



The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

supporting human health, animal rights, and ecology

Volume 13, Issue 3, Jul –Sep 2002

Inside

- President's Message
- Science Corner
- Terry Shintani, MD
- Animal Rights Corner
- Calendar of Events & Bookstore
- Recipes
- Reviews

Public Lectures

DICK ALLGIRE

“What’s Wrong with Milk?”

Wednesday, July 10, 7 p.m.
Ala Wai Golf Course Rec. Ctr.

“Vegetarianism in World Religions”

Wednesday, August 21, 7 p.m.
Ala Wai Golf Course Rec. Ctr.

RICHARD Mc LELLAN, MD

“The Vegetarian Agenda: Politics and Success”

Wednesday, September 11, 7 p.m.
Ala Wai Golf Course Rec. Ctr.

PETA’s Friedrich June VSH Speaker

Bruce Friedrich, Vegan Outreach Director for People for the Ethical Treatment of Animals (PETA), was the speaker for the VSH meeting held June 12 at the Ala Wai Golf Course Recreation Center. He gave a similar presentation at a VSH meeting held at Maui Community College on June 14.

Friedrich began his talk by relating his background, which includes a Midwest upbringing and a *Phi Beta Kappa* graduation from Grinnell College in Iowa. Prior to joining PETA in 1996, he worked for six years in a Washington, DC homeless shelter.

The body of his presentation, entitled *Veganism: The Only Diet for a Small Planet*, described his five compelling reasons to adhere to a vegan diet and lifestyle. Disastrous effects on health and the environment were the first two reasons. Animal welfare, the way in which animals are treated on factory farms, was the third. Animal rights, the concept that animals are here for their own purposes and not for the selfish interests of the human branch of the animal kingdom, was the fourth.

Human rights was Friedrich’s fifth reason to be vegan. He asserted that by eating meat, dairy products, and eggs, foods that require enormous amounts of land, water, and other resources compared to the amounts required to grow plant foods, we are directly contributing to the starvation found in much of the third world, affecting an estimated 800 million adults and children.

Friedrich concluded his talk with the optimistic view that the vegan movement has made remarkable progress in a relatively small amount of time.

The lecture will air on *Vegetarian*, the VSH television series seen on Thursdays at 6 pm on Olelo channel 52. Broadcast dates are not yet available.



Annual Meeting

The VSH annual membership meeting was held prior to the June 12 lecture. Board members Alida Rutchick, Dr. Bill Harris, Dr. Karl Seff, and Elaine Johnson briefed attendees on the financial condition of the Society and provided a recap of the monthly meeting speakers, public relations efforts, and legislative advocacy.



President's Message

by Alida Rutchick, MEd

Vegetarian Ranks Growing Close to Home

The Island Vegetarian

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Visit our website for newsletter archives and more.

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Alida Rutchick, MEd
Helen Wells, MA

Mahalo to all our volunteers.

The opinions expressed in this newsletter are those of the writers and do not necessarily reflect those of the Vegetarian Society of Hawaii.

Mahalo to the Adobe Corporation for its generous software donation.

Greetings, friends. VSH activities are continuing apace. Membership is now well over 1100, increased by an average of one new member each business day since the beginning of the year. A new board has been installed that includes treasurer Tony Lim, CPA. If Tony's name sounds familiar, it should, as his wife Gayle is our assistant publicity director. We're thrilled to have Tony join us in the critical role of treasurer. Welcome, Tony!

The happiest news for me this quarter is the "conversion" of my daughter to veganism. While Renée had been conscious of healthful eating as a child and teen (vegetarianism had been the family norm since she was six), in adult life she reverted to the standard American diet and for years had suffered from chronic, undiagnosed abdominal pain as well as various other discomforts and ailments. She called me at my office one day in April in pain and despair after another frustrating, inconclusive medical appointment. Fortunately, she instinctively knew that a dietary change was required immediately, and that most of all, animal foods had to go. She began with sips of water, which was all she could tolerate at that point, and gradually progressed to whole plant foods. She began to frequent the natural food stores, and as the days and weeks went by, she was able to eat a wider variety of natural foods. After brown rice pasta with oil-free pasta sauce and organic yams she

branched out into green vegetables and finally fresh fruits as her stomach would allow. She's stopped "psychological eating" and is enjoying healthful foods for the first time in years.

Changes in Renée's health have been dramatic. The pain in her stomach is gone, and she's completely off medication that had only partially helped her. Also a thing of the past is her *inhaler* -- prescribed for a chronic cough (also past tense!) that *may* have been a form of asthma. She's lost close to 20 unwanted pounds and reports having more energy, sleeping better, feeling happy, laughing easily, having increased self confidence, being more productive, handling stress better, and more -- her entire quality of life has been enhanced greatly in just three months. She's determined to remain on her path to health and hopes to influence others to consider the vegan lifestyle.

I realize that I'm speaking to the choir to a large extent, to fortunate people who are already blessed with the special awareness of the value of a vegetarian diet, but perhaps I'm not the only one of us who has non-vegetarian family members or friends for whom we wish a better life. If Renée's story can help you to inspire someone you care about, that will be an even greater blessing.

Aloha, Alida





Science Corner

by William Harris, MD, VSH Board Member
www.vegsource.com/harris/



Rheumatoid Arthritis and the Vegan Diet

“**R**heumatoid arthritis (RA) is a chronic systemic inflammatory disease of unknown cause, chiefly affecting multiple joint membranes. The prevalence in the general population is 1-2%; female patients outnumber males almost 3:1. The usual age of onset is 20-40 years, although RA may begin at any age. Susceptibility to RA is genetically determined.

“The disease erodes cartilage, bone, ligaments, and tendons. Heart and lung involvement is found in 25-40% of patients, and inflammation of small arteries is common.” (McPhee SJ, Papadakis, Gonzales, Tierney. *Current*

Medical Diagnosis & Treatment (CMDT) on CD-ROM 1998)

Although CMDT is silent on the subject of diet and arthritis, “the times they are a-changin’.” “For several decades representatives of Scandinavian health food movements have categorically recommended that victims of rheumatoid arthritis switch to a vegetarian diet to obtain a cure for the disease.” (Skoldstam L, *Vegetarian diets and rheumatoid arthritis. Is it possible that a vegetarian diet might influence the disease?* Nord Med 1989, 104 (4) p112-4, 124)

Claims of complete cures of the disease by this means go back to the

19th century in the rather anecdotal writings of Shelton, Tilden, and Trall, among others.

The American College of Rheumatology (ACR) apparently remains skeptical: *Is there a role for diet or other questionable therapies in managing rheumatic diseases?* Bull Rheum Dis. 1993 Jun;42 (4):1-4. No abstract available. A search on “vegetarian” and “vegan” at ACR’s www.rheumatology.org/patients/factsheets.html produced no results.

However, the Arthritis Foundation now cautiously endorses vegetarian diets with the proviso that they should not

consist only of bagels, bananas, pasta, and no vegetables. (www.arthritis.org/events/jointsinmotion/meet_our_team_coaches_clark_vegetarians.asp)

Now come two more studies indicating that a vegan diet is helpful in reducing the severity of symptoms:

Hafstrom I, Ringertz B, *et.al.* Rheumatology (Oxford) 2001 Oct;40 (10):1175-9. *A vegan diet free of gluten* improves the signs and symptoms of rheumatoid arthritis: the effects on arthritis correlate with a reduction in antibodies to food antigens.*



X-ray of arthritic hand.

Twenty-two patients in the vegan group and 25 in the non-vegan group completed nine months or more on the diet regimens. Of these diet completers, 40.5% (nine patients) in the vegan group fulfilled the ACR20 improvement criteria compared with 4% (one patient) in the non-vegan group... The...antibody levels against gliadin (from grains) and beta-lactoglobulin (from dairy) decreased in the responder subgroup in the vegan diet-treated patients but not in the other analyzed groups. No retardation of x-ray destruction was apparent in any of the groups. **CONCLUSION:** Dietary modification may be of clinical benefit for certain RA patients, and this benefit may be related to a reduction in...food antigens eliminated by the change in diet.

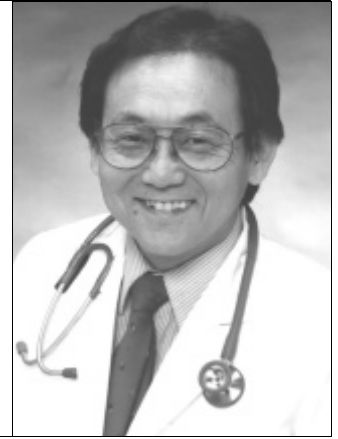
McDougall J, Westerdahl J, *et al.* *Effects of a very low-fat, vegan diet in subjects with rheumatoid arthritis.* J Altern Complement Med 2002 Feb;8 (1):71-5

This study evaluated the influence of a 4-week, very low-fat (approximately 10%) vegan diet on 24 free-living subjects with RA, average age, 56 +/- 11 years old...Pre-study and post-study assessment of RA symptomatology was performed by a rheumatologist blind to the study design. **RESULTS:**...All measures of RA symptomatology decreased significantly ($p < 0.05$) except for duration of morning stiffness

(See **Arthritis** on page 19)

THE GOOD CARBOHYDRATE REVOLUTION: THE ANSWER TO THE HIGH-PROTEIN NONSENSE

by Terry Shintani, MD, JD, MPH



All net royalties from Good Carbohydrate Revolution sales are donated to charity.

