

# RAW CAFE RAW RIGHT ROAR NOW

CALL 4 community participation



Bike/Blender built and ridden by Jonah Marmovich

## LIVE FOOD EXPERIENCE A GREEN SMOOTHIE + CAFE

SCANZ 2011 ECO SAPIENS

Jan 14-15 **ECO SAPIENS HUI**  
**LIVE FOOD CAFE::**  
green smoothies served

Jan 18-29 **109 Devon St W**  
**SCANZ Central (mainsite)**  
Experience a Green Smoothie  
View re-blended::re-mixed video of green smoothie moments  
a Collaboration with Dhiana Beaumont & Cameron Mckechnie

**::Come to scheduled Locations ::** get the Concept  
**::Bring your favorite Dark Leafy Greens + Fruits ::**  
**::& Blend**

Jan 16 **OPEN WORKSHOP DAY**  
Raw Food Workshop::  
**GREEN SMOOTHIES**

Jan 19-21 **HIVE Taranaki ::** 13 Brougham St  
Jan 23 **Farmers Markets::** Currie St  
**Festival of Lights**  
7-9pm:: Band Rotunda ::  
Pukekura Park

Jan 30 **Farmers Markets ::** Currie St

**FOR UPDATES & TIMES ::**  
eg times for foraging at the public orchards  
**Check the SCANZ Website**  
<http://www.intercreate.org/scanz-2011/residency-projects/live-food-cafe/>

**::Sourcing fruit & vege::**

**STRATEGIES::**

questioning how to gain access to food beyond the Supermarket

**::Growing::** Harvest :: dark leafy greens  
**::Foraging::** Pick from 3 public forchards  
edible weeds:: herbs

**::Locorvoring::** Buy at local **Farmers Market**

**::Sprouting::** Sprouts + micro greens

**::Community Gardening::** Join & learn how to grow food + access land to grow

60% fruit + 40% greens

greens 60% + fruit 40%

DE-LUSH HARD CORE

DE-LECTOR SE-LECTOR

**INGREDIENTS** + add 1-2 types of dark leafy greens  
**DARK LEAFY GREENS**

Initially start at 40-50% green and work up to 60% green

Choose a range of fruit

**FRUIT**

base fruit  
+apples  
+oranges  
+tangelos  
+mandarins  
+kiwifruit

+grapes  
+melon  
+peaches  
+watermelon  
+bananas  
+pears

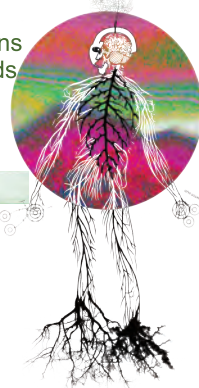
**flavour enhancers**  
+lemon  
+berries  
+ginger

+tomatoes  
+cucumbers  
+avocados  
+capsicum  
(these are actually low sugar fruits)

**BLEND SALADS**

+parsley  
+ silver beet,  
+spinach,  
+kale, ,  
+rocket

+sprouts  
+microgreens  
+edible weeds  
+herbs



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SCANZ 2011 ECO SAPIENS

URL's for more info updates and times::

<http://www.intercreate.org/> OR

<http://www.intercreate.org/scanz-2011/residency-projects/live-food-cafe/>

<http://livefoodcafe.blogspot.com/p/scanz-2011-eco-sapiens.html>

INGREDIENTS

SCHEDULE