

The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 25, ISSUE 1, JANUARY-MARCH 2014

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Free Public Lectures

John Houk, MD

“Plant-Based Whole Foods, A Doctor’s Journey”

Tuesday, January 14, 2014

Ala Wai Golf Course Clubhouse

Brenda Davis, RD

“Plant-based Diets in the Prevention and Treatment of Chronic Disease: Recent Findings”

Monday, February 24, 2014

McCoy Pavilion

Zoe Weil

“Doing the Most Good and Least Harm when You Eat”

Tuesday, March 11, 2014

Ala Wai Golf Course Clubhouse

Please see page 15 for more details,
And page 16 for Maui-only presentations.

Lifelong Running

By Ruth Heidrich, PhD

Ruth Heidrich, PhD, has inspired and helped countless people for over 30 years through her books, videos, lectures, her volunteer work with the Vegetarian Society of Hawaii, and the personal example of her remarkable achievements as a medal-winning runner and triathlete after conquering her cancer with a whole foods, low-fat vegan diet. Her story, featured in the film Forks Over Knives, continues to touch many. In the pages of this and upcoming issues of The Island Vegetarian, VSH presents, in three parts, a chapter from her new book, Lifelong



Running, in which she recounts how she learned of and adopted the vegan diet that helped her to recover from metastatic breast cancer, and what she now eats to help her stay healthy and keep her running competitively.

—Lorraine Sakaguchi, VSH President

Myth #5 — You Need to Change Your Diet to Run (Part One)

“What makes my body run the best? The answer turned out to be simple. Plants make it run the best.”

—Rich Roll, ultramarathoner and triathlete

Actually, all you really need from your diet in order to run is calories, so you don’t need to change your diet, but you may want to if you’re not eating the best diet to support your running. There’s a lot of confusion about food, nutrition, and diet out there. Just look around and you’ll see that most people are not eating the healthiest of diets. Then look at the hundreds, if not thousands, of diet books available, each one purporting to be the “last word” on what we humans should be eating.

Years ago, one concept that scientists were aware of was that muscles need carbohydrates. If you were going to run something like a marathon, you’d need an awful lot of carbohydrates. In the 1960s, a Swedish physiologist named Gunvar Ahlberg discovered a positive relationship between the amount of glycogen (carbohydrates stored in the muscles and liver) in the body and endurance performance. If you deprived yourself of carbohydrates for a few days before a race, then loaded up on pasta the night before the competition, theoretically your muscles would overcompensate and take up more carbohydrates than they would normally.

(Continued on page 3)

The Island Vegetarian

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Visit our website for online lecture videos, a restaurant guide, TV and meeting schedules, newsletter archives, and more.

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Hawaii is a Great Destination for Vegans, Too!

By Lorraine Sakaguchi, VSH President

Hawaii is a wonderful place to live, as many of you who are reading this know, especially as much of the mainland United States finds itself in the throes of an unusually severe winter this year. It's also a much-sought after vacation destination for people from many corners of the world. However, what kind of vacation options can a person expect, who is looking for, not just great weather, but a vacation in paradise that supports a healthy and compassionate plant-based lifestyle, as well?

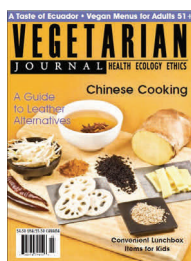
Here are three diverse offerings for those of our readers, or for their friends and relatives, who'd like to participate in a veggie group adventure, to look forward to in 2014:

First is the McDougall Travel Adventure on the Big Island of Hawaii from January 18 to 25, at the luxurious Mauna Lani Bay Resort. John McDougall, MD, and his wife Mary McDougall are hosting it. All food served will follow the McDougall Program. In between daily lectures on health and nutrition will be excursions and activities to enjoy the natural beauty, history (including that of Dr. McDougall at Hamakua Sugar Plantation!), and active sports available on the island of Hawaii. This is nearly sold out, but for more information, go to <http://www.drmcDougall.com/health/travel/hawaii/>.

The next one is the 2014 Maui Spring Renewal Cleanse hosted by Michael Klaper, MD, at the Lumeria Maui Retreat, from March 30 to April 6. Fresh juices and light plant-based meals will be served. The program includes lectures by Dr. Klaper and food-prep classes by Chef Chad Sarno, co-author of *Crazy Sexy Kitchen*. For details, go to <http://www.doctorklaper.com/maui-retreat/>.

The third is Camp VegSource on Kauai, hosted by Jeff and Sabrina Nelson and their family, at a Kauai resort, tentatively planned to be from July 12 to July 19. It features low-fat, plant-only meals, activities for all, from singles and couples to families with children, including hiking, zip lining, exercise classes, crafts, and a talent show. The VegSource folks, by the way, also host VSH's website, www.vsh.org! Check out Camp VegSource at <http://www.vegsource.com>.

Those looking for another kind of vacation might also want to consider visiting the island of Maui on their own, and spending at least a part of their time there volunteering at Leilani Farm Sanctuary. Plant-based eating options abound in the area, and helping to care for the rescued farm animals at this beautiful place can be, not only a rewarding experience, but, quite possibly, the highlight of your visit! To learn more about the sanctuary and volunteer opportunities, go to www.LeilaniFarmSanctuary.org, or email info@leilanifarmsanctuary.org (also, see article on p. 14).



New Discount for VSH Members

Vegetarian Journal

Regular price: \$25/year for print edition

VSH member price: \$10/year for print edition

<http://www.vrg.org/groupmember/>

(Continued from page 1)

Lifelong Running

This is the origin of the “carbo-loading” pasta dinners the night before a big race. If, however, you’re eating a plant-based diet, you’re always carbo-loading, and that’s the way it should be for the most effective training. Since the 1960s, scientists have discovered that there’s no need for the early-deprivation phase. The carbohydrates found in whole plant foods are the perfect fuel—not only for the race, but for all the necessary training you do beforehand, and for fueling the perfect, healthy body we all should and could have. This isn’t to say you shouldn’t eat a “carbo-loading” dinner the night before a race. Just make sure you’re eating whole grain pasta with plain marinara sauce, and stay away from fats such as butter, most salad dressings, and most desserts for best health and race results.

The general public is so confused about carbohydrates. People don’t realize that when they refer to a “low-carb” diet, they eliminate the healthiest foods of all—fruits and vegetables. Taken as a group, fruits and vegetables generally average about eighty percent of their calories from carbohydrates. Because some very popular low-carbohydrate diets were so effective in weight loss by making you sick, carbohydrates got a bad rap. These low-carb diets worked because they put the dieter into a state of ketosis, which is when the body is so low in glucose that ketones are used as fuel. When in ketosis, you frequently feel so sick that you have no appetite. Although these diets were good in that they eliminated the “white stuff”—refined, processed, white flour products—they were hardly healthy.

What I Thought I Knew about Nutrition

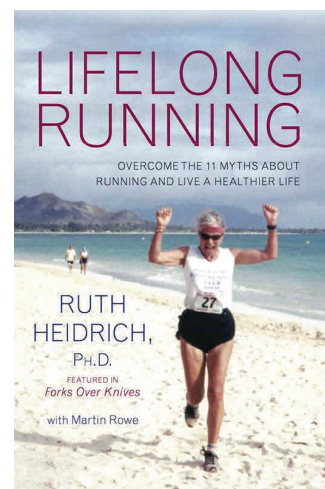
After completing my first college nutrition course way back in 1952, I thought I knew what a healthy diet was: lots of protein in the form of animal foods and lots of calcium from dairy products. The professor told us that everybody needed to drink lots of milk to have strong bones. Little did I know then that so-called “lactose intolerance” was your body’s way to tell you it was time to get yourself weaned!

I followed those nutritional guidelines until my cancer diagnosis in 1982. In fact, I held on to that Diet and Disease textbook for years, referring to it frequently, thinking that would ensure that I was getting all the essential nutrients. That was the situation when, after just having my cancer surgery, I saw a notice in the local newspaper that read, “Wanted: Women with breast cancer to participate in diet research study.” I bolted to the phone because this was exactly where I was mentally—desperate to talk to anybody who knew anything about cancer and,

Lifelong Running: Overcome the 11 Myths About Running and Live a Healthier Life

Ruth Heidrich, PhD
With Martin Rowe
Lantern Books
188 pages, 2013

www.ruthheidrich.com



especially, was conducting research in that field. Both my surgeon and oncologist told me they didn’t know why I had gotten breast cancer—indeed, that nobody knows why we get cancer. Here, I thought, was a chance to find out how this could have happened to me, especially given my background in nutrition and having been a daily runner for fourteen years. I was sure I was eating the best diet possible and, having run several marathons, I knew I was pretty fit.