You've heard it over and over again, it seems. "Carbohydrates are bad for you..." "Eat more protein if you want to be healthy..." And then you hear the recommendation to eat lots of meat, lean and otherwise. Meanwhile, the whole nation is getting fatter and fatter. People have been eating more and more meat since the high protein craze started back in the early 90's. Today the intake of these foods is at an all-time high, and we have an epidemic of obesity, diabetes, and other nutrition-related diseases. At the same time, advocates of high protein diets are putting out confusing information about carbohydrates. Here are some common carbohydrate myths that I dispel in my book, The Good Carbohydrate Revolution.

Myth 1: Carbohydrates make you fat.

Most of the high protein diet advisers say that carbohydrates make you fat. Fortunately, they are generally wrong. *Calories and fat* make you fat. Carbohydrates tend to be associated with leanness. Studies comparing diet in different countries found the lowest rates of obesity in countries with the highest levels of carbohydrate intake. Further, a study comparing diet and body fat has indicated that those who

eat the most carbohydrate tend to have the lowest fat percentage.¹ My research shows that a high carbohydrate diet based on "good carbohydrates" induces weight loss without calorie restriction.² It is possible that "bad" carbohydrates – white sugar and white bread – contribute to obesity simply because they are highly concentrated in calories.

Myth 2: Carbohydrates are less satisfying than fat.

You'll hear some defenders of high protein diets say that fats are more satisfying than carbohydrates. However, this too is incorrect. Fats falsely appear to satisfy because they're so highly concentrated in calories -- even a small amount of fat has a large number of calories. Scientific studies comparing satisfaction levels confirm that calorie for calorie, carbohydrates are more satisfying than fat.³

Myth 3: High carbohydrate foods raise insulin levels more than meat does.

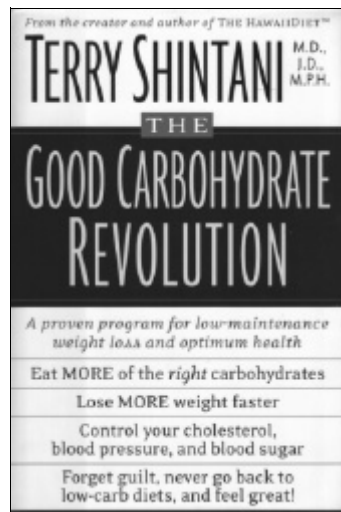
This is a myth often relied on by high protein advocates. They say that fat doesn't make you fat – that it's *insulin* that makes you fat. They go on to reason that since carbohydrates

raise insulin levels, carbohydrates make you fat. However, they recommend meat without telling you that while beef raises insulin levels less than white bread does, it raises them about 20 percent *more* than oatmeal does.⁴ So their own logic should tell them to eat "good carbohydrates" rather than meat.

Myth 4: Complex carbohydrates (starches) are always better than simple carbohydrates (sugar).

You might say, "I always knew that carbohydrates are not all the same and that complex carbohydrates are always better than sugar." However, if you thought that, you'd be wrong. This is probably the most common nutrition mistake, made even by health professionals. While complex carbohydrates from whole grain raise blood sugar moderately, complex carbohydrates from *white* bread actually raise blood sugar slightly more than simple carbohydrates from white sugar and *much* more than simple carbohydrates from whole fruit.⁵ The main reason that white bread is worse than whole fruit is that bread is made from wheat that has been ground up into a fine white powdered flour. In this form even complex carbohydrates (starches) are absorbed very quickly because the enzymes that digest them can get to every tiny particle of carbohydrate

(See **Myths** on page 19)



Reviews

by Helen Wells, MA

C&C Vege Health Food

1123 Kapahulu Ave.
Honolulu, 735-9919
9-5 Mon-Fri, 10-5 Sat
Closed Sunday

This is a very small grocery that specializes in soy protein products. It's tucked away beside a free-way entry and it only has three or four parking spaces, but it's well worth looking for! The first time you seek it out, think of it as a quest. The store is a little treasure waiting to be found.

Inside you'll find several freezer cases stuffed with frozen imitation meat products, a couple of shelves of dried soy and noodle products and vegetarian condiments, and a refrigerated case.

Three or four of the items in the store contain egg whites. Check with the cashier who can read the Chinese writing on the packages if you need to. (Most of the packages have additional English labels.) Regardless of the names "Steak," "Salmon," "Tuna," you can rest assured that these are vegetarian items.

The refrigerated section has textured grilled "meat," soy "squid," and, one of the most posh items, a mushroom seasoning.

Some of the ingredients in the

"Anyone who kept a dog in the way in which pigs are usually kept would be liable for prosecution, but because our interest in exploiting pigs is greater than our interest in exploiting dogs, we object to the cruelty to dogs while consuming the product of cruelty to pigs."

Peter Singer

"tuna chunk:" isolated soy protein, soybean fiber, unhydrogenated soybean oil, all natural veg. seasoning. That's pretty typical of the ingredients in many of the packages.

I hope to use these products for my "in-transition" loved ones.

India House

2633 S. King Street, near University Ave., Honolulu, 955-7552

Although I've found variations in spiciness at this restaurant from visit to visit, I recommend India House for its notable vegetarian items and unique presentation.

India House will serve your meal on a metal, five-compartment plate (*versus* a plate whose composition may include bone, as in bone china, for example). I saw this metal plate as a plus, but Karl Seff saw it as a negative because his meal got cold too quickly.

The wait staff also assured us that the vegetarian dishes are cooked in their own pots. Always double-check this, however, because staff, owners, policy, etc. may change.

The only vegetarian appetizer on the menu is the "Samosas crisp pastry cones stuffed with vegetables potatoes and peas (four pieces)... \$6.50." To upgrade to vegan, you must tell them no yogurt sauce - that you want the mango or mint instead. There is no vegetarian soup. For House Specialties select "Vegetarian Special variety of vegetable dishes, dal, vegetable Jalfrezi, Raita... \$16.95" and then tell the waiter that you're a vegan. He'll assist you in choosing menu items to fill the metal tray.

Bread comes with the Vegetarian Special. Select either "Tandoori Roti (whole wheat bread)" or "Poori (deep fried bread)," both selling for \$2.50 as side dishes. We didn't explore the



"Vegetables Special Order OKRA for \$11.95," (not on the menu). Instead, we had Chana Masala garbanzo beans cooked with fresh ginger and tomato, Alu Palak potatoes cooked in spinach curry, Alu Matar potatoes with peas, Vegetable Jalfrezi mixed vegetable curry, Dal split peas or lentils, and Eggplant Bharta broiled eggplant, mashed and seasoned with herbs and spices. You can mix and match, or you can pay \$8.95 a dish for a regular order. The rice that comes with the Veg. Special is "Pullao rice cooked with herbs, spices and vegetables," and when purchased separately is \$3.95.

Everything was tasty. We thought the time between order and serving was slightly longer than other places we've reviewed, but this indicates that our meal was rather made to order. We were told that if we telephone ahead by a day or at least some hours, the cook would be able to prepare a non-dairy version of Palak Paneer for \$8.95. It's little touches like this that let you know that this restaurant doesn't take vegan diners for granted.

The décor included real tablecloths under Lucite, cane chairs with red seats, and other decorative artwork from or depicting India. There were some unusual lighting and mirror effects. I can definitely see myself eating there again, and Karl indicated that he was glad to have rediscover this restaurant.

Transitioning to Raw Food: an Interview with Martin Thomas Salsberg

by Helen Wells, MA

At the “Mad Cowboy” lecture I met Tom for the second time. He had come from Canada to Hawaii on vacation again, and he really looked great! I told him that, and he said that he had lost weight over the course of the year by switching to a raw food diet and exercising more. Raw foodism is gaining in popularity. I had seen information about it recently in the Honolulu Advertiser and Utne Magazine. I wanted to find out more about raw food and see if I could increase these in my diet. I asked him if he had time for me to do an interview and he did, so we met at a salad bar and I took some notes.

“It’s not natural to eat cooked food. The natural me is a raw foodist, but I live in a society that doesn’t encourage it,” Tom began. For example, on flights he asks for fruit plates, but what is he served? A little bit of fruit, a muffin with butter, and yogurt. The airlines give rice crackers, toasted and salted nuts, pasteurized orange juice. Fortunately he can usually trade the cooked foods for someone’s fruit.

