

The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 25, ISSUE 2, APRIL-JUNE 2014

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Free Public Lectures

Chef Sylvia Thompson

“Sustainable Meat? Nope!”

Tuesday, April 8, 2014

Ala Wai Golf Course Clubhouse

Steve Blake, ScD

“No More Heart Attacks”

Tuesday, May 13, 2014

Ala Wai Golf Course Clubhouse

Michael Greger, MD

**“Combating Common Diseases
With Plants”**

Tuesday, June 10, 2014

Ala Wai Golf Course Clubhouse

Please see page 15 for more details,
Including Maui meeting times.

Vegan Foodies Club – First Gathering

By Joy Waters



In February, the Vegan Foodies Cooking Club had its first event. It was a potluck-style dinner with the theme: “Your Favorite Childhood Dish - Upgraded and Veganized.”

One member remembered her mother often pulling out the fondue pot on Friday nights in the 1970s, and the fun her family had dipping sour-dough bread in the gooey, tangy concoction. Replacing the cheese with a base made from cashews, nutritional yeast, soymilk and arrow-root, plus

the traditional white wine and cognac, produced a thick satisfying sauce. She brought healthy options to dip, including organic apples, bell pepper, and broccolini.

Another member loved hamburgers as a kid, and she made a gourmet vegan version of the American classic. She made her “burgers” appetizer-sized, replacing the bun with a slice of perfectly ripened



organic tomato, topped with a mini homemade mushroom burger, a thin slice of marinated portabella mushroom and pesto. It was held together with a toothpick and garnished with fresh sage. The flavors blended amazingly, and we rejoiced how far our culinary journey had come.

For dessert, one member brought a vegan version of potica, a Slovenian



nut roll that her grandmother used to make. Another made a vegan chocolate pie, a healthier version of an old favorite.

The food was delicious, and we loved hearing stories about childhood memories of home, family and food. If you love to cook vegan, we hope you'll join us at our next foodie event!



Please contact Joy Waters for information about membership:

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The Island Vegetarian

The Island Vegetarian is published quarterly by and for the members of the Vegetarian Society of Hawaii.

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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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Mahalo to our volunteers:

Oahu

Terry Bear	Don Hargarten
Lulu Cey	Nancy Ikeda
Randall Chun	Jake
Patrick Connair	Matt Jisa
William diGiorgio	Sirilak Moore
Phyllis Fong	James Richart
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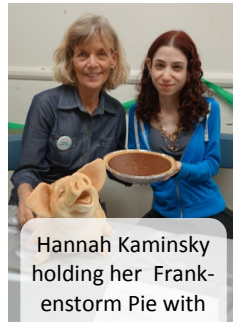
Catherine Blake
Laurelee Blanchard
Brook and Home Le'amohala



President's Message

Greetings!

Our Vegetarian Society of Hawaii's young and energetic Imagine A Vegan World vegan peer support group has been doing a lot, and inspiring others, too! In January, the group hosted a presentation by visiting vegan dessert cookbook author Hannah Kaminsky (see her article on local vegan finds "Da Vegan Kine Grindz" on pages 3-4). That event led to a vegan baking demonstration by Hannah organized by the Central YMCA here in Honolulu!



Hannah Kaminsky holding her Frank-enstorm Pie with Terry Bear

On March 19, 2014, VSH's Imagine A Vegan World volunteers gave out tasty vegan samples to students and others at the University of Hawaii at Manoa's Campus Center for Meatout (March 20 was the official date) and got 58 people to pledge to go meatless for one day. During the table event, our youngest volunteer, 8-year-old Kaylani Pascua, who came with grand-dad Don Hargarten, and was on spring break from school, drew some great vegan posters for the table and gave away a good number of Meatout pledge cards.

After Imagine A Vegan World's book-club discussions about *Most Good, Least Harm: A Simple Principle for a Better World and Meaningful Life*, Terry Bear and Andrea Nandoskar were inspired to bring the book's author, Zoe Weil, to Hawaii. This led to the creation of the extraordinary four-person MOGOleha (Most Good, Least Harm) team of Victoria Anderson, PhD, Terry, Linda Leveen, and Andrea, which together invited Zoe Weil to Honolulu



Zoe Weil with the MOGOleha team: Linda Leveen, Terry Bear, Victoria Anderson, PhD, & Andrea Nandoskar

and organized a series of talks and workshops for the newly-created Humane Education Week, the second week of March. During the week, Zoe gave free talks and workshops at Kaimuki High School, at VSH's monthly presentation ("Doing the Most Good and the Least Harm When You Eat"), at Iolani School in separate sessions for parents and teachers, and at the University of Hawaii at Manoa. She also led an all-day workshop at UHM, and relaxed as guest of honor at a VSH vegan dine-out at Govinda's Vegetarian Buffet.