The researcher conducting that study was Dr. John McDougall, who at the time was practicing medicine in Hawaii. Dr. McDougall had noticed through an analysis of Hawaii’s multicultural population, that different ethnic groups and age-groups had different incidence rates for certain chronic diseases. He’d been a plantation doctor on the Big Island and had observed three generations of Japanese, Filipino, and Caucasians. The chronic diseases included heart disease, cancer, strokes, high blood pressure, diabetes, and obesity. The old Japanese and Filipino men were healthy, strong, lean, and in some cases, fathering children into old age. The middle generation was less healthy. The third generation, however, was obese, diabetic, hypertensive, and, in general, not healthy at all. Dr. McDougall figured out that diet had a lot to do with the degeneration of their health and set out to prove it, starting with the clinical research study on breast cancer.

In response to the ad, I was told to gather my medical records and met Dr. McDougall in his office the next day. As he looked over my lab tests, he frowned and said, “You know, with a cholesterol reading of 236, you’re at as high a risk of dying of a heart attack as the breast cancer.” I was doubly stunned! First the breast cancer, and now he was saying I could die of a heart attack? He hastened to reassure me that by changing my diet, I would beat both of these: “If you want to save your life, change your diet!”

————— To Be Continued —————

(In Part Two of this chapter in Lifelong Running, in the next issue of The Island Vegetarian, Ruth tells how she learned to choose and prepare the low-fat vegan foods that helped her to successfully fight cancer, and answers the question, “Where Do You Get Your Protein?”)

By Nicholas Wayde Miller

First and foremost, I would like to thank everyone at the Vegetarian Society of Hawaii for sharing my story.

With such a great response from “88 Pounds” I wanted to keep the momentum going. Deep in my heart, my driving passion has always been, “How can I use my story to inspire others who want to help themselves and break free from an unhealthy life?”

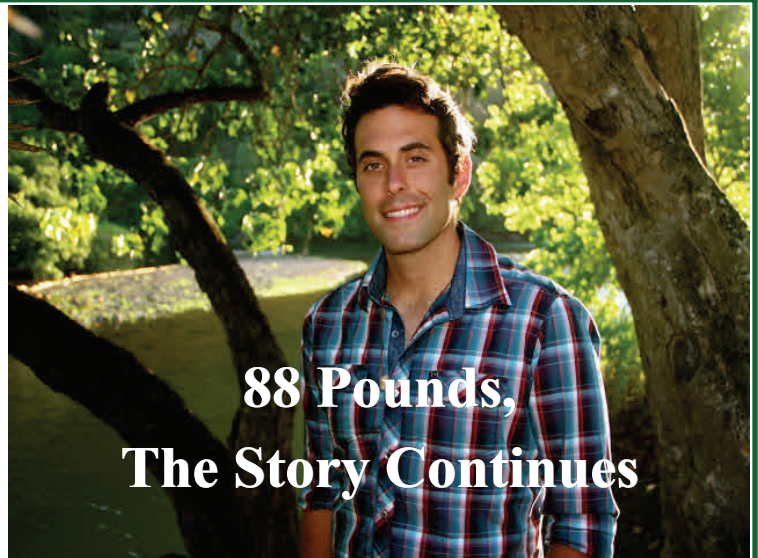
Taking a moment to think about what I could do, my mind delivered memories of all those who, after learning about my weight loss success, asked the same question. “How did you do it?”

Like a bolt of lightning, I realized giving away my secrets would be my greatest offering to our community and those around the world who want to make a change, but don't know how. After 6 months of preparing, one of my dearest friends and I will be launching a vegan and vegetarian cooking show on YouTube, as well as offering online cooking classes.



Creamy Kale
and Mushroom Ravioli

Our show, **PeaceFULL Foods**, will demonstrate how to cook easy vegan and vegetarian recipes using the fruits and vegetables from our local farmer's markets.



88 Pounds, The Story Continues

With **PeaceFULL Foods**, you will learn:

How to feed your family a healthy meal with little effort after a hard day's work, how to host a healthy dinner party without spending hours in the kitchen, how to save money on groceries, and even shed a few pounds with this lifestyle, all while protecting the lives of animals and putting an end to factory farming.

PeaceFULL Foods is scheduled to be released in April 2014. For more information, please visit our website:



Vegan Burger

<http://peacefullfoods.wix.com/peacefullfoods>

Perfect Vegan Pair

By Soha and Sentwali Copeland



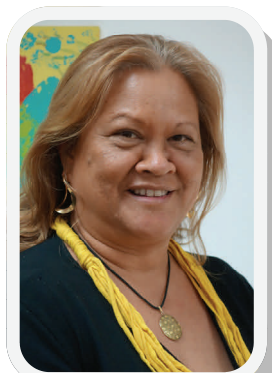
Being vegan for over 10 years, Sentwali's passion for understanding nutrition and how to support the body with plant based foods became the perfect teacher and example of health to his future wife, Soha.

When they met at the checkout line in Whole Foods in Denver, Colorado three years ago, Sentwali had a basket full of veggie burgers, and toilet paper and Soha just had toilet paper. It was love at "2nd ply!"

Turning vegan propelled Soha on her journey of self realization and cleansing herself spiritually, physically and emotionally with her soul mate Sentwali. Together, they continue to share in the joy of creating delicious nutritional vegan meals and have combined their skills to be a Perfect Pair 4 Balance.

<http://www.perfectpair4balance.net/>

Roots Cafe



2229 North School Street
Honolulu, HI 96819
Neighborhood: Kalihi
(808) 848-2771

Hours: 11 a.m.-1 p.m.,
Tuesdays & Thursdays

<http://www.kkv.net/>

By Sharon Kaiulani Odom,
RD, MPH

If you are in Kalihi and looking for some healthy, local food...come visit us at the ROOTs Cafe. We are located in the Kokua Kalihi Valley (KKV) Wellness Center at 2229 North School Street, open Tuesdays and Thursdays from 11:00 am to 1:00 pm. Our daily offerings always include vegetarian and vegan options.

The ROOTs Cafe was designed to serve our community as part of KKV's *Returning to Our ROOTs* program. Our work centers around food as a source of nourishment, identity, health and connection. We work and learn together to cultivate plants for food and medicine, cook together, share traditional practices for food preparation and eat together in common spaces. Our activities strive to engage community members in building healthy relationships, putting voice to stories, building bonds across generations and strengthening roots within one's own culture. What we know is that individuals and families are much more likely to change their eating habits if they see healthy food as part of their identity.

The ROOTs program is based out of our 100 acre Nature Park called Ho'oulu 'Aina in upper Kalihi Valley. Many of the vegetables that are prepared daily come from the one and one-half acre organic garden located there. One dish that is always on the menu is the *Ho'oulu 'Aina Stir-fry*. It is served with brown rice and includes vegetables that have been harvested fresh that week. It changes daily according to what vegetables are ready, but can include; different varieties of kale, wing beans, eggplant, okra, bok choy, garlic chives, Chinese celery, and more.

Ho'oulu Aina also focuses on agroforestry, land restoration, youth programs, school visits, and community workdays. While most of our programs are for our patients, community workdays are open to the public. We welcome



those that would like to learn more about land and health to join us on Wednesday mornings and every third Saturday. The ROOTs program also accepts volunteers to work in the garden and at the cafe on a regular basis. Please visit [KKV.net](http://www.kkv.net/) for more information.

The ROOTs Cafe has been open for almost a year now. Originally, we served only the KKV staff, but have since opened our doors to the public and love to have everyone come and visit us. Our recent vegetarian/vegan options have included veggie lau lau, quinoa-chickpea-sweet potato burgers, veggie curries and stews. Got a favorite recipe you would like us to try...please send it our way. We love to try new dishes and add to our healthy repertoire. Hope to see you soon!!!



Lauren Paynter, RD, Kama Hoe, cultural chef, Meryna Latty, volunteer

Sharon Kaiulani Odom, ROOTs Program Coordinator, kodom@kkv.net



Ho'oulu 'Aina Stir Fry with mixed veggies from KKV's organic garden with side of hapa rice and tofu



Mushrooms and Immunity

Dr. Michael Greger MD

www.nutritionfacts.org

There're lots of products that promise to boost your immune system—who wouldn't want that? Well, millions of people suffer from autoimmune diseases, inflammatory diseases, and allergies. Their immune systems may already be a bit *too* active.

