

Winter 2010

WELCOME TO OUR UPCOMING MACROBIOTIC EVENTS!

CALENDAR at a GLANCE



Bread Baking Class
Saturday, January 23
1:00-3:00 PM

Potluck
Saturday, February 13
6:00 PM

Appetizers Cooking Class
Saturday, February 20
1:00-3:00 PM

Potluck
Saturday, March 13
6:00 PM

**Cooking Class
with Mystery Speaker**
Mid-to-Late March

Macrobiotic Cruise
March 21-28

Wine Tasting
Saturday, April 10
5:00-7:00 PM

Gourmet Cooking Class
Saturday, April 17
1:00-3:00 PM

Potluck
Saturday, May 8
6:00 PM

Desserts Cooking Class
Saturday, May 15
1:00-3:00 PM

Pool Party and Potluck
Saturday, June 12
3:00 PM



With the holidays behind us, we look forward to a New Year and are offering some exciting cooking classes to inspire you to nurture your body and your palette! By popular demand we have cajoled two extraordinary local macro chefs, Lisa Glassman and Ceri Mauerman, to share their creativity and expertise with us. Lisa will be showing us how to bake healthy and delicious sour-dough bread, while Ceri will be teaching three separate cooking classes: Appetizers, Gourmet Meals and Desserts. We encourage you to join us, bring your friends, and have fun diving into new culinary experiences. This is a New Year and a great time to get out of your culinary rut! And remember...you get to sample the food as you cook and learn. YUM!

For ongoing fellowship and support, we offer potluck dinners on the second Saturday of each month. For the adventurous, in March the annual Macrobiotic Cruise, Holistic Holiday at Sea VII, offers the opportunity to vacation while dining on macrobiotic meals and studying with some of the most experienced macro counselors. Closer to home, in late March we hope to host a visiting Macrobiotic Counselor for a lecture and cooking class. And, as the days get warmer, we begin the summer with our annual pool party and potluck!

POTLUCK DINNERS

February 13 • March 13 • May 8 • June 12

Many people in our group are not aware of this, but we strive to hold our potlucks on the second Saturday of every month at 6:00 PM. We sometimes don't meet in July and August. Please come out and join us – it's a great opportunity to socialize with your fellow macro buddies, meet new people and partake of some of the best dishes in town. Potlucks are also a big help for people new to macrobiotics, a place where they can get their questions answered and also get inspired to improve their diets and lifestyles.

Members with a dish \$5, without a dish \$12 • Non-members with a dish \$7, without a dish \$15.

February 13

Hosted by Rocky and Mike Brown | 7043 Burnway Drive, Orlando, FL

Directions: I-4 to Sand Lake Road, go west. Turn right at Dr. Phillips Blvd. Go to Wallace Road and turn left. After a short distance you will see Clubhouse Estates on your left. Turn left there onto Burnway Drive. House is on the left. **407.226.6963**

March 13

Hosted by Mary Lou Gantner | 7722 Lake Gandy Circle, Orlando 32810

Directions: off Maitland Blvd. West and Edgewater Drive. **407.299.8877**

April 10

No potluck, wine tasting at WP Wine Warehouse instead. (See page 3 for details)

May 8

Hosted by Rocky and Mike Brown | 7043 Burnway Drive, Orlando, FL

Directions: See February 13 above.

June 12 Pool Party and Potluck • 3:00 PM

Hosted by Rocky and Mike Brown | 7043 Burnway Drive, Orlando, FL

Directions: See February 13 above.

BREAD BAKING *with LISA GLASSMAN*

Saturday, January 23 • 1:00 PM-3:00 PM

Let's face it, who doesn't love the taste of freshly baked bread? But macrobiotics often avoids this treat, due to the overly processed and sugar and preservative laden loaves readily available. Luckily, we have Lisa Glassman to teach us how to make delicious, forgiving, organic sourdough bread with at least 80% whole grain, and absolutely NO commercial yeast- keeping the same starter alive without worry and constant care.

In the class we will learn to make sourdough French bread using Kamut flour and spelt flour, with variations. Also, with the same dough, we will make English muffins and learn how to use the dough for many other purposes. Lisa will show us how easy it is to make sourdough starter from a sourdough packet. The class will include a sample or two of a yummy dip to put on your bread! Lisa will give advice on which books have good sourdough information and recipes with no commercial yeast.

For 10 years, passionately, self taught dairy/egg/refined flour and sugar-free chef Lisa Glassman is always looking for new twists on old classics. Lisa has "wowed" us in the past with her amazing dessert classes. With a family of 4, including 2 teenagers, she has been making loaves and leaven starters at least every other day.