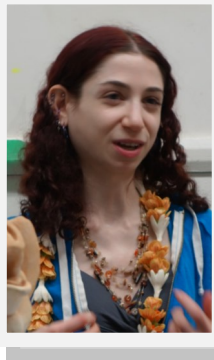
Imagine A Vegan World, under the leadership of founder Terry Bear, follows the varied vegan interests of its members, and organizes its own vegan potlucks, outings, events, guest speakers, and more. If you'd like to participate, too, see page 16 for more information!

Aloha,

Lorraine



With Meatout table visitor, VSH volunteers Terry Bear, Don Hargarten, Kaylani Pascua, and Lorraine Sakaguchi



Da Vegan Kine Grindz

By Hannah Kaminsky

Note: Hannah Kaminsky is the author of Easy as Vegan Pie: One Of A Kind Sweet and Savory Slices (2013), Vegan Desserts: Sumptuous Sweets For Every

Season (2013) and other popular vegan dessert cookbooks, the first of which was published when she was 18. Normally a resident of Connecticut, Hannah joined the Hawaii vegan community from January to March this year. She participated in VSH events and gave vegan baking presentations to our VSH Imagine A Vegan World vegan support group and for the Central YMCA in Honolulu, giving out samples of her vegan [Frankenstorm Pie \(Banana Ganache Pie\)](#) and [Healthy Peanut Butter Cookies](#). Find recipes for the above desserts and many other dishes, plus more of her observations and beautiful photos at <http://bittersweetblog.com/>.

.....

Hawaii is host to its fair share of truly outstanding vegan eateries, to say nothing of the countless veggie-friendly establishments that make room at the table for everyone. What you don't hear about though are the vast offerings of plant-based delights just beyond the beaten path. Navigating through the immense dining scene in Honolulu has led me to many unexpected but delicious discoveries, in places that don't necessarily cater to vegans. If you're traveling with omnivores, in search of more "authentic" local eats, or just craving something different, here are just a few of the quick and easy accidentally vegan snacks I've stumbled across so far. These can be found throughout the entire island, but I've provided a few suggestions for my favorite haunts. No matter the place or time, the key to any happy culinary exploration is to *always ask questions!*

Shave Ice



The classic beach-going Hawaiian treat, perfect for a hot day — which is pretty much every day here, even in the dead of winter. Every stand carries a literal rainbow of sugar-based syrups to douse mountains of crushed ice with, so sticking with the basics still leaves you with dozens of flavors to choose from. [Waiola](#)

[Shave Ice](#) and [Matsumoto's Shave Ice](#) remain local favorites, but for my tastes, [Uncle Clay's House of Pure Aloha](#) is the one to beat. Where else will you find kale-spinach shave ice and house-made sweetened adzuki beans, no less?

(Cautions: Avoid "creamy" flavors and ice cream toppings.)

Snow Ice



A distinct and entirely different dessert than shave ice, snow ice is also a sweet frozen snack, but made of paper-thin ribbons of ice flakes already infused with flavor, no syrup required. This creates a sensational, light texture that's incredibly easy to eat, even after a big meal. The technique actually comes from Taiwan but has taken root in Hawaii, particularly in downtown Honolulu. [Frostcity](#) is a small chain that always offers at least three or four vegan flavors on any given day.

(Cautions: Always seek out plain fruit flavors and ask about the base; it's often made with dairy. If the proprietor can't confirm or deny, assume the worst.)

Edamame & Soybean Poke



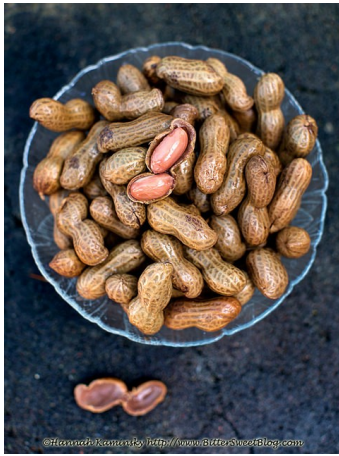
A popular *pupu* (appetizer) at dives and fine dining establishments alike, seasonings start at the most basic sprinkle of sea salt, but these humble bean pods are rarely requested so plain. Garlic edamame, studded with plentiful chunks of coarsely-minced garlic guarantee you the most powerful but worthwhile dragon breath you've ever experienced. Spicy (or sweet-and-spicy) edamame adds either crushed red pepper flakes or a drizzle of sriracha into the mix. It's a real treat when you can find them dressed up poke-style, in sesame oil, soy sauce, scallions, and sliced sweet onions. The beans pictured above are a specialty from the newly opened [Izaka-ya Torae Torae](#): Teriyaki truffle edamame.

(Cautions: Garlic edamame are sometimes sauteed in butter, and Asian variants can occasionally include a splash of fish sauce. Ask if you have any doubts.)

(Continued on page 4)

Da Vegan Kine Grindz

Boiled Peanuts



Hailing from China and not the Southern U.S., Hawaiian boiled peanuts are often enhanced with a hint of star anise around here, but are just as frequently prepared with nothing more than salt and water. Found in poke shops and the deli section of most supermarkets, these tender, toothsome goobers always satisfy and are absolutely dirt-cheap. I have yet to meet a boiled peanut that

disagreed with me, but I hear that the best come from [Alia's Market](#).