Tom told how his eating practices evolved to this point. When he was 15, he was a vegetarian at summer camp with his cousin. But, lacking support for this upon returning to his family in Toronto, he was not able to remain vegetarian. Eleven years later when he was a Montessori teacher, a colleague gave him copies of publications from the Toronto

Vegetarian Association, the Canadian Natural Hygiene Society, Action Volunteers for Animals (The Outrage), and the Jewish Vegetarian Society. He read this material in September of 1984 and became a vegetarian shortly thereafter. He says that was probably the most important month of his life.

“The truth was self evident,” Tom says. By finding all this information about vegetarianism, living naturally, and animal rights, he felt as if he was “coming home -- becoming who I am instead of who society wanted me to be.”

“Raw food is basic,” he said. “There’s nothing like raw food soup. Use a blender and make spinach soup...so much better than cooked...!” Tom, an Adlerian psychotherapist, explained that there are four steps to coming to terms with the death of anything, including an

idea, such as the idea that one has to eat meat, cooked food, etc. These are:

1. Denial. People say, of course you have to have milk or you don’t get calcium. They forget that cows get calcium from greens.
2. Anger. Tom retold a story from Dr. Neal Barnard about a person who said “toad food” for “tofu” - a hostile act.
3. Bargaining. “With regard to raw foodists, something I do myself, Tom confessed, “is to say, ‘I’ll have cooked food only when I’m on the road.’”
4. Acceptance. “No longer shall I be 100% vegan and 99% raw food; I’ll be 100% vegan and 100% raw food. That’s when I’ll be more me.”

I asked Tom what he wanted to



Tom Salsberg

Cream of Spinach Soup

by Tom Salsberg

- 1 pound organic, raw spinach (leaves and soft stems only)
- 1 small avocado
- 2 cups water
- 1 small onion
- 1 stalk celery
- juice of half a lemon
- Sprig of mint
- Sprig of dill



Blend and serve

“I’m strong to the finish, cause I eats me spinach...”

-Popeye

tell others to help them improve their diet, and he said: “Read. Reading makes it easier to move through the four stages to get to the truth and live it.” Lately he’s been reading books by raw plant food advocates like David Wolfe, Gabriel Cousens, and Paul Nisan.

Tom, a bachelor still looking for a suitable life partner, was also using his vacation to spread the word in Hawaii about www.VeggieDate.com. It is described as a “Premier online vegetarian dating and networking place.” I examined the form and it looks very interesting with reasonable rates -- \$9.95 for a three-month membership, \$14.95 for a six-month membership, \$19.95 for a one-year membership, and anyone who wants to may put in an ad at no charge. Members are allowed to send invitations for correspondence. The mailing address is 420 Raymond Ave., Suite 12, Santa Monica CA 90405, and the telephone number is listed as (310) 399-9355.





Animal Rights Corner



Fair Play

by Elaine Johnson, MBA

It's summer once again, and 4th of July picnics are on the agenda. It's never a picnic, though, for Hawaii's food animals, who usually are found on the barbecue grill. Animals suffer and die daily, but summer adds injury to insult.

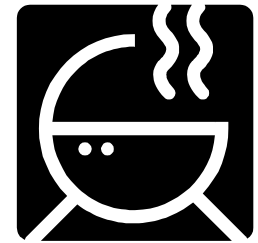
The 4H Farm Fair takes place every summer. In this University-sponsored activity students are taught to nurture an animal to full growth. Usually the child bonds with the animal and treats it more like a pet than the piece of food it is to become. Then reality sets in, in the form of 4H leaders and other authority figures who sternly remind the child that the animal is a commodity and not a friend; animals are merely negotiable assets, and soft emotions about them are inappropriate. Children watch as their beloved animals are sold for slaughter to the highest bidder, usually a local restaurant or supermarket.

Because this is a "charitable" event of sorts, the animals go for much higher prices than the market would dictate, and the money is given to the child. A large check to a child of limited means reinforces the idea that sentimentality about his or her animal is misplaced. If the child competes in a following year, chances are that previously held empathy toward the project animal and toward animals in general will be sharply decreased.

Meanwhile, clueless fair-goers walk around stuffing junk food into their faces, petting the soon-to-be-meat animals, and letting their children fondle them.

When in past years Animal Rights Hawaii has pointed out the obvious by means of protest signs, many fair-goers got the message and expressed dismay that these gentle animals were to be killed at fair's end.

(See Fair Play on page 20)



What You Can Do

Grill Vegan!

Grill up some tofu hot dogs and veggie burgers and provide lots of "fixin's" on the side (tahini sauce and grilled onions go great on the burgers) for your family, friends, and neighbors. Round out your menu with [low fat] chips, a big salad, or a platter of raw vegetables with a tofu dip, and Tofutti [or lower fat substitute] ice cream cones.

You Can Save the Animals: 251 Simple Ways to Stop Thoughtless Cruelty (1998), by Ingrid Newkirk. Available at PETA.com.

"If everyone switches to vegetables and grains, will there be enough to eat?"

Yes. We feed so much grain to animals in order to fatten them up for consumption that if we all became vegetarians, we could produce enough food to feed the entire world. In the U.S. animals are fed more than 80 percent of the corn we grow and more than 95 percent of the oats. The world's cattle alone consume a quantity of food equal to the caloric needs of 8.7 billion people - more than the entire human population on Earth. GoVeg.com

Animal Rights Hawaii

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(808)941-9476



www.AnimalRightsHawaii.org
Email: info@AnimalRightsHawaii.org



Short Takes

by Helen Wells, MA

Got a military ID or a friend with a military ID? The KoKo Café at the Hale Koa Hotel in Waikiki is a “must” salad bar. It probably isn't organic and it isn't “all you can eat,” but the large \$5.95 plate (a small is \$3.95) is HUGE, and, need I repeat, the crunchy munchy green stuff is majorly FRESH? You get one trip, so build your little tower nicely. It's great for the raw foodists among us. You can get a side order of 1/4 magnificent avocado for \$1. Much of the rest of the menu is, unfortunately, meat or meat-laced. But I do recommend this salad bar, the Hawaiian Pineapple Boat (without the cottage cheese or sherbet), and a fake alcoholic drink made of juices and decorated with pineapple, cherry, umbrella, etc. Oh, they have a Garden Burger for \$5.95, but I didn't try it, presuming it to be standard. Big thumbs down on their so-called “Vegetarian Pasta,” however, that has chicken broth. Are we going to enlighten them? Yes, sir!

....

Happy to see more and more vegetarian items on more and more menus around town. Keep looking and asking for “vegetarian.” Don't hesitate to be astounded and to make a little scene when a restaurant doesn't have at least ONE vegetarian or vegan item on the menu!

....

I was delighted with the Pumpkin Ginger Bread (\$1.50) at Gour-

met Express in Kahala Mall. This vegan yummy is non-dairy delicious -- very moist and flavorful. They have a new platter of them every other day until they sell out.

....

Hard to find but really delightful small book: Fruits of Bali, by Fred and Margaret Eiseman. This is probably the loveliest little fruit book I've come across. Learn about all your tropical favorites and investigate the ones you haven't tried yet. The photos are superb. It's a small, easily portable guide. Try to order it at your favorite bookstore or write to C.V. Java Books, Jl. Kelapa Gading Kirana, Blok 14A No. 17, Jakarta 14240 or to GeoCenter U.K. Ltd, The Viabes Center, Harrow Way, Basingstoke, Hampshire RG22 4BJ. (It's also a good excuse to go to Bali!)

....

Wendall and Loui Wong recommend The Shell Restaurant in the Kauai Sheraton to vegetarian travelers. Chef Scott Ludi prepares marvelous vegetarian dishes such as risotto, polenta with sautéed vegetables, greens, and salads. Loui says it is “gourmet vegetarian” and that Chef Ludi even came to their table and talked with them, explaining some of the courses of the meal. He arranged for the Japanese restaurant there to produce a gourmet five-course meal that came to the table looking “like a work of art,” according to Loui. Tell the chefs what is acceptable to you and what isn't. Sounds like a delicious get-away.

....

Please join me in complaining to UH Manoa that their catering services for seminars, paper presentations, special lectures, etc., need to offer some vegan items. All the pastries are loaded with eggs, cheese, butter, or milk!

....

Adopt a location, such as a public library, the bulletin board in your condo, school, college, or office

building, a doctor's or dentist's office, your church, temple, shrine, or synagogue, and keep that place supplied with vegetarian information. I'll never forget one of the times my placing a Why Vegan? flyer in a store influenced someone to become a vegetarian. This was told to me by the store owner who was also a vegetarian. The person, he said, read the flyer on the spot and said she had been trying to be vegetarian, and now she was definitely going to be one. You can change human as well as animal lives by adopting a location.

....

Want me to check out something? Do you have some insider information? E-mail ironrat@gte.net.



Folks, here's a reminder about another popular VSH activity: Hiking! We go every third weekend in the afternoon for about four hours. If you want to be on the e-mail notification list, please email your full name, address, e-mail address, and phone number to Robert Moses <robert@mosesrealty.com>

Remember, we love potatoes on our plate -- not on our couch!
No e-mail? Call 944-VEGI.

