

FOOD NOTES

RUNNERS IN THE RAW 2008



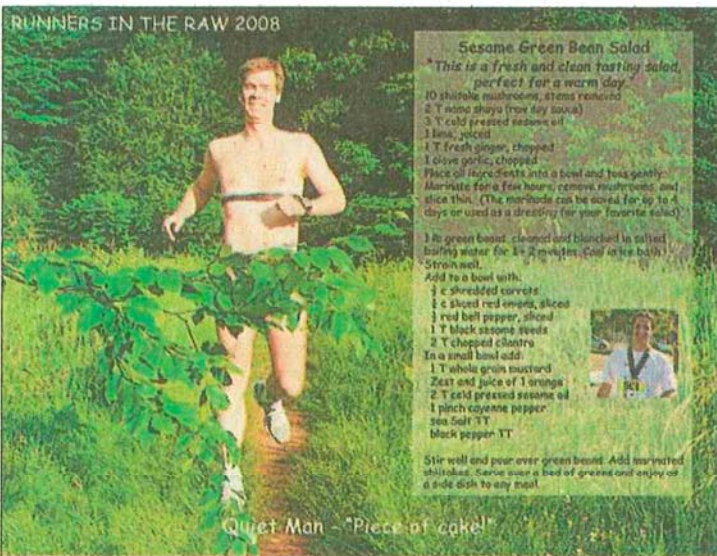
Bimble Burger
 "To bimble" is to run leisurely without purpose, but this burger has plenty of substance to keep you energized through a long day.

Soak in 2 T olive oil 3 c chopped mushrooms (white, cremini, porcini), shiitake, a mix of all
 1 small onion, sliced
 3-4 stalks celery, sliced
 Cook 3-4 minutes, stir in 1 1/2 T sage
 Cook until veggies are tender, set aside to cool.

Cook 1 1/2 c brown rice with 3 c water. Cool then pulse in food processor and place in a large bowl.
 Cook 1 c green lentils with 2 1/2 c water (use more water if needed). Cool then pulse in food processor.
 Place in large bowl with rice.
 Open, spin, rinse, pulse 1 large can of chick peas, add to bowl.
 Add sautéed veggies to bowl and mix all ingredients well.
 Stir in:
 1/2 c fresh chopped parsley
 1/4 c nutritional yeast
 Season well with fresh black pepper + sea salt
 Optional: 1/2 c chopped roasted walnuts.
 Mix well, form firm into patties, broil and serve!

Mr. Bimble - "Trust me!"

RUNNERS IN THE RAW 2008



Sesame Green Bean Salad
 "This is a fresh and clean tasting salad, perfect for a warm day."

10 shiitake mushrooms, stems removed
 2 T nono shoyu (raw soy sauce)
 3 T cold pressed sesame oil
 1 lime, juiced
 1 T fresh ginger, chopped
 1 clove garlic, chopped
 Place oil, lime, shoyu into a bowl and toss gently.
 Marinate for a few hours, remove mushrooms and slice thin. (The marinade can be saved for up to 4 days or used as a dressing for your favorite salad)

1 lb green beans, cleaned and blanched in salted boiling water for 3-4 minutes. Cool in ice bath.
 Strain well.
 Add to a bowl with:
 1 c shredded carrots
 1 c sliced red onions, sliced
 1 red bell pepper, sliced
 1 T black sesame seeds
 2 T chopped cilantro

In a small bowl add:
 1 T whole grain mustard
 Zest and juice of 1 orange
 2 T cold pressed sesame oil
 1 pinch cayenne pepper
 sea salt TT
 black pepper TT

Stir well and pour over green beans. Add marinated shiitake. Serve over a bed of greens and enjoyed as a side dish to any meal.

Quiet Man - "Piece of cake!"

In The Raw

This time, runners are baring all for a calendar whose proceeds will benefit the Fruit Tree Planting Foundation, a charity dedicated to planting fruit trees to benefit communities, especially the needy, and improve the surrounding air, soil and water.

The calendar is the brainchild of the Bimble's Sound running group and is dedicated to holistic chef and runner Frank Giglio, who recently moved to Arizona. Giglio joined the group in 2006 to improve his fitness, and his running partners often showed up at the deli counter where Giglio worked in Guilford to taste his "green juice," Bimble Burgers and other organic dishes.

Because Giglio's specialties are raw foods and trail running, the calendar combines a recipe of the month with a runner sprinting in the raw. (Are the runners really running nude or is that Photoshop working its magic? The calendar's editors say it is up to your eye and imagination to decide.)

Artist and runner Cathi Bosco photographed the 12 runners, while Noemia Barroqueiro, a graphic artist, had the job of "enhancing" the images. The calendars are \$18 and can be purchased online at www.runnersintheraw.com. They also are available at R.J. Julia in Madison and Breakwater Books in Guilford.