I try to make sufferers of seasonal allergies feel better by explaining that having an overactive immune system is not all bad. Individuals with allergies have a decreased risk for cancer (compared with the general population). Yes, your immune system may be in such overdrive it's attacking things left and right (like tree pollen), but that heightened state of alertness might also help bring down any budding tumors in the body. So it's tricky; we want to boost the part of the immune system that fights infection, while down-regulating the part that results in chronic inflammation. And mushrooms may fit the bill.

There are thousands of edible mushrooms, though only 100 are cultivated commercially, and only 10 of those on an industrial scale. And I do mean industrial, rising to over 20 million metric tons a year, and for good reason. They accelerate immunoglobulin A secretion. Let me explain.

Though skin is considered our largest organ, we actually interface with the outside world more through our mucous membranes, which occupy our largest body surface area. These include the lining of our mouth, our entire digestive tract, our reproductive and urinary systems, inside the breast glands, and on our eyeballs. Our gut alone covers more area than a tennis court and much of it is only one cell thick. One microscopic layer is all that separates us from all the toxins, viruses, and bacteria out there, and so we need one heck of a first-line defense. That defense is called IgA, immunoglobulin A, our type A antibodies. Dietary intake of certain foods may improve mucosal immunity by accelerating IgA secretion, but no studies have ever been conducted on mushrooms, until now.



In the [study](#) "Dietary Intake of... White Button Mushroom Accelerates Salivary Immunoglobulin A Secretion in Healthy Volunteers," people were split into two groups. Half ate their normal diet; half ate their normal diet with cooked white button mushrooms every day for a week. Then using the "passive dribble method" for collecting saliva, scientists just measured the amount of IgA they were pumping out. If you check out my 5-minute video [Boosting Immunity While Reducing Inflammation](#), you'll see the graph. There was no change in the control group, but after a week of mushrooms, IgA secretion jumped 50% and even stayed up there for a week after they stopped the shrooms, before falling back to baseline.

But if you continue to churn out 50% more antibodies, might that contribute to chronic inflammation, which is implicated in the development of a variety of diseases? No, in fact mushrooms appear to have an "anti-inflammatory capacity in vitro, suggesting that they could be regarded as a potential source of natural anti-inflammatory agents." I

show in the [video](#) a comparison of the anti-inflammatory properties of a variety of different varieties of mushrooms. Researchers think it might be the phytonutrient pyrogallol, found in mushrooms as well as in our old friend [alma](#) (Indian gooseberries), that similarly appears to reduce inflammation while at the same time boosting immune and anti-cancer function.

See how else we can improve our immune function in [Boosting Immunity Through Diet](#), [Kale and the Immune System](#), and [Sleep & Immunity](#).

The balance between immune function and cancer is not always as straightforward as I noted. See my video series that starts with [Cancer as an Autoimmune Disease](#).

More about mushroom magic in:

[Breast Cancer vs. Mushrooms](#)

[Ergothioneine: A New Vitamin?](#)

[Making Our Arteries Less Sticky](#)

Probably best to eat cooked, though ([Toxins in Raw Mushrooms?](#)).

All of the additional videos mentioned are available on www.nutritionfacts.org.



The opinions expressed in this newsletter are those of the writers, and not necessarily those of the Vegetarian Society of Hawaii. The information contained in this newsletter is for educational purposes. It is not intended as medical advice, and it is not intended to replace the advice of a qualified, licensed medical practitioner.

VSH Events on Oahu and Maui

October: Leslie Ashburn presented “Compassionate Activism”



Leslie Ashburn gave her talk at the Ala Wai Golf Course Clubhouse on October 8.



Leslie's talk at the Ala Wai Golf Course Clubhouse.



Refreshments donated by Down To Earth were served by volunteers Randall Chun, Phyllis Fong, Jim Thompson and Dr. Karl Seff.

November: H. Lorrin Lau, MD presented “The Search for Truth about Plants, Animals, and Better Human Health”



Dr. Lorrin Lau lectured at the Ala Wai Golf Course Clubhouse on November 12.



Dr. Lau and wife Maureen with Madana Sundari at his VSH dine-out and VSH Pre-Thanksgiving Dinner at Govinda's Vegetarian Buffet.



Dr. Lau speaking on Maui at Cameron Center in Wailuku.

December: Ruth Heidrich, PhD presented “Why Raw? Lessons from a Vegan Triathlete and Cancer Survivor”



Dr. Ruth Heidrich lectured at the Ala Wai Golf Course Clubhouse on October 8.



Dr. Ruth Heidrich's VSH dine-out at Greens and Vines on December 17 Jim Thompson, Dr. Bill Harris, Dr. John Houk and wife Jane, with Dr. Ruth in the foreground.



VSH Maui coordinator Dr. Steve Blake (r.), Maui co-coordinator Catherine Blake (l.), with Bob Leitch and Dr. Ruth Heidrich at her talk at Cameron Center on Maui.

If you missed any of these informative and entertaining lectures, watch them online at: www.vsh.org or on Public Access Cable TV statewide: 'Olelo CH 55 or CH 52 on O'ahu, Na Leo 'O Hawai'i Ch 54 on the Big Island, [Ho'ike Ch 54](#) on Kaua'i, or Akaku Ch 55 on Maui

VSH Events on Kauai

Peggy Kadey won the November recipe contest with her *Raw Sweet Potato Hummus*.



The Diet Plan that Saved My Life was the topic of Peggy Kadey at the December potluck and lecture.



Gordon LaBedz, MD, presented *Ask the Doctor Series: Organic, GMO, Gluten-free, Vegetarian?* at the November potluck and lecture.

Dr. Bill's Never-Fail Guaranteed Weight Loss Plan was the topic of speaker William Harris, MD, at the October potluck and lecture.



Annalia Russell was the October recipe winner for her *MangoKoi Kool*.



Raw Sweet Potato Hummus

1-1/2 large red sweet potatoes, peeled, and chopped into cubes
1 tablespoon maple syrup
4 pecan halves
1 teaspoon ground cumin
2 tablespoons flaxseed oil
2 tablespoons lemon juice
1/2 teaspoon sea salt
1 clove raw garlic
1/2 cup filtered water

Process all in a food processor until smooth, or use a high-powered blender. Serve cold with crackers, bread, or fresh vegetables.

MangoKoi Kool

I had frozen mango in a recycled Coconut Bliss carton and also lilikoi, so that is the amount of each I used:

1 pint of frozen mango (approximate size of Coconut Bliss carton)
1 pint of frozen lilikoi pulp (I used with seeds)
1/2 - 1 tsp Vanilla
2 Tbsp chia seeds

Blend well in food processor (for easier removal), or blender; but only long enough to mix. More blending will, of course, melt the frozen fruit more. "From Nature for Human Nature", Annalia Russell, PhD.

Monthly vegan potluck luncheons and lectures are held at 12:30 p.m. on the first Sunday of each month at the Kapa'a Neighborhood Center on Kaua'i. Admission is free for those who bring a dish. All others are welcome with a \$5 donation.

Debate at Intelligence²

For or Against: **Don't Eat Anything With A Face**

by William Harris, MD



I'm grateful to VSH member Randall Chun for finding this URL:

http://fora.tv/2013/12/04/Dont_Eat_Anything_With_A_Face,

a one hour 44 minutes-long Intelligence Squared U.S.-Rosenkranz Foundation debate, expertly moderated by ABC's John Donvan.

Neal Barnard, MD, President of PCRM (Physician's Committee for Responsible Medicine) and Gene Baur, president of Farm Sanctuary, who at age 50 recently ran a 140-mile triathlon in under 12 hours, argued for the motion "Don't eat anything with a face." Chris Masterjohn, PhD, who authors a blog, *The Daily Lipid*, sponsored by the Weston Price Foundation, and Joel Salatin of Polyface Farms, an alternative animal farmer featured in the movie *Food Inc.* argued against the motion.



The outcome depended on which side scored the greatest change in "fors" and "against" transmitted to the stage by hand-held electronic

devices distributed to the audience. The "fors" (Dr. Neal Barnard, pictured above, and Gene Baur) won, based on the change in the before and after votes:

Initial poll: For 24%, Against 51%, Undecided 25%.

Final poll: For 45%, Against 43%, Undecided 12%.