\$25 Members • \$30 Non-Members

**Please RSVP by Wednesday, January 20
by calling the Macro Hotline at 407.672.2356**

Location: Home of Lisa Glassman, 1484 Hidden Springs Cove, Oviedo, 32765

Directions: From Winter Park, take Fairbanks east. Turn left at Tuskawilla Rd. Turn right at the first traffic light onto Gabriella Ln. Turn left on Brooks Ln. (just before the road curves). Turn right at the first subdivision onto Kenmure St. Gate code: 2468

Take Kenmure to the end. Turn left on Winding Lake. At first stop sign turn left onto Hidden Springs Cove.

From Orlando: take the 417 towards Sanford. Get off at the Aloma Ave exit. Turn left on Aloma. Right on Tuskawilla Rd. Right on Gabriella Ln. (Finish with above). Do not use Mapquest which tells you to come through the owners only gate from Mikler Rd.



COOKING CLASSES *with CERI MAUERMAN*

If you regularly attend the Macrobiotic Potluck dinners, chances are you have been fortunate enough to have dined on the amazing cuisine of Ceri Mauerman. If not, you've been missing out and it's time to make a change! Ceri Mauerman has been studying the macrobiotic lifestyle for 13 years. She has assisted cooking classes at the Kushi Institute Summer Conference for many years in addition to also serving as the Head Chef of the kitchen for 2 years. Additionally, she has studied with Macrobiotics Counselor David Briscoe of Macrobiotics America. As a mother of three, good health for her family has been a priority. She finds the macrobiotic way of eating provides balance in a hectic world. She will share her culinary secrets through three upcoming cooking classes: Appetizers, Gourmet Meals, and Desserts.

MACRO APPETIZER CLASS

Saturday, February 20 • 1:00-3:00 PM

Brushcetta w/Olive paste and fresh basil
Arame pouch w/Sweet Potato sauce
Edamame Hummus with Pita Chips
Butternut Squash, Corn and Cilantro phyllo rolls
Green noodle nori roll w/lemon ginger dipping sauce
\$25 Members • \$30 Non-Members

**Please RSVP by Wednesday, February 17
by calling the Macro Hotline at 407.672.2356**

Location: The home of Rocky and Mike Brown,
7043 Burnway Drive, Orlando, FL

Directions: I-4 to Sand Lake Road, go west. Turn right at Dr. Phillips Blvd. Go to Wallace Road and turn left. After a short distance you will see Clubhouse Estates on your left. Turn left there onto Burnway Drive. House is on the left. 407.226.6963

GOURMET MACRO MAIN COURSES

Saturday, April 17 • 1:00-3:00 PM

Corvina en papillote
Pistachio Blue Corn encrusted Tempeh
Siamese Pad Thai w/Tofu
Cauliflower Mochi Casserole
\$25 Members • \$30 Non-Members

**Please RSVP by Wednesday, April 14
by calling the Macro Hotline at 407.672.2356**

Location: The home of Rocky and Mike Brown,
7043 Burnway Drive, Orlando, FL

Directions: See above

MACRO DESSERTS

Saturday, May 15 • 1:00-3:00 PM

Crème-filled Orange poppy seed cake
with Orange glaze

Amazake Flan Custard

Strawberry Shortcake w/ almond praline

Chocolate Mousse w/ raspberries and mint

\$25 Members • \$30 Non-Members

**Please RSVP by Wednesday, May 12
by calling the Macro Hotline at 407.672.2356**

Location: The home of Rocky and Mike Brown,
7043 Burnway Drive, Orlando, FL

Directions: I-4 to Sand Lake Road, go west. Turn right at
Dr. Phillips Blvd. Go to Wallace Road and turn left.
After a short distance you will see Clubhouse Estates
on your left. Turn left there onto Burnway Drive. House
is on the left. 407.226.6963

MYSTERY SPEAKER/COOKING CLASSES, MID-to-LATE MARCH

We often host Macrobiotic speakers from out of town to
lecture and give cooking classes in March. We can often
bring in speakers who are teaching on the macrobiotic
cruise (see below), having them come to Orlando either
before or after the event. Unfortunately, at press time we
have not yet secured a speaker, so we will have to keep
you in suspense! A postcard will be sent out later as we
gather the details.

