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Raw Deals

Side Dishes: What The Heck Is "Living Food"?

By Suzanne Podhaizer [03.12.08]

There's nothing like a cracker smeared with a hefty spoonful of "egg-less egg salad." Unless it's a celery stalk piled high with "not tuna" made from walnuts, local produce and a sea vegetable called dulse. What may sound like an exercise in culinary surrealism is actually a new line of raw, oddly named vegan food products you can buy at **Hunger Mountain Co-op** [1], **L.A.C.E.,** [2] **Sweet Clover Market** [3] and **City Market** [4]. This week, the stuff will be on sale at **Healthy Living** [5], too.

The hyper-healthy alternatives to traditional lunch salads are the brainchild of raw foodist **Linda Wooliever** [6] of Worcester, who teaches courses in "cooking" with so-called "living foods." Wooliever doesn't let her products reach temperatures higher than 105 degrees, which, she claims, allows them to "retain their enzymes." "It's living food for the living body," she enthuses. Hey, and "super mint fudge" and dark chocolate "goddess butter" sound pretty good.

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Links:

[1] <http://www.hungermountain.com/>

[2] <http://lacevt.org/>

[3] <http://www.sweetclovermarket.com/>

[4]

http://www.citymarket.coop/retailer/store_templates/shell_id_1.asp?storeID=3235CB944EFE407B8C5EFD3EF940AD72

[5] <http://www.healthylivingmarket.com/>

[6] <http://www.vt-fiddle.com/rawfood/>