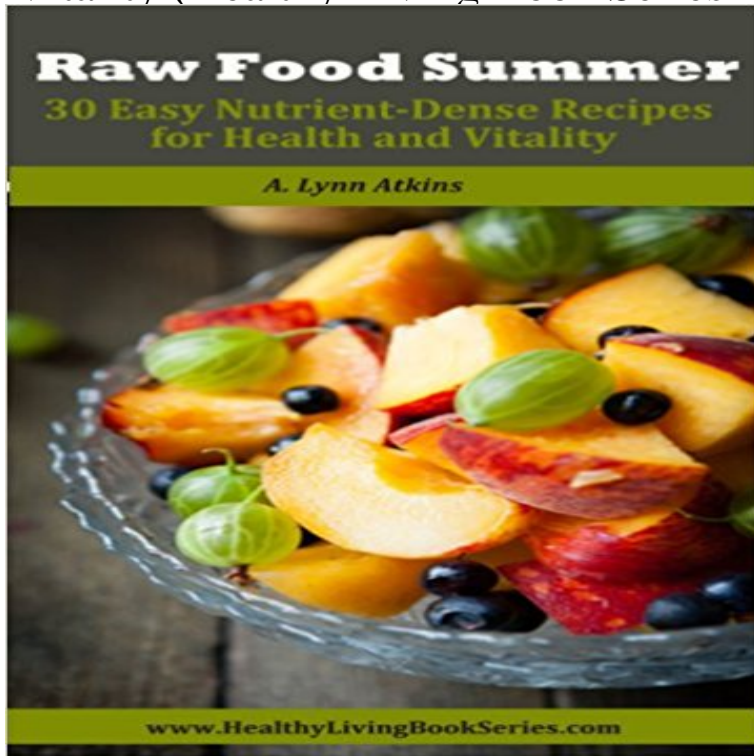


## Raw Food Summer: 30 Easy Nutrient-Dense Recipes for Health and Vitality (Healthy Living Book Series 2)



Adding fresh fruits and vegetables to your family's diet has never been easier! This collection of fast and easy raw food recipes will have you eating plenty of nutritious produce through the entire summer season. Whether you're transitioning to a completely raw lifestyle or just want to include more fruits and vegetables on your plate, this book will help you get off to a great start (without spending hours in the kitchen). No special equipment to buy or hard to find ingredients. Most recipes can be made in 10 minutes or less. Meat-free, dairy-free, and grain-free dishes. Pro-farmer, earth-friendly, and kid approved! Raw Food Recipes in Minutes, not Hours. Don't let hours of prep time keep you from adding fresh, disease-fighting produce into your diet this season! Appetizers like Mango Salsa with raw chips, Dill Parmesan Kale Chips, and Zucchini Hummus. Juices and Smoothies like Green Juice, Berry Fruit Infusions, Watermelon Mint Quenchers, and Strawberry Banana Flax Smoothies. Salads and Entrees like Arugula and Mango Salad, Indian-inspired Cauliflower Rice, and Tabbouleh. Amazing Desserts like Chocolate Mousse, Mango Ice Cream, Cherry Vanilla Yogurt...and so much more! Whether you're entertaining guests at a picnic or potluck, or just relaxing at home on the patio these summer recipes will help you reach your health goals this season. Grab this book and visit your local vegetable stand for delicious summer eating!

Green Artists League GALvanizing Eco-Responsibility Subscribe via RSS HOME ABOUT ALCHEMICAL GARDEN ECOVENTIONS Help Cultivate The Alchemical Garden: An Edible Garden and Art Park at Newburyport's Rail Trail Posted by erin on April 25, 2011 3 comments The Alchemical Garden site February 2010 GAL is turning a desolate field of weeds into a visually compelling garden that will educate and engage the community for years to come. Located on a 160 x 25 site near the south entrance of Newburyport's Clipper City Rail Trail, the Alchemical Garden is a richly layered evolving art and horticulture experience that is accessible on many different levels to the public. Alchemical Garden Plot plan Alchemical Garden is designed to become a model for a sustainable, interactive public garden through the use of symbiotic, low maintenance plantings and recycled materials. The ancient discipline of Alchemy marries art and science and is famously known for transforming a common material into gold. The Alchemical Garden will lead the community to transform on a number of levels : Alchemical Garden with Spring

Wheat "Crop Circles" June, 2011 BUILD COMMUNITY: The Garden creates a gathering space for individuals to form a more intimate relationship with their community. The space is designed with visual features and seating areas to compel passers-by to pause, reflect, and have a multi-sensory interactive experience ( sight, smell, touch, taste, smell) with the garden and the community. Read the rest of this entry Categories: Alchemical Garden, Articulture, Current Events, Projects. Tags: alchemy, art, bike, crucible, ecology, garden, green art, hedge, hyper-accumulating, industry, living structure, Newburyport, permaculture, rail, sculpture, soil remediation, trail, tree guilds.

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