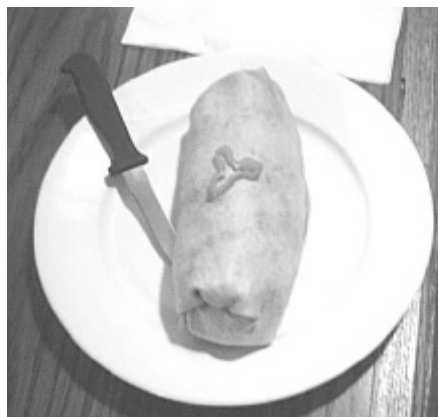
Vegan Dinner and Vegan Meanderings in Kailua

by Helen Wells, MA

Kailua has become very friendly to vegans. After finding out that all of the pita bread at the Olive Tree Café in Kahala contained dry milk and egg whites and that the falafel there was made with egg, and sensing a broad-based insensitivity to the needs of vegans, Karl Seff, fellow reviewer, suggested that we head over the Pali to Bueno Nalo in Kailua town.

This oldie but goodie restaurant frequently has some partying sounds, which may appeal to many and may be just racket to others, but the real appeal of Bueno Nalo is that the wait staff and the cooks are very vegan-aware. They answer every detailed question and even volunteer information. They want vegans' business and gladly make accommodations and revisions of the dishes for us. The rice doesn't have chicken broth, the beans don't have lard, and sometimes the guacamole doesn't have sour cream (ask). You can say "no cheese," and nobody freaks out.

After nice chips and salsa Karl had the Super Veggie Bueno's Famous Burrito (grande, \$8.95) styled



vegan, and I had the Super Veggie Tostado styled vegan (\$9.95). We both added significant quantities of delightful house-made and herby vin-

aigrette dressing. These entrees were fairly large, but I also had a side order of rice. My tostado was colorful and fresh, and the rice was soft and filling.

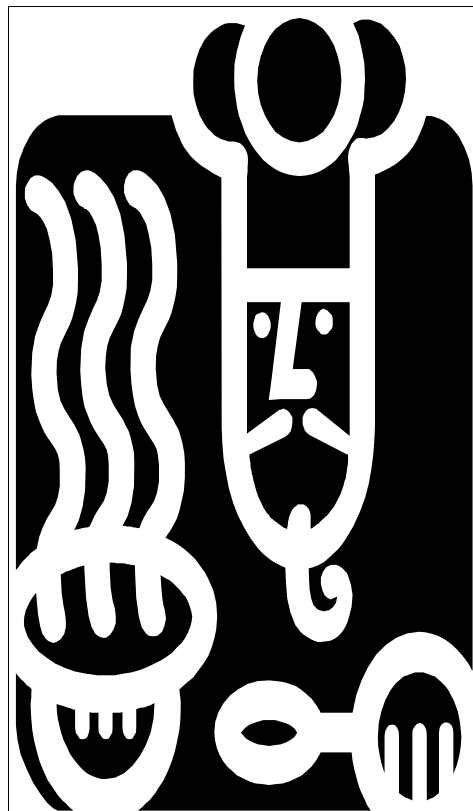
The décor was part music area, part bar, and part restaurant. White brick walls, ceiling fans, stolid table candles, rustic tableware, old Mexican bottles, and a wall titled "Hall of Fire" with a hot sauce motif give the restaurant an earthy or laid back feeling. Karl says that Bueno Nalo began about 20 years ago in Waimanalo. It opened other branches in Kailua and Diamond Head, but now there is only the one in central Kailua. (20 Kainehe Street, 263-1999, Fax 261-9645, open seven days a week, 11 a.m. - 10 p.m.)

On the other side of the building of Bueno Nalo is the great little health food store, The Source Natural Foods at 32 Kainehe (262-5604), still open after our 9 p.m. visit. I did some shopping in this small but packed store with many organic products. I was impressed by the lettuce, strawberries, other produce, the vitamin and supplement selection, and the book selections.

The cashier told us about a restaurant across the street named "Kevin's Rib Crib." He assured us that in spite of the name we would find vegan food there and at all of the surrounding other Mexican restaurants as well (there are three or so in the immediate area). We found the chef/owner at Kevin's to be well aware of vegans' needs. He said he has special cooking pots that he only uses for the meat-free dishes. The menu isn't extensive, but it's spicy, Cajun/Creole style. He can do vegan versions of some of the dishes. He recommends that vegans call ahead so that he can prepare for them, and he suggests week nights. The entrees range between \$11 and \$25, and the décor is quite modern and spiffy. I told Karl that I would call ahead and tell the chef I wanted to spend, say, \$100 for four people who are vegans,

and I'd let him be creative. (35 Kainehe Street, 230-8111, Tues-Thurs 5:30 - 9 p.m.; Fri-Sat 5:30 - 10 p.m.; Sun 5 - 9 p.m; closed Mon)

Karl and I enjoyed our tour of this bit of Kailua. We continue to hear positive things about the accommodating wait staff and chefs at many of the restaurants there.



What's Cooking?

This quarter's vegan cooking classes:

Kapi'olani Women's Center
535-7000—kapiolani.org

July 13, 10 am: "Plantiful Pizza"
Aug 3, 10 am: "The Edible Rainbow"
Sept. 14, 10 am: "Tempting Tofu"

All Vegan!

Down To Earth Lifestyle Center
Call 947-7678—DownToEarth.org

Call in advance for fees, locations, times, and registration.



Vegetarian Society of Hawaii

Calendar of Events July - September 2002



Wednesday, July 10, 7 p.m.
Ala Wai Golf Course
Recreation Center

DICK ALLGIRE

“What’s Wrong With Milk?”

Cow’s milk and other dairy products are not necessary in the diet and can be harmful to your health. Osteoporosis, cardiovascular disease, cancer, and diabetes are just a few of the serious problems associated with the consumption of dairy products.

Dick Allgire is a veteran television journalist with over 26 years of experience as a reporter, anchor, and producer. He’s worked in Hawaii since 1985 and has been at KITV since 1988. He’s been covering health and medicine at KITV for the past eight years. His health report is seen nightly on News at Five. He also serves up a *Cook Healthy Fast* recipe every Tuesday on the 5 p.m. news.

Dick has been honored as the recipient of the Hawaii Medical Association's "Distinguished Medical Reporting Award" for five of the past six years.

Wednesday, August 21, 7 p.m.
Ala Wai Golf Course Recreation Center

“Vegetarianism in World Religions”

Join us for a fascinating look at religious faiths whose followers adhere to or are encouraged to follow a vegetarian diet. Well known religious leaders will present the history and basis of their faith’s relationship to vegetarianism. Speakers will include:

John Westerdahl, PhD, MPH, RD, Health and Temperance Director of the Hawaii Conference of Seventh-Day Adventists

Kuça devi dasi, President of the Honolulu Hare Krishna Temple

Chinese Buddhist Association of Hawaii, Hsu Yun Temple Representative

Other religions may be represented as well.

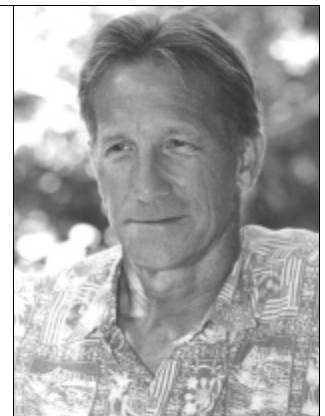
Wednesday, September 11, 7 p.m., Ala Wai Golf Course Recreation Center

RICHARD Mc LELLAN, MD

“The Vegetarian Agenda: Politics and Success”

The founding fathers chose democracy as our engine of social change. Little permanent change can exist in a society without political change since law is the codified ethic of a culture. All else is fashion. The basic unit of social change in this country is the election. The degree to which we learn and organize to impact the political process is the degree to which we will succeed and gain acceptance. The degree to which we avoid the political process is the degree to which we will ultimately fail. The extent to which we become politically involved is a measure of how serious and determined we are in our desire to succeed. Come learn why.

Richard Mc Lellan, MD was a practicing Emergentologist for 20 years at an inner city trauma center in California. He turned away from that life six years ago to learn political advocacy as the most efficacious means of dealing with the human tragedy he observed every day. Today he directs an animal advocacy political action committee in California, consults for people wishing to form politically based social justice organizations, and writes and lectures internationally. He is a vegan vegetarian but practical in his approach to spreading awareness as to the vegetarian imperative for human society.



Lectures are **FREE** and open to the public. Donations are appreciated. Call-944-VEGI or visit VSH.org for more information. The Ala Wai Golf Course Recreation Center is located at 404 Kapahulu Avenue, 2nd floor, 0.2 miles behind the Waikiki-Kapahulu Library.