(Cautions: None! These are always a safe and tasty option.)

Crack Seed



Another Chinese import, crack seed is a category of snack that covers all sorts of preserved fruits, some dried and some wet, that

typically have a pronounced sweet, sour, and salty taste. Crack seed stores also carry salty snacks like mochi balls and shoyu peanuts, in addition to regular dried fruits and fruity candies. Big glass apothecary jars line the floors and walls of these closet-sized spaces and everything is bought by the 1/4, 1/2, or full pound. If you ask very nicely, most store keepers will give you little tastes to try before you buy.

(Cautions: Just about all of the traditional crack seed options are coated with li hing mui powder, which contains aspartame. Proceed at your own risk.)

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Musubi



Also known in some parts as onigiri, the core of these versatile snacks is made up of tightly-packed sushi rice, wrapped up in toasted nori. These plain offerings are good lunchbox filler, albeit unexciting in the flavor department. Common veggie-friendly variants that are readily available in bento shops and even convenience stores include fillings made

up of kombu, umeboshi, and takuan. These staples will pop up frequently at [Shirokiya](#) and yes, even select 7-Eleven stores. Spam musubi are hands-down the top sellers around here, and you may be happily surprised to find a number of vegan renditions scattered across Oahu. [Blue Tree Cafe](#) and [Peace Cafe](#), for starters, both have their own tofu-based take on the classic.

(Cautions: 90% of the traditional fillings you'll come across are fishy and/or meaty, so make sure you read labels and signs carefully.)

Acai Bowls



Imagine an acai-banana smoothie thick enough to eat with a spoon that's topped with granola and sliced bananas, and you'd have yourself a genuine acai bowl. Ice is usually added into the blend for additional

bulk and cooling power, and each shop switches up the fruit inclusions and toppings. If you're lucky, you'll get a whole salad of blueberries, strawberries, kiwis, and maybe even coconut flakes crowning your icy creation, but even the pared-down renditions are worth trying. You really can't go wrong with this blend, but I'm quite partial to [Jewel or Juice](#)'s regular acai bowl, which is less sweet than many mainstream formulas.

(Cautions: Honey is one of the default toppings, so always ask for your bowl without.)

And to think, I'm just getting started here! Who knows how many other hidden edible treasures are still out there, just waiting to be discovered? The only way to find out is to start searching, so get out there, explore, and taste Oahu!

Lifelong Running

By Ruth Heidrich, PhD

Ruth Heidrich's remarkable story of her triumph over breast cancer is featured in her book A Race For Life, as well as the film Forks Over Knives, and continues to inspire many. In this issue of The Island Vegetarian, VSH presents the second of three installments of a chapter from her new book, Lifelong Running. In Part One, she told how, even while following what she then thought to be the best possible diet by literally going by the book, her college text on nutrition, and being fit to the point where she'd already started running marathons, she still came down with metastatic breast cancer. After surgery, she was about to undergo standard cancer therapy when she met John McDougall, MD, who was conducting a clinical study on the effect of diet on breast cancer, and who told her, "If you want to save your life, change your diet!"

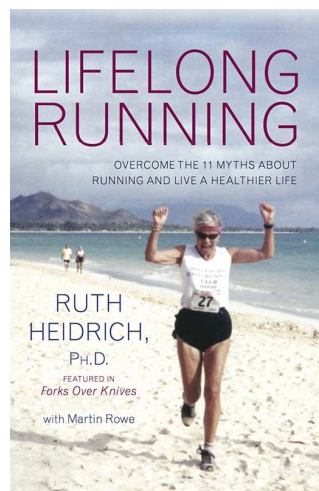
— Lorraine Sakaguchi, VSH President

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

Despite my having had surgery in which the surgeon attempted to cut out all the cancer, there were no clear margins. The cancer had already spread throughout the breast. There were also signs that it was in my bones, liver, and one lung as well. So I was desperately afraid it was too late. Dr. McDougall assured me that that was not the case. He said that if I enrolled in his study, I couldn't have any chemotherapy or radiation because he needed to show that it was the diet alone—not chemo or radiation—that reversed the cancer and saved my life. This meant that the diet would be the only variable, and therefore strong evidence that this cancer was diet-related. This was really good news to me, not only because I would have done anything to save my life, but because I'd be able to avoid chemo and radiation.

The diet I was to follow consisted of fruits, vegetables, legumes, and whole grains. I already loved brown rice and oatmeal, so that part was easy. I took Dr. McDougall's cooking class and learned how to make a wide variety of delicious foods, all based on whole plant foods, and to skip all oils, even olive oil. The basic idea was to take ethnic dishes and keep them healthy. For example, chili con carne without the meat, spaghetti without the meatballs, and stir-frys with lots of different veggies sautéed in water or veggie broth. The options are almost endless, all very healthy, but, most important, delicious!