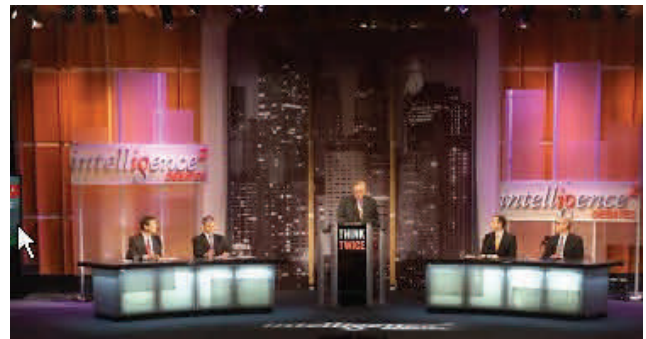
Opinion changed: 21%.

When asked, at 7:12, before the debate started, what he ate for a triathlon, Baur said that kale is where it's at. Barnard began at 12:15, citing large-scale studies showing a 20-50% increase in cancer and heart disease risks from eating animal food. At 21:00, Masterjohn cited the Weston Price claims of ill health from modern refined carbs, fats, and sedentism [correct]. At 22:49, he argued that dietary cholesterol, which is missing in a vegan diet, is essential [incorrect-the body makes 500-1000 mg cholesterol daily] along with B12 [correct], vitamin D [incorrect, D is an essential metabolite, not a vitamin, which is synthesized from cholesterol and activated by sunlight], and that plant foods are short in zinc and selenium [correct, but easy to correct].

At 9:28, during the intro Joel Salatin claimed he is the animals' servant, projecting an image of selflessness more appropriate for Gene Baur who actually is. He condemned factory farming and ag chemicals while claiming the nutritional superiority of grass-fed organic meat. At 33:27, he alleged, "Plants are sentient beings," rather than living organisms responding on the basis of well-known biochemical tropisms. At 34:24, he said, "The affirmative position is a direct attack on the world's poor". What? The world's poor are starving because first world countries are using grain stocks to feed animals. At 40:38 he correctly observed that veganism is a privilege of modernity.

At 39:34, the moderator introduced round two. At 41:05, it turned out that no one in the debate advocated factory farming. At 41:10, Barnard answered the claim that vegans are B12 deficient by remarking that B12 supplements are now recommended for meat eaters as well. At 59:01, Salatin volunteered that "dressing" is a euphemism for slaughter and Gene Baur remarked that, "at Thanksgiving, we dress our animals and invite them to dinner, but we don't eat them" which drew some laughs.

At 1:05:00, Salatin said, "with mono-crop soybeans, you



kill more animals in the field than you save by eating soybeans." [That may be a valid statement, except that most of the soy crop is fed to animals that then become human food.] At 1:20:10, audience member Paul Strauss asked, "meat is inexpensive, and I wonder what would those in favor of the motion say to someone who cannot financially afford a meat-free diet?" Neal Barnard answered that it's not cheap, or if it is, it's because the USDA price supports the feed grain and helps kill the varmints.

It seems we have entered the age of scholarly debate over the issue of veganism, and it's well worth watching the whole thing if you have fast Internet.

You can get *The Island Vegetarian* electronically in full color, and save trees and postage, too!

To switch from the paper to the electronic edition, send an email with your name and email address to:

support@vsh.org

❧ Veganic Gardening ❧

EcoScraps

EcoScraps began in 2010, when Dan Blake, 22 at the time, was eating at an all-you-can-eat waffle breakfast with his brother. The two brothers were surprised at the amount of food that was thrown away. On their way home, they talked about ways they could utilize this waste and create a business with it.

EcoScraps, co-founded by Craig Martineau and Daniel Blake, both business students at Brigham Young University, now collects fruits and vegetables, such as tomatoes, cucumbers, oranges and grapefruits, from food banks, grocery stores and distributors in Arizona, Utah and Colorado. The company uses this produce to create organic compost, which is then sold to gardeners throughout the United States.

In their first year of business, EcoScraps recycled over three million pounds of food waste that created 100,000 cubic feet of compost.

“Restaurants give their customers too much to eat,” said Blake. “Most people don’t realize that when they leave leftover food on their plate, it is usually sent to a landfill to rot.”

When food rots in a landfill, it creates methane gas, which is 20 times more harmful than CO₂. EcoScraps would like to stop this cycle by using spoiled fruits and vegetables to create organic compost, which is healthier for the soil.

“When a gardener uses a cubic foot of EcoScraps’ compost, it is like parking a car for one month because of the amount of greenhouse gases that are reduced,” said Brandon Sargent, another EcoScraps co-founder. “Our goal is to improve the environment by composting, which puts less food in landfills, improves our air quality, and puts much-needed nutrients back into our American soil.”

EcoScraps is a no-chemical, no-poop alternative to typical manure- and chemical-based soil products on the market. The company’s products not only contain twice the amount of essential soil nutrients, but are safe for kids and pets too. By establishing a new infrastructure model for creating organic compost, EcoScraps has been able to quickly expand and reach a wide variety of consumers.

The company now redirects 100 tons of produce waste each day from grocery stores away from landfills,

and turns it into compost and other lawn and garden products. EcoScraps products can now be found in big box home improvement stores across Hawaii.

www.ecoscraps.com



Nutrition News

from



Canned Beans or Cooked Beans?

A recent study found that canned and cooked beans are equally nutritious. Some canned beans have added salt, so buy the no-salt versions.

<http://nutritionfacts.org/video/canned-beans-or-cooked-beans/>

Breast Cancer Survival Vegetable

Simple changes in diet and lifestyle may quadruple a woman’s survival rate from breast cancer.

<http://nutritionfacts.org/video/breast-cancer-survival-vegetable/>

Dietary Treatment of Glaucoma

Blueberries may help protect against age-related macular degeneration, and black currants may help halt the progression of glaucoma.

<http://nutritionfacts.org/video/dietary-treatment-of-glaucoma/>

Greens vs. Glaucoma

Kale and collard greens contain vision-protecting plant nutrients such as zeaxanthin that may significantly lower the risk of glaucoma, a leading cause of blindness.

<http://nutritionfacts.org/video/greens-vs-glaucoma/>

Phytates for the Prevention of Osteoporosis

Women who consume the most high-phytate foods (whole grains, beans, and nuts) appear to have better bone density.

<http://nutritionfacts.org/video/phytates-for-the-prevention-of-osteoporosis/>

Increased Lifespan From Beans

The intake of legumes—beans, chickpeas, split peas, and lentils—may be the single most important dietary predictor of a long lifespan.

<http://nutritionfacts.org/video/increased-lifespan-from-beans/>

❧❧❧ Book Review ❧❧❧



Crazy Sexy Kitchen

Kris Carr
With Chef Chad Sarno
Hay House
286 pages, 2012
by William diGiorgio
<http://vegandiety.com/>

Several years ago, there were only a handful of vegan cookbooks. Today, there are dozens, and I recently learned there are 200 new vegan cookbooks on the way!

Great news, unless you are deciding which cookbook to add to your library. Fortunately for me, I did not have to choose, as I received a hardcopy version of [Crazy Sexy Kitchen](#) as a gift.

With the subtitle “150 Plant-Empowered recipes to ignite a mouthwatering revolution”—and avoiding the word “vegan”—*Crazy Sexy Kitchen* educates us about the many benefits of plant-based diets (for animals, the environment, and health) and declares that any step toward a “plant-passionate diet” and away from the Standard American Diet is a positive one.

Though some may believe giving cookbooks titillating titles is a marketing gimmick, the approach of co-authors Kris Carr (of “Crazy Sexy Cancer”) and Chef Chad Sarno is sure to appeal to anyone seeking greater vitality and fitness.

What I like most about *CSK* is that it puts great emphasis on healing recipes using fresh local vegetables, and presents a variety of cuisines and cooking techniques, from basic to more advanced. *CSK* has a broad variety of raw recipes (16 pages dedicated to juices and smoothies, 23 pages to salad, and a few entrees) and techniques as well as cooked recipes, featuring prominent vegan chefs including Tal Ronnen, Sarma Melngailis, and Fran Costigan.

Before delving into recipes, the book gives you the basics of the Crazy Sexy Diet (also Carr’s previous book), information on preparing your kitchen, and cooking tools and tips. Carr summarizes the Crazy Sexy Diet (CSD) to be “a nutrient-dense plant-happy approach to eating and living that harmonizes your beautiful body at the cellular level.” She explains that inflammation leads to disease, mentioning the dangers of dairy, meats and sugar, and talks about the acid/alkaline balance (pH), too.

