



# Imperfectly **vegan**

*Accepting imperfections in an imperfect world*

March 2015

## Contact Lisa

925.324.9650

sacredbite@me.com

[SacredBite](#)

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## About Lisa and Imperfectly Vegan

A Registered Dietitian with degrees in public health nutrition and spirituality, Lisa is uniquely qualified to help us understand our lifelong relationship with food.



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Read more about the [individualcommunal](#) and [environmental](#) aspects of [SacredBite](#), and Lisa's commitment to healing ourselves and the planet beginning with what we eat.

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Spring greetings

{FIRST\_NAME|Friend},

Spring is a time to bring in the new, and I've got lots of 'new's to share! Most notably, I am thrilled to announce that I have received the Trademark Registration Certificate from the US Patent and Trademark Office for **ImperfectlyVegan!** (See below for more). I am also excited to be offering my SACRED ART OF EATING WORKSHOPS! (See below for details). I have also joined the Cooking with Kids Foundation Board of Directors and am excited to share their mission with you (see side bar for more). And... last, but not least, I am launching my new website, [www.sacredexploration.com](http://www.sacredexploration.com). Check it out! It is, indeed, an exciting time of new growth!

As you may be well aware, Monday's rare celestial line-up of a supermoon, spring equinox, and solar eclipse ushered in an especially potent beginning of the spring season. **Bringing forth the paradoxical nature of life,** spring generously provides us with gentle reminders that it is a time for

## THE SACRED ART OF EATING 2 EVENTS: April 9 & April 10

Serving up a much more expansive view of what it means to eat, **THE SACRED ART OF EATING WORKSHOPS** will lead us toward optimal levels of health while highlighting our relationship with food as a **spiritual path** that is both exciting and necessary.



In this four hour workshop, participants will

### **EXPERIENCE:**

- \* Shamanic exercises to break and release old unsupportive eating patterns.
- \* Shamanic exercises to create and integrate new supportive eating patterns.
- \* A vegan cooking demonstration.
- \* The benefits of expressing gratitude for our food.
- \* A scrumptious Imperfectly Vegan™ meal to satisfy the palate and nourish the soul.
- \* Connection with colleagues, neighbors, and friends, familiar and new, around the table.

both endings and new beginnings. Around the world, and throughout time, spring is a time to grieve, mourn, release and let go that which is dying while also being a special time to invite, welcome, bless, and celebrate that which is arising or waiting to be born. Dumuzi, Tammuz, Adonis, Persephone, and The Christos all died and arose at this blessed time of the year.



In our continual exploration of food as a living dynamic metaphor for the divine, we can extend this thinking to our relationship with food.

### **What is ready, or getting ready, to die in your relationship with food:**

- The habit of adding salt to your food before tasting it?
- Rewarding your children with unhealthy snacks?
- Reliance on caffeine to sustain your energy levels?
- Eating meat on a daily basis?
- Eating while driving, working,

## LEARN:

- \* What it means to have a relationship with food.
- \* Ways to deepen your connection to the divine through your relationship with food.
- \* What oxidative stress is and how to minimize your risk of it for optimal health.
- \* How to nourish your relationship with food for the benefit of our individual, communal, and environmental well-being
- \* What it means to be Imperfectly Vegan™
- \* Ways to express gratitude for our food.

## RECEIVE:

- \* Recipes to take home!
- \* DOOR PRIZES!
- \* A new appreciation of what it means to eat!

SPACE IS LIMITED TO 14! REGISTER EARLY TO RESERVE YOUR PLACE AT THE TABLE!

THURSDAY, APRIL 9th 10 am - 2 pm  
[REGISTER NOW! SEATING IS LIMITED!](#)

FRIDAY, APRIL 10th 10 am - 2 pm  
[REGISTER NOW! SEATING IS LIMITED!](#)

[More information](#) Call Lisa.

Food photo credit: [Mary Redente Photography](#)

and/or talking on the phone?

- Eating to avoid doing other things?
- Eating to fill an emotional void?
- Carrying home your groceries in paper or plastic?
- Purchasing packaged foods when alternatives are available?
- Something else?

