

Our freedom to buy truly raw almonds in this country has changed. A law went into effect in 2008 which requires mandatory pasteurization of all almonds, even organic ones. However, there are some alternatives.

It is my understanding that this law does not apply to almonds that are sold directly from an almond farm to the end user (like you or me), and there are companies that are importing raw, organic, unpasteurized almonds from Italy and Spain, which at this time are not pasteurized, due to trade agreements and laws.

Apparently, these imported almonds are closest to heirloom varieties, with more taste in comparison to California almonds. Prices for these almonds are higher, but you will be receiving a living food and can make all the recipes in *Almond Essence*, knowing you will be receiving the highest nutrition!

If you're Googling for other sources of raw almonds, make sure its says "unpasteurized" and not just "raw" because the new definition of "raw" means "unroasted".

You can also contact any company and ask if their almonds are pasteurized.

Here's a list to get you started:

<http://www.nutnother.com/>

<http://shop.livingnutz.com/>

<http://www.rawfromthefarm.com>

www.traderjoes.com (they have raw organic almonds from Spain)

<http://www.wholesale-almonds.com/>

<http://www.goneraw.com/forums/3/topics/1354>

<http://www.livingtreecommunity.com/> (raw almond butter)

Good luck in your search, and blessings be with you!

Janet and Rex