As part of your inflammatory wellness plan, I encourage you to reduce or eliminate all icky foods that irritate your body. Most of the vittles commonly found in the Standard American Diet (SAD)—meat and dairy, refined carbohydrates, wheat, processed foods made with high fructose corn syrup, artificial sweeteners and trans fats, and let’s not forget the chemicals, drugs and anything else you can’t sound out phonetically.

Carr, diagnosed with cancer at 31, deals with the controversial topic of soy products, saying that “many of the same doctors who tell patients to avoid soy never mention the abundant amounts of estrogen and other growth hormones found in dairy products. If you’re avoiding soy as a result of a cancer diagnosis, please strongly consider dumping the

dairy as well.”

All recipes are marked with symbols labeling recipes according to dietary preferences (soy-free, gluten-free, raw, kid-friendly), as well as difficulty level (“eazy breezy” or “cheffy”), and “time saver”. There are also a few pages (p. 274) of suggested menus with promising names such as “Zero Stress in 30 Minutes or Less,” “The Simple Life,” “For Your Valentine,” and “Office Lunch Party”.

I first heard Chad Sarno’s name when preparing his cashew cheese recipe in Tal Ronnen’s [The Conscious Cook](#) three years ago. It was my first exposure to raw foods, and I’m glad to see that *Crazy Sexy Kitchen* contains a good sampling of raw recipes. Besides juice and smoothies, there are old school raw entrees such as raw noodles and rawvioli (ravioli made with sliced beets). **Carr says that she encourages people to “up their intake of raw foods” and that a combo of mostly raw and some cooked foods is ideal over the long term.**

Though *CSK* has dozens of enticing recipes, some of my favorite are:

- ◆ French Toast with Amaretto Creme (p. 105)
- ◆ Hearts of Palm Style Crab Cakes with Remoulade (p. 151)
- ◆ Chickpea with root veggie tagine (p. 185)
- ◆ Beetroot Ravioli with Cashew Creme Cheese (p. 193)
- ◆ Madeira Peppercorn Tempeh (p. 203)
- ◆ Rocking Rosemary Popcorn (p. 245)
- ◆ Raw Apple Spiced Rum Shortcake with Maple Vanilla Glaze (p. 273)

Is *Crazy Sexy Kitchen* is a good choice for you?

A cookbook is a very personal choice—especially if it means a change in diet and lifestyle—but here are some features of *CSK* you may want to consider:

- ◆ Recipes are included from a wide variety of chefs that will impress your friends and family and give you a broad perspective of the all the possibilities of a plant-based diet.
- ◆ Some raw recipes require a high speed blender as well as a dehydrator, and this may be an obstacle for some. Don’t be discouraged that you don’t have or cannot afford some equipment. A [Spirooli-type slicer](#) is an affordable way to start. You can always put the other items on your “Wish List”.
- ◆ Tips are supplied on how to save money that you can dedicate to buying local and organic ingredients.
- ◆ Some recipes call for vegan butter or shortening or other vegan convenience foods (which I don’t care for), but they are useful for making a transition to a more plant-based diet.

In general, *Crazy Sexy Kitchen* is appropriate for aspiring chefs, the vegan curious, or just those wanting to prepare healthier meals. For long-time vegans and experienced cooks, it may round out your collection and broaden your horizon. With dozens of beautiful photographs and appealing design, it makes a great coffee table book, too.



A Heart Healthy Recipe

by Neal Pinckney, Ph.D.

Heart.kumu.org "If it takes longer to make it than it does to eat it; forget it."



Dark Chocolate Biscotti

When visiting New York City, I always make a trip to Veneiros, a world-famous Italian bakery and coffee house. I asked them once if they had any vegan, fat-free delights, and was told about their papatelle, a crisp biscotti full of almonds. But hardly fat-free. When I asked their master baker for the recipe, I found it was made with egg whites. Using the recipe he gave me, I modified it to be fat-free and vegan, and changed it to dark chocolate. You can omit the cocoa and add almonds (with 1 T of almond extract), or other nuts, if low fat isn't your quest.

Dark Chocolate Biscotti

Makes about 36 pieces

- ½ C prune puree (*see hints below*)
- ¾ C sweetener (Sucanat, or granulated coconut sweetener)
- 2 T EnerG egg replacer mixed (not beaten) with ¼ C water
- 1 t vanilla extract
- 1¾ C whole wheat flour
- ½ C cocoa powder (*see note below*)
- 2 t baking powder

Preheat oven to 375° F. In a large bowl, mix prune puree, sweetener and egg replacer until very smooth. In another bowl, mix flour, cocoa and baking powder evenly.



Stir the liquid mix into the dry mix on low, if using an electric mixer, or slowly by hand. The dough will be very stiff, so add very small amounts of cool water as needed until it is the consistency of modeling clay or Silly Putty. A soft or moist dough will produce hockey pucks! Divide the dough in half and shape the halves into 2 logs about 2" wide, 8" long and 1" high on a silicone baking sheet or a parchment-lined baking sheet. Keep the logs at least 2" apart. Bake at 375° F for 20 minutes. Remove from the oven immediately, and let cool for 30 minutes.



Using a serrated-edged knife, cut the logs into 1½" slices. Place in a 350° F oven, for 10 minutes on each side. Be sure to remove the slices from the oven as soon as the time is up. Let cool to room temperature (about 25 minutes) and then seal in an airtight container. These will last almost a year.

Healthy Heart Hints:

Prune puree is easily made with one part pitted prunes and 2 parts water in a blender or food processor. It is also commercially available as Lighter Bake and other brands. It substitutes well for butter or shortening in baked recipes. Since it is naturally sweet, other sweeteners may have to be adjusted.

Cocoa powder comes in many forms: regular unsweetened cocoa powder can be high or low fat, but some brands are very low in fat. Natural process has a richer, darker flavor; Dutch processed (with alkali) is slightly milder. Both work well with this recipe.

I prefer the taste of what used to be called 'bitter-sweet' chocolate, now commonly called semi-sweet or dark chocolate. The sweetener amount in this recipe makes these biscotti a little sweeter than that. If you like the darker flavor, use only ½ C of sweetener.

Over 250 more easy, low-fat vegan recipes are available on Dr. Pinckney's website: heart.kumu.org

Patience and a Pot

by Eileen Towata, PhD

Is there anyone who hasn't experienced the miraculous events that transform a hard, dry, and wrinkled bean into a vibrant green shoot? Elementary school students and beginning collegiate botanists alike learn much about plant life by studying some of the common beans such as species of *Phaseolus* (kidney bean, lima bean, black bean, and others). We discover that the immature fruits of some species are prepared for consumption (e.g., "string beans") while the dried seeds from matured fruits of other bean family (Leguminosae) members are cooked and used for food. We learn of the importance of water to activate enzymes necessary for the seed to sprout and grow. We observe the unfolding of two thick, fleshy "seed leaves" or cotyledons, leading us to confirm the bean as a dicot rather than a monocot. This is a basic distinction among flowering plants or angiosperms and one of the first steps in identifying a plant. There are many science lessons we can learn from planting a simple bean in a pot, providing it with water, and watching it grow, but perhaps there is another lesson to learn – that of patience in soaking and cooking those same simple beans!

As the saying goes, "Good things come to those who wait." A little time and a few ingredients can turn a small pile of inexpensive dried beans into a delicious and bountiful feast. Beans, valuable nutrient sources for both humans and animals, are second in importance to the grains and are enjoying a surge in popularity and versatility. New products on the market include, for example, "spaghetti" made from black beans or soybeans rather than the conventional wheat grain. Quick and easy to cook, such processed forms of beans have their place along with the canned beans many vegetarians would consider pantry staples. But what could be better on a rainy "winter" weekend day here in paradise than soaking and simmering a large pot of beans? Garbanzo beans are worth the wait – the result is a very flavorful bean, ideal for adding to salads or serving as a side dish. *Cicer arietinum*, the scientific name for the bean also commonly known as chick pea, originated in the Middle East. It was subsequently introduced to the Mediterranean area and India before reaching the New World in the 1500s (Vaughn & Geissler, 1997). Probably best known as the main ingredient in hummus, garbanzos may



now find additional use in flour form for those seeking alternatives to wheat flour. Although Indian cuisine has long used garbanzo flour, it is a relatively new/specialty item in U.S. markets. Here is a preparation for dried whole garbanzos that uses only a few basic ingredients.

