

Raw & Juicy

BY SUSAN BENTON

30-A is known for great restaurants serving an array of wonderful handcrafted seafood, steaks, and Southern specialties, but if looking for fresh, light, raw, vegetarian, or vegan selections, in the past those delicious offerings have been slim.

Lately however, many local food establishments have felt the need to update their menus as customer demands have grown to include gluten-free selections with an emphasis on healthier choices.

Jenifer Kuntz of Raw & Juicy knows a thing or two about the search for tasty raw food selections, as when she moved to 30-A over nine years ago, she made it her mission to source out the best but could find little.

took an interest in and learned professionally in college. She says, “In searching for whole foods and in trying to find my place in the South and on 30-A, I felt like a cat trying to get out of a bag!”

On a whim she decided to look for an Airstream to possibly open shop, and began searching on Craigslist, locating one in Mariana. Her hopes were high, but she was let down to find on arrival it was sold. Before arriving back to 30-A, the owner called with good news that the deal had fallen through. “The sale falling through was kismet! The next

to set up shop. She recalls, “The community didn’t completely understand what I was serving or have much reason to stop, as there was nothing there other than me. I needed to give them another reason to come to the juice bar, and I wanted to support their journey towards health and wellness.”

Beginning the Seaside Farmers Market seemed like the next logical step for Kuntz who called upon the Davises for the green light. From three vendors in

2008 to just five years later, the market is abundant with local and regional vendors alongside Raw & Juicy. Kuntz says, “We have a gathering spot other than church and school for neighbors to visit and hang out. People can buy almost everything they need to live off of until the following week.”

With a daily chalkboard menu filled with delectable green juices, smoothies, and live whole food options, some of the most popular items at Raw & Juicy have been the Granola Bowl: raw, vegan, and gluten-free, filled with seasonal fruit and almond milk; and the Special Veggie Sandwich: gluten-free bread, made in house with flax seeds, parsley, and packed with raw mustard, macadamia cheese spread, and organic veggies. Kuntz says, “It is really special. We make everything by hand on the sandwich, and it is super yummy!” The Costa Rican Bowl is great for those on the run or needing to get back to the beach, and is filled with brown rice, black beans, salsa, avocado, and a squeeze of lime. “It is so nourishing and satisfying.”

After 20 years of juicing and working with raw ingredients, Kuntz says, “I feel gifted. Working with raw food comes easy to me. Digestion is the seed of health. At Raw & Juicy we make everything from scratch and everything is delicious.”

Jenifer Kuntz is a raw food chef from Matthew Kenney Academy and an Ayurvedic Consultant from Maharishi University. Raw & Juicy is located at 2255 East County Highway 30-A in Seaside, Florida with a new location, Raw & Juicy Organic To-Go in Seacrest Beach at the Peddlers Pavilion. They can be reached by phone at (850) 231-0043. For more information visit their website at www.rawandjuicylife.com.



Almond Milk



Juice Cleanse



Kale Salad and Sunnies



Stuffed Avocado and Onion Bread



Jenifer Kuntz



Macaroon Display



Raw Yogurt Parfait and strawberries



Kale Salad

Her journey began on her way to Manhattan from Boulder, Colorado. Kuntz, a dancer and event promoter by trade, decided to make a visit to South Walton to visit her mother, but due to weather conditions from Hurricane Ivan in 2004, she found she was unable to depart, and decided to stay...indefinitely.

Kuntz took a position with a local restaurant, found her niche in yoga, and continued juicing--something she

up shop serving fresh whole foods cultivating wellness in the community, and in 2008 the journey began. “I had to retro fit the trailer, find equipment, and get organic distributors, something difficult to do in the South.”

Kuntz spent months looking for a place to locate the trailer along 30-A with no luck. Enter the Davises in Seaside. Jenifer sat down with Daryl Davis to discuss the idea of a juice bar. After the meeting, she was invited

thing I knew my local friends were begging me to open a food truck. I was uncertain as it was not my specialty, but with my event and production background, I felt I could do it.” The plan was to set