## What is ready, or getting ready, to be born or to spring forth with regard to your relationship with food:

- Tasting a new fruit or vegetable?
- Starting to make regular visits to your local farmers' market?
- Planting a fruit tree in your backyard?
- Attending a SACRED ART OF EATING WORKSHOP? (See sidebar)
- Using a TowerGarden to grow produce in an environmentally sustainable manner?
- Exploring your artistic side by learning, creating, or teaching a few new dishes?
- Considering the planet when deciding what foods to eat?
- Considering alternatives to traditional fast food while traveling?
- Practicing being Imperfectly Vegan?
- Eating a meatless meal for the sake of the planet, if not for yourself?

## Imperfectly Vegan Recipe Box

Asparagus often takes center stage on culinary tables as a reminder of spring. And no wonder given that its name from the Greek word '**asparagos**' means '**sprout**' or '**shoot.**' Referred to as the aristocrat of vegetables and dubbed the "food of kings" by King Louis XIV, asparagus has been prized since the days of the ancient Greeks and Romans.



**Take advantage of this unique vegetable NOW while the time is ripe!** A spring delicacy, its season is short and its price is relatively high, primarily because it must be harvested by hand. Asparagus appears in markets as early as February in California, the largest asparagus-producing state. Here and in other western states, the peak months are April and May; in the Midwest and East, the growing season extends from May through July. To save money and avoid herbicides, fungicides, and pesticides, buy locally grown, in-season vegetables as much as possible.

Here are some delectable asparagus recipes from [OneGreenPlanet](#):

[Sesame Drenched Asparagus](#)

[Vegan Mushroom and Asparagus](#)

- Taking a moment to give gratitude for your food before eating it?
- Something else?

As we give gratitude to asparagus for reminding us that spring is a time for 'sprouting' newness in our lives, let us remember, too, that this birthing process is flavored with raw and tender moments. During this paradoxical season, we are reminded to be gentle with ourselves and with each other.

With blessings for your transformation,

Lisa

Photo of Lisa: [Julie Cheshire Photography](#)

## Imperfectly Vegan is LIVE!

It's **OFFICIAL!** I've received the Trademark Registration Certificate from the US Patent and Trademark Office for **ImperfectlyVegan!** YEAH!!! As much as it feels right to you, please use the term to describe your approach to eating and share it with others as an option for them as well. As more and more of us move toward plant-based diets without being absolutist, we can harmonize in being 'Imperfectly Vegan' for the benefit of our individual, communal, and environmental well-being!

**Being Imperfectly Vegan is a lifestyle,**

[Risotto](#)

[Lemon Tarragon Asparagus](#)

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More Healthy Reasons to Make  
Yours a Juice Plus+® Family



The USDA recommends 7 to 13 servings of fruits and vegetables every day, yet most people don't come close to consuming even the minimum number of recommended servings. JuicePlus+ helps bridge the gap.



**More benefits of Juice Plus+® to help your family stay healthy this winter. Juice Plus+®:**

- Provides nutrition from 25 different fruits, vegetables, and grains — apples, broccoli, kale, parsley, and beets — in a convenient and inexpensive capsule form
- Delivers key antioxidants and other phytonutrients that are absorbed by the body
- Reduces oxidative stress
- Reduces key biomarkers of systemic inflammation
- Supports a healthy immune

**not a destination.**



**Like Imperfectly Vegan on [Facebook!](#)**



**COOKING WITH KIDS FOUNDATION  
Spring Sessions are Here! 10% Discount!**

What is the best way to nourish a child's eating habits? Let them participate in growing and preparing the food you want them to eat!



Founded and led by Chef Lynda Rextroat, [Cooking with Kids Foundation](#) is a non-profit organization

system

- Helps protect DNA
- Supports cardiovascular wellness
- Supports healthy skin
- Supports healthy gums

**To order or request more information, contact Lisa at 925.324.9650.**

"To be interested in the changing seasons is a happier state of mind than to be hopelessly in love with spring."

**George Santayana**

committed to reducing the incidence of overweight, obesity, and diabetes by helping children develop a healthy relationship with food. Young chefs have fun while learning about all aspects involved in the cooking process: from selecting fresh produce to kitchen safety and proper clean-up. And don't be surprised if, in addition to bringing home a desire to cook for the family, they also teach you a thing or two about optimal nutrition!

[Click here to register for a class in the East Bay.](#) Receive 10% discount (one per student) by registering by June 12th.



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[sacredbite.com](http://sacredbite.com) • [sacredbite@me.com](mailto:sacredbite@me.com) • 925.324.9650

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