Books

The (Almost) No Fat Cookbook (Bryanna Clark Grogan).....	\$10.95
The (Almost) No Fat Holiday Cookbook (Bryanna Clark Grogan).....	\$12.95
Cooking with Natural Foods (Muriel Beltz).....	\$14.95
Deep Vegetarianism (Michael Allen Fox).....	\$19.95
Eco-Cuisine (Ron Pickarski).....	\$16.95
Fabulous Beans (Barb Bloomfield).....	\$9.95
Fat-Free & Easy (Jennifer Raymond).....	\$10.00
Healthy Heart Handbook (Neal Pinckney, Ph.D.).....	\$11.95
Intro. to Animal Rights: Your Child or the Dog (Francione).....	\$19.95
Luscious Low-Fat Desserts (Maria Oser).....	\$11.95
McDougall Quick & Easy Cookbook (Mary & John McDougall)	\$19.95
Most Noble Diet (George Eisman, R.D.).....	\$9.95
Newstart Lifestyle Cookbook (Christenson & De Vries).....	\$19.99
Nonna's Italian Kitchen (Bryanna Clark Grogan).....	\$14.95
Pregnancy, Children, and the Vegan Diet (Michael Klaper, M.D.).....	\$9.95
Race for Life (Ruth Heidrich, Ph.D.).....	\$14.95
Race for Life Cookbook (Ruth Heidrich, Ph.D.).....	\$9.95
Scientific Basis of Vegetarianism (William Harris, M.D.).....	\$15.95
Table for Two (Joanne Stepaniak).....	\$12.95
Uncheese Cookbook (Joanne Stepaniak).....	\$11.95
Vegan In Volume: Vegan Quantity Recipes for Every Occasion.....	\$19.95
Vegan Nutrition: Pure and Simple (Michael Klaper, M.D.).....	\$9.95
Vegetarian and Vegan Nutrition, Basic Course (George Eisman, RD)..	\$21.95

Miscellaneous

I Speak Vegetarian T-Shirt (Specify S M L XL).....	\$15.62
VSH T-Shirt (Specify S M L XL Women's One Size).....	\$15.62
Diet For All Reasons video (Michael Klaper, M.D.).....	\$22.00
Four Food Groups poster	\$6.00

VSH

Membership Form & Bookstore

To order items from the bookstore, complete the form below, check "Books/Merchandise," circle the item (s) you wish to order, and mail this page with payment to VSH. Please add 20% to the total for shipping. Make check payable to *Vegetarian Society of Hawaii*.

Send order/application to:
Vegetarian Society of Hawaii
 P.O. Box 23208
 Honolulu, Hawaii 96823



Join or renew today!

Vegetarian Society of Hawaii Membership Application/Order Form

Please Print

Name(s): _____

Street: _____

City, St., Zip: _____

Home Phone: () _____

Work Phone: () _____

E-Mail: _____

_____ D _____ Ex _____

Yes, please enroll me as a member.
 My dues are enclosed.

Regular

1 yr \$20 2 yrs \$40 3 yrs \$60

Full-time student

1 yr \$12 2 yrs \$24 3 yrs \$36

Couple or Family

1 yr \$30 2 yrs \$60 3 yrs \$90

Life membership \$400

(Add \$4 for a foreign address)

Books/Merchandise

\$_____ additional donation

Please check one:

Vegan (no animal products at all)

Vegetarian (no flesh, fish, or fowl)

Associate (not yet a vegetarian)

Multi-Year Memberships Available!



Members receive a quarterly newsletter and discounts on products and services at many vegetarian-friendly restaurants and health food stores.



Know Your Produce: Part III

by Helen Wells, MA

Tim Anthony continued by discussing how temperature controls are very important to produce in groceries. He also emphasized that moisture controls are important, too. "There are certain things that want to be wet and other things that want to be very dry." He said it's important to keep the lettuces and greens moist and hydrated.

We started down the other side of the aisle. I asked, "Is cabbage similar to sweet potatoes in that when it's in the store it's ready to be cooked?"

"Yes, there's no ripening. Pretty much all of the greens are like that -- your broccoli, cauliflower, cabbages -- anything green, that's it."

"Is there a general way to tell if something has expired?"

"If green is turning yellow, that's a bad sign, or limp, or sometimes with things like broccoli if it's getting 'mushy' or has rot." He explained that wrinkling is another thing to look out for in bell peppers, squash, and cucumbers. "A really fresh bell pepper will be crispy and firm, not soft at all."

"Okay, these little squash things, they look like alien space ships, are these summer squash?"

"Sunburst. Yellow is sunburst and green is called summer squash."

"Okay. How do I know that this is ripe? It's in the store, so it's automatically ripe?"

"The bright yellow is a good sign if it's not too green. Also, your eye will

develop a sense for proportion. I mean, like the Creator made everything beautiful at its maximum stage, so if it's well-rounded and size-wise it's nice, that's another good indicator."

"What's a good way to cook these sunbursts? Do you just boil them?"

"You could cut off the top and stuff them, but they're mostly for color. You throw these in with some green zucchini and maybe some red bell pepper and it looks beautiful."

"Now, mushrooms are sort of moldy looking to begin with. How do we know when a mushroom has gone bad?"

"Sliminess is usually your best indicator. And some are naturally more slimy than others. For example, shiitake has a little bit of a natural slime to it, but a white mushroom shouldn't be slimy; it should be white, and the cap should be closed -- that is, very tight around the stem side, as if sealed."

"What's wrong with it being unsealed? A lot of the regular stores sell them opened up."

"These mushrooms are getting weak. The firm ones will hold up in a stir-fry and in a salad. The other ones (in the regular store) are getting black, and in that black area they can get mushy and rotten."

"Gingers. What tells us when ginger is gone -- it's just mushy?"

"Wrinkled up, brown, and rotten. Ginger is normally a light color."

"Now this one here, galangal, is naturally brown."

"Yes, that's a Thai ginger, a special variety that has a slightly different flavor. You hardly ever see it. We have just one organic grower who grows it."

"How would we know if a naturally brown one is going bad?"

"If you sliced it and it was bushy, that would not be a good sign."

"But these last a really long time in the refrigerator, right?"

"A very long time -- months. Although ginger is harvested only five or six months out of the year, we have it year-round because it holds so well. It

likes a medium temperature -- warmer than the frig and cooler than room temperature -- around 60 degrees."

"How do I identify a good artichoke?"

"Very green, not browning at all, including the tips, and tightly closed. If it's loose and starting to fall out, as with other flowers if the petals are starting to loosen and fall off, that's not a good sign."

"One problem I have when I buy products in plastic bags, such as sprouts, I immediately take them out of the bag when I get home. For some reason they go bad in the bag really fast. Am I doing the right thing? I put them in a breathable container."

"It depends on what it is. Some things like to breathe; some things like to be sealed. The most important thing with sprouts is temperature. Keep them cold and dry, around 38 to 40. If your refrigerator is a little warm, that's when your sprouts will start to get soft and rot."

Continuing on the topic of sprouts, Tim said, "This is a good deal where you save considerably when you buy in bulk... Your natural food store is one of the few places where you'll find bulk sprouts as opposed to packaged, so that can save you money."

"A lot of organic oranges come in looking splattered, and their skins are not perfect like the genetically engineered ones. How can a person tell the difference between just outer skin damage and something deeper in the orange?"

"The only way I know really is to eat one, unfortunately. Externally we have some very unattractive looking oranges, but I've stuck with this grower because when you eat these oranges, they're the sweetest. There are some organic growers who have very pretty fruit, but we haven't found the flavor to be as good."

"Okay, kiwi. I've many times been over-anxious to eat the kiwi before it

(Continued on next page)

(continued from page 12)

was soft, and I ended up with a really sour little nub of fruit. But, after the kiwi reaches softness, it doesn't last very long, right?"

"Kind of like the papaya, which has a stage where it's just barely soft but also not mushy. I've also noticed that early in the season they're sometimes picked when still green, and that can cause them to not taste as good. Kiwi's really hard to judge from the outside. Again, the summertime is our best time because that's when the sun is bringing out all the sugar in the fruit. This can vary according to where it's grown. Sometimes summer fruit will be held in good storage conditions and you'll still get sweet fruit later in the year."

"What's this? A custard apple? I've had this before. 'Atemoyas.'"

"This is almost like a cherimoya with a very similar exotic flavor. It's a little smaller but has the same white fruit, the same kind of seed, similar-looking skin, a little more rough on the outside than a cherimoya. It's from Kauai, the same farm that does the white pineapple. It's a white fruit that many have described as like a pudding with some seeds inside. You don't eat the seeds or the skin. Cut it in half, and you eat it like a pudding. I would say it tastes like a cross between a peach and a mango. It's got that rich tropical mango flavor, but then it's got a soft white flesh like a peach."

"One thing about your store that I like and took some pictures of is that you put 'ripe' stickers on the fruit. They're a great help to those of us who are learning about fruit. Without the sticker, how would we know?"

