



CAROB



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DAVID AND KATRINA RAINOSHEK: A NOTE ON CAROB

Date: 2008

We love raw cacao, and in the past David has been able to consume large quantities of it with very good results such as heightened mental clarity and focus, heart opening, and high energy. Katrina has never done well with cacao, and has to take it in very small doses. If she over does it on cacao, she feels strung out, over stimulated, and then has an energy crash and feels *hung over*. What is interesting is that back in her cooked food days, she did ok with chocolate. Sure it was stimulating, but nothing compared to what cacao does to her now clean and sensitive raw body.

After almost five years of eating live foods and doing over 450 days of Juice Feasting, David has also noticed that cacao does not affect him so positively any more, and he experiences something similar to what Katrina does if he *over does it* on cacao.

So, we have moved in to the joys of carob. It may not be as exciting and stimulating as cacao, but it is definitely a lot smoother of a ride for us, and we do enjoy it. We suggest that you experiment with both, and see how they make you feel, paying close attention to your moods after eating cacao as it will have an effect for hours after. If you feel cacao is doing well for you, realize that it might not always as your physiology shifts over the course of your raw journey. Don't worry, you won't be sad to discover that you can no longer do cacao, you will let it go happily and be excited that your body is a super clean machine, and that now carob, and all of its benefits, is ready to take over! Oh, and you might just find your self enjoying or sharing a cacao treat every once in a while, just a teeny tiny bit!

You can also healthfully cut your cacao recipes by using half the amount of cacao called for and substituting carob for the other half. They compliment each other very nicely to the palate, and your brain and adrenals will thank you. David Wolfe and Shazzie say this about mixing carob and cacao:

"...when carob is used in conjunction with cacao, the real magic is revealed. The rich calcium content of carob combines alchemically with the rich magnesium content of cacao creating a most fantastic taste explosion."

Some of our favorite uses for carob for you to enjoy after your Feast include:

Carob Halva

4 TBS raw sesame tahini

3 TBS raw local honey

2 TBS raw carob

Mix in a bowl with a fork or spoon, and then eat with your spoon or roll into little halva balls. If the consistency is too runny to roll into balls, add more carob.

Carob Mylk Shake

First make almond mylk by blending two cups soaked almonds in four cups fresh water.

Strain the mylk from the pulp using a nut mylk bag. Add the mylk back to the blender, and add 6-8 dates, a pinch of salt, and ½ tsp. Vanilla. Now you have amazing nut mylk.

Add to Mylk 4-6 TBS Carob, 1 banana, 2 TBS raw local honey, 1/2 -1 tsp cinnamon. Blend. Ah, creamy yumminess.

NOTE: This is not a low glycemic treat. If you are dealing with blood sugar issues, leave out the banana, dates, and honey and add loads more cinnamon (excellent for diabetics). The carob and cinnamon will act to sweeten this treat.

CAROB

Source: *Anti-Aging Manual* by Joseph B. Marion

Carob Bean Pods (*Ceratonia siliqua*)



Carob pods



Carob leaves



Carob tree

An evergreen tree of the pea family, a Legume with subtle chocolate taste, called St. John's Bread. The Dried seed pods were used as money; the gold and crystal measurement "carat" is derived from carob. Makes cattle and sheep flourish. The root is medicinal, demulcent, mild laxative. Healthier than chocolate (does not have methylxanthines caffeine and theobromin causing central nervous system stress, sleeplessness, itching, depression, anxiety as cellular toxins interfering with Enzyme signals causing uncontrolled cell growth, cysts and tumors. For the voice, clearing the throat; for wart like growths; has tannic acid that limits intestinal Protein assimilation, and may suppress growth, avoid immoderate use by children. Unlike chocolate, carob is a natural sweetener, had 46% sugars; 3 times richer in Calcium; 2/3 of the Calories, and 17 times less fat than chocolate; 8% Protein; with Vitamins A, B-Complex, B1, B2, B3; Magnesium, Potassium, Iron, Manganese, Chromium, Copper, and Nickel.

A rich source of Pectin (and Lignin) that may help lower cholesterol levels, arresting diarrhea (a 5% concentration, 1 tbs. Per cup of juice or water), flushes toxins from the body, and settles the stomach.