The simplest and most basic eating plan I adopted, however, was to eat just whole, unrefined, unprocessed



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

plant foods, especially many different varieties of fruits and veggies. As I like to say, “Just wash ‘em and eat ‘em!” There was an almost infinite variety of dishes that could be made following these simple guidelines, and thus my new diet was launched.

One relatively unique aspect of my diet was an emphasis on leafy greens, which I even included in my breakfast. While studying nutrition, I learned which foods had the highest vitamin, mineral, and antioxidant levels, and were therefore the healthiest. Leafy greens are right at the top, so it made a lot of sense to me to get them into my body as early in the day as possible—and not in the form of a small dinner salad as so many people do.

As I recovered from the cancer surgery and increased my training, I would tuck bananas, apples, orange slices, raisins, or brown rice balls into my waist pack to eat on the run or on long bike rides. I sometimes made my own healthier version of trail mix using only raisins, dates, and other dried fruit such as bananas, mangos, and papayas. When traveling, I'd carry plain baked potatoes and eat them as you would an apple. Sweet potatoes and yams also made for good, healthy, and very portable food. Water was my only beverage and was my first choice at race aid stations.

Because I was so frequently asked about my diet—questions like “What's wrong with fish?” and “What do you put on oatmeal if not milk?”—I decided to assemble basic nutrition facts along with a bunch of recipes that were so simple that even I was willing to make them. Because of my training schedule, I wanted to spend as little time in the kitchen as possible—minimum meal preparation and with practically no cleaning up after. I found that eating most foods raw was the ultimate in simplicity, and I wasn't the only one who agreed. I published these facts and recipes in my own cookbook, CHEF, an acronym that stands for Cheap, Healthy, Easy, and Fat-free (available through my website, www.ruthheidrich.com.)

(Continued on page 6)

(Continued from page 5)

Lifelong Running

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

But Where Do You Get Your Protein?

A question I'm frequently asked is "Where do you get your protein if you're not eating any animal products?" The answer is: from fruits and veggies, since all plants have protein. And the amount of protein you get from plants just happens to be the "right amount." If you were to average all fruits and veggies, you'd get approximately eighty percent carbohydrates, ten percent fat, and ten percent protein, which is exactly the proportion of the macronutrients that our bodies function best on, whether athletic or not. You may have heard that athletes need more protein, but you automatically get more when you eat more to offset the increased calories burned with exercise.



Many athletes feel that protein powders are necessary, but that's not the case. If you increase your protein intake through protein powders, you automatically decrease the proportion of carbohydrates. The problem with this is that your muscles' first choice for fuel is glucose and will only use protein when your carbohydrates get too low to meet your energy needs. The body can use a limited amount of protein for energy, but since your muscles prefer carbohydrates (which provide glucose and glycogen), you can keep them from robbing protein needed for repair and maintenance of body tissues. This is known as the "protein-sparing effect of carbohydrates." Don't fall into the high-protein delusional trap!

————— To Be Continued —————

In the third and final installment of this chapter in Lifelong Running, which will be in the July-September 2014 issue of The Island Vegetarian, Ruth tells how she has fine-tuned her diet from the original low fat, vegan diet, which so effectively fought her metastatic breast cancer, to her current raw foods, vegan diet, which she's found to be optimal in helping her to maintain her good health and excellent physical condition, and reveals the details of what she actually eats on a daily basis.

Nutrition News

from



Phytic acid (phytate), found in beans and whole grains, was long thought to be an anti-nutrient and to block calcium absorption, but new studies show it may help prevent osteoporosis and cancer.

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

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

<http://nutritionfacts.org/video/phytates-for-rehabilitating-cancer-cells/>

Blueberry and strawberry consumption is associated with delayed cognitive aging by as much as 2.5 years.

<http://nutritionfacts.org/video/how-to-slow-brain-aging-by-two-years/>

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/>

High Fiber consumption may be responsible for the low rates of chronic disease in populations eating plant-based diets.

<http://nutritionfacts.org/video/dr-burkitts-f-word-diet/>

Eating black currants may alleviate computer eye strain

<http://nutritionfacts.org/video/dietary-treatments-for-computer-eye-strain/>

Eating less than a teaspoon a day of turmeric appears to significantly lower the DNA mutating ability of cancer-causing substances.

<http://nutritionfacts.org/video/carcinogen-blocking-effects-of-turmeric/>

❧❧❧ Book Review ❧❧❧

Never Too Late To Go Vegan: The Over-50 Guide to Adopting & Thriving on A Plant-based Diet



Carol J. Adams, Patti Breitman, Virginia Messina, MPH, RD
The Experiment, LLC
368 pages, 2014

Review by Ruth Heidrich, PhD

I wish I had a dollar for every time I've heard someone say, "It's too late for me to go vegan," or "I'm too old to change," or "I'm too set in my ways" or "It's too hard to do." Wait, let me re-phrase that. I wish I had a copy of this book to hand them every time I've heard people say this. This very comprehensive guide covers details about how going vegan can improve your health, the environment, and, of course, the lives of countless animals. There are gems of wisdom on every page from three (ahem, "older") vegans whose experience total seventy-five years of healthy eating.