MACROBIOTIC CRUISE HOLISTIC HOLIDAY AT SEA™ VII

March 21st - 28th, 2010

A Taste of Health presents the ultimate gift for your
mind, body and spirit. Share the experience and wisdom

of some of the world's leading authorities and experts in
holistic living and natural health. Some of our favorite
Macrobiotic Counselors who will be teaching include:
Christine and Robert Pirello, Lino and Jane Stanchich,
Jessica Porter, and Warren Kramer. Cruise the Eastern
Caribbean on one of the world's premier Italian luxury
liners, the Costa Fortuna, which combines the style and
sophistication of Europe with American comforts and
convenience. Visit exciting ports of call, such as pristine
St. Thomas, U.S. Virgin Islands; historic San Juan, Puerto
Rico; and romantic Grand Turk, Turks & Caicos Islands
while you dine on specially prepared organic natural foods
and beverages prepared by our own chefs. Lectures and
workshops included. Continuing education credits (CEUs)
are available.

For Program Information Call: 828-749-9537

For Reservations call: 1-800-496-0989 or visit the
website at <http://www.atasteofhealth.org>

WINE TASTING BENEFIT for HARRIET'S FUND

Saturday, April 10 • 5:00-7:00 PM

\$10 donation per person

Wine Warehouse of Winter Park

959 West Fairbanks Avenue (just West of Denning)
Winter Park, FL 32789

Last year's wine tasting to benefit Harriet's Fund was
such a success, our hosts at the Winter Park Wine
Warehouse have requested a repeat performance! Come
and join us for an opportunity to sample several organic
wines and hors d'oeuvres prepared by the Macrobiotic
Board members. In addition to having a chance to sample
great food and wine, this is also a place where we can
share macrobiotics with other regular Wine Warehouse
customers, showing that "healthy eating" can be tasty as
well! We hope to see you there.

Harriet McNear Scholarship Fund

*In loving memory of our dear friend and teacher, Harriet McNear, a
Foundation was established in her name. The money donated to it is
available to Macrobiotic Foundation of Central Florida members to
further their personal studies in Macrobiotics. The Board reviews
requests for consideration, with a \$250.00 limit per request.*

Scholarship Fund Mission Statement

***To promote the macrobiotic lifestyle through the sponsorship of
educational opportunities.***

*Should you have an interest in applying for some financial aid
please submit your request to: Rocky Brown, President,
7043 Burnway Drive, Orlando, FL 32819.*



If you would like to donate to this
fund, please make your checks
payable to Macrobiotic Foundation
of Central Florida and mail to:
Ceri Mauerman, Treasurer,
P.O. Box 560466,
Orlando, FL 32856.

Yes, I want to be a member of the Macrobiotic Foundation!

Member(s) _____

Street Address _____

City _____ State _____ Zip _____

Home Phone () _____ Work () _____

Email Address _____

CURRENT DUES:

Single \$30 for 1 Year, \$45 for 2 Years

Family \$40 for 1 year, \$65 for 2 Years Renewal

New Member - Today's Date _____ Renewal

Make checks payable to the Macrobiotic Foundation of Central Florida

Detach & Mail to: P.O. Box 560466, Orlando, FL 32856

MACROBIOTIC

FOUNDATION

OF CENTRAL FLORIDA

**Benefits of
Membership:**

**Discounts on
Macrobiotic Foundation
Dinners, Workshops
and Cooking Classes**

**Receive Newsletters and
Event Reminder Postcards**

**Support Your Community
by helping sustain the
Macrobiotic Foundation**

The Macrobiotic Foundation of Central Florida is an organization dedicated to providing information, support and activities for its members and the community on the macrobiotic way of living. This begins with a reorientation of everyday eating using natural foods, and continues through accepting responsibility for keeping our physical, mental, emotional, and spiritual lives in harmony with ourselves, our families, our community, and with society and nature.

RECIPE CORNER

MAPLE WALNUT MACROBIOTIC / VEGAN COOKIES

by Bitia Hunt

These cookies are tender and crisp, perfect to indulge in when accompanied by a cup of kukicha tea.

*Bitia is a vegan and macrobiotic baker for her business **Baked By Bitia** and also cooks macrobiotic meals for her clients. Bitia was raised in a macrobiotic home and wrote her senior thesis in college about macrobiotics and the yin-yang theory of food. She also currently teaches cooking classes at Sur La Table culinary store locations throughout the state, along with an intermediate macrobiotic cooking class at The Natural Gourmet Cooking School in NYC run by Annemarie Colbin. Bitia has recently completed training at the Institute for Integrative Nutrition.*

1 1/4 cups ground walnuts

1/4 tsp. sea salt

3/4 cup rolled oats,
buzzed in a spice grinder to make oat "flour"

1/2 tsp. vanilla extract

1/2 cup brown rice flour

1/4 cup oil (corn, safflower)

1/3 cup pure maple syrup



Preheat oven to 375°.

