FamilyGreenSurvival, Inc.
EatingGreen

Information is provided for informational purposes only and is not intended as a substitute for the advice provided by your physician or other healthcare professional. You should always consult with your physician or other healthcare professional before changing your diet.

What can we and our families do to personally contribute to the ‘global green’ movement? Based on the adage, “Think Globally, Act Locally,” the Eating Green program asks that you pledge to eat one day a month raw green foods – foods that have been minimally processed after harvesting. This means only ‘raw’ vegetables, fruits, nuts, seeds, honey, and water from the tap. Eating Green would save a significant amount of energy used to commercially process and transport the foods, as well as for home and restaurant cooking. Eating green would also reduce the waste associated with the disposal of processed food packaging – glass, plastic, paper, and metal. The rules are simple for your Eating Green day:

- No electrical appliances – refrigerator, oven, blender, juicer, food processor, coffee maker, stove, or oven. OK to use mortar, pestle, and manually operated kitchen devices
- No wood fires, gas burners, microwave oven, or barbeques, remember no cooking
- Wash all dishes by hand, OK to use detergent and hot water
- No disposable plates, cups, napkins, paper towels, or plastic utensils
- No bottled water, no soft drinks, no alcohol, no coffee or tea (except sun tea); this is the opportunity to drink just water or hand squeezed juices

Remember, you and your family will be making a statement that you do care about our beautiful planet.

Menu Plan: The typical menu for the day would include:

- **Breakfast:** Hand squeezed orange or grapefruit juice (no electrical juicer), mixture of fruits and a small quantity of raw nuts and seeds
- **Lunch:** Salad, fruits, and a small quantity of raw nuts and seeds
- **Dinner:** Salad, fruits, and a small quantity of raw nuts and seeds
- **Dessert:** Dried fruits-nuts-seeds-honey truffles or fresh fruit dessert
- **Snack:** Fresh vegetables and fruits, dried fruits, raw nuts, and seeds, absolutely no energy bars or candy

Because the program does not include milk, coffee, or tea (except sun tea without sugar and milk), make sure to drink your water – no ice.

*It is important that you use seasonal fruits and vegetables that are grown in and around your state -- fruits and vegetables that are out of season and transported long distance, especially from foreign countries, mean extensive energy use in shipment and storage.*
When possible, shop at a local farmer’s markets. Remember, the primary objective of the program is to minimize the use of energy and waste – reduce your carbon footprint.

Salads: Iceberg lettuce has very low nutritional value. It is best to use a mixture of darker greens -- arugula, chard, cilantro, endive, escarole, kale, parsley, spinach, radicchio, watercress, and a variety of fresh herb. My preference is to rinse the greens in cool water and then spin dry using a manual salad spinner.

Nuts and Seeds: The nutrition and taste of your salad is enhanced with small quantities of raw nuts -- walnuts, peanuts, almonds, pecans, pistachios, and raw seeds – pumpkin, sunflower, and sesame. All are good sources of high quality protein, fat, fiber, and antioxidants.

Fruits: Both fresh and dry fruits provide added nutrition and texture. Dry figs, apricots, cranberries, raisins, and pitted dates add sweetness and necessary fiber to the dishes. In the recipes below, we have purposely excluded mango and pineapple because these are not grown on the mainland, are shipped from faraway places. Of course, if you are in Hawaii, you are welcome to use the locally grown mangoes and pineapples.

Fennel Bulb: Fennel, a whitish or pale green color bulb with long stalks topped with feathery greens, is crunchy, slightly sweet, and has the delightful aroma of light licorice. The bulb, stalk, and leaves are all edible. The bulb should be firm without signs of splitting, bruising or spotting. To prepare, wash and pat dry the bulb, trim off the root end and cut the stalks away from the bulb. Slice the bulb in half vertically and remove the hard core from each half. Rinse the fennel halves to remove any dirt. The bulb can now be sliced, diced or grated. The stalks can be used for soup stock, while the leaves can be minced and used as garnish.