Some of the myths they take on are the most common ones that keep people from making the leap to improved health. For example, the protein bugaboo, that you can't get enough protein from just plants, or that you have to combine certain foods to get a "complete" protein. (That whole idea is really rather silly, especially since our gastric juices' function is to immediately make them "incomplete" by breaking down that protein into amino acids.)

Then you hear that athletes need more protein or that as

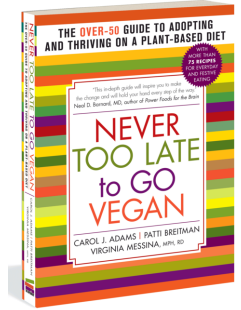
you age, you need more protein. Everybody worries about not getting enough when, in fact, most people get too much! Some think it's too hard to go vegan, but they don't stop to think that it's a lot harder to deal with the results of diet-related diseases such as heart attacks, strokes, cancer, diabetes, arthritis, E.D. and many more.

Having to take prescription or over-the-counter drugs, having to make doctor visits, having to deal with all the associated problems that come with these diseases is, believe me, much, much harder!

Some think it's too expensive, but plant-based diets can be simple and economical, especially when you consider some foods, beans and rice, for example, are very inexpensive. Then consider all the not-insignificant costs of medications and hospitalizations that are saved. Consider that there are the much wider concerns such as shrinking polar ice caps, destruction of rain forests to make room to graze cattle, manure lakes and other environmental concerns from factory farms, the depletion of fresh water in aquifers, and much more.

But all is not doom and gloom. There are lots of recipes, seventy-five of them in fact, that make you realize that this is not about deprivation. This is delicious, mouth-watering, easy eating all the way to the finale of decadent but healthy chocolate desserts!

Hand this book to anyone who says they're too old or it's too late, so they can start seeing the results tomorrow morning -- and for the rest of their longer, healthier, happier life!



Vegan Omelets at KCC Farmers' Market

By Noe Tanigawa



The Blue Lotus Farms stand at the Kapiolani Community College Farmers' Market, 4303 Diamond Head Road (Saturdays, 7:30-11 a.m.)

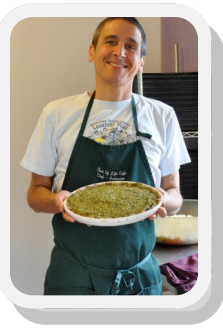
welcomes you to try our new vegan "omelet".

Our vegan omelets are made with Wai'anae Gold Kiawe Bean Pod Flour, garbanzo flour, Bragg Liquid Aminos and non-GMO tofu with a little turmeric for that eggy color. They are gluten-free, pan-cooked with organic kale, chard and spinach, and served with a green salad with Onomono Pineapple dressing, and your choice of brown rice or La Tour baguette. Find out more about Vince Dodge's delicious kiawe flour here:

<http://waimanaegold.com/>.



❧❧❧ Book Review ❧❧❧



Appetite For Reduction

Isa Chandra Moskowitz

Da Capo Press

320 pages, 2011

Review by William diGiorgio

<http://vegandietguy.com/>

If you're trying to introduce some variety into your meals while dialing up your health a notch, Isa Moskowitz's *Appetite for Reduction* offers up the perfect combination. This vegan cookbook is full of everything we've come to appreciate from the prolific author, such as her sense of humor and her taste for the exotic, plus, in a first for Isa, a concern for health. As Isa explains in the introduction:

"I wrote this book for me!... I wrote a bunch of cookbooks—one dealing completely in cupcakes—and I was constantly surrounded by food. I also quit smoking... and found it difficult to keep cookies from hopping into my mouth instead. But on top of that I was diagnosed with two medical issues that are known to make it difficult to lose weight: PCOS (polycystic ovary syndrome, a hormonal issue) and hypothyroidism... I needed to change what I was eating—less fat, less sugar—and I needed to get more active."

All of the recipes in *Appetite for Reduction* were reviewed by registered dietician Matt Ruscigno, MPH, RD, who furnishes nutritional information including calories, calories from fat, total fat, saturated fat, carbohydrates, fiber, sugars, vitamins and minerals for every recipe.

The book begins with the chapter: *Full-On Salads*, which Isa defines as salads that can be real meals: "not 'real meals' like how supermodels consider cigarettes and lemon water a real meal, but truly satisfying real meals, the kind that make you lick your plate and dream about leftovers." Twelve dressing recipes include "Green Goddess Garlic Dressing" and "Green Onion Miso Vinaigrette".