NOTE: Joseph Marion has Carob listed as one of his Power Foods. Cacao is not listed.

WHOLE RAW CAROB PODS

Source: <http://www.rawhealth.net>

Species: Ceratonia siliqua **Family:** Leguminosae **Common name:** St. John's bread

The Carob Tree



The carob tree is a member of the legume (pea) family and it grows in Mediterranean areas. It favours arid conditions which are naturally alien to fungus and pests so little or no chemical sprays are needed in its cultivation. It is a large tree and grows to 15m in 50 years. It produces no fruit for the first 15 years of its life, but will fruit well into its old age. A large tree can produce one ton of beans in one harvest.

The carob tree flowers in September and October. The flowers on female carob trees must be pollinated by pollen from the male trees. Developing carob pods have the appearance of green broad beans but they turn a dark glossy brown with maturity. They are between 4" and 10" long and weigh 0.75 to 1.5 oz. The pods contain four series of oval holes, each bearing a seed like a watermelon seed. Each pod can contain up to 15 seeds. Carob seeds and pods are edible. The ground seeds are used as a substitute for cocoa and as a food (also known as algarroba, St. John's bread, and locust bean gum). The pods are commonly used as cattle feed. Carob powder is also used as a food stabilizer and as a darkening agent.

Harvesting & Processing Carob

Carob pods are usually processed in their country of origin. They are both dry and wet cleaned and kibbled (coarsely ground) to separate the seeds from the pulp. The seeds are then processed to produce locust bean gum (ceratonia or carob bean gum). This is a natural product used as a gelling agent, stabilizer or emulsifier in ice-cream, dessert fruit filling and salads.

The gum may be mixed with tragacanth gums (E143) which exude from the trunk and branches of another species of the pea family. This is also used as a stabilizer, emulsifier, thickener, or to prevent

sugar crystallisation in confectionery. An oil called algaroba is extracted from the carob seeds to be used for medicinal purposes. After seed extraction, the pods are roasted, milled and sieved and then stored in controlled conditions to prevent them becoming hard and lumpy. Carob powder is used in baking and food manufacture. It is naturally sweet so no added sugar varieties are available. Non-dairy carob bars use vegetable fat, soya flour and soya lecithin as an emulsifier.

History of Carob

Although it has only been used in manufacture and baking in Britain for some 20 years, carob is by no means a newly discovered food. The Greek Theophrastus recorded in 4BC that his contemporaries called the carob the Egyptian fig. Ancient Egyptians used the gummy properties of carob seed by using it as an adhesive in binding mummies and the pods and seeds have been found in Egyptian tombs. The Romans are said to have eaten the pods when green and fresh for their natural sweetness.

Many scholars believe that John the Baptist lived on carob pods as "the locust bean" in another name for carob. Another biblical reference to carob pods is also probable in the parable of the prodigal son who squandered his inheritance and so became a servant, looking after the pigs. "He would gladly have fed on the pods that the swine ate ..." - the pods would most probably have been the pods of the carob trees which would still produce crops in times of drought and famine.

Alternative to chocolate

Carob has rightly been coined the healthy alternative to chocolate. **As most of us are now aware, carob is free from the stimulants caffeine and theobromine found in chocolate. It is also naturally sweet, so carob products will generally contain substantially less sugar than their chocolate counterparts.** Carob powder can be substituted for cocoa powder in any recipe. Carob is also available in bars, drops and in confectionery.

Advantages of Carob over Chocolate

Carob is free from caffeine and theobromine which can be addictive and can cause allergies. Caffeine and theobromine are stimulants. Caffeine is the most active and works directly on the brain stimulating the senses, inspiration and alertness. It can be transmitted through breast milk and pregnant women are advised to restrict their caffeine intake. **Caffeine has analgesic properties but also has side-effects such as anxiety, nervousness, nausea, and palpitations. Caffeine not only stimulates the brain and other organs but also increases the heart rate. It can provoke emotional reactions. It stimulates the gastric juices and acts as a diuretic and so can cause excess loss of the water soluble vitamins B & C. Caffeine stimulates release of the body's stored energy reserves, meaning that sugars are released into the blood. This can increase the risk of diabetes and possibly obesity and can cause mood swings.**

How much should I eat?

