

INTRODUCTION

George Oshawa, the father of macrobiotics philosophy, is often remembered for his words, “non credo.” By this, he meant that one should not blindly believe everything one is told, but should think over all ideas deeply and thoroughly, then decide if they hold truth for oneself. Only in this way, Oshawa taught, can a person truly experience what it is to be free. Although the wisdom of his teachings on food and healing inspired and profoundly affected many people, Oshawa further encouraged each to always continue thinking over and living his ideas to determine whether they held true on a personal level. When he finished giving a lecture, he often closed with the words, “... but don’t believe me. Go, discover, and find out for yourself!” He knew well that flexible minds and spirits are powerful assets to all who choose to cultivate them.

It is in the spirit of George Oshawa that Casa de Luz mission is to serve and support community. We strive to prepare all our foods in keeping with the philosophy of Macrobiotics, and to serve them in an atmosphere that is peacefully open to individual and communal growth. When people searching for their own truths, have the opportunity to sit and share with others doing the same, it becomes a mutually valuable. We learn from each other, mirror each other, and discover more about ourselves. We grow into more compassionate human beings.

Casa provides a foundation for the community to come together. Whole Food, Plant Based meals are shared. Ideas, experiences, and love are bandied and a higher purpose is created. Through community, we get to see the face of something larger than our individual selves. We are all teachers and students at the table of life.

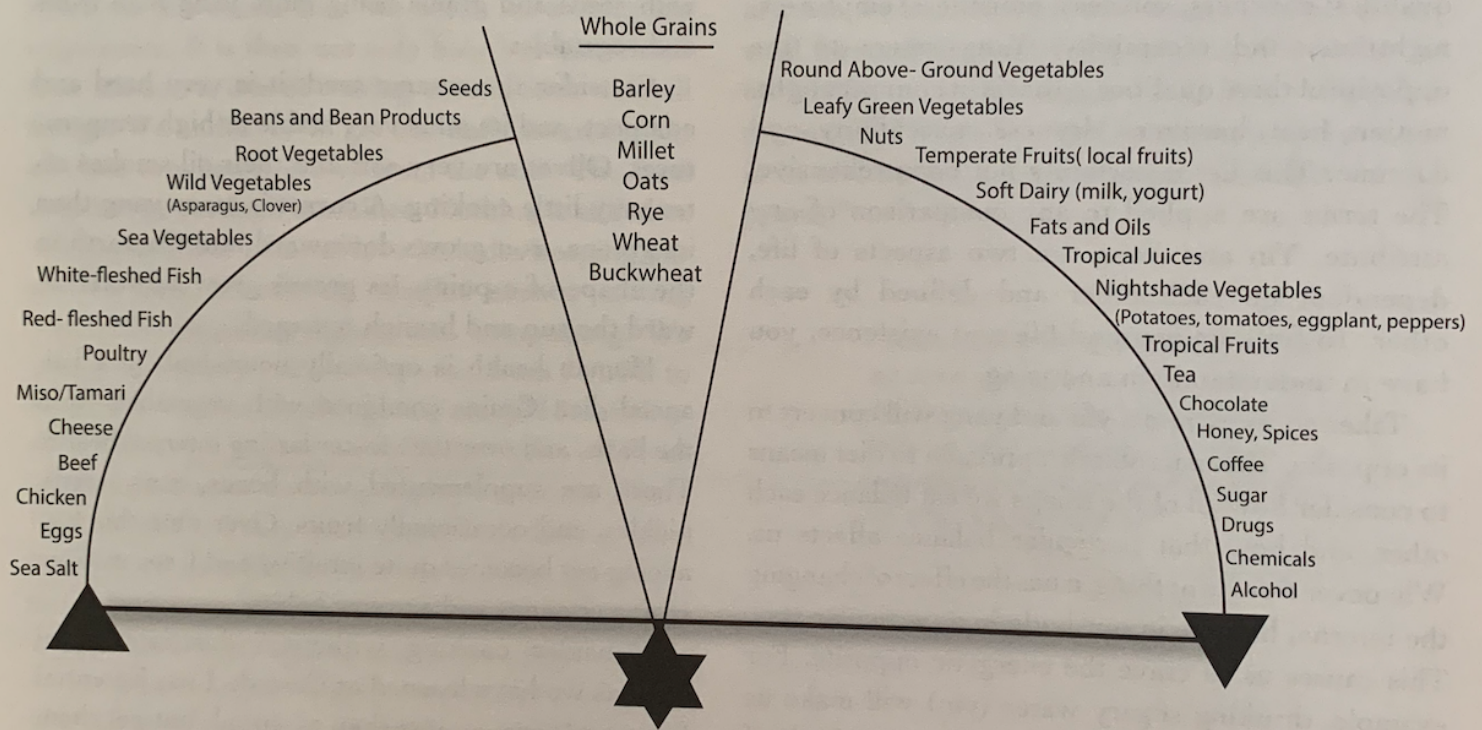
This cookbook has come out of the blending of philosophy, community, and foods that define our special place. Casa’s legacy is to be always improving. I like to say that if we are not getting better, we are not good.