Subsequent chapters (and example recipes) include: *Totally Stuffed Sides* (Quinoa Puttanesca), *Rub Your Tummy Veggies* (Eggplant Dengaku), *Main Event Beans* (Mango BBQ Beans), *Sink Your Teeth into Tofu and Tempeh* (Masala Baked Tofu), *Talk Pasta to Me* (Creamy Mushroom Fettuccine).

I found the next two chapters the most welcome, given this year's prolonged winter weather—even if that means it just feels cold here in Hawaii: *Soul Satisfying Soups* (Arabian Lentil Rice Soup), and *Comforting Chili, Curries and Stews* (Veggie Pot Pie Stew).

So far, I've prepared four recipes (Lentil and Eggplant Chili Mole, Egyptian Millet, 2nd Avenue Vegetable Korma, and Cranberry-Cashew Biryani), and all were delicious and comforting. Usually, I tweak recipes to eliminate fat and sweeteners, but these recipes are quite lean and nutritious as-is. In fact, none have more than 400 calories.

Appetite for Reduction concludes with two additional sections, *The Elements of a Bowl* and *The Importance of Eating Sand-*

wich, which build upon the other recipes by transforming them into sandwiches or bowls, also known as "delicious, delicious lifesavers." One of the simplest recipes in the book is "Everyday Chickpea and Quinoa Salad" which—you will not be surprised—Isa eats every day. Why not try it yourself, and see how it feels to be Isa?

Recipes reprinted with permission of the author.

Everyday Chickpea and Quinoa Salad

Serves 4. Active time 10 minutes. Total time 10 minutes, if quinoa is prepped; if not, then 1 hour.

Ingredients:

*2 cups cooked, cooled quinoa
1 small red onion, sliced thinly
4 cups chopped romaine lettuce
1 (15 oz.) can chickpeas, drained and rinsed. Optional add-ins:
roasted garlic, baked tofu or tempeh, shredded carrot, sprouts,
fresh basil
1 recipe Balsamic Vinaigrette (recipe follows)*

Instructions:

In a large mixing bowl, mix all of the salad ingredients together. Add the dressing and toss to coat. Keep chilled in a tightly sealed container for up to 3 days.

Balsamic Vinaigrette dressing

Ingredients:

*1/4 cup cashew pieces
2 tablespoons chopped shallot
1/2 cup water
1/4 cup balsamic vinegar
2 teaspoons Dijon mustard
1 teaspoon agave nectar
3/4 teaspoon salt
A few pinches of pepper*

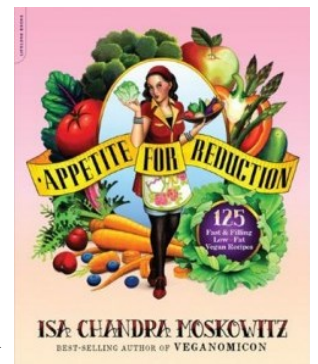
Instructions:

First place the cashews and shallot in a food processor and pulse to get them chopped up. Then simply add the rest of the ingredients. Blend for at least 5 minutes, using a rubber spatula to scrape down the sides often, until completely smooth. Chill until ready to serve.

All recipes display the number of servings, active time and total time (which includes waiting). Many of the recipes take less than an hour to prepare, including downtime.

The appendix categorizes the recipes into gluten-free, soy-free, recipes under 30 minutes (dozens!), and recipes with downtime.

So, whether you're a vegan looking for a change of pace, or just interested in improving your health with meals that are both nutritious and satisfying, *Appetite for Reduction* is not to be overlooked!



VSH Events on Oahu and Maui

January: John Houk, MD presented “Plant-Based

Whole Foods: A Doctor’s Journey”



Dr. Houk gave his talk at the Ala Wai Golf Course Clubhouse on January 14.



Dr. Houk’s talk at the Ala Wai Golf Course Clubhouse.

VSH Maui presented a Vegan Potluck Dinner and “Q&A with Steve Blake, ScD”



Vegan potluck table and Dr. Steve Blake at Cameron Center on January 9.

February: Brenda Davis, RD

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



Brenda Davis lectured at McCoy Pavilion on February 24.



Brenda Davis at her VSH dine-out at the S. King Street Loving Hut restaurant.



Brenda Davis, audience and lettuce wrap refreshments at Cameron Center in Wailuku on Maui on March 1.

March: Zoe Weil

presented “Doing the Most Good and Least Harm When You Eat”

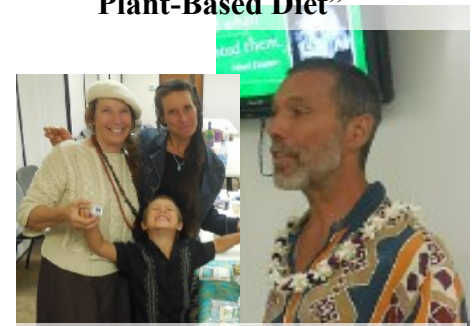


Zoe Weil lectured at the Ala Wai Golf Course Clubhouse on March 11.



Zoe Weil’s VSH dine-out at Govinda’s Vegetarian Buffet in Nuuanu Valley on March 12.

