

**GLOBAL RAW**  
**SUNFOOD TRAVELER**  
FOOD • BODY • MIND • SPIRIT • WIDLIFE • AIR • WATER • SOIL • WORLD

**Guide to Global Sunfoodist Culture**  
**Updated July 1, 2008**

**Feel free to copy and share this list with others.**

**Email changes/additions to:** [information@sunfoodliving.com](mailto:information@sunfoodliving.com)  
or mail John McCabe, POB 1272, Santa Monica, CA 90406-1272, USA

“In today's environment, hoarding knowledge ultimately erodes your power. If you know something very important, the way to get power is by actually sharing it.”

- Joseph Badaracco

**NATURAL FOODS STORES LOCATORS**

To find a natural foods store in your area, simply go to one of these Web sites and do a search:

**CoOpDirectory.org**  
**FoodRoutes.org**  
**PureFood.org/coops**

**FIND YOUR LOCAL ORGANIC FARMERS' MARKET**

Farmers' street markets provide direct access to produce grown on family farms in your region.

By purchasing whole, locally-grown foods, you are eliminating the use of global food transportation, which uses enormous amounts of fossil fuels.

**FarmDirectCoop.org**  
**Farmers' Market Finder:** [AMS.USDA.Gov/FarmersMarket](http://AMS.USDA.Gov/FarmersMarket)  
**FoodRoutes.org**  
**LocalHarvest.org**  
**PickYourOwn.org**, lists farms where you can harvest your own produce.  
[Blake2007@PickYourOwn.org](mailto:Blake2007@PickYourOwn.org)

**VEG RESTAURANT LOCATORS**

In addition to the restaurants and cafes listed below that are serving raw cuisine, the following Web sites provide information about vegetarian restaurants around the planet:

**HappyCow.net**  
**RawFoodPlanet.com**  
**SoyStache.com**  
**Vegetarian Resource Group** [VRG.Org](http://VRG.Org)  
**Vegetarian-Restaurants.Net**

**RAW RESTAURANTS, CAFES, DELIS, MARKETS**

**If you know of any additions or changes to the following list of restaurants, cafes, and delis, please send the updated information to:** [information@sunfoodliving.com](mailto:information@sunfoodliving.com), or snail mail: POB 1272, Santa Monica, CA 90406-1272

Also, the following site is good to find raw food restaurants:

**RawFoodRestaurantGuide.com/blog/;** [Emily@RawFoodRestaurantGuide.com](mailto:Emily@RawFoodRestaurantGuide.com); Emily Rutherford.  
Enter your email and the guide link will be emailed to you.

**Alabama raw food sources**

**HealthWiseFoods.com** Market, 5147 Atlanta Hwy., Montgomery, AL 36109; 866-788-9473

**Alaska raw food sources**

**Rainbow-Foods.org** Market, 224 4<sup>th</sup> St., Juneau, Alaska 99801; 907-586-6476

**Arizona raw food sources**

**D'Lish** 3190 W. Hwy 89A, Sedona, AZ 86336; 928-203-9393; [Dlishsedona.com](http://Dlishsedona.com)

**Mandala Tearoom**, 7027 E. 5<sup>th</sup> Ave., Scottsdale, AZ 85251; 480-423-3411; MandalaTeaRoom.com; Vegan with some raw food.  
**Natures-Express.com** 2905 4<sup>th</sup> Ave., Yuma, AZ 85364; 928-317-8300  
**RawForLife.com** (potlucks/classes) Phoenix, AZ  
**SedonaRawCafé.com** 1595 W. Hwy. 89A, Sedona, AZ 86336; 928-282-2997; ChocolateSuperfoods.com  
**Tree of Life Café**, 771 Harshaw Rd., Patagonia, AZ 85624; 520-394-2589; TreeOfLife.nu; Call for reservations.

### California raw food sources

**AliveVeggie.com** 1972 Lombard, San Francisco, CA 94123; 415-923-1052  
**AuLac.com** 16563 Brookhurst St., Fountain Valley, CA 92708; 714-418-0658  
**BeverlyHillsJuice.com** 8382 Beverly Blvd, L.A., CA 90048-2631; 323-655-8300  
**Bautista Family Organic Date Ranch**, POB 726 Mecca, CA 92254-0726; 760-396-2337  
**CaféGratitude.com** 2400 Harrison St., San Francisco, CA 94110; 415-824-4652; Mostly raw  
**CaféGratitude.com** 1336 9<sup>th</sup> Ave., San Francisco, CA 94122; Mostly raw  
**CaféGratitude.com** 1730 Shattuck Ave., Berkeley, CA 94709-1720; Mostly raw  
**CaféGratitude.com** 2200 4<sup>th</sup> St., San Rafael, CA 94901; Mostly raw  
**Café La Vie** 429 Front St., Santa Cruz, CA 95060; 831-429-ORGN; LaVie.us; Some raw  
**CaféSoulstice.com** 4 E. 4<sup>th</sup> Ave., San Mateo, CA 94401; 650-401-6411  
**CilantroLive.com** 7822 Broadway, Lemon Grove, CA 91494; 619-433-0680  
**CilantroLive.com** 300 Carlsbad Village Dr., Carlsbad, CA 92008; 760-585-0136  
**CilantroLive.com** 3807 5<sup>th</sup> Ave., San Diego, CA 92103; 619-325-1949  
**CoOpportunity.com** Market, 1525 Broadway, Santa Monica, CA 90404; 310-451-8902  
**Cru** 1521 Griffith Park Blvd., Los Angeles, CA 90026; 323-667-1551; CruSilverlake.com  
**ErewhonMarket.com** 7660-B Beverly Blvd., L.A., CA 90036; 323-937-0777  
**Euphoria** 2301 Main St., Santa Monica, CA 90405; 310-721-4222; RawVolution.com; Darlene Baerg and Sheevaun Moran  
**Fruit Gallery** 1 Westminster Ave., Venice, CA 90291; 310-452-3034; fruitgallery@yahoo.com; Nina Marie Merced; small juice and smoothie bar and market with some fresh and packaged raw and foods  
**Good Karma Vegan** 37 S. 1<sup>st</sup> St., San Jose CA 95113; 408-294-2694  
**GoodMoodFood.com** Huntington Beach, CA; 714-377-2028; sells some packaged foods in stores, formerly had a restaurant  
**GoodToGoRestaurants.com** 5930 Warner Ave., Huntington Beach, CA 92648; 714-840-6400; some raw  
**GreeneryRawCafe.com** 133 Daphne St., Encinitas, CA 92024; 760-479-0996  
**GreenLifeFamily.com** 410 Railroad Ave., Blue Lake, CA 95525; 707-668-1781  
**House of Nature's Own** 117 Broadway, Chico, CA 95928; 530-342-1188; Ashley and Craig White  
**Judahlicious.com** 3906 Judah, San Francisco, CA 94122-1121; 415-66-juice; Mostly raw  
**Juicy Lucy's** 703 Columbus Ave., San Francisco, CA 94133-2701; 415-786-1285  
**LeafCuisine.com** café, 11938 W. Washington Blvd., Culver City, CA 90066  
**LeafCuisine.com** café, 14318 Ventura Blvd., Sherman Oaks, CA 91423  
**Living Light Cafe** 301 N. Main, Ft. Bragg, CA 95437; 707-964-2420; RawFoodChef.com  
**LivingTreeCommunity.com**, Living Tree Community Foods. This is a raw foods products company that distributes their products to natural foods stores and restaurants, and through the Internet.  
**MadeleineBistro.com** 18621 Ventura Blvd., Tarzana, CA 91356; 818-758-6971; Some raw  
**MarysSecretGarden.net** 100 S. Fir St., Ventura, CA 93001; 805-641-FOOD  
**Millenium Restaurant** Hotel California, 580 Geary, San Francisco, CA 94102; 415-345-3900; Some raw  
**MothersMarket.com** Market 225 E. 17<sup>th</sup> St., Costa Mesa, CA 92627; 949-631-4141  
**MothersMarket.com** Market 19770 Beach Blvd., Huntington Beach, CA 92648; 714-963-6667  
**118 Degrees**, 2981 Bristol St., B5, Costa Mesa, CA 92626, Shop118Degrees.com  
**Rainbow Acres** Market, 13208 W. Washington Blvd, L.A., CA 90066; 310-306-8330  
**RainbowBridgeOjai.com** Market, 211 E. Matilija St., Ojai, CA 93023; 805-646-4017  
**RainbowGrocery.coop** Market, 1745 Folsom St., San Francisco, CA 94103-3711; 415-863-0620  
**Raw**, 6<sup>th</sup> & Broadway, Santa Monica, CA 90401  
**RawCaféMuse.com** UCB Art Museum, 2625 Durant Ave., Berkeley, CA 94720; 510-548-4366  
**RawEnergy.net** 2050 Addison, Berkeley, CA 94704; 510-665-9464  
**RawGames.org**  
**RealRawLive.com** 5913 W. Franklin, Hollywood, CA 90028; 866-563-4545  
**Sunfood.com** store, 11653 Riverside Dr., Lakeside, CA 92040; 619-596-7979  
**Synergy Raw Bakery & Vegan Supplies**, 1419 Garnet Ave., San Diego, CA 92109; 858-490-2144  
**TasteOfTheGoddess.com**, Los Angeles, CA; 323-337-7381; Nwenna Kai, Catering

**TerraBellaCafe.com** 1408 PCH, Redondo Beach, CA 90277; 310-316-8708; Open 6 days. Half day Sunday. Tuesdays, closed.

**The Farmer and The Cook**, 339 W. El Roblar, Ojai, CA 93023; 805-640-9608; some raw selections

### Colorado raw food sources

**Meals in the Raw**, Aurora, CO; 303-241-2727; MealsInTheRaw.com; Not a restaurant. Chef Lisa Johnson ships raw food meals throughout the country.