"By the softness. The skin will get soft on a cherimoya or an atemoya. You can feel that. They start out hard on the shelf, but then as they get softer, we put them up here in the cooler section."

"Regarding apples: is there a difference in how to tell the ripeness of a Red Delicious v. a Granny Smith or the green kind?"

"There are actually scientific tests for the sugar content of the fruit, and there's a pressure test, which measures the firmness of an apple. Since most of us don't have that sophisticated equipment, you feel it, and if it's very firm and it has a good, deep color, that's a good sign that it's got good flavor and is still crisp."

"I have to say that of all the produce here, I've had good success with just about everything except the avocados and the apples. With the avocados, especially the newer models, it's like playing roulette as to when I cut the thing open. Also, if someone purchased a bad apple, will the store take it back?"

"Oh yes, we take back anything that's not good. We have a very liberal return policy. At some stores you can find cheap apples, usually ones they're trying to unload that aren't as desirable for whatever reason - whether they're old or just an unpopular variety that's not as flavorful as other varieties, those are the ones that you'll see at a very low price. Although sometimes you can get a bargain on a smaller size because smaller sizes are not as desirable. We have bagged apples now that are generally a smaller apple, cheaper, they probably cost 33 or even 50 percent less than the other ones. And also they grade the apples. Those with more marks will sometimes cost less, although this doesn't necessarily mean that the apple is not as flavorful."

"So, we'll end with avocados because I really want to know."

"California Hass is kind of the standard for avocados and the Sharwill is very similar in size and shape. It's also a rich avocado like the Hass with a small seed. So the Sharwill is sort of the Hawaiian Hass."

"But now there's a new one, big and light green with a huge seed. I can never get it right. I always cut them open when they're not ripe or I cut them open after they've already turned color. Please clue us in about avocados!"

"Well, there are dozens of varie-

ties, and there's also a difference in who grows them and who picks them. Sometimes they're picked when immature. But usually the skin will get soft. There are a couple of varieties that they call 'eggshell,' where the outside does stay very hard. With those, they suggest that you take a toothpick and stick it in the stem hole (after removing the stem), and see if it's soft."

"Excellent. That's what I've been really needing to hear. Thank you!"

The End

Important Dates

July

- 14** Isaac Bashevis Singer's Birthday
"I am absolutely convinced that so long as people shed the blood of God's creatures, there'll be no peace on earth."
- 26** George Bernard Shaw's Birthday
"Custom will reconcile people to any atrocity."

August

- 1** World Breastfeeding Week begins
- 4** Vegetarian Summerfest 2002
July 31-August 4, 2002 Johnstown, PA
- 17** National Homeless Animals Day

September - Healthy Aging Month

- 15** International Coastal Cleanup Day
- 15** National Farm Animals Awareness Week begins
- 21** Farm Sanctuary's 2002 Gala, Beverly Hills, CA
- 28** Family Health and Fitness Day

On the Menu

Recipes from our members



Cool Recipes for a Hot Summer

by Marcia Deutch, MA

Summer is here, and it's a time for outdoor fun. Try some of these quick and easy recipes to take on your picnics. These recipes are from cookbooks written by Bryanna Clark Grogan who is fabulous in the kitchen. VSH sells her books -- look for them on our book table at the next meeting.

Roasting or Grilling Marinade

Slightly modified from: The (Almost) No Fat Cookbook, by Bryanna Clark Grogan

Makes 3 cups

2 cups cold water
2 tablespoons cornstarch or arrowroot powder
2 tablespoons chicken-style vegetarian broth or 2 vegetarian broth cubes
3/4 cup lemon juice
grated zest of one lemon
2 tablespoons herbal salt
4 large cloves garlic -- crushed
1 teaspoon dried oregano or other herb of choice or 1 -- T. fresh herbs

This marinade coats vegetables or potato wedges and both flavors and browns them in the oven. The result is very much like vegetables that are roasted or grilled with oil; they will be juicy and glazed. Oven baked "chips" are crunchy and golden. Keep a jar of this handy in your refrigerator.

For some foods you might want the stronger flavor of wine vinegar, cider or balsamic vinegar, or gourmet fruit vinegar instead of the lemon juice,

but lemon juice is the most versatile. You can use fruit juice for some of the liquid if you wish or orange zest instead of lemon zest. For a sweet glaze on root vegetables, add 2 tablespoons of maple syrup or other sweetener to 1/2 cup of the marinade.

In a heavy saucepan mix the cold water, cornstarch or arrowroot powder, and vegetable broth. Cook, stirring constantly, over high heat until the mixture has thickened and come to a boil. Add the remaining ingredients.

Cut the vegetables into even-sized pieces. To grill, first steam firm vegetables until half cooked, then marinate the vegetables for 4-6 hours before broiling or grilling. To roast, coat the vegetables well with the marinade. Roast in a shallow baking pan at 400 F. for 45-60 minutes, turning the vegetables occasionally.

Variations:

- Use wine vinegar, cider, or balsamic vinegar instead of lemon juice.
- Substitute fruit juice for some of the liquid.
- Add orange zest or lemon zest.
- For a sweet glaze on root vegetables, add 2 Tbs. maple syrup or other sweetener to 1/3 cup of the marinade.

The marinade also works well as a coating for making crispy croutons. To make croutons, mix 2 1/2 cups whole grain bread cubes with 1/4 cup of the marinade and bake on oiled cookie sheets at 350 F. until crispy.

Border Beans

Slightly modified from: The (Almost) No Fat Cookbook, by Bryanna Clark Grogan

Makes 6-8 servings

3 cups dried pinto beans
8 cups vegetable or soybean broth
5 cloves garlic -- chopped
1 - 3 dried red chiles -- crumbled
2 teaspoons dried oregano
1/2 teaspoon dried basil
liquid smoke -- a few dashes

This is a basic bean recipe for any Mexican dish. It's delicious with crusty bread and a green salad.

Soak dried pinto beans in a large amount of water for at least 8 hours. Discard the water and place the soaked beans and the remaining ingredients in a large pot. Bring to a boil, simmer for about 3 minutes, turn the heat to low, cover, and simmer for 2-3 hours or until the beans are very tender. The beans should be a bit "soupy" (the broth is delicious). If you have used a salt-free or low-salt broth, adjust for salt now.

To pressure cook these beans after they've been soaked, cook them at 15 lbs. pressure for 30 minutes. For unsoaked beans use 11 cups of water and 8 broth cubes in a 6-quart pressure cooker and pressure cook at 15 lbs. pressure for 1 hour.

Thai Tofu Salad

Slightly modified from: Soyfoods Cooking for a Positive Menopause, by Bryanna Clark Grogan

Makes 6 servings

6 ounces rice vermicelli or thin rice noodles
2 pounds of a savory marinated or baked tofu -- cut into slivers
1 peeled cucumber -- cut into thin

(Continued on next page)

(Continued from previous page)

strips about 2" - 3" long
1 1/2 large red bell peppers -- seeded
and cut into thin strips
1/2 cup mung bean sprouts
1/3 cup chopped fresh mint, basil, or
cilantro

Dressing:

6 tablespoons light soy sauce
4 1/2 tablespoons fresh lime juice
3 tablespoons turbinado sugar
1 1/2 tablespoons minced fresh ginger
1 1/2 tablespoons minced pickled jala-
peno pepper
1 large garlic clove -- crushed

In a large bowl cover the rice ver-
micelli with boiling water. Let stand
for 3 minutes or until softened, then
drain and rinse well. Combine the ver-
micelli in the bowl with the tofu, cu-
cumber, bell pepper, bean sprouts, and
fresh herbs.

Whisk the dressing ingredients to-
gether and pour over the salad. Toss
well. Serve at room temperature on a
platter decorated with fresh mint, basil,
and/or cilantro.

This makes a great hot weather
main dish all on its own. It's so easy to
throw together and can be made ahead
of time.

Teriyaki Tofu Burgers

Slightly modified from: [Soyfoods
Cooking for a Positive Menopause](#),
by Bryanna Clark Grogan

Makes 8 burgers

1 1/2 Pounds firm regular tofu

Teriyaki Marinade:

1/2 cup soy sauce
1/2 cup water
1/4 cup dry sherry, white wine, or fruit
juice (apple, pineapple, or white
grape)
1/3 cup maple syrup
1 teaspoon grated fresh ginger
2 teaspoons catsup
1 clove garlic -- crushed



VSH volunteers George Casen and Helen Wells encouraged UH Manoa stu-
dents to "Go Vegan for the Environment" on Earth Day, April 22.

Serve these like cutlets or as bur-
gers on whole grain sesame buns. You
can also slice them up and eat them in
a whole wheat tortilla or add them to a
stir-fry. This marinade can also be used
in reconstituted textured soy protein
chunks and commercial vegetarian
chicken-style products.

Cut the tofu into 1/4-inch-thick
slices.