Simple Garbanzos (yield about 3 cups cooked)

Dried garbanzo beans: 1 cup

Dried onion flakes: 1-2 teaspoons or Minced fresh onion: 1-2 Tablespoons

Dried garlic flakes: ½ teaspoon or Minced fresh garlic: 1-2 cloves

Olive oil: 1-2 Tablespoons

Sea salt: pinch

Cayenne pepper: pinch

Soak the dry beans in water to cover by 2 inches for about 4 hours (for overnight soak, refrigerate). Drain and replace with fresh water. Add the onion and garlic to the beans in a large pot, bring to a boil and reduce heat. Simmer for about 1-1 ½ hours, until beans are soft. Drain off the cooking water and add 1 tablespoon of oil, along with salt and cayenne. Toss to coat beans. Taste beans and, if desired, add remaining olive oil.

For those who want to speed up the soaking and cooking process, there are "quick soak" and pressure cooker methods. For the former, place sorted/rinsed dry beans in a large pot and cover with 2 inches of water. Bring to a boil and boil for 2 minutes. Remove from heat and cover with a lid. Allow to soak for 1 hour. Discard soak water and replace with fresh. Cook until softened, 45-50 minutes. For pressure cooker use, follow the manufacturer's instructions.

More information about dry beans can be found on the United States Dry Bean Council's website (www.usdrybeans.com) and the University of Hawaii has an interesting report on "Legumes and Their Use" posted at www.ctahr.hawaii.edu/bnf/Downloads/Training/BNF%20technology/Legumes.PDF.

Literature Cited:

Vaughan, J.G. & Geissler, C.A. (1997). *The new Oxford book of food plants. A guide to the fruit, vegetables, herbs and spices of the world.* New York, NY: Oxford University Press, Inc.



Paradise for Rescued Farm Animals

by Barry Sultanoff, MD



Leilani Farm Sanctuary, an all-volunteer non-profit organization located on nearly eight heavenly acres of tropical land on Maui, was created to provide shelter and care for rescued animals, and humane education to the community. There are rolling green pastures for goats and donkeys to graze, hundreds of trees for the cats to climb, a botanical garden for rabbits, and jungle environments for the chickens to explore. Visitors experience an unforgettable adventure in paradise, meeting friendly farm animals and learning about the history of the land and the animals who reside there.

The spirit of Leilani Farm Sanctuary is best conveyed by the Hawaiian phrase Lani Ku Honua: "Heaven on Earth." The Sanctuary prides itself on being a paradise for rescued animals. But humans can do themselves a special favor, too, by visiting the Sanctuary grounds and mingling with its four-legged and winged residents.

Growing up in rural Maryland, I often saw deer grazing near my family home. I was enchanted by their graceful movements and regal antlers. But not until I encountered Veronica, the spotted deer at Leilani Farm Sanctuary, had I ever looked a deer directly in the eye (and oh my, what eyelashes!) and reached out to gently stroke her elegant neck.



The Sanctuary feels peaceful and harmonious: chickens mingle with rabbits, goats hang out with donkeys and pigs. A blind pig named George (whose artfully-painted house, ironically, has the best view-spot on the land) lumbers about among ducks and geese. As I cuddled a chicken named Pumpkin, I felt her soft-feathered warmth and came to know something of her soul. Entering a rabbit yard, I spotted two charming African tortoises, Clarice and Clementine. Yes, it's true, the legendary hare and the tortoise are, in reality, quite compatible cohabitants! The Sanctuary is unique in the freedom it offers these animals to be themselves in our presence. That intimacy with the animals, on their terms, is part of what promises to be a life-and heart-changing experience for visitors.

The Sanctuary's mission is, in a word, compassion. When one falls in love with a chicken, rabbit, goat, duck, or pig, he no longer imagines that animal on his dinner plate -- but rather as a lifetime friend.



Farm tours are offered Wednesdays at 4:00 p.m. and Saturdays at 10:00 a.m. Visitors are invited to kiss a donkey, cuddle a chicken, pet the friendly cats, give a pig a belly rub, brush the goats, and feed carrots to furry rabbits. Reservations are required.

For another hands-on immersion, one can volunteer for half a day or more. In fact, there are many ways to help: donations of time, needed supplies, and of course, tax-deductible monetary contributions are most welcome at this storybook farm in Haiku. The Farm's founder and director, Laurelee Blanchard, is a talented photographer whose photos of visitors and the animals are featured on the Sanctuary website. If

you're lucky, you will be offered prize photographs of your visit there, to take home--and to spark a lifetime of memories.

Leilani Farm Sanctuary is home to over a hundred rescued animals like these, and many more have been placed in happy homes. Visitors are welcome, including school groups for educational tours.



For more information, visit:
www.LeilaniFarmSanctuary.org
Email: info@leilanifarmsanctuary.org
Phone: 808-298-8544

Talk to Us!

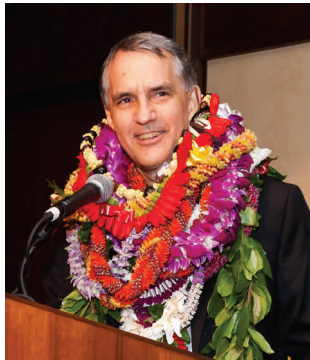
Your letters to the Editor, book, movie, and restaurant reviews, recipes and articles of interest to vegetarians are all eagerly awaited. We reserve the right to edit all submissions. Our submission deadlines are March 1, June 1, September 1, and December 1.

newsletter@vsh.org

Vegetarian Society of Hawaii Lectures

JANUARY

JOHN HOUK, MD



Plant-Based Whole Foods: A Doctor's Journey

"There is nothing in 33 years of medical practice that has been more beneficial to my patients than my own acceptance of a plant-based diet." Although John Houk, MD, had personally met Denis Burkitt, MD, in medical school, read Nathan Pritikin's 1979 best seller, and been exposed to the work of Dean Ornish, MD, and Terry Shintani, MD, it was only when a patient in mid-2012 sent him a DVD of *Forks Over Knives* that he adopted a plant-based diet.

John Howard Houk, the 2012 Hawaii Medical Association Physician of the Year, is a primary care internist, a teacher, and a family man. He began his medical career at the Fronk Clinic Honolulu in 1980 before going into solo practice in 1988. Throughout his career, he has been passionate about establishing primary care as the foundation of our healthcare system. Dr. Houk is an assistant clinical professor at the University of Hawaii's John A. Burns School of Medicine, lecturing to medical students and mentoring 3rd year students for their outpatient medicine rotation. He is a frequent lecturer both to physician groups as well as to general audiences.

Honolulu: January 14, 7 p.m. at the **Ala Wai Golf Course Clubhouse**, 404 Kapahulu Ave.

FEBRUARY

BRENDA DAVIS, RD



Plant-Based Diets in the Prevention and Treatment of Chronic Disease: Recent Findings

Approximately 70% of North Americans will die as a result of a diet and lifestyle-induced disease. Yet, an estimated 90% of type 2 diabetes, 80% of heart disease and 70% of cancers are entirely preventable. This presentation examines the current evidence on chronic disease as it relates to plant-based diets. Are vegans, vegetarians and semi-vegetarians at a lower risk for cardiovascular disease, cancer, diabetes and other chronic diseases? Does eating a plant-based diet enhance longevity? Are plant-based diets effective in the treatment of these diseases? Join us for a thought-provoking talk.

Brenda Davis, RD, is an international authority on vegetarian and vegan nutrition. She has co-authored nine books and has authored numerous professional and lay articles. She is a featured speaker at nutrition, medical and health conferences throughout the world. Brenda is the lead dietitian in a diabetes intervention project in Majuro, Marshall Islands. She is a past chair of the Vegetarian Nutrition Dietetic Practice Group of the American Dietetic Association.

Honolulu: February 24, 7 p.m. at **McCoy Pavilion, Ala Moana Beach Park**, near the tennis courts

Dine-Out with Brenda Davis: February 24, 4:30-6 p.m., Loving Hut
1614 S. King Street (details on p. 16)

CME lecture: February 25, 12:30-1:30 p.m., Castle Medical Ctr, physicians & healthcare providers, register:ph.263-5382

Maui: March 1, 7 p.m. at **Cameron Center**, 95 Mahalani Street, Wailuku

MARCH

ZOE WEIL, PHD



Doing the Most Good and Least Harm when You Eat

What we eat may have the biggest impact on our health, other people, animals, and the environment of any choice we make, and we eat several times each day! In this talk, renowned humane educator, Zoe Weil, offers simple tools and principles to help you choose a diet that does the most good and least harm. Asking, "What's the true cost of our food?", this talk will examine the effects of everyday food choices so that each of us can choose foods that feed our bodies, support ecosystems, and are kind to animals.