Jicama: Pronounced hee-kah-mah, an underground tuber, is a native of Mexico and Central America. Usually the size of a large turnip, has crisp white flesh under a fibrous skin, which must be peeled off. Though it can be steamed, baked, or boiled, the best way is to eat it raw. Or, simply squeeze lime juice over the sticks, a few shakes of kosher salt, crushed cumin seeds, red pepper flakes, and enjoy.

Herbs: It is best to use fresh herbs when possible for their greater aroma, taste, and mouth feel. Each year I grow five to seven herbs – basil, oregano, tarragon, thyme, rosemary, sage, and mint. Herbs are easy to grow and last all of spring, summer and early fall; make sure to use an organic fertilizer.

Salad Dressing: Most commercial dressings are a nutritional disaster – too much fat, too much salt, added sugar, and many ‘chemical’ ingredients. For this program, you need to make your own salad dressing, it takes only a few minutes and you actually lose a few calories chopping, mixing, and whisking the ingredients! Also, the dressings don’t include any oil.

Enjoy your Eating Green day and be proud of your contributions to ‘living green.’
**Lime, Cucumber, Ginger, and Mint Water:** This is a refreshing drink; remember, for the Eating Green Day, no ice in the drink please.

1 gallon water  
1 lime sliced, discard seeds  
1 cucumber, peeled, seeded, sliced  
Small knob of ginger, peeled, lightly crushed  
Mint leaves  

Combine all ingredients in a suitable container; if you must, add up to 1 tablespoon of honey; stir, store covered in a cool place.

**Salad Dressings**

The recipes below are for a serving of four salads, if preparing only one or two salads, reduce the quantities accordingly. For best results, first prepare the dressing and let it rest while preparing the salad ingredients.

**Strawberry Dressing, Serves 4**

½ cup strawberries, hulled  
1 lemon, lime, or half orange, juiced manually  
1 to 2 tablespoons water  
1 tablespoon minced fresh herb of choice  
½ teaspoon honey, room temperature  
¼ teaspoon kosher salt  
¼ teaspoon red pepper flakes

Dice the berries as fine as possible. In a bowl combine all ingredients and whisk to form a smooth sauce, may need to use a bit of water if too thick.

**Pumpkin Seed Dressing, Serves 4**

1 lemon, lime, or half orange, juiced manually  
1 to 2 tablespoons water  
2 tablespoons raw pumpkin seeds, minced fine  
1 tablespoon minced herb of choice  
1 teaspoon Italian seasoning, salt free  
½ teaspoon honey, room temperature  
¼ teaspoon kosher salt

In a jar with a tight fitting lid, combine all ingredients and shake well.

**Avocado Dressing, Serves 4**

1 medium ripe avocado, pitted, and mashed  
2 tablespoons fresh lime or lemon, juiced manually
2 tablespoons water  
½ teaspoon cumin seeds, crushed  
½ teaspoon honey, room temperature  
¼ teaspoon kosher salt  

In a bowl, combine all ingredients and stir well; if too thick add 1 tablespoon water at a time and stir.

**Orange Juice Dressing, Serves 4**

1 teaspoon orange zest  
1 orange, juiced manually  
1 lemon, juiced manually  
1 tablespoon minced herb of choice  
1 teaspoon Italian seasoning, salt free  
½ teaspoon honey, room temperature  
¼ teaspoon kosher salt  

In a jar with a tight fitting lid, combine all ingredients and shake well.

**Blueberry Dressing, Serves 4**

½ cup blueberries,  
1 lemon, lime, or half orange, juiced manually  
1 to 2 tablespoons water  
1 tablespoon minced fresh herb of choice  
½ teaspoon honey, room temperature  
¼ teaspoon kosher salt  
¼ teaspoon red pepper flakes  

Dice the berries as fine as possible. In a bowl combine all ingredients and whisk to form a smooth sauce, may need to use a bit of water if too thick.

