

Community Business Partner Feature

Community Business Partner: VT Fiddle Heads

Linda Wooliever of VT Fiddle Heads, LLC (Worcester, VT) is preparing a lot of raw and living food these days! She is in high demand this year teaching raw food workshops, hearty winter recipe classes, and Alissa Cohen's "Living on Live Food" certification classes. She also organizes free monthly potluck dinners where people bring a dish to share. For those who prefer one-on-one help, Linda offers 7-day, 14-day, 21-day and 30-day guided raw food challenges. Living on live foods can quickly and easily become a part of your lifestyle, whether you choose to do it 100% or not.

The type of eating that Linda is demonstrating is raw food vegan, which means she eats fruits, vegetables, sprouted nuts, seeds, and grains. Fermenting is also another fun way to make drinks, yogurts, and cheeses for raw fooders.

Information about all of Linda Wooliever's raw food services can be viewed online at <http://www.rawvermont.com>. She can be reached via telephone at (802) 229-4496 and e-mailed at linda@vt-fiddle.com.

Cultured Nut and Seed Cheese

Nuts and seeds can be cultured to make a non-dairy cheese. The nuts and seeds should be organic, fresh, and free from mold. Do not choose nuts that go rancid easily.

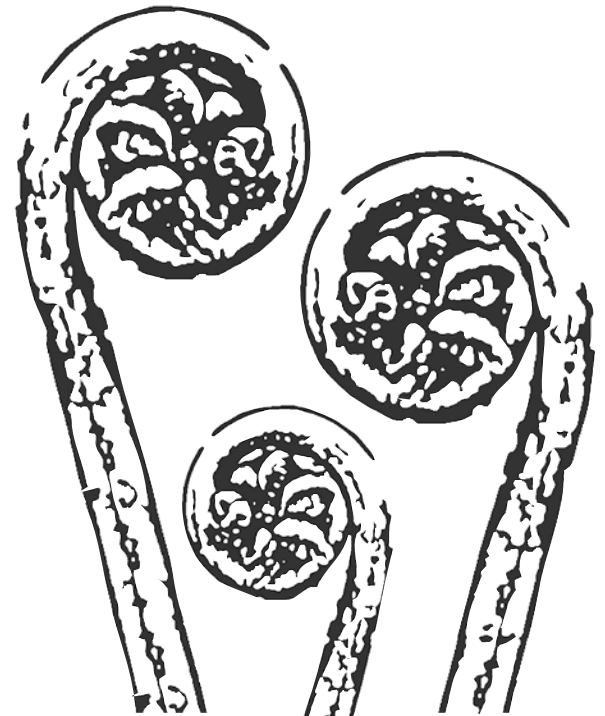
1 cup almonds.
1 Tbs. kefir whey, or 1/2 cup rejuvelac
Water

Grind the almonds to a flour in a food processor or grain mill and then mix with either the kefir whey and water to make a thick paste, or alternatively the rejuvelac (omit water). Spoon the mixture into a glass jar, cap loosely, and leave in a warm place (about 77 degrees) for about 6-8 hours or until the mixture has doubled in size. When the nut cheese is ready it will smell "cheesy." Store in a refrigerator. Makes about 2 cups.

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Another option is to soak and sprout the nuts and seeds for 1-2 days before fermenting them. This ensures that the phytic acid and enzymes inhibitors are more thoroughly removed, however the taste is not quite as flavorful.

The oils in nuts and seeds may go rancid if stored incorrectly. If they are fresh at the point of sale, they are best stored in a refrigerator or freezer to preserve their freshness.

Care should be exercised in culturing anything with a high oil content (e.g. peanuts, coconut, nuts, seeds and olives) because of the risk of aflatoxins, a carcinogenic compound produced by the mould *Aspergillus Flavus*. If you have any doubts about mold or bacterial growth, discard the culture.

Just because the word "nut" is found on the end of a word does not make the item a nut. Almonds, hazelnuts, brazils, cashews, walnuts etc., are nuts. Peanuts are a legume, not a nut, even though they are called a ground nut. Coconuts are also not nuts. I make this distinction because a television documentary made the serious error of categorizing all of the above as nuts.



photo courtesy of pat hazoun