In a small saucepan mix together
the marinade ingredients. Simmer over
high heat for a few minutes until
cooked through. Lay the tofu slices in a
shallow container and pour the sauce
over them. Cover and refrigerate for up
to a week. Grill or broil the slices or
pan-fry in a nonstick skillet over medi-
um-high heat until browned on both
sides.



What is Nutritional Yeast?

Nutritional yeast is an inac-
tive yeast and dietary food
supplement with a distinct,
pleasant aroma and delicious
cheesy taste. It's different from
baking yeast. It has no ferment-
ing power, is rich in highly-
assimilated protein, B vitamins,
phosphorus, and other minerals.
Store in a cool, dry place or re-
frigerate. Will keep indefinitely if
stored properly. Available in
flakes or powder at natural food
stores.

[The Light Body - A Transforma-
tional Cooking Guide to Health-
Supportive Eating](#),
by Marita Rose Collins

Keeping Lard Out of Chinese Noodles

by Helen Wells, MA

Family Rice Noodle Shop

175 N. Hotel St. #5
Honolulu, HI 96817
Mon-Sat 6:30 a.m.—3:30 p.m.
(or until they run out)
Sun 6:30 a.m.—1 p.m.

If you are a regular eater of Chinese noodles, beware. Of all the fresh noodle companies in Honolulu (most are located in Chinatown) the only one that can definitely be called lard-free is Family Rice Noodle Shop on Hotel Street. It's not a restaurant; it's just a little fresh noodle factory/shop, but it's an important noodle shop for maintaining the standard of keeping lard out of its noodles.

Here's why. Many of the Asian restaurants in town buy and use fresh noodles. If you go into a Chinese restaurant, for example, and ask if there's lard in the noodles, the waiter may not even know. Often Asian restaurants prefer the lard noodles be-

cause they don't stick (being greasier). It takes more skill to cook the vegetable oil (soy oil) noodles properly.

You'll see from the list of restaurants that buy the lard-free Family Rice Noodle Shop noodles that some are higher quality restaurants or Thai restaurants that offer more vegetarian choices than average.

You can feel safe from lard intake if you meet your noodle cravings at the restaurants listed in the box at left.

Restaurants with lard-free noodles

99 Ranch Market
Aikane Café
Café Oriente
China House
Doog Kong Lau
Glowing Dragon
Keoni
Keo's
Kin Wah Chop Suey
Mekong #1 and #2
New Century
Pearl's Seafood
Royal Garden
Ting Yin Chop Suey
Yum Yum Thai

I was eating some oily noodles at a Chinese restaurant for half a year. I was very suspicious but was told continually that they were vegetarian. I don't think that the waitress deliberately lied to me. I think that she really didn't know. I look forward to eating noodles at and reviewing some of the restaurants listed.

Cut out the list and keep it in your glove compartment, purse, or wallet. When you're looking for some noodles, you'll know where to go. Or, just remember Family Rice Noodle Shop. Fresh noodles

bought at the shop average 70 to 75 cents per pound. Ask the waiter, cook, or manager where they buy their noodles. If it isn't Family Rice Noodle Shop or if they aren't making their own noodles on premises, then those noodles probably have lard in them.

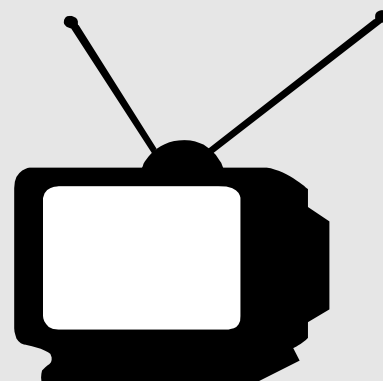
True, rice noodles aren't as healthy as a bowl of sprouted buckwheat, but some VSH members are vegetarian primarily for religious or cultural reasons that include compassion. They eat a lot of noodles and they want them cruelty-free.

I want to thank my "secret agent" for helping to get information about a lot of the Chinatown noodle companies.

To be a vegetarian is to disagree - to disagree with the course of things today. Starvation, world hunger, cruelty, waste, wars - we must make a statement about these things. Vegetarianism is my statement. And I think it is a good one."



Isaac Bashevis Singer, Nobel Laureate



On TV...

"Vegetarian"
Olelo, Channel 52
Thursdays 6-7 p.m.
(New time)

"Animal Rights"
Olelo, Channel 54
Sundays 11 -11:30 p.m.
(New day, time, & channel)

"McDougall, M.D."
KHET, Cable Channel 11
Saturdays 12 noon.



...and Radio

Nutrition and You

Ruth Heidrich, PhD
Terry Shintani, MD
John Westerdahl, PhD
Sundays 8-9 p.m.
K108 (AM 1080)
Call-in line: 524-1080

Health Talk

Hosted by Hesh
Saturdays 8-9 a.m.
K108 (AM 1080)
Call-in line: 524-1080

Go Veg for Earth Day

Prior to Earth Day in March of this year Mayor Jeremy Harris proclaimed April 21, 2002 to be *Go Vegetarian for the Earth Day*. The text of the proclamation follows:

OFFICE OF THE MAYOR, CITY AND COUNTY OF HONOLULU

PROCLAMATION

WHEREAS, pollution and the depletion of our natural resources, fueled by consumer demand, are taking an increasingly devastating toll on the environment for this and future generations; and

WHEREAS, many citizens of Honolulu, including members of the *Vegetarian Society of Hawaii*, have adopted a vegetarian diet out of respect for the environment and encourage others to do the same; and

WHEREAS, each vegetarian saves an acre of trees every year and helps preserve our precious water supplies; and

WHEREAS, Earth Day, April 22, recognizes the important work that has been done to protect animals and the environment because caring for the environment protects all of our planet's inhabitants; and

“These dairymen are organized; they're adamant, they're militant...and they, they're amassing an enormous amount of money that they're going to put into political activities, very frankly.”

~ Secretary of the Treasury John Connally to President Richard Nixon, from The Watergate Tapes, March 23, 1971



VSH volunteers joined Mayor Jeremy Harris for the proclamation signing. Pictured from left are Alida Rutchick, Patrick Moore, Mayor Harris, Jim Brown, and Helen Wells.

WHEREAS, the *Vegetarian Society of Hawaii* has designated the day before Earth Day as a time to dedicate ourselves to the environment and educate the public about the benefits of a vegetarian diet,

NOW, THEREFORE, I, JEREMY HARRIS, Mayor of the City and County of Honolulu, do hereby proclaim April 21, 2002, as

GO VEGETARIAN FOR THE ENVIRONMENT DAY

in the City and County of Honolulu and I ask all citizens to examine the impact of their diet on our world's natural resources.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City and County of Honolulu to be affixed.

Done this 19th day of April, 2002, in Honolulu Hawaii.

Signed

JEREMY HARRIS, MAYOR
City and County of Honolulu

HELP WANTED

Help spread the healthful and compassionate VSH message in our community. Several important volunteer positions need to be filled, including **Volunteer Coordinator**. Call 944-VEGI (8344) for more information.

**You can make a
difference!**

The Millennium Cookbook

ASIAN ROMAINE SPRING ROLLS WITH SESAME-LIME DRESSING

MAKES 6 SERVINGS

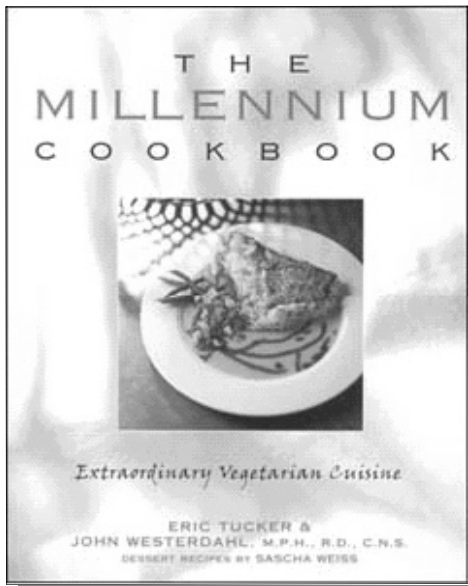
*This is always a favorite when it goes onto the menu. * The dressing features the herbal trinity of many Southeast Asian cuisines: mint, cilantro, and basil.*

- 1 large head romaine lettuce
- 1 papaya, peeled, seeded, and cut into thin slices
- 1 red bell pepper, seeded, de-ribbed, and cut into thin slices
- Kernels cut from 1 ear fresh corn
- 1 small jicama, peeled and cut into thin buttons
- 6 kumquats, cut into thin slices
- 1 tablespoon finely shredded fresh mint leaves
- 1 tablespoon minced fresh cilantro
- 2½ cups Sesame-Lime Dressing (recipe follows)
- Saffron-Lotus Root Pickles (recipe follows)
- Sesame seeds for garnish

Bring a large pot of water to a boil. Prepare a large bowl of ice water. Separate 12 of the largest romaine leaves from the head. Trim off the thick parts of the romaine stems. Blanch the romaine leaves for 10 seconds in the boiling water, then drain. Immediately immerse in the ice water to stop the blanching. Drain and pat dry with paper towels. Set aside. Shred the remaining lettuce to make 2 cups. In a medium bowl combine the shredded lettuce, papaya, bell pepper, corn,

jicama, kumquats, mint, and cilantro with ½ cup dressing.