**OrganicOrbit.com** 1200 Yarmouth Ave., Boulder, CO 80304; 303-440-8348

**TurtleLakeRefuge.org** 848 E. 3rd Ave., Durango, CO 81301; 970-247-8395

### Connecticut raw food sources

**AhimsaInc.com** Restaurant, 1227 Chapel St, New Haven, CT 06511; 203-786-4774

**AlchemyJuiceBar.com** 203 New Britain Ave., Hartford, CT 06106; 860-246-5700

**Catch A Health Habit Café**, 487 a Campbell Ave., West Haven, CT 06516; 203-521-7648; catchahealthyhabitcafe.blogspot.com

**Citrus Juice Bar Café** 27 Broadway Ave., Mystic, CT 06355; 860-536-7007; half raw

**The Stand** 31 Wall St., Norwalk, CT; 203-956-5670; raw foods, salads, juices, smoothies

### Delaware raw food sources

**NewarkNaturalFoods.com** Market, 280 E. Main St., Newark, DE 19711; 302-368-5894

### Florida raw food sources

**Almond Blossom Cafe** 408 S. Daytona Ave., Flagler Beach, FL 32136; 386-439-7544

**TheArtOfFoodCafe.com** 3404 North Miami Ave., Miami, FL 33127; 305-438-0004;

theartofrawfoodcafe@yahoo.com

**Café118.com**, 153 East Morse Blvd, Winter Park, FL 32789; 407-389-2233; Matthew Kenney

**5thAvenueCafe.com** 116 E. 5<sup>th</sup> Ave., Mount Dora, FL 32757; 352-383-0090

**GlaserOrganicFarms.com** 19100 SE 137<sup>th</sup> Ave., Miami, FL 33177; 305-238-7747

**TheGrassRootLife.com** Restaurant, 2702 N. Florida Ave., Tampa, FL 33602; 813-221-7668

**HippocratesInst.com** 1443 Palmdale Court., W. Palm Beach, FL 33411; 561-471-8876

**ThePresentMomentCafe.com**, 224 W. King St., St. Augustine, FL 32084; 904-827-4499

**RawFoodUnderGround.com** W. Palm Beach, FL. Meets at a restaurant.

**SublimeVeg.com** 1431 N. Fed. Hwy., Ft. Lauderdale, FL 33304; 954-539-9000; Some raw

**VeggieMagic.com** 4428 Bee Ridge Rd., Sarasota, FL 34233; 941-377-6209

### Georgia raw food sources

**LifeGrocery.com** Cafe 1435 Roswell Rd., Marietta, GA 30062; 770-977-9583

**LFDelights.com** 465 Blvd, Ste. 201A, Atlanta, GA 30312; 404-635-1133

**LovingItLive.com** 2796 E. Point St., E. Point, GA 30344; 404-765-9220

**UBeeGreen.com** Market, 621 N. Westover Blvd, Albany, GA 31707; 229-435-3373

### Hawaii raw food sources

**Alive & Well** Market 340 Hana Hwy., Kahului, Maui, HI 96732; 808-877-4950

**BlossomingLotusCafé.com** 1384 Kuhio Hwy., Kaapa, Kauai, HI 96764; 808-822-7678

**Joy's Place** 1993 South Kihei Rd., Kihei, Maui, HI 96753-7834; 808-879-9258

**ManaFoodsMaui.com** Market, 49 Baldwin Ave., Paia, Maui, HI 96779; 808-579-8078

**Mandala Garden** 29 Baldwin, Paia, Maui, HI 96779; 808-579-9500

**Pahoa Natural Foods** Market, Kuna St., Big Island, HI 96778; 808-965-8322

### Idaho raw food sources

**Akasha Organics** (Chapter One Bookstore) 160 Main St., Ketchum, ID 83340; 208-726-4777;

Akasha@SVIdaho.net

**Glow Live Food Café**, Ketchum, ID; opening summer 2008

### Illinois raw food sources

**The Balanced Kitchen**, 6263 N. McCormick Blvd, North Chicago, IL; 773-463-1085; Vegan with some raw options.

**BorrowedEarthCafé.com** 970 Warren Ave., Downers Grove, IL 60515; 630-795-1729. Raw and mostly organic. 30 minutes west of Chicago.  
**Chicago Diner** 3411 N. Halsted, Chicago, IL 60657; 773-935-6696; VeggieDiner.Com; some raw options  
**Cousins Incredible Vitality**, 3038 W. Irving Park Rd., Chicago, IL 60618; 773-478-6868, CousinsIV.com  
**Doc's Juice and Smoothies**, 2246 W. Armitage Ave., Chicago, IL 60647; DocsJuiceAndSmoothies.com/cms/; Has some raw juices.  
**Golden Pacific**, 5252 N. Broadway, Chicago, IL; sells young coconut and some frozen exotic fruit  
**GoRawChicago.com**, site for raw food information  
**The Green Grocer**, 1402 W. Grand, Chicago, IL 60622; 312-624-9508; GreenGrocerChicago.com  
**Karen's Fresh Corner**, 1901 N. Halsted Ave., Chicago, IL 60614; 312-255-1590; KarynRaw.com  
**Lake Side Café**, 1418 W. Howard St., Rogers Park, Chicago, IL 60626; 773-262-9503; Lake-Side-Café.com; vegetarian and vegan with some raw options  
**New Leaf Natural Grocer**, 1261 W. Loyola Ave., Chicago, IL 60626; 773-743-0400; NewLeafNatural.net; natural foods store with raw food products  
**True Nature Health Foods**, 6034 N. Broadway St, Chicago, IL 60660; 773-465-6400; TrueNatureFoods.com; natural foods store

#### Indiana raw food sources

**RainbowBlossom.com** Market, New Albany Market, 3003 Charlestown Crossing Way, New Albany, IN 47150

#### Kentucky raw food sources

**RainbowBlossom.com** Market, St. Matthews Market, 3738 Lexington Rd., Louisville, KY 40207; 502-896-0189  
**RainbowBlossom.com** Market, Middletown Market, 12401 Shelbyville Rd., Louisville, KY 40243; 502-244-2022  
**RainbowBlossom.com** Market, Springhurst Market, 3608 Springhurst Blvd., Louisville, KY 40241; 502-339-5090

#### Louisiana raw food sources

**Surrey's Café & Juice Bar** 1418 Magazine St., New Orleans 70130; 504-524-3828; Organic juice available in this non-vegetarian café.

#### Maine raw food sources

**AimeesLivinMagic.com** store, 254 Cider Hill Rd., York, ME 03909; 207-409-0899  
**Maine Seaweed Co.**, POB 57 Steuben, ME 04680; 207-546-2875; Source for raw seaweeds.

#### Maryland raw food sources

**Everlasting Life Healthfood Store**; 9185 Central Ave., Capitol Heights, MD 20743; 301-324-6900; EverlastingLife.net  
**TheYabbaPotCafe.com** 2433 St. Paul St., Baltimore, MD 21218-5125; 410-662-8638; Some raw

#### Massachusetts raw food sources

**CornucopiaFoods.net** Market, 150 Maine St., #8, Northampton, MA 01060; 413-586-3800  
**GrezzoRestaurant.com** 69 Prince St., Boston, MA 02113; 857-362-7288  
**OrganicGardenCafe.com** 294 Cabot St., Beverly, MA 01915; 978-922-0004

#### Michigan raw food sources

**MagdalenasTeaHouse.com** 2006 E. Michigan Ave., Lansing, MI 48912; 517-487-1822

#### Minnesota raw food sources

**Ecopolitan.com** 2409 Lyndale Ave. S., Minneapolis, MN 55405; 612-874-7336

#### Missouri raw food sources

**Asian Farmers' Market**, 81<sup>st</sup> & Olive, University City, MO

**Biver Farms**, Brett Palmier, organic farmer and Community Supported Agriculture:  
OrganicSales1@earthlink.net  
**Clayton Farmers Market**, North Central & Maryland Ave., Clayton, MO; Saturday mornings  
**Eternity Deli and Juice Bar**, 11 South Euclid Ave., St. Louis, MO 63108; 314-454-1851;  
info@eternitydeli.com  
**FeralFoods.org**, site for raw foodists in Missouri  
**Natural Way Market** 8110 Big Bend Blvd., Webster Groves, MO 63139; 314-961-3541;  
TheNatWay.com  
**Natural Way Market** 12345 Olive Blvd., Creve Coeur, MO 63141; 314-878-3001; TheNatWay.com  
**Natural Way Market** 468 Old Smizer Mill Rd., Fenton, MO 63026; 636-343-4343;  
TheNatWay.com  
**RawFoodBasics.com**, rawfoodbasics@yahoo.com, Terry Stiers, chef  
**Sappington Farmers' Market** 8400 Watson Rd., St. Louis, MO 63119; SappingtonFarmersMkt.com  
**SoulardFarmersMarket** 730 Carrol St., St. Louis, MO 63104; 314-622-4180

#### Nevada raw food sources

**GoRawCafé.com** 2910 Lake East Dr., Las Vegas, NV 89117; 707-254-5382  
**GoRawCafe.com** 2381 E. Windmill Way, Las Vegas, NV 89123  
**NaturRaw.com**, POB 870, 257 S Moapa Blvd., Overton, NV 89040; raw products company

#### New Hampshire raw food sources

**Country Life Vegetarian Restaurant**, 15 Roxbury St., Keene, NH 03431; 603-357-3975; some raw  
**Katrina's Organic Market & Café**, 3358 White Mountain, North Conway, NH 03860; 603-356-6068; Cooked and raw, plus fresh juices.  
**Susty's Café**, First NH Turnpike, Rte. 4; Northwood NH; 603-942-8425; vegan with some raw options, call first.

#### New Jersey raw food sources

**EastCoastVegan.com**  
**Energy Bar** 307C Orange Rd., Montclair 07042, NJ; 973-746-7003; KHeperFoods.com

#### New Mexico raw food sources

**Art of Raw Food Stand** (seasonal) Arroyo Seco, Taos, NM 87571; 505-758-3316  
**BodyOfSantaFe.com** 333 Cordova Rd., Santa Fe, NM 87505; 505-986-0362; Some raw

#### New York raw food sources

**AngelicaKitchen.com** 333 E. 12<sup>th</sup> New York, NY, 10003-7201; 212-228-2909; Some raw  
**BobsNaturalFoods.com** 104 W. Park Ave., Long Beach, NY 11561; 516-889-8955  
**BonobosRestaurant.com** 18 E. 23<sup>rd</sup> St., New York, NY 10010; 212-505-1200  
**CandleCafe.com** 154 E. 79<sup>th</sup> St., New York, NY 10021; 212-573-7179  
**Caravan Of Dreams.net** 405 E. 6<sup>th</sup> St., New York, NY 10009; 212-254-1613  
**CounterRestaurant.com** 105 1st Ave., New York, NY 10003; 212-982-5870  
**EverythingWellness.net** 118 S. Cayuga St., Ithaca, NY 14850-5508; 607-254-6074; raw food and books  
**ExoticSuperfoods.com** 185-02 Horace Harding Expy., Fresh Meadows, NY 11365  
**HighVibe.com** 138 E. 3<sup>rd</sup>, NY 10009; 212-777-6645  
**Jandis.com** Market, 3000 Long Beach Rd., Oceanside, NY 11572; 516-536-5535; Jandis.com  
**Jill's Café** 231 Court St., Brooklyn, NY 11201; 718-797-0330; jillpettijohn.com  
**JubbsLongevity.com** 508 E. 12<sup>th</sup> St., NY 10009; 212-358-8068  
**KarmaRoad.net** 11 Main St, New Paltz, NY 12561; 845-255-1099  
**LifeThymeMarket.com** 410 6th Ave. , New York, NY 10011; 212-420-9099  
**Liquiteria** 170 Second Ave., New York, NY 10003; 212-358-0300  
**OrganicAvenue.com** 101 Stanton St., New York, NY 10002; 212-334-4593  
**OrganicForever.com** 2053 8th Ave., New York, NY 10026; 212-666-3012  
**Organic Soul Café** 6th St. Ctr, 638 E. 6th St., New York, NY 10009; 212-677-1863;  
SixthStreetCenter.org/café; Not all raw  
**Park Slope Co-op** Market, 782 Union St., Brooklyn, NY 11215; 718-622-0560; FoodCoop.com  
**PureFoodAndWine.com** 54 Irving Pl., New York, NY 10003; 212-477-1010  
**Pure Juice & Takeaway** 125 1/2 E. 17th St., New York, NY 10003-3402; 212-477-7151  
**Quintessence** 263 E. 10th St. New York, NY 10009; 646-654-1823

**Raw Daily Soup** 241 W. 54th St. , New York, NY 10019-5501; 212-765-7687  
**RawSoul.com** 348 W. 145<sup>th</sup> St., New York, NY 10039; 212-491-5859  
**SacredChow.com** 227 Sullivan St., New York, NY 10012; 212-337-0863  
**WesterlyNaturalMarket.com** 913 8<sup>th</sup> Ave., New York, NY 10019; 212-586-5262  
**The V-Spot**, 156 Fifth Ave., Brooklyn, NY 11217; 718-622-2275; [TheVSpotCafe.com](http://TheVSpotCafe.com); Vegan with some raw options.