Home Le’amohala presented “Environmental Benefits of a Plant-Based Diet”



Home Le’amohala lectured at Cameron Center on March 20 in Wailuku. On left: Catherine Blake, Brook and Koa Le’amohala at the refreshments table.

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 53** 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



“Natural Soil Building” was Kelly Ball’s topic at the January potluck and lecture. His video [“Perpetual Fertilizer Formula”](#) on this same topic may be viewed on [YouTube](#).



Judie Heppner was the February recipe winner for her **Red Bean Cakes with Coconut Sauce**.

Red Bean Cakes with Creamy Coconut Sauce

- 2 Tbsp olive oil
- 1 small red onion, chopped
- 1 small red bell pepper, seeded & chopped
- 1/2 chopped celery
- 1 large garlic clove, minced
- 1/2 tsp paprika
- 1/2 tsp dried thyme
- 1/4 tsp cayenne
- salt and pepper to taste
- 1 15 oz. can pinto, kidney or other red bean
- 1/2 cup cold cooked rice
- 2 Tbsp minced fresh parsley leaves
- 1/4 cup blanched almonds
- 1 Tbsp minced shallots
- 1/2 cup unsweetened coconut milk

Sauté the first 8 ingredients until softened - about 10 minutes. Set aside to cool.

In a food processor, combine the beans, rice, parsley, salt and pepper and sautéed onion mixture. Shape into patties and cook until browned on both sides, 7-10 minutes total. Reduce heat and keep warm until you prepare sauce.

Place the almonds and shallots in a blender and grind to a paste. Add coconut milk, salt and pepper to taste. Blend until smooth. Transfer to small sauce pan, heat over low heat until hot.

Transfer bean cakes to platter, pour sauce over and serve.



In February the VSH video of Ruth Heidrich, PhD, speaking on [“Why Raw? Lessons from a Vegan Triathlete and Cancer Survivor”](#) was presented.



Chef Jessyka Murray presented **“Vegan Baking”** at the March potluck and lecture.

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.

Nutrition Data Update

By William Harris, MD



VSH Treasurer Jim Thompson and Secretary Bill Harris, MD, have unscrambled the latest USDA Nutrient Database (SR26) from a 2013 MS Access relational database and uploaded it to Bill's website as a flat spreadsheet at: http://www.vegsource.com/harris/food_comp.htm.

It includes sortable data on 8,463 food items in 203 columns including macro nutrients (carbohydrate, fat, and protein), vitamins, minerals, fatty acids, amino acids, and 17 sheets of miscellany such as a vegan only sheet (obtained by excluding all cholesterol containing

foods), a vegan health questionnaire, a laboratory outline for those who would like to keep track of their own labs, and six illustrated VSH recipes showing how easy, nutritionally complete, and tasty vegan recipes can be.

SR26 is compatible with MS Excel 97 and later versions, it's free, takes up about 26 MB, and loads easily in a few seconds by clicking on its URL. After that, you save it to any place on your hard drive.

Instructions for use are on the first sheet.

Sheet Name	819 - 183 undifferentiated (g)	819 - 182 undifferentiated (g)	ALUOLA	821 - 228 n-3 (g)	235 - Water?
OIL, FLAXSEED	53.3	12.7	4.20	0	0
Seeds, Perilla	26.22	6.55	4.00		
SEEDS, FLAXSEED	22.81	5.9	3.87	0	6.96
CHIA SEEDS, DRIED	17.55	5.78	3.04		4.9
OIL, WALNUT	10.4	52.9	0.20	0	0
OIL, CANOLA	9.13	19	0.48	0	0
WALNUTS, ENGLISH	9.08	38.09	0.24	0	4.07

McDougall's Big Island Adventure

January 18-25, 2014

By Ruth Heidrich, PhD

Just imagine this: A whole week's vacation with all you could wish for!



First, so close to home that as soon as you board your aircraft, before you hardly settle in, you are landing at the Kailua-Kona Airport. Waiting with a warm welcome and help with luggage, your guide puts you into a van whose driver orients you to the fascinating scenes along the way to your hotel, which includes different types of lava from the numerous lava flows from over the years, and is actually part of the Ironman Triathlon bike and marathon course.

Your van then pulls up to the sumptuous setting of the [Maui Lani Bay Resort](http://www.mcdougall.com/maui). Another warm welcome awaits along with your week's itinerary where the real adventures begin. You are handed your room key, which opens to a beautiful room complete with tropical décor and an expansive view of the ocean to your right, and the volcanic mountains to your left. Directly below is a large, maybe Olympic-size pool which, when lit up at night, is a hypnotically beautiful sight.

Then you realize you're hungry. You know that you are going to get three meals a day, buffet-style, a selection of dishes beyond your wildest expectations, all delicious but, best of all, as healthy as you can get. You also know that you can feast all week long and probably not gain an ounce. A few may even lose a pound or two. Seating is open, so you get to meet people like you, looking for an adventure where they may end up healthier and even wiser than when they started, thanks to the daily health lectures by Dr. McDougall and the cultural lectures by experts in Hawaiiana.