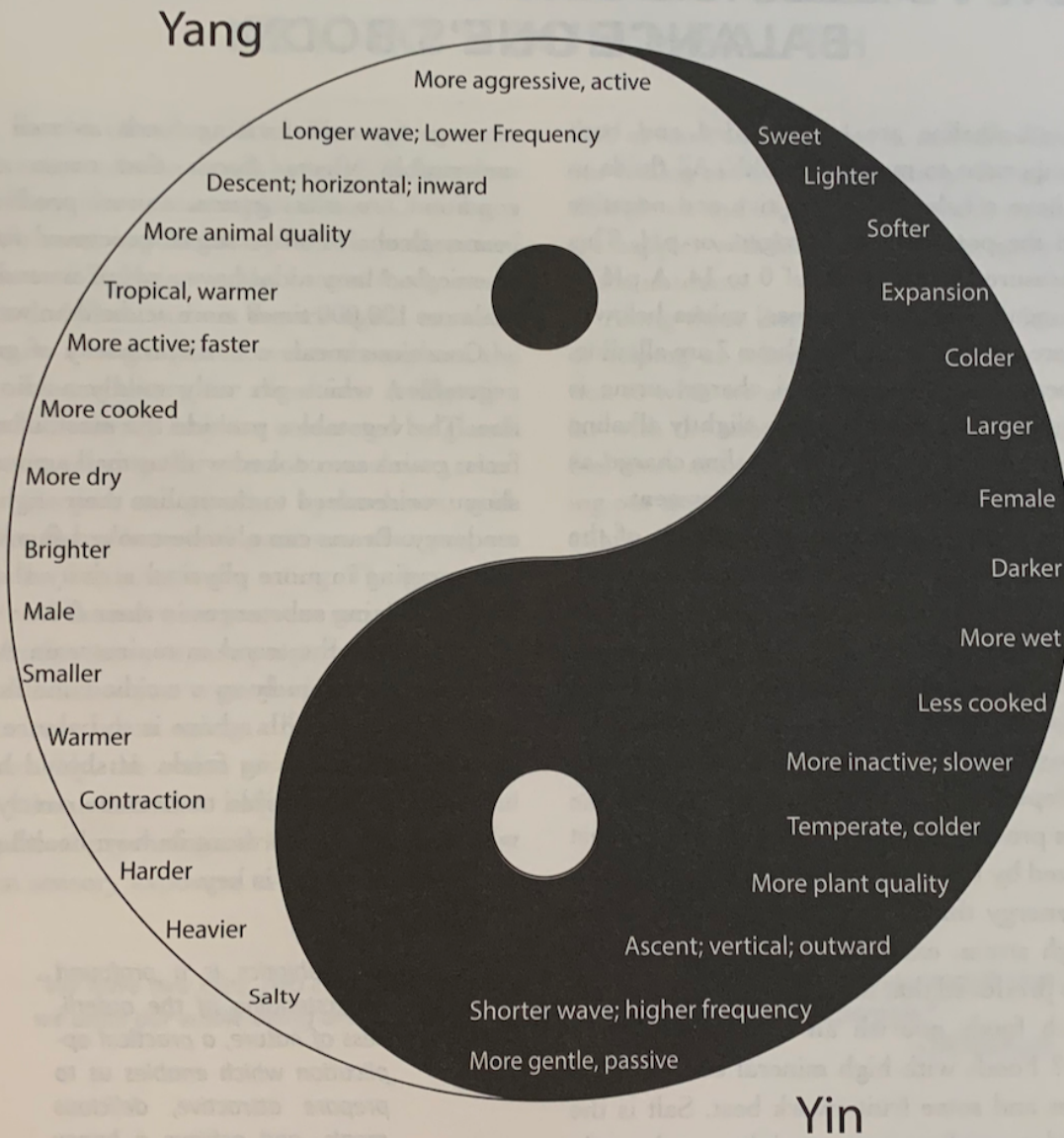
Many of the recipes in this cookbook have been handed down from one cook to another, changing subtly, evolving, and growing stronger and better. Some may even reach back to the days of the East-West Center (Casa’s predecessor). The recipes are not proprietary, they are the result of many extraordinary employees and community members, past and present, who have helped to create them. Remember that when it comes to natural food, it is always different. You use the recipe to get you going but switch to intuition as soon as possible. When you add your own love and good spirits to your creation, you will be continuing the legacy.

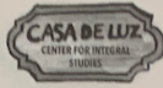
— Eduardo Longoria
(Founder and Director)



Yin (▽) and Yang (Δ) Balance Chart







HOW TO USE ACID AND ALKALINE TO HELP BALANCE ONE'S BODY

Acid and alkaline are both needed and both are important to maintain health. All fluids in the body have a balanced of positive and negative ions called the potential of hydrogen, or pH. This value is measured on the scale of 0 to 14. A pH of 7 means a neutral charge, whereas, values below 7 are considered acidic, and those above 7 are alkaline. Saliva generally carries a neutral charge, urine is usually slightly acidic, and blood is slightly alkaline (7.4). Blood must maintain all this alkaline charge, as death can occur if enough fluctuation is present.

Maintaining this balance through diet is of the utmost importance. If the body does not get enough of an alkalizing effect from food, it will use its own resources to maintain balance. This means withdrawing on alkaline mineral reserves in the bones and teeth, which leads to osteoporosis, tooth decay, and kidney stones. An overly acidic condition also leads to a depressed nervous system. Normal bodily functions produce acidic byproducts which must be neutralized by the body's mineral buffer systems; The more energy that is produced throughout the day, through stress, exercise, or over-activity, the more acid is produced that must then be neutralized.