#### North Carolina raw food sources

**LaughingSeed.com** 40 Wall Street, Asheville, NC 28801; 828-252-3445; veggie place with some raw options + wine

#### Ohio raw food sources

**MustardSeedMarket.com** Café, Montrose, W. Market Plz, 3885 W. Market St., Akron, OH 44333; 330-666-SEED (7333)

**MustardSeedMarket.com** Café, Uptown Solon Shopping Ctr, 6025 Kruse Dr., Solon, OH 44139; 440-519-FOOD (3663); Café: 440-519-3600

**Nature's Bin Market**, 18120 Sloane Ave. Lakewood, OH 44107; 216-521-4600; [Cornucopia-Inc.org](http://Cornucopia-Inc.org)

**TheVegiTerranean.com**, 21 Furnace St., Northside Lofts, Akron, OH; 330-374-5550; some raw. Owned by rock musician Chrissie Hynde

#### Oklahoma raw food sources

**Pure Raw To Go** Tulsa; 918-619-6650; In June 2008 Web site states that restaurant is to open March 2008. Ships raw meals nationwide. Chef Cynthia Beavers. The Web site takes forever to open - something that many people have mentioned. Has an enewsletter: [rawfoodchef@aol.com](mailto:rawfoodchef@aol.com).

#### Oregon raw food sources

**Angels Healthfood Institute**, POB 858, Gold Hill, OR 97525; [angels-visions.com/home.html](http://angels-visions.com/home.html); Farm address: 9394 Blackwell Rd. Central Point, OR 97502; 541-855-1846; [angels-visions.com](http://angels-visions.com)

**AshlandFood.coop** 237 N. 1<sup>st</sup> St., Ashland, OR 97520; 541-482-2237

**BlossomingLotus.com** 925 NW Davis, Portland, OR 97209; 503-525-YOGA

**CapellaMarket.com** 2489 Willamette St., Eugene, OR 97405; 541-345-1014

**GreenLifeCafe.net** Services & Catering 135 Liberty St., NE, OR; 503-507-8544

**RedBarnNaturalGrocery.com** 357 Van Buren St., Eugene, OR 97402; 541-342-7503

**SundanceNaturalFoods.com** 748 E. 24<sup>th</sup>, Eugene, OR 97405-2936; 541-343-9142

#### Pennsylvania raw food sources

**ArnoldsWay.com** 319 W. Main St., Store #4, Rear, Lansdale, PA 19446; 215-361-0116

**KindCafé.com** Philadelphia, PA; 215-922-5463; half raw; moving in 2008

**LovingLifeCafe.com** 717-476-Love

**MaggiesMercantilePA.com** 320 Atwood St., Pittsburgh, PA 15213-4026; 724-593-5056

**MaggiesMercantilePA.com** 1262 Rte. 711, Stahlstown, PA 15687; 724-593-5056

**OasisLivingCuisine.com** Great Valley Shop. Ctr., 81 Lancaster Ave., Malvern, PA 19355; 610-647-9797

**RawLifeLine.com** Huntington Valley, PA; 215-947-1510

#### Texas raw food sources

**DailyJuice.org** 1625 Barton Springs Rd., Austin, TX 78704;

**DailyJuice.org** 2307 Lake Austin Blvd., Austin, TX 78703; 512-480-9501

**OxygenLifeSpa.com** The Rudra Ctr., 609 N. Locust St., Denton, TX 76201

**SunfiredHealthFoods.com** 4915 MLK Jr. Blvd., Houston, TX 77021; 713-643-2884

#### Utah raw food sources

**Ginger's Garden Cafe** 188 S. Main St., Springville, UT 84663; 801-489-4500; some raw + juices

**SagesCafé.com** 473 E. 300 S., SLC, UT 84102; 801-322-3790

#### Washington raw food sources

**ChacoCayonCafé.com** 4761 Brooklyn Ave. NE, 206-5 Canyon, Seattle, WA 98105; 206-522-6966  
**Dalenes.com** 340 Parkplace Ctr., Kirkland, WA 98033; 425-739-7386  
**Living Green Natural Food and Apothecary** 630-A Second St., Langley, WA 98260; 360-221-8242; some raw

#### Washington DC raw food sources

**EverlastingLife.net** Market, 2928 Georgia Ave. NW, Washington, DC 20001; 202-232-1700

#### Wisconsin raw food sources

**Raw Deal** deli, 544 Broadway S., Menomoni, WI 54751; 715-231-3255; some raw

#### Puerto Rico raw food sources

**NaturalHighCafe.com** 99 Calle Sol, Rte. 115, Km. 14.3; Rincon, Puerto Rigo 00677; 787-823-1772

#### Amsterdam raw food sources

**RockItRaw.nl**, weekly raw event in Amsterdam  
**RawSuperfoods.com**, Raw food supply company in Amsterdam.

#### Australia raw food sources

**Academy of Natural Living**, Clohey River Health Farm, POB 901; Cairns, Queensland 4870; 07-4093-7989; international +61 7 4051 0177; iig.com.au/anl; John Fielder  
**AliveOrganics.com.au**, 28 Drynan St., Bayswater, Western Australia 6053; 08-9371-9908; comshare@iinet.com.au; Perth area. Natural foods store with raw focus. Upstairs meeting room for seminars. They also run the online raw food supply store **HealthyValleyOrganics.com.au** +61-8-9371-9903.

**All Raw**, south of Adelaide, Fleurieu Peninsula; +61 0406-338-212; remedybliss@gmail.com

**Conscious-Choice.com**, Sydney; 02-9990-9204. Catering by Julie, and an on-line store.

**The Darrington Brothers**, Paul and Ryan, creating a biodynamic permaculture healing center. Email only paul.darrington@hotmail.com

**GaiasTable.com**

**Hippocrates Australia**, Hippocrates.com.au, health retreat center

**Pizza Patch Organic Vegetarian Restaurant**, 2558 Gold Coast Hwy., Mermaid Beach, Gold Coast QLD; 0401 555 958; mspace.com/thepizzapatch; some raw food on menu

**Raw-Pleasure.com.au**; raw food supplies online; raw chat group; raw events

**Raw Power**, 17 Tombonda Road Murwillumbah NSW 2482 Australia; 1300 664 179;

rawpower.com.au; onelusciousbite.blogspot.com; Runi and Anand conduct raw food classes, organize seminars for visiting raw authors, have raw food store, send raw newsletter. They also run **RawCovery.org**.

**Samudra.com.au**, Samudra, POB 295, Dunsborough 6281, Western Australia; +61 897740110; runs yoga and surf retreats; some raw food, is opening a raw food restaurant. Sheridan Hammond: Sheridan@Samudra.com.au

**Santos Natural Food Store**, 105 Johnson Street, Byron Bay; 6685-7071; SantosTrading.com.au; open 7 days.

**Santos Natural Food Stoer**, 51-53 Burringbar St., Mullumbimby, AU; 6684-3773;

SantosTrading.com; opens 7 days

**The Sushi Wala**, 3-55 Burringbar St., Mullumbimby NSW 2482; sushiwala.com; some raw vegan food

**TropicalFruitWorld.com.au**, Gold Coast, store with variety of fruit

#### Canada raw food sources

**Crudessence.com**, Curdessence Service Traiteur, 5333 rue Casgrain, Suite. 801, Montreal, Quebec H2T 1X3; 514-271-0333; Crudessence Pignon sur Rue, 105 rue Rachel Quest, Montreal, Quebec H2T 1X3

**ForeverHealthy.net**, web store, 1 Yorkville Ave., Ste. 1, Toronto M4W 1L1; 416-962-4400

**GorillaFood.com** 101-422 Richards St., Vancouver V5Z 2K6; 604-722-2504

**Live Health Café** 264 Dupont St., Toronto M5R 1V7; 416-515-2002; LiveFoodBar.com

**Raw Elements Inc.**, RR #2, Acton, Ontario; 519-853-8729; raw products company. Mail order.

**SimplyRaw.ca**, raw food consulting company in Ottawa

**SuperSprouts.com** 720 Bathurst St., Toronto M5S 2R4; 416-977-8929; 416-535-3111  
**UpayaNaturals.com** Toronto; 416-617-3096  
**WOW Wild Organic Café** 22 Carden St., Guelph, ON N1H 3A2; 519-766-1707  
**Zero Zero** 407B 5th St., Courtenay BC V9N 1J7; 250-338-0571

#### Czech Republic raw food sources

**Albiostyl**; Albiostyle.cz

#### England raw food sources

**EarthNaturalFoods.co.uk**, 200 Kentish Town Rd., London NW5 2AE  
**FestivalOfLife.net** yearly festival 0207277 6882  
**FunkyRaw.com** magazine, 87 Pepys Rd., London SE14 5SE  
**InSpiral Lounge**, 250 Camden High Street, London NW1 8QS, England; 020 7428 5875;  
inspiralled.net  
**OceanWaveVibrations.com** raw foods  
**PurelyRaw.com** food delivery 0844 770 3344  
**RawFairies.com** food delivery 07879 246 501  
**SafRestaurant.com** Chad Sarno's restaurant, 152-154 Curtain Rd., Shoreditch, London EC2A 3AT;  
+44 (0) 20 76130 007  
**The Shop On The Hill** market 7b Harefield Rd., Brockley, London SE4 1LW England; 0208  
6922175; theshoponthehill@hotmail.com ; tiny market  
**VitaOrganic** (extensive raw and juice menu) Wholistic Restaurant, Alternative Café and Juice Bar,  
279C Finchley Rd, London, NW3 6ND, England; 020-7435-2188; VitaOrganic.CO.uk

#### Jamaica raw food sources

**Ashanti Foods Monthly Brunch**, Yvonne Hope; 876-944-3316  
**Earl's Juice Garden**, 16 Derrymore Rd., Kingston 10, Jamaica; 876-906-4287; 876 920-7009  
**Earl's Juice Garden #2**, Shop #6, 6 Red Hills Rd., Kingston 10, Jamaica, 876-754-2425