Zoe Weil is co-founder and president of the Institute for Humane Education (IHE). She is the author of several books, including Nautilus Silver Medal-winner *Most Good, Least Harm: A Simple Principle for a Better World and Meaningful Life*. She has written numerous articles on humane education and humane living; speaks frequently and leads workshops across North America and overseas; and has been interviewed in such venues as Forbes.com. She has also presented four acclaimed TEDx talks, among them, "The World Becomes What You Teach" and "Solutionaries." In 2012, Weil was honored with the award for Women in Environmental Leadership from Unity College.

Honolulu: March 11, 7 p.m. at the **Ala Wai Golf Course Clubhouse**, 404 Kapahulu Ave.

Dine-Out with Dr. Zoe Weil: March 12, 5:30-8:30 p.m., Govinda's Vegetarian Buffet, 51 Coelho Way (details on p. 16)

An Evening in Paris

Valentine's Day

5:30-8:30 p.m., Friday, February 14, 2014.



Govinda's Vegetarian Buffet

51 Coelho Way, Honolulu

Vegan Menu

Vichyssoise

Mixed Organic Salad with

Raspberry Vinaigrette

Quiche

Tofu a l'Orange

Ratatouille

Quinoa Couscous

Assorted Desserts including Chocolate Truffles

Served with Sparkling White Grape Juice

All dishes are gluten-free

\$18 age 13 and up, \$10 age 8-12, free age 0-7.

To RSVP and pay by February 12, call

(808)595-4913 or email govindas108@hotmail.com

You're Invited to our VSH Dine-Outs!

4:30-6 p.m. Monday, February 24, 2014

Dine Out with Brenda Davis, RD

Loving Hut

1614 S. King Street, Honolulu

Vegan Sampling Menu

Summer Roll

Heavenly Salad

Brown Rice

Healthy Stir Fry

Guru Curry

\$15 including tax (gratuity extra)

To RSVP and Prepay (Starting February 10, call (808) 373-6465 — Please do not leave messages on the phone)

5:30-8:30 p.m., Wednesday, March 12, 2014

Dine Out with Zoe Weil, PhD

Govinda's Vegetarian Buffet

51 Coelho Way, Honolulu

Indonesian Vegan Buffet Menu

Sayur Lodeh: Vegetable stew with coconut milk based broth

Tofu Satay: Skewers of tofu in a Balinese peanut sauce

Nasi Goreng: National dish of Indonesia, vegetable fried rice

Mi Goreng: Rice noodles with tempeh

Lawar Ayam: Coconut green bean salad

Fresh Green Salad with Tropical Dressing

Banana Coconut Dessert

Ginger Lemongrass Tea

\$18 age 13 and up, \$10 age 8-12, free age 0-7.

To RSVP and pay by March 10

Call (808)595-4913 or email govindas108@hotmail.com

Above dine-out menus are gluten-free

Imagine a Vegan World

VSH's Free Vegan Peer Support Group

Every Tuesday 6:30-7:30 p.m.

(except the second Tuesday of the month when we attend the monthly VSH lecture).

We meet at the Central YMCA at 401 Atkinson Drive, across from Ala Moana Shopping Center.

For more info:

Call Terry Bear at

(808) 397-8666 or email

kailuabear2003@yahoo.com



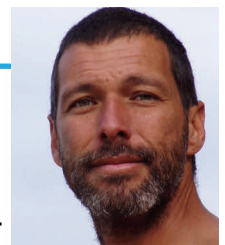
VEGAN POTLUCK DINNER AND Q AND A WITH STEVE BLAKE, SCD.

Bring a vegan dish to share & enjoy dinner with others, plus your health and nutrition questions for Dr. Blake.

Dr. Blake is the author of McGraw-Hill's *Vitamins and Minerals Demystified*, and *A Nutritional Approach to Alzheimer's Disease*,

6 P.M., Potluck; 7:30-9 P.M., Discussion, Thursday, January 9, Cameron Center, 95 Mahalani Street, Wailuku

VSH Maui Events



HOME LE'AMOHALA Environmental Benefits of a Plant-Based Diet

Some of the potential solutions for our environmental dilemmas are found on our dinner plate.

Mr. Le'amoahala is the President of the Optimal Living Alliance, and curator of the Onipa'a Sustainability Center.

7 P.M., Thursday, March 20, Cameron Center, 95 Mahalani Street, Wailuku

Local Vegetarian Community Events

Vegan Gourmet Cooking Club

Calling all VEGAN FOODIES with an adventurous spirit in the kitchen!

We organize small food gatherings where we pick a theme and cook, artfully present, and eat delicious food. We are looking for the gourmet experience, so please love to cook and do it often. You know who you are. Together we co-create inspired meals with good people.

Slow Foods, Vegan Style

Contact Joy Waters for info about membership:

Joy@PositiveMediaHawaii.com

Gourmet Vegan Cooking Class Recipes for the Season

5:30-8:30 p.m., Wednesday, March 26, 2014

Chefs Kathy Maddux and Alyssa Moreau

\$35, location: Kathy's house in Manoa

featuring seasonal dishes and ingredients, including menu selections from the January and March community dinners. To register & get directions to the location:

email macrocommhi@hawaii.rr.com.

“Healing & You” Radio Show

Terry Shintani, MD, Dr. Diane Nomura
Ruth Heidrich, PhD

Sundays: 8 - 9 p.m. K108 AM 1080

Call-in line: (808) 524-1080

The Oahu Vegan Meetup Group

The Oahu Vegan Meetup group is dedicated to creating a strong community here on Oahu around the lifestyle and many philosophies of veganism. The group hosts fun vegan events and provides information to anyone who seeks to transition to a plant-based diet or eat more plant-based meals. Events include restaurant meals, potlucks, hikes, movie screenings, and more. Enjoy the company of like-minded people, get advice and support, and eat delicious vegan food!

Events are listed at www.veganoahu.org.

Eat Well for Life Cooking Demonstrations at Castle Medical Center

Learn practical food choice tips and see how to make simple recipes that will inspire you to eat well for life.

These are demonstration classes with instructor Eileen Towata, PhD, and do not include hands-on food preparation by participants.

All foods are made with non-animal food products. Tasty samples are provided.



January 16: Plant Power on Your Plate

Whether you are a newly active person committed to making changes in 2014 or a seasoned athlete looking to improve your performance, we have ideas for putting delicious and nutritious foods on your plate. Learn easy recipes for mealtime and snacks. Meet registered dietitian and sports nutrition expert Amanda O'Neill who will be on hand for an informal, optional Q&A session at 5:30; cooking demonstration begins at 6:00 PM.

February 27: Dining and Diabetes

More than 113,000 people in our state are diabetic, according to the American Diabetes Association. A plant-based diet is a powerful tool to manage – or prevent – diabetes. Whether you have diabetes or want to avoid it, come and enjoy a carbohydrate controlled meal and learn portion control.

March 27: Go for the Greens

Leafy greens should play a starring role on our plates each day. Discover the nutritional goodness and delicious flavor of different greens in both raw and cooked recipes.

These are vegan demonstration classes which include samples and written recipes.

Price: \$10. Advance registration required.