**Mixed Herb Dressing, Serves 4**

½ cup mixed herbs (sweet basil, rosemary, sage, thyme, mint…)  
1 lemon, lime, or half orange, juiced manually  
1 to 2 tablespoons water  
½ teaspoon honey, room temperature  
¼ teaspoon kosher salt  
¼ teaspoon red pepper flakes  

Mince herbs as fine as possible. In a bowl combine all ingredients and whisk to form a smooth sauce, may need to use a bit of water if too thick.
Easy Mix N’ Match Salad, One Serving

To prepare your salad, select one item from each column, adjust quantities to match the number of servings desired; feel free to adjust ingredient quantities to suite your taste. Make sure to use only raw nuts and seeds. If you are growing any herbs, add about one tablespoon of minced fresh herbs of your choice to the salad; your taste buds will thank you. Combine the salad ingredients in a bowl, toss well.

<table>
<thead>
<tr>
<th>Green Leaves</th>
<th>Vegetables</th>
<th>Fruits</th>
<th>Raw Nuts &amp; Seeds</th>
<th>Dressing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spinach</td>
<td>Red, Yellow, or Green Bell Pepper</td>
<td>Dried Apricots, Figs, Pitted Dates, or Cranberries</td>
<td>Walnuts</td>
<td>Strawberry Dressing</td>
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<td></td>
<td>½ cup, sliced</td>
<td>2 tablespoons, chopped</td>
<td>2 tablespoons</td>
<td></td>
</tr>
<tr>
<td>Field Greens</td>
<td>Carrots or Cucumber</td>
<td>Peach, Apricot, Nectarine, Melon</td>
<td>Pumpkin Seeds</td>
<td>Pumpkin Seed Dressing</td>
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<tr>
<td></td>
<td>½ cup, sliced or grated</td>
<td>½ cup, diced</td>
<td>2 tablespoons</td>
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<tr>
<td></td>
<td>(No baby carrots)</td>
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<td></td>
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<tr>
<td>Romaine</td>
<td>Cauliflower or Broccoli</td>
<td>Blackberries, Blueberries, or Strawberries</td>
<td>Sunflower Seeds</td>
<td>Avocado Dressing</td>
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<tr>
<td></td>
<td>½ cup, chopped</td>
<td>½ cup</td>
<td>2 tablespoons</td>
<td></td>
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<tr>
<td>Boston Lettuce</td>
<td>Mushrooms</td>
<td>Seedless Grapes</td>
<td>Pecans</td>
<td>Orange Juice Dressing</td>
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<td>½ cup, sliced</td>
<td>½ cup</td>
<td>2 tablespoons, chopped</td>
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<tr>
<td>Watercress</td>
<td>Jicama or Fennel Bulb</td>
<td>Apple, Pear, or Kiwi</td>
<td>Almonds</td>
<td>Blueberry Dressing</td>
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<td></td>
<td>½ cup, sliced</td>
<td>½ cup, diced</td>
<td>2 tablespoons, chopped</td>
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<tr>
<td>Radicchio</td>
<td>Tomatoes</td>
<td>Avocado</td>
<td>Sesame or Poppy Seeds</td>
<td>Mixed Herb Dressing</td>
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<td>½ cup, diced</td>
<td>½ small, diced or sliced</td>
<td>2 teaspoons</td>
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*Use seasonal vegetables and fruits, best bought from a farmer’s market.*
Salad Recipes

For any of the salad recipe below, no specific dressing is suggested. The dressing recipes above provide you a wide selection; feel free to adjust ingredient quantities to suite your taste.

Fruit Salad, Serves 4

2 bananas, peeled and sliced
1 pound strawberries, hulled and sliced
1 cup apple, diced
4 medium size peaches or nectarines, pitted and sliced
4 ounces seedless grapes
½ cup chopped raw walnuts
1 teaspoon fresh mint, minced

Dressing

In a large bowl combine all salad ingredients and toss well.