#### Scotland raw food sources

**Red Sugar**, 27b Raeburn Pl., Stockbridge, Edinburgh EH4 1HU, Scotland; 031 332 8455; red-  
sugar.co.uk

#### Spain raw food sources

**EcoForest.org** Intentional community  
**Organic**, C. de la Junta de Comera 11, Barcelona, Spain 08001; 001 34 93 301 0902; Organic.es

#### Sweden raw food sources

**FreshFoodFestival.com**  
**LevandeFoda.se**

#### Thailand raw food sources

**Rasayana Raw Food Café**, 57 Soi Sukhumvit 39 (Prom-mitr), Sukhumvit Rd., Klongton-Nua  
Wattana 10110; Bangkok, Thailand, 66-2662-4803-5

#### RAW WEB SITES

If you know of any helpful web sites based on raw veganism or Sunfoodism, please let us know by email: [information@sunfoodliving.com](mailto:information@sunfoodliving.com), or snail mail: POB 1272, Santa Monica CA 90406-1272, USA

**AliveFoods.com**, author Paul Benhaim, Australia. [Info@AliveFoods.com](mailto:Info@AliveFoods.com). Also runs:  
**NotTheCookingShow.com**

**AmbrosiaMystique.com**

**Matt Amsden**: **RawVolution.com**, proprietor of Euphoria Loves Rawvolution café, Santa Monica, California

**Anthony Anderson**: **RawModel.com**, New York male model, permaculturist, chef.

**ArtOfLivingWell.com**

**Australia Raw Food Community**: **Raw-Pleasure.com.au**

**ThorBazler.com**, author and owner of Raw Power nutritional supplement company in Idaho

**Paul Benhaim**, AliveFoods.com, chef, chocolateier, and entrepreneur in Australia  
**Boutenko Family**: RawFamily.com, Ashland, Oregon  
**Sapoty Brook**, eco-eating.com, Australian inventor of the KaPNak chart.  
**CafeGratitude.com**, San Francisco restaurant and store, 4 locations (SF, Berkeley, San Rafael)  
**Brenda Cobb**, LivingFoodsInstitute.com. Author and owner of this New Age healing center offering raw food prep classes in Atlanta, Georgia.  
**ComfortablyRaw.com**  
**EatingRawFoods.com**  
**EcoForest.org**  
**Elizabeth Howard**: RawRawGirls.com, Eugene, Oregon chef, life coach, runs seminars  
**EuphoricOrganics.com**, author and chef Renee Loux Gordon or Maui, Hawaii  
**EverythingRaw.com**, Charlottesville, Virginia  
**FeralFoods.com**, Missouri company  
**ForeverHealthy.net**, Canadian raw food supply company.  
**FreshFoodFestival.com**  
**FortinaChocolate.com**, San Diego raw chocolate company.  
**FunkeyForest.com**, Australian yoga and fasting retreat center in mountains near Byron Bay. Erik Adams, founder.  
**Funky Raw Magazine**: FunkyRaw.com; magazine@funkyraw.com  
**GalaxyOfVitality.com**  
**TheGardenDiet.com**, Ojai, California. Has enewsletter, publishes online magazine, *Pear*. Jinji and Storm also send out daily inspirational emails and give seminars.  
**GiveltToMeRaw.com**, social networking site for raw foodists  
**GoRawChicago.com**, Lenette  
**HarmonyHikes.com**, chef and author Sergei Boutenko of RawFamily.com in southern Oregon conducts adventurous wild food foraging hikes.  
**Woody Harrelson**, VoiceYourself.com  
**HealingJourneys.info**, Ninaya Laub of Santa Barbara, CA.  
**JoelsFood.com**  
**Jon Hinds**, MonkeyBarGym.com. Wisconsin yoga, calisthenics, and fitness course gym founded by Hinds, a personal fitness coach to many professional athletes.  
**JourneysForTheSoul.com**, Kerri Dancing Butterfly conducts seminars and retreats, usually in Arizona.  
**JuiceFeasting.com**  
**Dr. Rosa Kincaid**, DrRosaKincaid.com; Medical doctor, teacher, raw food chef, professional dancer, mother, wife, grandmother. Wow!  
**Karen Knowler**, TheRawFoodCoach.com of England  
**JacQui Lalita**, DaneOfTheDivine.org  
**Ninaya Laub**: HealingJourneys.info. Santa Barbara mom, yoga teacher, chef, and raw food seminar organizer with her permaculturist and farmer husband, Daniel Laub.  
**LevandeFoda.se**  
**LivingNutrition.com**. Raw food magazine.  
**LivingTreeCommunity.com**, Living Tree Community Foods  
**LivingSource.co.uk**  
**LizbyGrave.co.uk**  
**Renee Loux**: EuphoricOrganics.com. Chef, author, and TV personality who lives in Maui, Hawaii.  
**LoveRaw.com**  
**Mango the Fruitarian**, MangoDurian.blogspot.com, Australian  
**Anna Marcon**: TheRawLife.co.uk  
**BrigitteMars.com**, chef and author in Boulder, Colorado  
**MattMonarch.Blogspot.com**  
**John McCabe**: SunfoodLiving.com. Author, artist, environmental activist.  
**MediterraneanGoesRaw.com**, Mrs. Flora Papadopoulou, author of book *Mediterranean Goes Raw*  
**MonkeyBarGym.com**, Jon Hinds of Wisconsin. Personal trainer to many professional athletes.  
**NaturRaw.com**, POB 870, 257 S Moapa Blvd., Overton, NV 89040; raw products company  
**PualNison.com**, author  
**OceanWaveVibrations.com**  
**OptimumHealth.org**  
**Cath Parker**: CathParker.WordPress.com  
**Hunab Ku Portal**: HunabKu.biz  
**OneLusciousBite.blogspot.com**, Runi and Anand conduct raw food classes, organize seminars for visiting raw authors, have raw food store, send raw enewsletter. They also run RawPower.com.au. 17 Tombonda Road Murwillumbah NSW 2482 Australia; 1300 664 179  
**PurelyRaw.com**  
**Amy Rachelle**: AmyRachelle.com. Chef, life coach, theorist, conducts seminars in NY and San Francisco area.

**The Raw Chef Blog:** [TheRawChefBlog.com](http://TheRawChefBlog.com)  
**RawCovery.org.** Australian site.  
**RawDenver.com**  
**TheRawDivas.com,** 2710 Thomes Ave., Ste 246, Cheyenne, WY 82001, USA; 514-833-DIVA  
**RawElements.ca, Dawn@RawElements.ca ;** raw products company in Ontario, Canada.  
**Raw4Life.com,** P.O. Box 939, Trabuco Canyon, CA 92678. Orange County.  
**RawFamily.com.** The Boutenko family of chefs and authors in Ashland, Oregon.  
**RawFoodBasics.com,** [rawfoodbasics@yahoo.com](mailto:rawfoodbasics@yahoo.com), Terry Stiers, chef in Missouri  
**RawFoodChat.com**  
**RawFoodChef.com.** Site for author and chef Cherie Soria's Living Light Culinary Arts Institute in Fort Bragg, California. She also hosts an annual week-long raw food seminar, and owns and operates a bed and breakfast.  
**TheRawFoodCoach.com**  
**RawFoodInfo.Com**  
**RawFoodMedia.com**  
**Raw Food Network:** [RawFoodNetwork.com](http://RawFoodNetwork.com)  
**Raw Food Planet:** [RawFoodPlanet.com](http://RawFoodPlanet.com)  
**RawFoodsBible.com.** Site for the author of the Raw Foods Bible.  
**RawFor30Days.com.** Site for documentary about diabetic patients who got off their medication by going raw under the supervision of Gabriel Cusens in Arizona.  
**RawFoodsBible.com,** author Craig B. Sommers N.D., C.N.  
**RawFoodToday.Blogspot.com**  
**TheRawFoodWorld.com** Matt Monarch's site for raw food books, appliances, and supplies.  
**TheRawGreek.com,** Gina Panayi, England  
**RawGuru.com,** Tampa, Florida online store. Alex Malinsky, owner, chef. Also runs [RawFoodChat.com](http://RawFoodChat.com).  
**RawIndex.com**  
**RawIntent.co.uk,** England raw food online store.  
**RawLiving.be/boeken.htm**  
**TheRawKitchen.co.uk;** [shel@therawkitchen.co.uk](mailto:shel@therawkitchen.co.uk); England chefs.  
**TheRawLife.co.uk**  
**RawModel.com.** Site for New York male supraw model, chef, permaculturist Anthony Anderson.  
**Raw Network of Washington, Seattle:** [RawWashington.org](http://RawWashington.org)  
**RawNirvana.tv**  
**Raw-Pleasure.com.au,** Australian raw food forum, store, and seminars.  
**RawPower.com.** Author Thor Bazler's site. Owner of Idaho company that makes raw nutritional supplements.  
**RawPower.com.au,** Australian raw food network, produces seminars, produces monthly newsletter  
**RawQuest.dk**  
**RawRawGirls.com,** Elizabeth Howard of Eugene, Oregon. Chef, life coach, gives seminars.  
**RawReform.com,** author, lecturer, and retreat organizer Angela Stokes who dropped 160 lbs after turning to a raw food diet. Sells books, supplies. Produces enewsletter. Gives consultations. Wife of Matt Monarch of [RawSpirit.org](http://RawSpirit.org).  
**RawReform.Blogspot.com.** Angela Stokes' blog for raw foodists. Event listings.  
**RawSacramento.net**  
**RawSpirit.com.** Raw Spirit Festival held annually in Arizona.  
**RawSpirit.org** author, speaker, and blogger Matt Monarch's site. Husband of Angela Stokes of [RawReform.com](http://RawReform.com)  
**RawSuperfoods.com,** Raw food supply company in Amsterdam.  
**RawVeganBooks.com** Matt Monarch's book store  
**RawVeganSource.com**  
**RawVolution.com.** Matt and Janabai Amsden's café next to their store, Beauty and Wisdom. Santa Monica, California.  
**RawWashington.org**  
**Rejuvenative.com,** site for the raw foods product company Rejuvenative Foods, POB 8464, Santa Cruz, CA 95061; 800-805-7975; 831-427-2196; [mail@rejuvenate.com](mailto:mail@rejuvenate.com)  
**Rhio's Raw Energy:** [RawFoodInfo.Com](http://RawFoodInfo.Com). Author and chef Rhio lives in New York.  
**Erik Rivkin,** [VivaLaRaw.com](http://VivaLaRaw.com); [ERivkin@mindspring.com](mailto:ERivkin@mindspring.com); chef.  
**RockItRaw.nl,** weekly raw event in Amsterdam  
**RunningRaw.com,** Tim Van Orden, the raw athlete.  
**SacredChocolate.com**  
**Self-Healing.se/naturecure.htm**  
**SexyBitchesLiketRAw.com,** crass name for a raw food catering and food preparation instruction company. Los Angeles.  
**ShamanShack.info,** Dean Thomas' Chinese tonic herbal products and mushrooms. Los Angeles.

