

## OLD JOE'S KAIA COUNTRY HAVEN

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### FULL MOON SALAD DRESSING

Make a strong vegetable stock and cool, transfer to a blender or shaker: *60 ml boiling water*  
*2.5 ml vegetable stock powder or*  
*Marmite or Miso*

Add to the blender/shaker: *60 ml soya sauce*  
*60 ml olive oil*  
*2.5 ml sesame oil*  
*15 ml lemon juice*  
*2.5 ml soya lecithin (optional)*  
*15 ml Mirin (optional - or use 5ml maple syrup)*

1. **Soya sauce**—we prefer Kikkoman
2. **Soya lecithin**—optional in this recipe—will help with emulsifying the oil and liquid (prevents separation).
3. **Mirin**—a Japanese ingredient, by-product of rice fermentation. It has a subtle sweet taste and gives an umami explosion in the mouth.

“So what does the full moon have to do with my food?” you may ask.

Everything we do is affected by the moon, including how we germinate, plant, harvest and prepare every plant we eat.

The full moon shakes up our energy levels, it brings the unknown to the surface, it stirs the oceans into ecstatic spring tides and it holds the soil of the earth in ‘suspension’ until the time is right for planting foods that grow below the ground.

Seeing our bodies are constituted of 70%+ water, this also means our physique is affected, making this day a great opportunity to flush out and detox what the body doesn’t need. Focus on eating plants with high water content today – fruits and vegetables that are not starchy or ‘heavy’.

MAY THIS FULL MOON RECHARGE, INVIGORATE AND INSPIRE YOU!