So, which foods nourish an alkaline condition in the body? Foods with high mineral content such as vegetables and some fruits work best. Salt is the essential acid neutralizer but certainly not the only important mineral. Eating too much salt will cause

cravings for acid forming foods as well as other undesirable effects. Foods that cause an acidic condition are most grains, animal products, most beans, alcohol, coffee, sugar, processed foods, and chemicals. Many sodas have a pH of around 3, which is almost 100,000 times more acidic than water!

Conscious meals consist primarily of grains and vegetables, which are only mildly acidic or alkaline. The vegetables provide the most alkalizing effects; grains are cooked with a small amount of salt, shoyu, or seaweed to neutralize their slightly acidic tendency. Beans can also be cooked this way. People engaging in more physical activity should have more alkalizing substances in their diet.

In general, the trend in mainstream America is towards an extremely over-acidic condition, so the most valuable health advice is to balance this with more alkaline forming foods. It should be kept in mind that it is possible to become overly alkaline, which would then present its own health problems. Ultimately, balance is key.

"Macrobiotics is a profound understanding of the orderliness of nature, a practical application which enables us to prepare attractive, delicious meals, and achieve a happy and free life"

— George Oshawa



THE MOST IMPORTANT FORGOTTEN KEY TO YOUR HEALTH

We should chew our food thoroughly; some recommendations are as high as 200 chews per mouthful if one has a catastrophic illness. Chewing is perhaps the most important aspect of our digestion. The process of digestion in the human body starts in the mouth. When various flavors signal our taste buds, it starts a long chain of events throughout the body that are necessary for digestion. A digestive enzyme called salivary amylase is secreted by glands in the mouth, causing the stomach muscles to relax, and begin to open and produce hydrochloric acid. Meanwhile, the spleen and pancreas also prepare to process the nutrients we're eating. The longer we chew our food, the more enzymes are secreted and the more our bodies can prepare properly for digestion. Actually, this is not just a good idea or suggestion, but is necessary when eating a healthy plant-based diet. Remarkably, the action of chewing also causes hormonal stimulation that helps us look younger! There is also a psychological effect of eating that comes from sensory exposure to food; the longer we

look at food, smell it, taste it, and chew it, the better our feeling of fullness and satiety. By taking time to slow down and experience our food, we discover we are happier with less of it and take more advantage of the nutrients.

Along these lines, chewing slowly has the effect of helping us relax and focus. We pay more attention to what we are eating. We become more familiar with the subtleties of taste and texture, and we feel more acutely the effect it has on us. By increasing our awareness of our relationship with food, we attain a much clearer understanding of what we really need, don't need, and what is going on within us. The greater awareness is ultimately what leads to greater health and happiness and a more honest and balanced relationship with life.

The good news is chewing requires no extra equipment or preparation and can be done anywhere with any food! Chew on...

"We have two eyes, two ears, two nostrils, but only one mouth. It is through our mouth that we unite our whole being and which reveals that body and spirit are inseparable."

— Michio Kushi



VARYING COOKING METHODS: WHICH AND WHY

One law of nature is change. The goal of macrobiotic living is to cook and eat in harmony with nature, with change. For example, lightly cooked meals can refresh us during warm months. Eating raw creates more coolness still. When we want to warm ourselves from the winter's chill, we can increase seasonings and cooking time. The longer food is cooked, the warmer it becomes. Even yin foods, which are normally cooling, can create heat in the body if cooked long enough. The heartier, more yang styles require more cooking time and will absorb more heat through fire, thus imparting warmth to the body.

Cooking methods are not confined to a particular season because each can be adjusted according to our individual requirements and surroundings, however, certain methods are emphasized during

different seasons. The cooking methods emphasized in warm months include raw, pressing, blanching, steaming, quickly marinating, poaching, boiling, quickly sautéing, or frying. Colder weather cooking methods include longer boiling time, slowly marinating, stewing, grilling, broiling, baking, pressure-cooking, or deep-frying. A skillful cook will combine different methods in the same meal, or even in the same dish. The different cooking methods are powerful in their capacity to cool or warm us, to gather energy deep in the body, or disperse our energy to the surface.

By considering the energetic effect of a meal, we can better achieve internal balance. So, next time you find yourself needing a lift, try a quick sauté dish, or on a cold evening, cuddle up next to the fire with a warming bowl of root vegetable stew!

"The mouth is the place to exercise our freedom, through breathing, talking, chanting, eating, and drinking. To manage the mouth properly is to manage your life properly."

— Michio Kushi



THE HEAT SOURCE & COOKWARE

We cook (and invite you to cook) with an awareness of the energetics of both fuel and food. We like to provide a steady, controllable source of energy, as close as possible to that of nature. The most desirable cooking method is over wood flame. Unfortunately, this is highly impractical in our society today, so we prefer to use a gas-source oven and stovetop cooking. Electric cooking devices are less controllable and have a pulsation of current that is thought to negatively affect the energetics of food. When possible use wood or gas; when necessary, use electric. Avoid microwaving altogether!

Enamel covered cast-iron and cast-iron cookware allows us to control the source of energy, cooking slowly and evenly, with thermal consistency. Stainless steel is another reasonable alternative.

Avoid aluminum and Teflon and other surfaces that can release toxins into our food! Cast iron will release iron if needed for anemic condition.