**ShantiDevi.com**, Chef, yoga teacher, retreat and party organizer, raw cacao supplier. New York City.

**Shazzie.com**, co-author of *Naked Chocolate*. England.

**SimplyRaw.ca**, Canadian raw company that also has a yearly raw festival in Ottawa

**SmartMonkeyFoods.com**, info@smartmonkeyfood.com; company started by recipe book author Ani Phyo that produces raw nutritional bars.

**Cherie Soria**: RawFoodChef.com. Author, chef, and owner of Living Light Culinary Arts Institute in Fort Bragg, California.

**SmartMonkeyFoods.com**, Steve Adler's chocolate company in northern California.

**SproutLiving.com**, one of Alex Malinsky's sites (also: RawGuru.com and RawFoodChat.com)

**Terry Stiers**, chef in Missouri; RawFoodBasics.com, rawfoodbasics@yahoo.com

**Sunfood.com**. Author and speaker David Wolfe's company in San Diego. Sells raw food books, foods, kitchen equipment. Conducts seminars and retreats.

**SunfoodLiving.com**. Site for John McCabe's book, *Sunfood Living: Resource Guide for Global Health*.

**SunfoodTraveler.com**. Site for John McCabe's guide to Sunfoodist culture.

**SynergyChef.com**

**Dean Thomas**, ShamanShack.info, Chinese tonic herbal products and mushrooms. Los Angeles.

**ThorBazler.com**. Author and owner of Idaho company that makes raw food nutritional supplements.

**TotalRawFood.com**

**Tree of Life Rejuvenation Center, Arizona**: TreeOfLife.nu

**VivaLaRaw.com**, Erik Rivkin, chef. Founded Viva La Raw Project to educate people on raw foods and healthy planet ventures.

**VoiceYourself.com**, Woody Harrelson's site

**David Wolfe**: DavidWolfe.com. Author, success speaker, and owner of Sunfood.com.

**YogaInTheRaw.com**, Michael Stein and Angela Starks of New Paltz, New York. Yoga studio, raw food and green living seminars.

## **RAW CHEF SCHOOL**

Many raw food restaurants offer raw food preparation courses.

Brenda Cobb's **Living Foods Institute** is a New Age healing center offering classes in raw food preparation. 1530 Dekalb Ave., NE, Ste. E, Atlanta, Georgia, 30307; 404-524-4488; LivingFoodsInstitute.com.

For those wishing professional raw chef training, consider Cherie Soria's **Living Light Culinary Arts Institute**, 301-B North Main St., Fort Bragg, California 95437; 800-816-2319; 707-964-2420; RawFoodChef.com; info@rawfoodchef.com. Soria has also restored a nearby mansion into a bed and breakfast that serves her foods. They hold an annual seminar weekend that includes many visiting authors.

## **SUNFOODIST RETREATS**

For up-to-date information on Sunfood Retreats, access **Sunfood.com**, or **DavidWolfe.com**. Wolfe's retreats are often held at Eden Hot Springs in Arizona; at Kalani on the Big Island of Hawaii; and various other yoga and health retreat centers. Wolfe also hosts an annual trip to ancient villages in South America.

There are a variety of raw food retreats that have different styles. One may focus more on detoxing and fasting, while another may focus on yoga and learning to make healthful food. Some are held in hotels, bed and breakfast hotels, retreat centers, or at resorts, while others are held in more of a rugged surrounding, such as at a hot springs center where you stay in a tent. Select a retreat based on your comfort level and needs.

Also, some intentional communities also host and/or function as retreat centers. To find a list of raw food intentional communities, access: **RawCommunities.com**. The site contains a growing list of raw food intentional communities around the world.

## **Arizona retreats**

**Tree Of Life Rejuvenation Center**, 686 Harshaw Road, Patagonia, AZ 85624; 520-394-2520; healing@treeoflife.nu; TreeOfLife.nu; Dr. Gabriel Cousens' center.

**Journeys for the Soul**, Kerrie Cushing holds raw food retreats, usually in Arizona. DancingButterfly.net

## **California retreats**

**Living Light Culinary Arts Institute** in Fort Bragg, California. This is Cherie Soria's raw food chef school. It also has a café. Check schedule for raw food seminars. Cherie owns and runs a bed and breakfast in Fort Bragg that serves her amazing food. RawFoodChef.com.

**Human Nature**, Santa Barbara, CA; 805-448-1939; HumanNature.net; Ness Carroll co-founder  
**Optimum Health Institute**, 6970 Central Ave., Lemon Grove, CA 91945; 619-464-3346  
**River Canyon Retreat**, 18262 Slide Mine Road, N. San Juan, CA 95960; 530-292-0171; RiverCanyonRetreat.com

#### Florida retreat

**Hippocrates Health Institute**, 1443 Palmdale Court, West Palm Beach, FL 33411; 800-842-2125

#### Georgia retreat

**Sprout Raw Food Learning Center**, 1085 Lake Charles Drive, Roswell, GA 30075; 770-992-9218; SproutRawFood.com, Jackie and Gideon

#### Hawaii retreats

**The Center For Healing With Nature**, 593 Poipu Dr., Honolulu, HI 96825; 808-394-6240; HealingWithNature@hawaii.rr.com

**Kalani.com** Big Island, Hawaii: This is a yoga retreat center that is like summer camp for adults with a large pool, massage, and a special watsu pool. Rooms are simple with screens instead of windows. There is also a camping field. Communal dining is mostly vegetarian or vegan. They will accommodate the raw food diet upon request. Sometimes hosts raw retreats that provide their own raw food, including David Wolfe's New Years gathering.

**Yoga Oasis**, PO Box 1935, Pahoehoe, HI 96778; 808-965-8460; YogaOasis.org; info@yogaoasis.org. On Big Island. Check schedule.

#### New Mexico retreat

**Ann Wigmore Foundation**, PO Box 399, San Sidel, New Mexico 87049; 505-552-0595

#### Michigan retreat

**The Assembly of Yahweh Wellness Center**, 7881 Columbia Hwy., Eaton Rapids, MI 48827; 517-663-1637; Hiawatha Cromer

**Creative Health Institute**, 112 West Union City Rd., Union City, MI 49094; 517-278-6260; info@creativehealthinstitute.us; CreativeHealthInstitute.us

#### Illinois retreat

**Nature's Raw Energy**, 640 15th Avenue, East Moline, IL 61244; 309-755-0200; NaturesRawEnergy.com

#### Texas retreats

**Optimum Health Institute**, Rural Route 1, Box 339-J, Cedar Creek, TX 98612; 512-303-4817

**Oxygen Life Spa and Raw Superfood Store**, 609 N. Locust, Denton, TX 76201; 944-384-7946; OxygenLifeSpa.com; Asha Cobb

**Rest Or Your Life Health Retreat**, PO Box 102, Barksdale, TX 78828; 830-234-3488; vvhaag@swtexas.net; Gregory and Tosca Haag.

#### Washington retreat

**Cedar Springs Renewal Center**, 31459 Barben Rd., Sedro Woolley, Washington 98284; 360-826-3599; mohappy@cedarsprings.org

#### Australia retreat

**Funkey Forest**, 1321 Main Arm Rd., Mullumbimby, NSW 2482, AU; 02-66845279

FunkeyForest.com. Retreat center surrounded by a wildlife sanctuary in the mountains 30 minutes from Byron Bay. Not a resort. Has dorms, camping, meditation/yoga rooms, massage, kitchen facilities, broad deck, hiking excursions. Various yoga, fasting, detox retreats held here. Erik Adams, founder.

**Hippocrates Health Center of Australia**, Elaine Ave, Mudgeeraba 4213, Gold Coast Queensland, Australia; 07-5530-2860; Hippocrates.Com.AU

### Canada retreats

**New Life Retreat**, RR4, 453 Dobbie Rd., Lanark, Ontario, K0G 1K0, Canada; 613-259-3337; healing@newliferetreat.com; newliferetreat.com; Chas and Madeline Dietrich  
**Nonpareil Natural Health Retreat**, RR#3, Stirling, Ontario, K0K 3E0, Canada; 613-395-6332; nonpareil@sympatico.ca; David Gouveia and Ms. Mano McNabb. 173 acre country estate.

### Costa Rica retreats

**Cascada Verde**, Costa Rica, contact through email address: cascadaverde@hotmail.com  
**Spirit of the Earth**, 5871 Bells Rd, London, Ontario, N6P 1P3, Canada; 519-652-9109  
Walter and Lorenna. Canadian address, but retreats are held in Costa Rica.  
**Pacha Mama** 506-289-7081; pachamama@tyohar.org; pacha-mama.org. Intentional community on the West coast of Costa Rica. Holds many gatherings and has massage therapists, yoga teachers, and other healers and instructors present.

### England retreats

**HeartSpring.co.uk** England  
**Shambhala.co.uk** England  
**ShekinAshram.org** England  
**SuraDetox.com** England

### Mexico retreat

**Rio Caliente Spa and Nature Resort**, Primavera, Mexico; 1-800-200-2927; RioCaliente.com/index.html. Although not all vegetarian or raw food, this "nature ranch" in a pine forest provides raw food, fresh juices, and is in a setting of gardens, natural hot spring-fed pools, and offers common spa treatments, including massage, mud baths, steam baths, hiking, and yoga. The spa grows much of its own food. Located 45 minutes from Guadalajara. Group rates are offered.  
**Sanoviv Medical Institute** of Baja California, Mexico; 2602-C Transportation Avenue, National City, CA 91950; 800-SANOVIV (726-6848); sanoviv.com

### Puerto Rico retreat

**Ann Wigmore Institute**, PO Box 429, Rincon, Puerto Rico 00677 USA; 787-868-6307; wigmore@coqui.net; annwigmore.org

### Philippines retreat

**The Farm at San Benito**, Hippocrates Health Resort of Asia, The Farm at San Benito, Isle of Luzon, Philippines; Manila Office Azalea Room Mezzanine Floor, Mandarin Oriental Hotel, Makati Avenue, Makati City; 632-751 3498; 632-750 8888 loc. 72428; info@thefarm.com.ph; thefarm.com.ph; A raw-food resort.

### Spain retreat

**Comunidad de Alimentacion Cruda Internacional**, Finca Cruda, Revista NaturalezaCruda, Arroyo del Viejo-Alpujata, 29110 Monda, Malaga, Costa del Sol, Spain; 952 119929, 619 78 85 70; Contact: Balta  
baltacrudo@yahoo.es

### Thailand retreat

**ProCynergy**, 120/51 Palm Springs Place, Ciang Mai, 500000, Thailand; 053 241 249; Julia@juliajus.com; juliajus.com

### RAW MAGAZINES

**Comunidad Cruda**, a community in Balta produces a magazine  
**Funky Raw Magazine**, 87 Pepys Rd. London SE14 5SE, England; funkyraw.com; magazine@funkyraw.com

**Living Nutrition Magazine**, POB 256, Sebastopol, CA 95473; [livingnutrition.com](http://livingnutrition.com)  
**Pear Magazine Online**, [PearMagazine.com](http://PearMagazine.com)  
**Sunfood Traveler Online**, [SunfoodTraveler.com](http://SunfoodTraveler.com)  
**Vegan Voice**, Australia; [Veganic.net](http://Veganic.net). Although not a raw magazine, it features many articles of interest to Sunfoodists.