Spinach and Fennel Salad, Serves 4

8 to 10 ounces baby spinach, about four handfuls
2 oranges
1 medium size fennel bulb, sliced
1 medium ripe avocado, pitted, and diced
1 pear, cored and sliced
4 tablespoons raw pumpkin seeds
1 tablespoon sesame seeds

Dressing

Peel the oranges, slice in thick circles, stack the circles and then slice through to cut in half. In a large bowl combine all salad ingredients and toss well.

Promise Salad: Serves 4

8 to 10 ounces lettuce, about four handfuls
2 medium carrots, peeled and sliced thin
1 medium ripe avocado, pitted, and diced
1 pear or apple, cored, and sliced
6 dry figs, stemmed, sliced thin
2 tablespoons raw walnuts, diced
3 tablespoons raw sunflower seeds
2 heaping tablespoon dried cranberries, chopped
2 tablespoons fresh parsley, minced

Dressing

In a large bowl combine all salad ingredients and toss well.
Field Greens and Mushroom Salad, Serves 4

8 to 10 ounces Arugula or mixed field greens, about four handfuls
8 to 12 medium-size Crimini mushrooms, stemmed, and sliced thin
1 small cucumber, peeled and sliced
½ cup diced sweet onion
¼ cup raw almonds, rough chop
2 tablespoons raw pumpkin seeds

In a large bowl combine all salad ingredients and toss well to coat the fruit pieces.

Fennel Salad, Serves 4

1 fennel bulb, trimmed and diced
1 small cucumber, peeled and diced
2 cups broccoli, cut into small pieces
2 celery stems, diced
2 tablespoons raw walnuts, chopped
2 tablespoons raw pumpkin seeds

In a large bowl combine all salad ingredients and toss well.

Purple and Green Cabbage Salad, Serves 4

4 to 5 ounces purple cabbage, julienned, about two handfuls
4 to 5 ounces green cabbage, julienned, about two handfuls
1 carrot, peeled and grated
1 medium cucumber, peeled and diced
1 pear or apple, cored, and sliced
4 tablespoons raw pecans, chopped
1 tablespoon sesame seeds

In a large bowl combine all salad ingredients and toss well.

Desserts

Pecan Truffles, Makes 6

2 tablespoons pecans, minced
1 tablespoon raw pumpkin seeds, minced
1 tablespoon dried cranberries, minced
6 to 8 pitted dates, minced
4 dried figs, minced
1 generous teaspoon honey, room temperature
1 tablespoon sesame seeds
Note: It is important that all ingredients be minced fine.

In a bowl, combine and mix all ingredients except sesame seeds, let the mixture rest for 5 minutes. Moisten your hands and shape the mixture into one inch balls. Roll each ball in sesame seeds to coat evenly.

Peanut Truffles, Makes 6

2 tablespoons shelled raw peanuts, minced
1 tablespoons dried cranberries, minced
6 to 8 pitted dates, minced
4 dried figs, minced
1 tablespoon raisins, minced
1 generous teaspoon honey, room temperature
½ teaspoon ground cinnamon
2 tablespoons raw sunflower seeds, minced

Note: It is important that all ingredients be minced fine.

In a bowl, combine and mix all ingredients except sunflower seeds, let the mixture rest for 5 minutes. Moisten your hands and shape the mixture into one inch balls. Roll each ball in sunflower seeds to coat evenly.

Walnut Truffles, Makes 6

2 tablespoons raw walnuts, minced
1 tablespoons dried cranberries, minced
6 to 8 pitted dates, minced
4 dried figs, minced
1 tablespoon raisins, minced
1 generous teaspoon honey, room temperature
½ teaspoon freshly grated nutmeg
2 tablespoons raw sunflower seeds, minced

Note: It is important that all ingredients be minced fine.

In a bowl, combine and mix all ingredients except sunflower seeds, let the mixture rest for 5 minutes. Moisten your hands and shape the mixture into one inch balls. Roll each ball in sunflower seeds to coat evenly.

Mother’s Day for Mother Earth.