A quality cooker is a great investment and will last you a lifetime. Sicomatic by the German company Silit is a good choice. Its interior enamel coating, and its cast-iron ensure low, even cooking and it has two settings: #1 for softer foods, and #2 for harder foods. NEU is another good alternative. It takes a little experimentation and practice with measurements and time, but once you have some experience cooking with a pressure cooker, you will come to love it! Using a pressure cooker is often the preferred method in winter because it creates a warm energy in the food and recommended for use in cold climates and winter time.

"By eating meat, we share the responsibility of climate change, the destruction of our forests, and the poisoning of our air and water. The simple act of becoming a vegetarian will make a difference in the health of our planet."

-Thich Nhat Hanh

THE INGREDIENTS

You can start by choosing plants that are as close as possible to their natural state—pesticide free and free from factory processing. These plants that don't require a list of ingredients or a label. Live food, grown locally and in season is healthy for us and the environment (the inverse is equally true). The shorter the shelf life, the closer that growing should be. Beans and seeds can come from further away because they have a long shelf life.

Question everything and enjoy the process of discovery! A good sign that something is a healthy food is that it breaks down. In contrast, "Twinkies" have a multi decade shelf life. Extending the shelf life of these products becomes a driving force and we end up with compromised food. Oatmeal (rolled oats) is an iconic healthy breakfast food. When you question oat meal, you will learn that the oat groat was shelled, pre-cooked, flattened and then dehydrated. It can last years without decaying. This is a denatured food and therefore not so healthy. Just like the canister, its composition doesn't change. A good alternative to oatmeal is "steel cut" oats. These oats are not cooked, and you can either cook them a little longer before serving or soak them overnight and cook them quickly. It is even healthier and less expensive to buy whole oat groats. A good rule of thumb is to only eat plants, their seeds and fruits, just as they grew from the earth.

Essential fatty acids—These oils act as fuel and are required for biological processes. The

source of how and where you get these oils can make a profound difference in your health and our ecological biosphere. Bottled oils are products that are processed in factories. They are fractured in that the components are separated. They have expiration dates or "use by" dates but they don't tell you when they were processed. Like all living things, once they die, the process of decay starts.

It was in 2010 that the Casa "Light" turned on regarding processed oils. We had been using oils in bottles that were deemed to be healthy. We had been using tahini (ground up sesame seeds) from a factory somewhere to make our sauces. Now, we use sesame seeds. We grind them when we are ready to make tahini sauce. The processing and the consumption is a matter of minutes. What makes the salads outstanding is that the oils in the dressing come from the whole seed and nut. The whole world needs to wake up to not using processed oils. Some have suggested we bottle and sell our dressings . . . but then they wouldn't be fresh. We would be part of the industrialized world. You can use this kind of thinking to make every day choices and decisions about your ingredients.

Salt—make no mistake, we need salt to survive. Just like the unprocessed plants, we need unprocessed salt, which is high in essential minerals. Another common misunderstanding is that sea salt is the healthy one. Salt found on dry land came from the sea; there are many land salts that are full spectrum

THE INGREDIENTS, CONTINUED

minerals. Explore the mineral content of salt and choose the ones that list the minerals. Himalayan Salt contains the same 84 trace minerals and elements that are found in the human body; that alone is quite impressive! A few of these minerals include: sodium chloride, sulphate, calcium, potassium, and magnesium. They are called essential because they are indeed essential to our good health. Notice how varying amounts of salt make you feel. There is an ongoing discussion in the Macrobiotic community about the right amount of salt to use. You be the judge for yourself and your family.

"I have no doubt that it is a part of the destiny of the human race, in its gradual improvement, to leave off eating animals, as surely as the savage tribes have left off eating each other."

—Thorea

"Food is medicine and when you eat Whole Food Plant-Based on a consistent basis, it is heaven on earth"

—Wayo





OIL

PROCESSED OILS VS. ESSENTIAL FATTY ACIDS

It's of utmost importance to distinguish industrially processed oil and oils that are part of a whole plant. Industrialized oil is a fractured part of the plant, seed or nut and the moment it is squeezed out, its breakdown and decay commences. It is the natural order—the cycle of life that when death occurs, oxidation and rancidity begins. Acidification is a function of this breakdown, which is what needs to happen in order for new life to occur. Food, as it breaks down, is high in free radicals. When eaten in this state, the free radicals are the basis for most illnesses and aging.

In order for industry to fill the grocery store with processed oils, including those deemed to be healthy like Olive Oil, without them becoming all together repugnant, they must degum, bleach, deodorize, filter, and remove saturates to change the dark, sticky, smelly oil into a state of greater stability. Most pro-

cessors use hexane to 'wash out' any remaining oil in the already squeezed out meal. Caustic refining uses highly alkaline chemicals to obtain the oil.

I spent five years in the vegetable oil industry and I know these things first hand. We need essential fats in our diet. We can best get them from whole nuts, seeds, and plants without the unnecessary and wasteful processing. The Casa de Luz sauces and dressings are made with no processed oils. Instead we use whole seeds and nuts, which make them so much more delicious and nutritious. In Joel Fuhrman's book *Super Immunity*, he states "when you eat a nut-or seed-based dressing on a salad, you absorb much more of the carotenoids in the raw vegetables. More than ten times as much of certain nutrients are absorbed." That is pretty impressive and inspiring.