To register, call 263-5400, or go to <http://castlemed.org/wellness.htm>,

Wellness & Lifestyle Medicine Center
642 'Ulukahiki Street, Suite 105
Kailua, Hawai'i 96734

(808) 263-5050 CMCWellness@ah.org

Local Vegetarian Community Events

Gourmet Vegan Community Dinner at Church of the Crossroads

Enjoy a vegan gluten-free meal lovingly prepared by Chefs Kathy Maddux and Alyssa Moreau

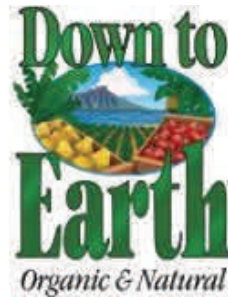
January 29, 2014

*Azuki Kabocha Stew with Carrots and Onions
Brown Rice with Black Soybeans
Rainbow Sauerkraut
Furofuki Daikon with Kombu and Miso Sauce
Organic Corn and Collard Greens
Cherry Tart*

March 19, 2014

*Creamy Carrot and Fennel Bisque
Lentil Loaf with Shiitake Gravy
Spring Vegetable Slaw
Brown Rice with Black Sesame Gomasio
Jam-Filled Oat Bars*

6-8 p.m., last service at 7:30 p.m.,
1212 University Ave., enter parking lot via Bingham St.
\$20 (VSH Member price \$18)
\$2 more for walk-ins (availability not guaranteed)
Please RSVP to macrocommhi@hawaii.rr.com



Free Vegetarian Cooking Classes at Down to Earth

Honolulu • Kahului • Kailua • Kapolei • (no classes currently at Pearlridge)

No reservations required

Honolulu: 1st Saturday monthly, 11 a.m. - noon
Kailua: 1st Tuesday monthly, 4:30 - 5:30 p.m.
Kapolei: 1st Wednesday monthly, 4 - 5 p.m.
Kahului: 1st and 3rd Thursdays, 5:30 - 6:30 p.m.

www.downtoearth.org/free-cooking-classes
or call 808-947-3249 for more information.

Celebrity Chef Mark Anthony

Free Veggie Cooking Show —Cooking “at its funnest!”
6-7 p.m., January 23, 2014, Castle Wellness Auditorium
Register at <http://castlemed.org/wellness.htm> or call 263-5400

Ori Ann Li's Vegan Cooking Classes and Demonstrations

- **Everyday Vegan Cooking & Healing Foods**, a hands-on cooking course featuring healthy and delicious everyday vegan cooking and how to incorporate healing ingredients/super foods into one's daily diet, 1st Saturday of every month, 1-3:30 pm, MOA Wellness Center (600 Queen St., ground floor, free parking, entry from South St.), \$45, call 952-6900 to register.
- **Gourmet Vegan Cooking & Healing Foods**, a hands-on cooking course featuring gourmet vegan cooking and how to incorporate healing ingredients/super foods into one's diet and dining events, 2nd Sunday of every month, 1-3:30 pm, MOA Wellness Center(600 Queen St., ground floor, free parking, entry from South St.), \$45, call 952-6900 to register.
- **Public lecture & vegan cooking demo**, bi-monthly, on the last Friday of every even-numbered month, 10:30-12 pm, Waikiki Community Center (310 Paoakalani Avenue), \$10, call 808-923-1802 Ext. 109 to register.
- For private group events, classes and consultations, please contact Ori Ann Li at www.oriannli.com or write to mail@oriannli.com.



VSH does not ask for payment for event announcements, or mentions of businesses, services, publications, programs and products, which are included as an informational service for readers. If you have a vegan/vegetarian or veggie-friendly event you'd like to have announced in the quarterly "The Island Vegetarian", please contact us at newsletter@vsh.org.

The Benefits of VSH Membership

- ◆ Local Discounts
- ◆ Social Activities
- ◆ Quarterly Newsletter
- ◆ Monthly Educational Lectures

5% Discounts

Down to Earth (Oahu and Maui)
Canton Seafood Restaurant (923 Keeaumoku St.)
Celestial Natural Foods (Haleiwa)
Greens & Vines/Licious Dishes (909 Kapiolani Blvd.)
Healthy Hut Kauai (Kauai)
Loving Hut (only at 1614 South King St.)
Peace Café (2239 S. King St.)
Simple Joy Vegetarian Cuisine (1145 S. King St.)
Thai Mixed Plate (Pearl City)
Veg Voyages (Asian adventure tours vegvoyages.com)
yummy tummy (Bakery, call Van at 808-306-7786)

10% Discounts

Downbeat Diner and Lounge (42 North Hotel St.)
Food For Life Hawaii Classes (www.foodforlifehawaii.com)
Gourmet Vegan Dinner (macrocommhi@hawaii.rr.com)
Govinda's Vegetarian Buffet (lunch, M-F, 51 Coelho Way)
GRYLT (Manoa, Ala Moana, & Kahala Mall)
Himalayan Kitchen (1137 11th Ave., Kaimuki)
Mocha Java Cafe (Ward Center)
Nasturtium Café (Kealakekua, Big Island)
Poi Dogs Day Care & Boarding (942 Kawaihao St.)
Sapphires & Sequins Cakery (661-406-9185, Oahu)
Thai Kitchen (Waipahu, 94-300 Farrington Hwy)

50% Discounts

Vegetarian Journal (www.vrg.org/groupmember/)

Send comments or suggestions,
to: info@VSH.org

Membership dues and donations support the educational mission of The Vegetarian Society of Hawaii and go towards bringing in speakers for our monthly lecture series, maintaining our website, and publishing our quarterly newsletter. Thank you for your support!

Donate, Join, or Renew today!

Please Print Name(s): _____ Street: _____ City: _____ State, Zip: _____ Home Phone: _____ Work Phone: _____ Email: _____ <input type="checkbox"/> New <input type="checkbox"/> Renewal D _____ Ex _____	<table border="1"><tr><td>1 Year</td><td>2 Years</td><td>3 Years</td><td>4 Years</td><td>5 Years</td></tr><tr><td colspan="5" style="text-align: center;">Regular</td></tr><tr><td><input type="checkbox"/>\$25</td><td><input type="checkbox"/>\$48</td><td><input type="checkbox"/>\$68</td><td><input type="checkbox"/>\$85</td><td><input type="checkbox"/>\$100</td></tr><tr><td colspan="5" style="text-align: center;">Full-time Student</td></tr><tr><td><input type="checkbox"/>\$15</td><td><input type="checkbox"/>\$30</td><td><input type="checkbox"/>\$45</td><td><input type="checkbox"/>\$60</td><td><input type="checkbox"/>\$75</td></tr><tr><td colspan="5" style="text-align: center;">Couple or Family</td></tr><tr><td><input type="checkbox"/>\$38</td><td><input type="checkbox"/>\$72</td><td><input type="checkbox"/>\$102</td><td><input type="checkbox"/>\$128</td><td><input type="checkbox"/>\$150</td></tr><tr><td colspan="5"><input type="checkbox"/>\$500 Lifetime regular membership</td></tr><tr><td colspan="5"><input type="checkbox"/>\$7 International mailing per year</td></tr><tr><td colspan="5"><input type="checkbox"/>\$_____ Additional tax deductible donation</td></tr><tr><td colspan="5"><input type="checkbox"/> Send newsletter via full color email</td></tr><tr><td colspan="5"><input type="checkbox"/> I want to volunteer</td></tr><tr><td colspan="5">Please check one:</td></tr><tr><td colspan="5"><input type="checkbox"/> Vegan (no animal product at all)</td></tr><tr><td colspan="5"><input type="checkbox"/> Vegetarian (no flesh, fish, or fowl)</td></tr><tr><td colspan="5"><input type="checkbox"/> Associate (not yet vegetarian)</td></tr></table>	1 Year	2 Years	3 Years	4 Years	5 Years	Regular					<input type="checkbox"/> \$25	<input type="checkbox"/> \$48	<input type="checkbox"/> \$68	<input type="checkbox"/> \$85	<input type="checkbox"/> \$100	Full-time Student					<input type="checkbox"/> \$15	<input type="checkbox"/> \$30	<input type="checkbox"/> \$45	<input type="checkbox"/> \$60	<input type="checkbox"/> \$75	Couple or Family					<input type="checkbox"/> \$38	<input type="checkbox"/> \$72	<input type="checkbox"/> \$102	<input type="checkbox"/> \$128	<input type="checkbox"/> \$150	<input type="checkbox"/> \$500 Lifetime regular membership					<input type="checkbox"/> \$7 International mailing per year					<input type="checkbox"/> \$_____ Additional tax deductible donation					<input type="checkbox"/> Send newsletter via full color email					<input type="checkbox"/> I want to volunteer					Please check one:					<input type="checkbox"/> Vegan (no animal product at all)					<input type="checkbox"/> Vegetarian (no flesh, fish, or fowl)					<input type="checkbox"/> Associate (not yet vegetarian)				
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Make checks payable to: Vegetarian Society of Hawaii, P.O. Box 23208, Honolulu, HI 96823

Join or renew online: www.vsh.org/renew



Vegetarian Society of Hawaii

P.O. Box 23208
Honolulu, Hawaii USA
96823-3208

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Happy Valentine's Day!