Commonly, 15 grams of carob powder is mixed with applesauce for children. Adults should take at least 20 grams a day. The powder can be mixed in applesauce or with sweet potatoes. Carob should be taken with plenty of water. Please note that infant diarrhea must be monitored by a health care professional and that proper hydration with a high electrolyte fluid is critical during acute diarrhea.

Carob is free from phenylethylamine which can trigger migraines. It is free from amine which can trigger migraines and allergic reactions.

Nutritional Information

Carob is up to 8% protein and contains vitamins A, B, B2, B3 and D. **It is also high in calcium, phosphorus, potassium and magnesium and contains iron, manganese, barium, copper and nickel.** However, it should of course only be eaten in moderation alongside a balanced diet. It has no oxalic acid which prevents the body using calcium and zinc. These minerals are vital to a healthy skin and the presence of oxalic acid in chocolate may be connected to the onset of spottiness noticed by some teenagers on the consumption of larger amounts of chocolate.

Active constituents:

The main constituents of carob are large carbohydrates (sugars) and tannins. The sugars make carob gummy and able to act as a thickener to absorb water and help bind together watery stools. Tannins from carob, being water insoluble, do not bind proteins as some tannins do. Carob tannins do bind to (and thereby inactivate) toxins and inhibit growth of bacteria, both of which are beneficial when it comes to diarrhea. Dietary fiber and sugars may make food more viscous in the stomach and thus interfere with reflux of acid into the esophagus.



A rarity in southern Florida, this carob tree on the campus of the University of Miami was 15 years old when photographed in 1954. It is still bearing small fruits every year without cross-pollination.

CAROB IN MYTHOLOGY

Source: [Nectar and Ambrosia](#) by Tamra Andrews

The carob tree is native to the eastern Mediterranean and grows extensively in this area as well as in warm areas of North and South America, where people learned to cultivate the tree long ago. The carob tree is an ever green, so in ancient Mesopotamian myths it served as a Tree of Life; it symbolized to ancient people of the area the immortality of the natural world. The fruit of the carob tree, which grows in the form of large, flat pods, is so nutritious and substantial that ancient gold-smiths used it as the original "carat" or "carob" weight to measure gold. Carob seeds are typically called husks or locusts, or sometimes Saint John's bread.

According to the gospels, John the Baptist subsisted on locusts during his forty days in the desert. Locusts frequently swarm in desert area, and the people of the region often consumed them, as well as bugs of other sorts. But the term "locusts" may in fact refer to carob beans rather than the insects. According to the New Testament, the husks or "locusts" served primarily as fodder for cattle, but humans ate them in extreme circumstances. **Nutritionists today know that carob beans have high concentrations of calcium and B vitamins**, so the beans alone may well have been enough to enable John the Baptist, or anyone, to survive for long periods of time.

Carob beans may have made ideal food for animals, but people found other uses for them too, and not just in emergencies. They used the pulp for making candy and the fermented seeds to make alcoholic drinks. A legend from the Talmud tells of a young rabbi who saw a man planting a carob tree by the road, and he made fun of the man, for he knew that these trees took thirty or more years to produce fruit. **The man replied that he was planting the tree not for his own benefit but for people to enjoy in the future, just as people in past times had planted carob trees long ago for him to enjoy.** Carob beans have long had associations with magic, particularly when fermented and made into reputedly magical mead. The magic of the carob beans must have affected the rabbi: He fell asleep, and when he finally awoke, seventy years had passed, and the carob tree the man had planted was fully grown and full of fruit. This talk gained fame centuries later when Washington Irving wrote the story of Rip Van Winkle. Perhaps the Hebrews carried this tale with them as they traveled, for similar tales emerged in many parts of the ancient world.

An Argentinean legend tells of a magic carob tree that revealed the secret of releasing the rains to a young boy. When a terrible drought plagued the land, the young boy set his sights on bringing back the rain. The carob tree told the boy that in order to do this, he had to scare away the bird of the underworld that slept in the tree's highest branches and blocked the people's prayers to the gods. The boy succeeded in scaring away the evil bird with the help of the entire village. Rain poured down from the heavens. As a reward to the boy and villagers who helped release the rains, the carob tree dropped its red beans all over the land so that more carob tree would grow.