### **CHOOSE ORGANIC FOODS**

“The amount of pesticides and non-organic fertilizers used in farming today is shocking, and it is being ingested by us and Earth and damaging us both – for example, conventional strawberries use 300 pounds of synthetic pesticides, herbicides, fertilizer, and fungicides per acre.”

– Terces Engelhart, co-author with Orchid of *I Am Grateful: Recipes & Lifestyle of Café Gratitude*; [CafeGratitude.com](http://CafeGratitude.com)

**BeyondPesticides.org**

**Organic Consumers Association**: [OrganicConsumers.org](http://OrganicConsumers.org)

**Organic Seed Alliance**: [SeedAlliance.org](http://SeedAlliance.org)

**Pesticide Action Network**: [PANNA.org](http://PANNA.org)

**TheWarOnBugsBook.com**

**Worldwide Opportunities on Organic Farms**: [WWOOF.org](http://WWOOF.org)

### **GROW FOOD AND NURTURE EDIBLE WILD PLANTS**

The absolute number one cause of greenhouse gas emissions is related to food production, packaging, shipping, marketing, and cooking. Eat regionally: it uses at least 50 times less fossil fuels. Eat organic: It uses 50% less fossil fuels. Eat a vegan diet that is all or mostly raw: it uses over 15 times less water, over 25 times less land, and over 30 times less petroleum than the typical American diet.

Disconnect from the corporate food train. Grow food using heirloom, non-hybridized, and non-genetically modified seeds. Educate yourself about *veganic* gardening, which uses no bone meal or blood fertilizers.

Nurture wild edible plants native to your region. Include wildflowers to support local bee colonies.

Learn about the Dervaes family of Pasadena, California, and how they turned their small yard into a garden that produces thousands of pounds of fruits and vegetables every year:

**PathToFreedom.com**.

**Am. Community Gardening Assoc.**: [CommunityGarden.org](http://CommunityGarden.org)

**Community Alliance with Family Farmers**: [CAFF.org](http://CAFF.org)

**Community Gardening Association**: [CommunityGarden.org](http://CommunityGarden.org)

**Food Empowerment Project**, POB 7071, San Jose, CA 95150-7071; 530-848-4021;

[FoodsPower.org](http://FoodsPower.org)

**Food Not Lawns**: [FoodNotLawns.com](http://FoodNotLawns.com)

**GardenProject.org**

**HarmonyHikes.com**, Sergei Boutenko's wild food foraging adventure hikes

**Native Seeds**: [NativeSeeds.org](http://NativeSeeds.org)

**Oregon Tilth**: [Tilth.org](http://Tilth.org)

**Organic Seed Alliance**: [SeedAlliance.org](http://SeedAlliance.org)

**Permaculture.co.uk**

**RareSeeds.com**

**RayMears.com**

**Save Our Seed**: [SavingOurSeed.org](http://SavingOurSeed.org)

**SeedAlliance.org**

**Seed Savers Exchange**: [SeedSavers.org](http://SeedSavers.org)

**SquareFootGardening.com**

**Tilth.org**

**TilthProducers.org**

**TheLearningGarden.org**

**WWOOF.org**

### **LEARN THE DANGERS OF GENETICALLY ENGINEERED FOODS**

Read and learn about farmer Percy Schmeiser, who has been sued by Monsanto. Access his Web site: **PercySchmeiser.com**.

**Ban Terminator Seeds**: [BanTerminator.org](http://BanTerminator.org)

**EarthSave**: [EarthSave.org](http://EarthSave.org)

**The Food Revolution:** [FoodRevolution.org](http://FoodRevolution.org)  
**The Future of Food:** [TheFutureOfFood.com](http://TheFutureOfFood.com)  
**Monsanto Watch:** [MonsantoWatch.org](http://MonsantoWatch.org)  
**Seeds of Deception:** [SeedsOfDeception.com](http://SeedsOfDeception.com)

### **BEGIN COMPOSING, RETURNING NUTRIENTS TO THE LAND**

In past centuries people grew or wildharvested most or all of their food. Then they put their food scraps back into the soil. This returned nutrients to Earth and built up their soil base so that their culinary gardens grew amazingly well.

These days most people are disconnected from growing food. They purchase their food from stores, then throw their food scraps into the trash, which gets taken to a landfill where it is mixed with all sorts of toxic substances. Then, if people want to grow a garden they often use chemical fertilizers to feed the plants. This practice is a double-edged sword. Not only are they depleting the soil by not returning the plant and food scraps to the soil, they also are poisoning the land and their bodies with chemical fertilizers made from fossil fuels that are known to cause cancer, birth defects, learning disabilities, and other health problems.

Additionally, because plants that are grown in weak soil also are not as hardy as they would be if they had been grown in nutrient-rich soil, they are more susceptible to infestation. To deal with that issue people use pesticides that are designed to kill living things. Pesticides are toxic to humans, pets, and wildlife.

Ideally all restaurants and food stores would return food scraps to the land, and not send them to trash heaps.

**Eco•Cycle:** [EcoCycle.org/compost](http://EcoCycle.org/compost)  
**How To Compost:** [HowToCompost.org](http://HowToCompost.org)  
**US Composting Council:** [CompostingCouncil.org](http://CompostingCouncil.org)

### **LEARN ABOUT THE SLOW FOOD MOVEMENT**

When McDonald's planned to open a McDonald's near the Piazza di Spagna in Rome in 1986, a man named Carlo Petrini organized a protest. As their weapons the protesters used bowls of penne. Petrini wrote a manifesto against the fast-food culture and he founded the Slow Food Movement. The movement promotes traditional and regional foods as well as agricultural biodiversity, home culinary gardens, small farms, and sit-down dinners.

The Slow Food Movement has been key to reviving the "victory gardens" people planted in their yards, on their rooftops, and in their neighborhoods during WWII. But, this time people are planting home and neighborhood culinary gardens to provide personal independence from corporate agriculture, from the industrial food chain, and from mass marketed foods, and to save money, water, energy, and other resources. The spread of home culinary gardening is reviving a connection to Nature people lost by becoming too attached to commercialism, restaurants, and store-bought foods. Many affiliate groups have been started around the world.

**FoodNotLawns.com**  
**FoodRoutes.org**  
**LocalHarvest.org**  
**SlowFoodNation.org**  
**SlowFoodUSA.org**

### **PLANT FRUITING TREES AND BUSHES**

California Rare Fruit Growers [CRFG.org](http://CRFG.org). This association was founded in 1968 by Paul Thomson and John Riley. There are now chapters with thousands of members in many countries.

**California Rare Fruit Growers' San Diego chapter:** [CRFGSanDiego.org](http://CRFGSanDiego.org)  
**CRFG.org/nurlist.html.** California Rare Fruit Growers' site listing nurseries selling both rare and common fruiting trees and bushes.  
**Northern Nut Growers Association,** [NutGrowing.org](http://NutGrowing.org)  
**TropicalFruitTrees.com,** Vista, CA. California Tropical Fruit Trees sells a variety of both rare and common fruiting trees and berry bushes.

### **SUPPORT THE FRUIT TREE PLANTING FOUNDATION**

The Fruit Tree Planting Foundation (FTPF) programs strategically plant orchards where the harvest will best serve communities at places such as homeless shelters, drug rehabs, low-income areas, reservations, international hunger relief sites, and animal sanctuaries. FTPF's projects benefit the environment, human health, and animal welfare all at once.

“A seed a sapling a Tree that will feed the body, replenish the earth, oxygenate the air we breathe for more years than the hands that plant them will live to see. The Fruit Tree Planting Foundation truly embraces the notion that love gives without expectation of reward.”

– Angela Bassett, Golden Globe-winning Actor

**The Fruit Tree Planting Foundation**, POB 900113, San Diego, CA 92190; FTPF.org

### **KNOW THE DANGERS OF THE MEAT INDUSTRY**

More land on this planet is used to support the animal farming industry than any other human land use. Most of the farmland on the planet is used to grow food for farm animals. That translates to most of the water used for farming, and most of the fuel used for farming, and most of the toxic chemicals used for farming. That is just the start of the damage done to the planet by the animal farming.

Please read Howard Lyman’s book, *Mad Cowboy*, and John Robbins’ book, *The Food Revolution*.

“The livestock sector generates more greenhouse gas emissions as measured in CO2 equivalent than transport [pollution from all cars and trucks combined].”

– Food and Agriculture Organisation, Rome, Italy; 2006

“The less animal-based food you eat, and the more you replace those calories with plant-based food, the better off you are, in terms of your health as well as your contributions to the health of the planet.”

– Gidon Eshel, assistant professor of geophysics, U. of Chicago. Co-author of study concluding that becoming a vegan does more to reduce greenhouse gasses than car use.

### **The animal farming and meat industry:**

- Cuts down and/or burns forests around the world to make room for growing grain and for cattle grazing, releasing the greenhouse gas CO2 into the atmosphere. The destruction of the Brazilian rainforests to make way for cattle grazing and grain fields has turned Brazil into the world’s leading exporter of beef and soy.

- Uses synthetic fertilizers made with fossil fuels to grow the food for the farm animals, releasing more CO2 into the atmosphere. The fertilizer releases nitrous oxide, which is nearly 300 times more damaging than CO2.

- Produces the greenhouse gasses carbon dioxide, methane, and nitrous oxide as a result of the manure being produced by tens of billions of farm animals. Methane is emitted from the mouths of cattle and sheep and is 23 times stronger than CO2.

**AnimalsAustralia.org**

**Farm Animal Reform Movement:** FARMUSA.org

**FarmSanctuary.org**

**Howard Lyman:** MadCowboy.Com

**MercyForAnimals.org**

**No Veal:** NoVeal.org

**People for the Ethical Treatment of Animals:** PETA.org

**John Robbins:** FoodRevolution.org

**WoodstockFAS.org**

### **PLANT AND PROTECT TREES AND FORESTS**

Trees and forests are one of the many keys to life on this planet. Without them, we would all die.

“Trees shade our ground, create topsoil, clean the air and help the land attract, hold and filter water. The trees and their roots purify the water as the rains fall. Clean streams keep millions of aquatic and other species alive.”

– Tim Hermach, President Native Forest Voice; *Forest Voice*, Spring 2006; ForestCouncil.Org

“Destruction of forests is a leading cause of global environmental breakdown, including global warming.”