— Wayo Longoria



PANTRY ITEMS

LEGUMES

Adzuki Beans
Garbanzo Beans
Dark Red Kidney Beans
Green Lentils
Red Lentils
Brown Lentils
Green Split Peas
Yellow Split Peas
Pinto Beans
Black Bean
Black Eyed Peas
Lima Beans
Great Northern

GRAINS

Medium Brown Rice
Short Grain Brown Rice
Brown Basmati Rice
Brown Sweet Rice
Quinoa
Red Quinoa
Amaranth
Millet
Steel Cut Oats
Whole Grain Oats

NUTS

Almonds
Walnuts
Pecans

SEEDS

Sesame
Pepitas (Pumpkin)
Sunflower
Golden Flax
Chia
Hemp
Chestnut
Lotus

SEA VEGETABLES

Nori
Wakame
Kombu
Dulse
Hijiki
Arame
Ocean Ribbon

ROOT VEGETABLES

Carrots
Daikon
Burdock
Lotus Root
Parsnip
Turnip
Beets
Sweet Potato



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Ocean Ribbon

ROOT VEGETABLES

Carrots
Daikon
Burdock
Lotus Root
Parsnip
Turnip
Beets
Sweet Potato



OTHER VEGETABLES

Onions/Scallions/Leeks
Celery
Green and Red Cabbage
Chinese (Napa) Cabbage
Broccoli
Cauliflower
Zucchini
Summer Squash (Various)
Winter Squash (Various)

DARK LEAFY GREENS

Kales
Collards
Bok Choy
Mustard Greens
Turnip Greens
Dandelion Greens
Radish Greens
Daikon Greens
Carrot Greens

FROZEN

Raspberries
Cherries
Strawberries
Peaches
Blueberries
Blackberries
Sweet Corn

DRIED FRUIT

Raisins

JUICES

Apple Juice
Apricot Juice
Blueberry Juice

HERBS

Cilantro
Parsley
Dill
Basil
Oregano
Thyme
Rosemary

BAKING / FLOURS

Almond Flour
Brown Rice Flour
Arrowroot Starch
Cacao Nibs
Cacao Powder
Baking Soda
Almond Extract
Baking Powder
Vanilla Extract
Lemon Extract
Orange Extract
Maple Syrup
Brown Rice Syrup
Rolled Oats
Agar Agar
Kuzu



SEASONINGS

Barley Miso (Mugi Miso)
Soybean Miso (Hatcho Miso)
Smooth White/Yellow Miso
Ground Black Pepper
Dry Dill
Garlic Granules
Cinnamon Sticks
Ground Cumin Seed
Curry Powder
Ground Cinnamon
Dry Oregano Leaf
Celtic Sea Salt
Dry Thyme
Ground Turmeric
Pumpkin Spice
Wheat-Free Tamari
Tekka
Shiso
Ginger Root
Lemon
Whole Grain Mustard

VINEGAR

Apple Cider Vinegar
Umeboshi Vinegar
Brown Rice Vinegar
Balsamic Vinegar

DAIRY-FREE MILK

Coconut Milk
Oatmilk
Almond Milk



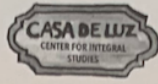
THE SPIRIT OF COOKING WITH LOVE AND CREATIVITY

We hope you will consider the recipes in this book as inspirational guidelines. At Casa de Luz, the recipes vary according to what the cook's instincts. They follow their intuition and they don't adhere to a recipe. Just as you might often prepare meals in your own home, our cooks go to the pantry, see what's fresh and available and assemble the meals accordingly (other than the grains and legumes, which are selected and soaked the day before cooking). The ingredients themselves, because they are natural, also vary in flavor, texture, and color. We offer you these recipes as a beginning guideline. We hope that they will inspire you to use your own creativity, intuition, and personal preferences to create the recipe that feels perfect for your body on that given day. In fact, we believe that above all, the most important ingredient in cooking is the energy and attitude you bring to the experience. Our kitchen is a very happy place. We encourage you to try and come to yours with carefree, adventurous, loving abandon, and you will be taking the first and most important step toward truly healthy eating.

"Keeping your body healthy is an expression of gratitude to the whole cosmos—the trees, the clouds, everything."

— Thich Nhat Hanh





GLOSSARY OF THE INGREDIENTS AND COOKING TERMS

AMASAKE is a non-alcoholic, fermented item with a pudding-like consistency that is made by adding a culture (koji) to brown rice. Natural sweetness results from fermentation breaking down the carbohydrates into a simple, unrefined sugar. Amasake is used in dressings and sauces, as a warm drink, instead of dairy in frozen treats, and in place of sugar in healthy desserts.

AGAR-AGAR is an unusual ingredient, as different brands need different amounts of gel. For example, the Mitoku brand uses 5 tablespoons per 6 cups of liquid, the Oshawa brand uses 3 tablespoons per 6 cups of liquid. We don't recommend agar powder, as it is more refined but if it is all you can get make note that much less is needed. When trying a new brand, follow the suggestions on the package and adjust from there. You can test a very small portion in the fridge to see if it will set.

AGAR-AGAR is soothing to the digestive tract, a milk laxative, and very easily digested. It is rich in iodine, calcium, iron, and vitamin A & B complex. It reduces vatta and pitta. It bonds with toxic and radioactive pollutants and dispels them from the body.