On a flat work surface place 2 romaine leaves, overlapping the stem of one next to the leaf of the other. Place



1 cup filling on the bottom of the leaves. Fold over the sides of the leaves, then roll them from the bottom into a cylinder. Repeat with the remaining leaves.

To serve, cover the bottom of each plate with ¼ cup dressing. Cut the rolls in half crosswise on the diagonal. Place half a roll on each plate with the other half standing up or leaning against it. Garnish with slice of quick pickled lotus root and sesame seeds.

NUTRITIONAL INFORMATION PER ROLL:

172 Calories (21% from fat), 4 g Protein, 30 g Carbohydrate, 4 g Fat, 0 mg Cholesterol, 854 mg Sodium, 5 g Fiber

SESAME-LIME DRESSING

(slightly modified)

MAKES 2 1/2 CUPS

- 1 cup fresh lime juice
- 1 clove garlic, minced
- 2 teaspoons minced fresh ginger
- 2 tablespoons maple syrup
- ¼ bunch cilantro, stemmed
- ½ bunch mint, stemmed

- ½ bunch Thai or Italian basil, stemmed
- 1 kaffir lime leaf (optional)
- 1 Thai bird's-eye chile, seeded, or 1 serrano chile
- ½ cup plus 1 tablespoon sesame seeds, toasted (see below)
- 3 tablespoons light miso
- 1½ cups water
- 1 teaspoon minced lime zest

In a blender combine the lime juice, garlic, ginger, maple syrup, cilantro, mint, basil, kaffir lime leaf, chile, ½ cup of the sesame seeds, miso, and water and blend until smooth. Transfer the dressing to a bowl or other container and add the 1 tablespoon sesame seeds and the lime zest. Store in an airtight container in the refrigerator for up to 1 week.

NUTRITIONAL INFORMATION PER 2 TABLESPOONS DRESSING:

46 Calories (39% from fat), 1 g Protein, 6 g Carbohydrate, 2 g Fat, 0 mg Cholesterol, 98 mg Sodium, 1 g Fiber

SAFFRON-LOTUS ROOT PICKLES

MAKES 10 TO 12 PICKLES

For this quick pickle we add a little turmeric to the brine to produce day-old golden lotus root pickles. We use these to garnish many of our Asian-inspired dishes. If you use the saffron as well, they will complement Indian or Middle Eastern dishes.

- 1 lotus root, cut into 10 to 12 1/4-inch-thick slices
- 1 cup rice vinegar or white wine vinegar
- 1 cup water
- 1 tablespoon sea salt
- 2 whole cloves garlic
- ¼ teaspoons saffron threads (optional)
- 1 teaspoon turmeric
- 2 whole cloves
- ½ teaspoon fennel seeds

In a medium saucepan combine all the ingredients. Bring to a boil and boil for

(See Pickles on page 20)

(Myths from page 4)

almost immediately. By contrast, fruit in its whole, natural form is absorbed more slowly because the digestive enzymes take time to get to all of the carbohydrate that is mixed in with fiber and other components of whole fruit after it is chewed and swallowed.

Myth 5: Carrots, rice, and corn are bad for you.

Again, wrong. This myth arises from the mechanical reliance on a table called the Glycemic Index without considering that these foods are moderate to low in calorie density. The Glycemic Index is based on the blood sugar effect of 50 grams of carbohydrate. However, no one bothers to tell you that it takes seven carrots to provide 50 grams of carbohydrate and that therefore you're unlikely ever to get the blood sugar kick from carrots that the Glycemic Index suggests. Rice and corn are slightly more calorie dense but still less than half as dense as white bread, which is the standard used in the Index. The truth is that carrots, rice, and corn are among the healthiest foods because their calorie densities are relatively low. As a result, even if the glycemic index number of these foods is moderately high, their impact is less than that of other foods of similar glycemic index -- you will tend to

eat fewer grams of carbohydrate from these sources because of their low calorie density. (You can find more information on the Glycemic Index and why it can be misleading in Chapter 6.)

I describe 5 more myths about carbohydrates and 13 reasons to avoid animal protein in The Good Carbohydrate Revolution. I hope this book will become a tool for you to counter some misinformation that can result in increased meat-eating and subsequent health problems.

¹ Dreon DM, Frey-Hewitt B, Ellsworth N, et al. *Dietary fat: carbohydrate ratio and obesity in middle-aged men*. Am J Clin Nutr (United States), Jun 1988, 47(6) p 995-1000

² Shintani TT, Beckham S, Brown AC, et al. *The Hawaii Diet: ad libitum high carbohydrate, low fat multi-cultural diet for the reduction of chronic disease risk factors: obesity, hypertension, hypercholesterolemia, and hyperglycemia*. Hawaii Med J 60(3) (2001):69-73

³ Blundell JE, Burley VI, Cotton JR, Lawton CL. *Dietary Fat and the Control of Energy Intake: Evaluating the Effects of Fat on Meal Size and Post meal Satiety*

⁴ Holt SHA, Brand Miller JC, Petocz P. *An Insulin Index of Foods: The Insulin Demand Generated by 1000-kJ Portions of Common Foods*. Am J Clin Nutr 1997;66:1264-76.

⁵ Foster-Powell K, Brand Miller J. *International Tables of Glycemic Index*. Am J Clin Nutr, 1995;62:871S-93S



Correction

Two of the six burger selections at Mr. Goodburger's are vegan, the "Honolulu" and the "Sacramento." The company is evolving, ingredients have been changed to attract a vegan clientele, and more vegan burgers are anticipated. Check the new menu board for a "V" symbol that indicates that the selection is vegan.

Terry Shintani, MD has a masters degree in nutrition from Harvard University and is on the clinical faculty of the John A. Burns School of Medicine. He is the director of integrative medicine at the Waianae Coast Comprehensive Health Center.

(Arthritis from page 3)

($p > 0.05$). Weight also decreased significantly ($p < 0.001$). At 4 weeks, C-reactive protein decreased 16% (ns, $p > 0.05$), RA factor decreased 10% (ns, $p > 0.05$), while erythrocyte sedimentation rate was unchanged ($p > 0.05$).
CONCLUSION: This study showed that patients with moderate-to-severe RA who switch to a very low-fat vegan diet can experience significant reductions in RA symptoms.

*Author's note: gluten from grain products, particularly from wheat, is one of the five most common food allergens, along with dairy, eggs, fish, and peanuts.



If you still eat meat,
GET HELP!

Windshield sunshade available from the
Physicians Committee for Responsible Medicine (PCRM.org).

(Fair Play *from page 7)*

However, not many seem to make the leap of logic on their own that if it's wrong to slaughter the fair animals, it's no more right to slaughter anonymous, frightened animals in a slaughterhouse, away from public view.

This year ARH introduced an unsuccessful bill to the legislature regarding the size of sow gestation crates. What it takes for such a bill to pass is a large number of citizens calling their legislators. This won't happen until more of the general public becomes as concerned about the fate of "meat animals" as they are about pets. One dog lost at sea recently had the media and countless "animal lovers" up in arms for weeks. Yet when we held an informational protest in front of the Honey Glazed Hams outlet on the day before Easter, the majority of people who entered the store seemed to object to our telling the truth about the animals who had become their hams.

The Farm Fair seems to be the Hawaii meat industry's celebration of death and money, and it's usually subsidized in part by our tax dollars. Let it be our symbol of what could be. If we reduce demand in the general public

for meat, we reduce suffering, both for the animals and the many consumers who will otherwise die of horrible diet-related diseases. If you would like to join us this year, please call 941-9476 or visit our web site at www.AnimalRightsHawaii.org. We hope to see you at the fair!



“While we ourselves are the living graves of murdered beasts, how can we expect any ideal conditions on this earth?”

**George Bernard Shaw
1856-1950
(Nobel Prize-winner
in literature)**

(Pickles *from page 18)*

15 minutes. Chill and serve or store with brine in an airtight container in the refrigerator for up to 2 weeks.

NUTRITIONAL INFORMATION PER SLICE PICKLE:

8 Calories (0% from fat), 0.1 g Protein, 2 g Carbohydrate, 0 g Fat, 0 mg Cholesterol, 62 mg Sodium, 0 g Fiber

TOASTING NUTS

Small quantities (under 1/2 cup) of nuts can be toasted in a dry sauté pan over medium heat. Shake the pan constantly to prevent scorching. Larger quantities are best toasted in an oven, as described [in the book].

The Millennium Cookbook, by Erik Tucker; John Westerdahl, MPH, RD, CNS; Sascha Weiss - 1998, Ten Speed Press

*The Millennium Restaurant, San Francisco

FRIENDS DON'T LET FRIENDS EAT MEAT

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