– AncientTrees.Org, 2006

**ACF.org**

**AmericanForests.org**

**AncientTrees.org**

**Budongo Forest:** [Budongo.org](http://Budongo.org)  
**Campaign for Old Growth:** [ancienttrees.org](http://ancienttrees.org)  
**California Rare Fruit Growers, CRFG:** [CRFG.org](http://CRFG.org)  
**Earth First!:** [EarthFirst.org](http://EarthFirst.org)  
**ForestAdvocate.org**  
**ForestCouncil.org**  
**ForestEthics.org**  
**Forests Forever:** [ForestsForever.org](http://ForestsForever.org)  
**Forests.org**  
**FTPF.org**  
**FUF.net**  
**GPTaskForce.org**  
**Living Tree Paper Company:** [LivingTreePaper.com](http://LivingTreePaper.com)  
**NANPS.org**  
**NativeForest.org**  
**Natural Resources Defense Council:** [NRDC.org](http://NRDC.org)  
**NRDC.org**  
**NutGrowing.org**  
**ProtectOurWoodland.co.uk**  
**Rainforest Action Network:** [RAN.org](http://RAN.org)  
**RainForestWeb.org**  
**RAN.org**  
**SacredRedwood.org**  
**Sanctuary Forest:** [SanctuaryForest.org](http://SanctuaryForest.org)  
**SaveOaks.com**  
**Save the Redwoods League:** [SaveTheRedwoods.org](http://SaveTheRedwoods.org)  
**SequoiaForestKeeper.org**  
**TasForests.green.net.au**  
**TreeMusketeers.org**  
**Tree People:** [TreePeople.org](http://TreePeople.org)  
**TreesForLife.org**  
**Trees for the Future:** [TreesFTF.org](http://TreesFTF.org)  
**Trees Foundation:** [TreesFoundation.org](http://TreesFoundation.org)  
**We Save Trees:** [WeSaveTrees.org](http://WeSaveTrees.org)

#### **PROTECT WATER**

“There is but one ocean though its coves have many names; a single sea of atmosphere with no coves at all; the miracle of soil, alive and giving life, lying thin on the only Earth, for which there is no spare.”

– David Brower, first executive director of the Sierra Club; founder of Friends of the Earth; founder of Earth Island Institute; father of the modern environmental movement

**American Rivers:** [AmericanRivers.org](http://AmericanRivers.org)  
**Corporate Accountability Int.:** [StopCorporateAbuse.org](http://StopCorporateAbuse.org)  
**Environmental Justice Coalition for Water:** [EJCW.org](http://EJCW.org)  
**The Greywater Guerillas:** [SFUAS.org](http://SFUAS.org)  
**InternationalRivers.org**  
**Natural Resources Defense Council:** [NRDC.org](http://NRDC.org)  
**RainWaterHarvesting.org**  
**Sierra Club:** [SierraClub.org/committees/cac/water](http://SierraClub.org/committees/cac/water)  
**Water Keeper Alliance:** [WaterKeeper.org](http://WaterKeeper.org)  
**World Water Council:** [WorldWaterCouncil.org](http://WorldWaterCouncil.org)

#### **PROTECT NATIVE BEE POPULATIONS**

Plant native wildflowers, flowering trees, and shrubs. Use organic gardening techniques.

**VanishingBees.com**  
**Wild-Flowers.com**

#### **UTILIZE BAMBOO**

There are over 1,000 varieties of bamboo. It is a fast-growing plant that can be used for food, flooring, shelter, clothing, soil detoxification, flood control, oxygen, and cleaning the air of pollution.

**American Bamboo Society:** [AmericanBamboo.org](http://AmericanBamboo.org)

**BambooCentral.org**  
**BambooMan.com.au**  
**Bamboo.org**  
**Bamboo2000.com**  
**Environmental Bamboo Foundation:** BambooCentral.org  
**International Network for Bamboo and Rattan:** INBAR.int  
**Panda Bamboo:** PandaBamboo.com  
**Smith & Fong Plyboo:** Plyboo.com  
**WFBamboo.com**

#### **LEGALIZE INDUSTRIAL HEMP FARMING**

Hemp is perhaps the most useful single plant on the planet. It can be used for food, fuel, fabric, flooring, insulation, plastic, fiberglass, plywood, resin, bricks, filters, ink, paint, soap, paper, medicine, furniture, and many other products.

Even though you can't get high from hemp, and it is a plant that can absorb pollution; improve air and water quality; protect wildlife habitat; and provide a more sustainable culture, it is currently illegal to grow hemp in the U.S., and all hemp products must be imported.

**Canadian Hemp Trade Alliance:** HempTrade.ca  
**Hemp Industries Association:** TheHIA.org  
**HempNation.com**  
**Hemp Oil Canada:** HempOilCan.com  
**HempStores.com**  
**North American Industrial Hemp Council:** NAIHC.org  
**Nutiva.com**  
**Seattle Hempfest:** HempFest.org  
**Vote Hemp:** VoteHemp.com

#### **GREEN YOUR HOME**

Learn about nontoxic paints and finishes; composting; solar power; solar hybrid lighting; tankless hot water systems; graywater systems; landscaped roofs; biodegradable soaps; safe cosmetics; recycled and rescued wood furniture; natural insulation; recycling; native plants; low-impact housing; organic culinary gardening; recycled paper products; nonpetroleum candles; open brick paving; and ways you can live a more environmentally sustainable life.

**BuildingGreen.com**  
**Earth911.org**  
**GreenRoofs.com**  
**PermaCultureActivist.net**  
**PermaCulture.com**  
**RegreenProgram.org**  
**WeCanLiveGreen.com**

#### **REDUCE YOUR TRASH OUTPUT**

**Ban.org**  
**EcoCycle.org**  
**FreeCycle.org**  
**FreeGans.info**  
**FreeGeek.org**  
**GRN.com**  
**PlanetGreenRecycle.com**  
**ZeroWasteAmerica.org**

#### **CHOOSE FABRIC BAGS, NOT PAPER OR PLASTIC**

Hundreds of millions of plastic bags are used every day. These choke landfills, end up as litter, clog waterways. Plastic bags cause the death of birds, fish, turtles, and other wildlife when bags choke or strangle them, or end up in their digestive tract and cause them to starve.

Hundreds of thousands of trees that are home to wildlife and that also clean the air, filter water, build soil, and put forth oxygen are cut down every year to produce paper bags, literally trashing forests: the lungs of Earth, the homes to wildlife, and the starting base of many rivers.

#### **PROTECT ANIMALS**

“Ecologists assert that the only large mammals to survive the near future will be those which humans allow to live. Biologists predict the Earth could lose one quarter to one third of all known species within our lifetime.”

– EarthFirst.Org

**ARI-Online.org**

**Care for the Wild International:** CareForTheWild.org

**The Custeau Society:** Cousteau.org

**DawnWatch.com**

**Endangered Species Coalition:** StopExtinction.org

**GivenGain.com**

**GreenPeace:** GreenPeace.org/usa

**In Defense of Animals:** IDAUSA.org

**The Leatherback Trust:** LeatherBack.org

**NatureServe.org**

**New England Anti-Vivisection Society:** NEAVS.org

**No Puppy Mills:** NoPuppyMills.com

**PawProject.org**

**Sea Shepherd Conservation Society:** SeaShepherd.org

**Sea Turtle:** SeaTurtle.org

**SongBird.org**

**TakingActionForAnimals.org**

**VoiceForAnimals.net**

**Wildlife Watch:** WildWatch.org

#### **PROTECT SEA MAMMALS**

**FishingHurts.com**

**GreenPeace.org**

**HarpSeals.org**

**LeatherBack.org**

**SaveTheManatee.org**

**SeaOtters.org**

**SeaTurtle.org**

**SeaShepherd.org**

**TheOceanProject.org**

#### **PROTECT THE ENVIRONMENT**

“The future of the Earth is in the balance. It’s up to us – who else? There is no one big fix. It involves everything we do, permanently, forever.”

– David Attenborough

**EarthDay.net**

**EarthFirst.org**

**Earth Island Institute:** EarthIsland.org

**GlobalGreen.org**

**Green Power, China:** GreenPower.org.hk/gp/e\_main.asp

**Greens.org.au,** Australian environmentalists

**KyotoUSA.org**

**Rising Tide Australia:** RisingTide.org.au

**Rising Tide North America:** RisingTideNorthAmerica.org

**Rising Tide UK:** risingtide.org.uk

**The Wilderness Society:** Wilderness.org

**Wildlands Project:** Wild-Earth.org

**WorldWatch.org**

#### **PREVENT CLIMATE CHANGE**

**Campaign Against Climate Change:** CampaignCC.org

**The City Repair Project:** CityRepair.org

**ClimateChallenge.org**

**Culture Change:** CultureChange.org

**ClimateChangeNews.org**

**ClimateCrisis.net**

**CommunitySolution.org**

**CoolMayors.org**

**Environmental Media Association:** EMA-Online.org

**Fight Global Warming:** FightGlobalWarming.com

**Global Green:** GlobalGreen.org

**Greenpeace:** GreenPeace.org

**Mayors for Climate Protection:** CoolMayors.org

**Redefining Progress:** RProgress.org

**Union of Concerned Scientists:** UCSUSA.org

**World Watch Institute:** WorldWatch.org

### **JOIN BIKE CULTURE AND STOP DRIVING!**

“Every time I see an adult on a bicycle, I no longer despair for the future of the human race.”  
- H. G. Wells

“It is curious that with the advent of the automobile and the airplane, the bicycle is still with us. Perhaps people like the world they can see from a bike, or the air they breathe when they're out on a bike. Or they like the bicycle's simplicity and the precision with which it is made. Or because they like the feeling of being able to hurtle through air one minute, and saunter through a park the next, without leaving behind clouds of choking exhaust, without leaving behind so much as a footstep.”  
- Gurdon S. Leete

**Bicycle Civil Liberties Union:** BCLU.org

**Bicycle Safe:** BicycleSafe.com

**Bicycle Transportation Alliance:** BTA4Bikes.org

**Bicycling Street Smarts:** BikeExprt.com/streetsmarts

**Bicycology:** Bicycology.org.uk

**Bike Boom:** BikeBoom.com

**BikeRoWave:** BikeRoWave.org

**BikeSchool.com**

**Bikes Not Bombs:** BikesNotBombs.org

**Critical Mass:** Critical-Mass.info

**Culture Change:** CultureChange.org

**Cyclists Inciting Change Thru Life Exchange:** CICLE.org

**League of American Bicyclists:** BikeLeague.org

**Midnight Ridazz:** MidnightRidazz.com

### **SAY NO TO NUKES**

Don't believe the propaganda put out by the nuclear power industry claiming that nuclear energy is clean energy that is environmentally safe. There are many extremely problematic sides to the nuclear power industry.

To create nuclear energy uranium has to be mined, which leaves behind highly toxic and radioactive waste on the destroyed land. The nuclear power plants create massive amounts of radioactive waste, which remains toxic for many thousands of years. The power plants are not safe in the long term, and they pose an ongoing target for disaster.