BURDOCK is a hardy root vegetable that grows wild and is cultivated in both the United States and Japan. It is a long, dark, and very yang root, valued for its strengthening qualities. It is thought to be a blood purifier and to relieve rheumatism. Before use, scrub gently to wash. Rinse diagonally or thin matchsticks and soak in water for 10 minutes to prevent discoloration. Burdock requires longer cooking than most other root vegetables.

COMAL is a flat skillet or pan used to cook tortillas.

CURRY LEAF is a leafy herb that is not related to curry powder (a spice-blend usually containing a coriander, turmeric, cumin, and fenugreek, and often contains other herbs such as ginger, garlic, fennel, cinnamon, and mustard). Fresh curry leaf is slightly elongated, pointy, and shiny, similar looking to that of Bay. In Indian cuisine, curry leaves are usually toasted in oil to release its flavors and aromas. It is thought to be beneficial for digestion and for promoting clear, healthy skin.

Glossary

GARAM MASALA is a composite spice blend from India. There is a significant degree of regional variety on the specific spices used but the common ingredients are black & white peppercorns, cloves, bay leaves, cumin seeds, cinnamon, cardamom, nutmeg, star anise, and coriander seeds.

JEWEL CUT: In the jewel cut, as you slice the carrot on a diagonal, keep the knife at a fixed angle but rotate the carrot approximately $\frac{1}{3}$ turn with each slice, producing cuts with different angles and "facets."

KABOCHA is just one of many varieties of Winter Squash, originally cultivated by the native people of North America. Other than pumpkin, the skin of the winter squash is edible and should be left on when cooking. Kabocha is a green variety that is sweet and rich tasting. Its dark orange flesh has a creamy, chestnut-like texture. In addition to our Kabocha Soup, this squash can be sliced or cubed and baked, steamed, or sautéed by itself or with other vegetables.

KINPIRA is a cooking method primarily used for thinly sliced (matchstick) root vegetables. It combines sautéing with boiling in that vegetables are sautéed in a little bit of oil and then some water and/ or shoyu are added.

KOMBU is a wide, thick, dark leafy green sea vegetable that is rich in minerals. It is often cooked with grains, beans, vegetables, and soups to add flavor and nutrients. Adding a strip of Kombu to beans, will help them cook faster, make them easier to digest, and add flavor.

KUZU is a white starchy powder made from the root of the Kuzu plant, which is native to Japan and now grows abundantly in the SE of the United States. Soft, white, chalk-like chunks and powder are produced from the plant's roots, which are harvested in the winter. Kuzu is dissolved in cool or room temperature water to make a cloudy mixture, which becomes clear when heated and tired into soups, sauces, gravies, desserts, and medicinal beverages. It is a long-sustaining source of energy and easily digested.

LIME, also known as "MEXICAN CAL" or calcium hydroxide, is used to make hominy from "Yellow Dent Corn" on page 28. You can find Cal locally in specialty markets.

Glossary

MILLET is a white or yellow grain, traditionally used in northern Asia and parts of Europe and Africa. It fluffs up nicely and takes less time to cook than rice and is one of the few alkaline grains. Yellow or white in color, it makes an attractive, light dish suitable to summer months. Because it can be dry by itself, millet works well with a light sauce on top (a kuzu gravy or miso sauce) or can be combined with beans or vegetables. Cooking it with squash and mashing them together creates a heartier dish more suitable for winter months.

MIRIN is a sweet rice wine made by distilling and fermenting a mixture of sweet rice, rice koji (a cultivating rice mold), and fresh water. It is used as a sweetening agent in marinades, sauces, dips, and dressings.

MISO is commonly used in soups, sauces, and dressings. It is a high-protein, fermented bean paste made from soybeans and either barley or brown rice. Entire books have been written about miso (The Miso Book by John and Jan Belleme) and books on Asian healing diets and macrobiotics all have a lot to say about the healing power of Miso. As Keith Mitchell writes in *Practically Macrobiotic*, "The story of a whole culture is contained in the same miso." In the context of our cookbook, it's important to understand the functional difference between light and dark miso. Sweet or mellow miso is pale yellow or beige in color, light in taste, and appropriate for cooking spring and summer dishes. Dark miso such as "hatcho" miso are saltier and heartier, more appropriate for fall and winter dishes in colder climates, and work well in gravies, casseroles, stews, and soups. Darker miso has a more pungent taste and should be used sparingly.

MOCHI is a rice cake made from cooked and pounded sweet, glutenous rather than regular brown rice. It can also be made from millet and sweet rice, or mugwort (which is high in iron) can be pounded into the rice. While the Japanese have mochi making festivals, there are many steps in making fresh Mochi. It can also be purchased in small squares, which can be baked or pan-fried and added to soups or vegetable dishes. It can also be shredded and used as a topping.

NISHIME style cooking produces energy that is both strong and calm, and is often given to those who need their vitality restored. Vegetables are cut in large pieces and cooked slowly for a long time over low heat. It is somewhere between steaming and baking: little water is used as vegetables steam in their own juices, which are served with the vegetables. The traditional method is to first lay down the kombu (sea vegetable) followed by the heartier, more yang vegetables, and then more yin vegetables on top.