Mix dry ingredients together with a whisk in a large bowl.

In a medium bowl, mix together wet ingredients until emulsified.

Add wet to dry and mix well until combined.

Using a small ice cream scoop, form cookies about the size of a tablespoon.

Put cookies on parchment lined cookie sheet. Flatten each cookie twice with a fork in opposite directions.

Bake for about 15 minutes, or until cookies are golden. Do not overbake.

They will be soft when hot, but will become crisp as they cool. Makes about 12 large cookies.

Book Review

by Robyn Martin

The Kind Diet, A Simple Guide to Feeling Great, Losing Weight, and Saving the Planet, by Alicia Silverstone, ISBN: 978-1-60529-644-9

I've always liked Alicia Silverstone since her starring role in the movie *Clueless*, and when I discovered that she was a vegan and environmental spokesperson, my admiration increased. So when I saw her vegan cookbook in a bookstore a couple of months ago, I had to take a look. It's a beautiful book, with gorgeous full color photographs of the dishes, the kind that makes you want to jump into the kitchen and get cooking. It was the Maple-Roasted Lotus Root, Sunchokes, and Leeks recipe that first caught my eye – a cookbook with a Lotus Root recipe? Show me more! Flipping the recipe pages reveals familiar food items such as nori, udon, daikon, sietan, ginger... you get the picture, these are macrobiotically inspired recipes you can really use. She does include "wide" items such as Earth Balance Butter, maple syrup, tomatoes and occasionally wine, but sparingly. Most recipes with such ingredients could be easily amended to stricter macro standards if desired.

The book's first half is devoted to general vegan information and why following this lifestyle is good for your looks and health as well as the planet. I find the writing inspiring and not preachy, but then again I am already converted. I think this would be a great book for people not yet initiated into healthy lifestyles, it's text is so clear and the photos enticing. For those of us who have been following a macro path for awhile, many of the recipes are ones we are already familiar with, yet this book provides a fresh twist on the familiar and an invitation to explore.

Seeking New Members!

If you are interested in becoming a board member and would like more information, please call the message line at 407-672-2356 and someone will call you back. It's a wonderful opportunity to learn more about Macrobiotics, increase your friendships within our group and participate in making the Macrobiotic Foundation better. We thank you in advance!

FOUNDATION BOARD MEMBERS & COMMITTEE CHAIRPEOPLE

The following people are available to you, our members! If you have any questions, concerns or input pertaining to any specific person's job, please feel free to contact them at the number indicated.

Rocky Price Brown
President, Hotline
407.226.6963

Laura Hardy
Website

Judy Pacurari
Board Member
407.348.7453

Alberta Dering
Membership

Robyn Martin
Newsletter Editor
Secretary
407.645.2309

Debbie Smith
Newsletter Layout
407.291.6342

Irene Gomulka
Programs Coordinator
407.898.6551

Ceri Mauerman
Treasurer
407.438.6165



Macrobiotic Website

cflmacro.com

Visit frequently
for information and event updates.

ATTENTION ALL MEMBERS!!!

In order to update our mailing list and dispense information to you more efficiently, please provide us with your email address.

Please email to
Rocky Brown, rockcandi00@aol.com

SUPPORTIVE SERVICES Available from our Members

Macrobiotic Cooking for Healing and Qi Gong Classes

Irene Gomulka
407-898-6551

Rolfing®

Robyn Martin
407-645-2309

Yoga Instruction

Lewis Rothlein
407-644-3288

Susan Rothlein
Pre & Postnatal Yoga
407-644-3288



Macrobiotics Today of Central Florida is published for the members of the Macrobiotic Foundation of Central Florida. Editorial suggestions should be sent to:

Robyn Martin, Editor
robynrolf@cfl.rr.com
subject: Macro News Suggestions

Macrobiotic Hotline

Call the Macrobiotic Hotline for membership or additional information or to register for events:
407-672-2356



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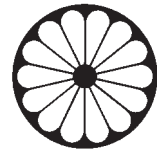
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OUR COMMITMENT IS TO EXPOSE
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THUS CREATING
ONE PEACEFUL WORLD.



RETURN SERVICE REQUESTED

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