Nuclear energy is not cheap, is not green, is not environmentally safe, is not sustainable, and is not good.

There is a direct correlation between the nuclear energy industry and the nuclear bomb industry.

Learn more and say NO! to nukes.

“Once-through cooling technology is used exclusively in 48 nuclear reactors with 11 additional reactors employing the technology in conjunction with cooling towers and canals. These reactors, situated on coastal waters, major rivers, and lakes can draw in as much as a billion gallons of water per reactor unit a day, nearly a million gallons a minute, in order to dissipate the extraordinary amounts of waste heat generated in the fission process.

The initial devastation of marine life and ecosystems stems from the powerful intake of water into the nuclear reactor. Marine life, ranging from endangered sea turtles and manatees down to delicate fish larvae and microscopic planktonic organisms vital to the ocean ecosystem, is sucked irresistibly into the reactor cooling system, a process known as entrainment.”

- Nuclear Information and Resource Service, NIRS.com

**Citizen Alert:** CitizenAlert.org

**Natural Resources Defense Council:** NRDC.org

**Nuclear Information and Resource Center:** NIRS.com

**NukeWatch.com**

**Physicians for Social Responsibility:** PSR.org

**Public Citizen's Critical Mass Energy Program:** Citizen.org

**Redwood Alliance:** RedwoodAlliance.org

**Shundahai Network:** Shundahai.org

**Sierra Club:** SierraClub.org/nuclearwaste

**Union of Concerned Scientists:** UCSUSA.org

**WagingPeace.org**

### **TRIGGER PEACE**

"To please their kings, they've all gone out to war, and not a one of them knows what they're fighting for."

- Irving Berlin

**BraveNewFoundation.org**

**Central Committee for Conscientious Objectors,** Objector.org

**CodePink4Peace.org**

**Cursor.org**

**Iraq Veterans Against the War,** IVAW.org

**The National Network Opposing Militarization of Youth,** NNOMY.org

**National Youth and Student Peace Coalition,** NYSPC.org

**VeteransForPeace.org**

**VotersForPeace.org**

**WarResisters.org**

### **CHANGE YOUR LIGHT BULBS AND REDUCE LIGHTING**

Use LED lights, which use even less electricity and don't contain the mercury found in compact fluorescent bulbs. Always turn off lights not in use. Greatly reduce exterior lighting.

**DarkSky.org**

### **IF YOU USE AIR CONDITIONING**

Install a Cool-n-Save kit to reduce costs, electricity, and pollution by 25% or more.

**CoolNSave.com**

### **REDUCE HUNGER AND HOMELESSNESS**

"Credit crunch? The real crisis is global hunger. And if you care, eat less meat: A food recession is under way. Biofuels are a crime against humanity, but - take it from a flesh eater - flesh eating is worse... While 100m tonnes of food will be diverted this year to feed cars, 760m tonnes will be snatched from the mouths of humans to feed animals - which could cover the global food deficit 14 times. If you care about hunger, eat less meat."

- Journalist George Monbiot, London's Guardian newspaper, April 15, 2008

Grain grown for livestock is the primary farm crop on every continent and uses more land, water, and resources to grow than food not grown for farm animals.

Over two thirds of the farmland in Central America is used to grow livestock feed. About two thirds of the grain in Russia is fed to farm animals.

On the land used to produce the beef that would provide the daily food needs of one person, the daily food needs of more than 15 people could be met by growing fruits and vegetables.

As the people on the planet are becoming increasingly dependant on corporations to grow their food the food shortage issues are becoming worse; the variety of food plants is being reduced; the soil is being degraded by monocropping and farming chemicals; broad-based food recalls are becoming more common; and family farmers are going out of business as corporate farms and governments are controlling food and land prices as well as trade routes.

Grow food. Support local family farmers. Eat organically.

**Food First:** FoodFirst.org

**Food Not Bombs:** FoodNotBombs.net

**Food Not Lawns:** FoodNotLawns.com

**The Hunger Project:** THP.org

### **LEARN ABOUT COMMUNES AND INTENTIONAL COMMUNITIES**

Communes and Intentional Communities exist within towns and cities as well as in the countryside. They are quickly becoming popular with those involved in sustainable solutions.

**Global EcoVillage Network:** [EcoVillage.org](http://EcoVillage.org)

**Intentional Communities Magazine:** [Communities.ic.org](http://Communities.ic.org)

**Lost Valley.org**

**Radical Caring:** [DSame.com/radicalcaring.html](http://DSame.com/radicalcaring.html)

**RawCommunities.com**, a growing list of raw food intentional communities around the world

### **PRACTICE YOGA**

Yoga is effective in improving health on all levels.

If there is not a yoga studio near you, start one! Make it affordable to all by establishing the classes as donation-only, with a suggested cost, but with only a box where people can donate after class. Yoga should not be about making money, it should be about enlightenment. Deny no one.

**Aquarian Times magazine,** [AquarianTimesMagazine.com](http://AquarianTimesMagazine.com)

**ChildrensYoga.com**

**International Association of Yoga Therapists,** Prescott, Arizona; [IAYT.org](http://IAYT.org)

**International Kundalini Teachers Assoc.,** [KundaliniYoga.com](http://KundaliniYoga.com)

**RadiantlyAlive.com**

**MatthewSanford.com**

**SoulYogaPractice.com**

**AshleyTurner.org**

**YogaInTheRaw.com**

**YogaMovement.com**

**Yoga.ResearchEasy.com**

**YogiTimes.com**

### **THE CUBA SOLUTION**

In the present day United States we are seeing certain aspects of our economy collapsing. Fuel prices have recently risen by over 100%, food prices have gone up, the cost of just about everything has climbed northward faster than we have seen in many decades, and some more than ever. Many thousands of people are losing their jobs as corporations cut costs. People are struggling to keep food on their tables. Many people have lost their homes. Unemployment claims are shooting skyward.

Americans can learn a lesson by looking to Cuba and considering how the people in that country responded to their economic collapse.

For many years the Soviet Union was supporting Cuba by purchasing Cuba-grown sugar cane for excessive prices, and often exchanging it for food, fuel, and other goods.

When the cold war ended and the wall fell in the 1980s, the Cuban economy collapsed with the disintegration of the Soviet Union. Most of Cuba's food and fuel had been imported. Suddenly they had less than one-third of what had become their normal flow of food, fuel, and cash. They couldn't afford imported goods. Many had no food, and some starved.

That is when Cuba got busy. They turned to home gardening, planting food in every available space. The Ministry of Agriculture tore up its lawn and turned it into a culinary garden. The government gave away plots of land to people who promised to use the land to grow food. Government buildings, schools, senior housing centers, and apartment complexes turned their lawns into culinary gardens. Some people created gardens on their rooftops, and on the roofs of commercial buildings. Land that had become trash dumps was cleaned up and turned into neighborhood farms.

From the mid-80s to the mid-90s, Cuban food production increased several hundred percent. Farmers' markets are now filled with a variety of homegrown foods and produce from local organic farms. Fresh food improved the health of Cubans. Malnutrition has vanished as food has become plentiful.

Cubans have no question about where they will get their next meal, they simply turn to their yard, rooftop, or community garden.

Home gardening and localizing their economy benefited Cubans in ways they never considered while saving people money and building strong communities that are less reliant on stores,

foreign products, and foreign fuel. Pollution has decreased as economies have become localized, reducing packaging and fuel use. Money largely stays within the communities, and less of it is needed.

Because the people could not afford to purchase chemical fertilizers, they naturally learned how to grow food without chemicals, thus becoming organic farmers and gardeners by default. They compost their kitchen, restaurant, and food market scraps into garden soil, returning nutrients to the land. Today, 85% of the food in Cuba is organic.

Today, in the U.S., nearly all kitchen, restaurant, and food market scraps are sent to landfills and trash dumps. Today, most U.S. food is grown using toxic farming chemicals that pollute the land, water, air, and us. Today, nearly everyone in the U.S. relies on stores and restaurants to supply their food, which creates a tremendous amount of waste, and uses enormous amounts of fuel and other resources.

People often think of Cuba as a shutoff country living in the dark ages. But their healthcare system, schools, libraries, and food production are all far better than nearly every country.

Cuba is also advanced in alternative fuel sources. When the Soviet Union collapsed, so did the energy imports coming into Cuba. Suddenly they couldn't afford to run their cars, tractors, trucks, and bus systems. People started riding bikes, growing foods, and turned to alternative fuel sources, including solar energy and biofuels.

To reduce electricity use, the Cuban government gave away many thousands compact fluorescent light bulbs. Today they are turning to LED lights, which last longer, use less energy, and don't contain the toxic mercury that is in compact fluorescent bulbs. They are also beginning to use hybrid solar lighting, which uses fiber optics to bring Sunlight into homes and businesses.

There is no combination of alternative fuels that can sustain the current U.S. use of fuels and energy. But there are combinations of alternative ways of living that can transform our neighborhoods into more sustainable human communities.

Every step people make toward a more sustainable culture makes a difference. Localizing our foods; growing culinary gardens; composting our kitchen, restaurant, and food market waste; supporting organic family farms; cutting back on car culture; riding bikes; walking; building monorail systems instead of freeways and subways; using green products; legalizing industrial hemp farming; reducing electricity use and shutting down coal-fired power plants; using cloth bags instead of paper or plastic; reducing our use of petro-plastic and other petroleum products; using biodegradable botanical soaps; planting fruiting trees; planting and protecting trees and forests; refusing to pollute our land, rivers, lakes, oceans, and air; and protecting our environment and wildlife by turning away from petroleum, coal, and natural gas holds promise for a more sustainable and healthful planet.

In the 1940s Americans planted culinary "victory gardens" to become more independent. It is time to revive the movement, and never let it end.

Relying on corporations, markets, and restaurants to supply most of our food fails us. The most basic need is for food. Today most Americans have never grown any of their food, and have instead relied on stores and restaurants to supply their food. They don't know what most of the food plants look like in their natural environment. Many people hold an attitude that growing a food garden is something beneath them. They have no idea what they are missing out on. Growing food should be taught in every school, and from every parent to their child. Every household should be involved in some aspect of culinary gardening – be it growing food in pots on patios, porches, and rooftops, or pulling up lawns to grow food. All food scraps from every household, restaurant, food market, and food-processing plant should be turned into compost to grow local culinary gardens.

It should no-longer be okay and normal to completely rely on corporations for our most basic needs. It should be very clear that doing so weakens us, gives up our power, and damages the world.

The way the Cuban people responded to a rapidly collapsing economy by localizing their economy holds lessons for all of us, no matter where we live.

Let us all be involved in transforming our way of living to be sustainable, Earth-friendly, and healthful.

For additional information on the Sunfoodist culture, access [SunfoodLiving.com](http://SunfoodLiving.com), and read the book *Sunfood Living: Resource Guide for Global Health*. Published by Random House/North Atlantic Books ([NorthAtlanticBooks.com](http://NorthAtlanticBooks.com)) and Sunfood Nutrition ([Sunfood.com](http://Sunfood.com)).