Glossary

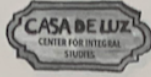
SHOYU, TAMARI, AND SOY SAUCE

TAMARI is the Japanese word for the liquid produced while fermenting soybeans. The liquid was extracted from the top of the miso and used as seasoning. Shoyu is equal parts tamari and roasted cracked wheat. Tamari is dark brown and has a thick consistency. It is brewed for up to three years in wooden or cedar vats. Most commercially available "soy sauces" sold under Asian brand names are not fermented and contain additives such as MSG, corn syrup, and preservatives, so it's important to read labels. Tamari and Shoyu are used as a condiment to enhance the flavor of soups, while cooking sea and land vegetable dishes, and grain and legume dishes. It can also be used while marinating or during sautéing or boiling. Mix it with brown rice vinegar, wasabi, umeboshi, or lemon juice for dips. A little goes a long way, and it's a yang food, so it's important to use it in moderation.

UMEBOSHI, which means "dried plum," is eaten daily by the Japanese as an aid to overall health. Umeboshi is a fruit-bearing tree called "plum," but is actually more closely related to the apricot. These are tart, salty, and pickled "plums" that stimulate the appetite as well as digestion, and aid in maintaining an alkaline quality to the blood. Pickled with the Shiso Leaf (sometimes called "beefsteak" plant), they have a reddish color and slight flavoring of the shiso, which is also high in iron. Umeboshi can be used whole, minced, or mashed into a paste. It can be used in a tea-like remedy, inside the rice balls, spread onto corn on the cob, or just nibbled on a daily basis for maintaining an alkaline environment to the blood.

YELLOW DENT CORN is a dried field corn that can be found locally in specialty markets.

WAKAME is a long, thin brown sea vegetable that is high in protein, iron, and calcium. Due to its delicate texture it is commonly used in soups, vegetables, dishes, and salads. As it can soften the tough fibers of some foods, it can be cooked with beans.



U.S. BASED MACROBIOTIC RESOURCES AND CONSULTANTS

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MB guidance and consultation, seminars, cooking, and counsel or training programs, and chef services

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Offers: MB counseling & consultations, cooking classes, weekend seminars & lectures

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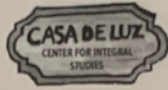
Certified "Macrobiotic Counselor." Certified "Strengthening Health Counselor," classes, personal education sessions, personal cooking instructor, consultations, SKYPE consultations, etc.

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Offers: MB counseling and consultation, public speaking

Author: Nature's Cancer Causing Foods and Macrobiotics for Dummies

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Offers: MB consultations, intensive courses, training seminars, teaching/ speaking at conferences

Author: The Great Life Diet

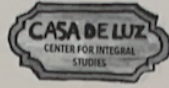
Natural Epicurean Academy of Culinary Arts

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512.476.2276

Professional culinary program and public classes in macrobiotic, vegetarians, and vegan cooking



SUGGESTED READINGS

- Kristina Turner, *The Self-Healing Cookbook* (Community Favorite)
T. Collin Powell, *Whole* (My favorite)
John & Jan Belleme, *Japanese Foods that Heal*
Davis Briscoe, *A Personal Peace*
Anne Marie Colbin, *Food and Healing*
William Duffy, *Sugar Blues*
Nancy Appleton, *Lick the Sugar Habit*
Herman Aihara & Carl Ferre, *Basic Macrobiotics*
Dr. Joel Furman, *Super Immunity, Nutritarean Diet and Eat to Live*
Steve Gagne, *The Energetics of Food*
Ronald Kotzsch, *Macrobiotics Yesterday & Today*
Michio Kushi, *The Macrobiotic Way*
Michio Kushi with Alex Jack, *One Peaceful World*
Keith Mitchell, *Practically Macrobiotic*
Noboru Muramoto, *Natural Immunity*
Noboru Muramoto, *Healing Ourselves*
Michael Murphy, *The Encyclopedia of Healing Foods*
George Oshawa, *The Essential Oshawa*
Paul Pitchford, *Healing with Whole Foods*
Michael Pollan, *In Defense to Food*
T. Collin Powell, *The China Study*
John Robbins, *Diet for a New America*
Lino Stanchich, *Power Eating Program: You Are How You Eat*
Terry Shintani, *The Good Carbohydrate Revolution*
Verne Varona, *Macrobiotics for Dummies*
Verne Varona, *Nature's Cancer Fighting Foods*
Denny Waxman, *The Great Life Diet*



GREAT VIDEOS:

The Secret Reason We Eat Meat - Dr. Melanie Joy
<https://www.youtube.com/watch?v=ao2GL3NAWQU>

Jessica Porter on Macrobiotics
<https://www.youtube.com/watch?v=vpg6CeseVJk>

Verne Varona Appearing on Marlene and Friends
<https://www.youtube.com/watch?v=H2k33oSVPeo>

Denny Waxman on NBC Connecticut
<https://www.youtube.com/watch?v=l5uZqgumBiI>

Alicia Silverstone: "In The Kind Diet"
<https://www.youtube.com/watch?v=wh2xNcuOmVU>



THE REAL AFFORDABLE CARE ACT IS EATING A WHOLE FOODS PLANT-BASED DIET

It would be wonderful if Michelle Obama were writing these thoughts because she can reach such a wide audience; perhaps she has or will. What we eat, how we eat it and where we get it are the true determiner in the wellness arena. If we did the farming, that would also provide our exercise and meditation. A good night's sleep would be guaranteed. If we do get sick, we can certainly trace back to our eating habits.

Clearly, there are many other factors that affect our health such as the air we breathe and the water we drink. Eating a plant-based diet, as it is prepared at Casa de Luz can be a rudder for our lives and we will navigate towards living in a place that supports us on every level. Macrobiotics teaches us to learn well from nature and then follow its wisdom.

