equip dehydrator and is the most technologically advanced of all the dehydrators. It is the first such machine to use clean, filtered air and when you buy this 6 tray, you also receive 2 liquid trays, 4 yoghurt trays and 6 mesh screens. Great value for money.

**Stockli:** This is the one people start out with. It has 3 trays so it's ideal for small, domestic use. The Stockli has a solid reputation and is also economical too whilst using. It also features a timer.

Visit our online shop <http://www.rawfoodcyprus.com/shop/> for more details and prices on each dehydrator. We work with a great shipment company that can arrange delivery to your door within 2-3 days!

## Raw Journeys & the Media

Eleni Antoniou from the Cyprus Mail has written a very positive and sensitive feature on babies and raw food which you can read at <http://www.cyprus-mail.com/living/raw-children/20100718>.

### Facebooking

Yes, we have leisurely clambered upon the facebook wagon and you can roll with us at:

raw food cyprus  
and  
raw chocolate cyprus

There, you can find more frequent news, tidbits and pics!

And this closes another Raw Journeys newsletter that was a joy to write. Your comments and queries on recipes, products, newsletters and services are always warmly welcome.

May we all walk through life with confidence in the bounties and harvests not just of Mother Earth, but of the Universe, Great Source, itself.

Blessings,

*Erini* xx

[www.rawfoodcyprus.com](http://www.rawfoodcyprus.com)