"Delicious is a subjective experience. There is an intrinsic deliciousness in using unadulterated plants as a cuisine. Unadulterated plants are filled with nutrients, and eating these nutrients can be the most intimate relationship we have with nature. It is highly rewarding for us to treat the act of eating nutrients from unadulterated plants as a sacred act."

We might experience a meal rich in processed ingredients as delicious, but alas, this is a short-lived delight followed by torpor and confusion. Rich meals make us poor in the long run. They deliver taste without us having to chew, and chewing is the first step, and a highly important step, to wellness. In fact, the effect of eating rich meals is similar to the effect of taking endorphin-activating drugs. You can sit on your sofa, pop a pill, and delight while your pleasure receptors dance with joy.... Or, you can go out for a run and thereby have your body

produce the endorphins. To live in wholeness, we need the ability to live in a way that works today, and also will work for the rest of our lives.

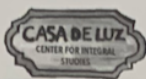
The good news is that the more you eat a whole-food, plant-based diet, the more delicious it becomes! This is the way it is with running. This is the way it is with life. A series of right actions during your day will bring a good night's sleep. A life of daily right actions will bring a good death.

"Find the finest local, organic ingredients available, cook gently, with much love, and share the results with loved ones. That's the basic Casa de Luz recipe, and it always makes supremely nutritious food that also happens to be delicious."

Unfortunately, New Texas magazine came to an end. Kyle Swanson, the principle literary contributor, was a frequent community member. He wrote this article in 1999.

More than a few "foodies," even some vegetarians, laugh at the thought of macrobiotic food being delicious. Healthy, perhaps, but a taste experience on a par with a fine restaurant? There certainly aren't any rich cream sauces, butter, or animal products of any kind, for that matter. I must confess that I've had a few funky seaweed surprises, but the surprise at Casa de Luz is that, lunch after lunch and dinner after dinner, macrobiotic food is served up that refutes even the pickiest Foodie. This stuff is delectable.

And how many fine restaurants charge a flat \$8.00—tax and service included? "



Casa de Luz calls itself an "educational center for personal and spiritual well-being," and there's no denying that. Beautifully designed and maintained, the grounds promote a sensitive appreciation of Nature. Carefully tended flower and herb gardens harmonize with birdsong and tranquil breezes, the colors and sounds soothing the mind and body. Classes in various disciplines are offered, from yoga to an adult education program—the Integral Studies Institute—that seeks to show the wisdom and way of living in balance with Nature's laws, and as part of a healthy community. And then there's the restaurant, more commonly known as the community dining center.

I've come to learn that the most vital aspect of food is not its taste, but how it affects the body. Nutrition, or the lack thereof, will always tell in the long run. Who hasn't had a rich, tasteful meal that left the body in a state of torpor and confusion? I suppose the most important thing I can say about eating at Casa de Luz is that every meal I've had there has left me feeling healthy and happy for hours, sometimes days. And never at the expense of taste.

Examining Casa's method, their food's quality comes as no surprise. They have taken macrobiotic principles and used them to achieve a truly whole nutritional experience. All the ingredients are fresh, usually locally grown, seasonal, and 98% organic. Every meal offers a soup and raw vegetables to begin, followed by a salad, grain, bean, cooked vegetables, and a pickled vegetable. While this may sound rote, every meal has its own personality, and to paraphrase Will Rogers, "I've never met a meal at Casa De Luz that I didn't like." It's fascinating to see how the various chefs take this set pattern and bring it to life, especially for the theme meals, such as Mexican, Guatemalan, Italian, and vegetarian Sushi. There's a reason to the method: treating the human body as the sacred vessel that it is.

The basic ingredient seems to be care. Every dish is thoughtfully arranged on the plate to highlight color and aesthetics, and the gentle cooking of each item brings out a delicately balanced flavor that compares favorably with food of any kind. In 1990, before opening Casa de Luz, Wayo was worried that people wouldn't eat their greens. Kale and Collards are the all time nutritional champions and eating them is an important part of health. Wayo decided that the greens would be topped with a dollop of nut sauce. It turns out that nutritional scientists now say that fatty acids aids in the digestion of dark leafy greens. The Casa de Luz sauces are important for so many reasons. Munching on raw broccoli, dipped in a piquant tahini. Wondering how a clear mushroom broth can be so intense and light at once. Realizing that the mellow conversation and gentle energy has kept me here for half an hour longer than planned, and well, really, what's the hurry?

I've met some very interesting people at Casa de Luz each with their own tale of a journey towards healthier eating and living. One of my favorites is a lady in her seventies with a lovely smile, a walking testimonial to living well, who has eaten here almost every day for years. It's also pleasant to sit all by oneself and soak up the peacefulness of the large and airy dining room of the House of Light, enjoying this oasis of calm and common sense, perhaps reading a book from the bookstore by George Ohsawa, the founder of macrobiotics, whose words quite clearly convey the wisdom this way of life taught him.

His vision is being ably realized by the folks at Casa de Luz. Its founder, Eduardo Longoria, sums up their dining philosophy succinctly: "We see food as a portal to finding balance." The proof is in the pudding (soy, with berries and nuts) and in the peaceful, balanced mood one takes home after a supremely nutritious meal that also happens to be delicious.

— Kyle Swanson