There were four days of different adventures covering all points of the Big Island. The Kohala Ditch Adventure was a 2-½ mile ride in a kayak down a flume which once carried irrigation water to the sugar plantations below, and wended its way through ditches and ten tunnels carved into lava flows over 75 years ago.

One day was set aside to visit the small town of Honokaa, where Dr. McDougall worked as a plantation doctor back in the 1970s, and where he got to see firsthand the dramatic effects of diet changes on three generations of plantation workers. We also got to see Waipio Valley with its lush greenery, taro farms, and relative isolation. The only access down to the valley was by a narrow one-lane road, one of the steepest, scariest roads I've ever been on!

A highlight for many of us was the visit to see Kilauea, an active volcano, a walk through the Thurston Lava Tube formed by cooling lava, and to see some of the destruction from the current eruption that has been going continuously since 1983. There was also a remote webcam set up inside the volcano so you could see it really "up close and personal."

Then, of course, no trip to Hawaii would be complete without a catamaran ride for whale watching, this being the prime season for humpback viewing. We also stopped long enough to snorkel and see a large school of manta rays plus yellow tangs, parrot fish, butterfly fish, and puffer fish. This was a special treat for some, who had never snorkeled before and had pushed themselves beyond their comfort zones.

Sad to say, the week just flew by, but at the end of it, there were a whole bunch of happy, healthy Big Island Adventurers just hoping that they would have a chance to do it again next year or any time!

Editor: Dr. McDougall is planning a second Big Island Adventure from January 17-24, 2015. For details, go to <http://www.dr.mcdougall.com/health/travel/hawaii/>. There's a \$200 discount for reservations made by April 30.



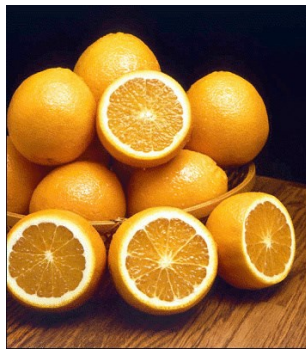
Lemons, Limes and More...

By Eileen Towata, PhD

Every day, many people down a glass of orange juice, sip a cup of tea flavored with a bit of lemon juice, or eat grapefruit segments for breakfast. In Hawai'i, when jabon are in season, the bounty of a neighbor's tree is shared with family and friends. That same neighbor may have an attractive hedge – mock orange -- with fragrant white flowers and inedible fruits; the shiny little leaves might make their way into lei for graduations or birthdays.

Visit a favorite Thai restaurant and enjoy a curry with flavor developed, in part, by Kaffir lime leaves. Look for an unusual jam or jelly – something more exotic than strawberry or blueberry -- and calamondin might fit the bill. These plants all belong to the Rutaceae (“citrus” family), an economically important group of plants grown in mostly subtropical and tropical areas. Lime (*Citrus aurantifolia*), tangerine (*C. reticulata*), and kumquat (*Fortunella* sp.) are other well-known Rutaceae members. Many citrus are used for human consumption as food, while others are used for medicinal purposes or as a source of essential oils for fragrances (Vaughn and Geissler, 1997). The mock orange (*Murraya paniculata*) mentioned earlier is a good example of an ornamental use.

Culinary uses for citrus include the juice, the segments, and the peel. The often-maligned holiday fruitcake usually contains candied lemon and orange peel/skin, but fresh



lemon and orange zest can add brightness and zip to many of your favorite dishes. Try the no-cook recipe below when you need a special treat! If you want to learn more about the Rutaceae, including growing tips, see the extensive review as part of Species Profiles for Pacific Agroforestry at <http://agroforestry.net/tti/Citrus-citrus.pdf>.

Reference

Vaughn, J.G. and Geissler, J. V. (1997). *The New Oxford book of food plants*. Oxford: Oxford University Press.

Apricot-Orange Treats

Makes 30-32

Rich with nuts, seed butter, and dried fruits, these small sweets are to be enjoyed as an occasional treat. The recipe can easily be reduced to produce a smaller batch.

- ½ cup unsalted cashews
- ½ cup walnuts
- ¼ cup unsalted almonds
- 1 cup dried apricots
- ½ cup unsweetened coconut
- ¼ cup agave
- 1/3 cup tahini
- 2 Tablespoons chia seeds
- 1 Tablespoon raisins
- 1 Tablespoon fresh orange zest (zest of 1 medium to large orange)
- 2 Tablespoons juice from the orange
- 1 Tablespoon pulp from the orange
- Small amount vegan powdered sugar



Grind all nuts in a food processor. Add in the apricots and process, then the coconut. Add agave, tahini, chia seeds, and raisins and process briefly again. Mixture should be forming a thick “paste”. Add in the orange zest, juice, and pulp, processing again. Roll small pinches of the sticky mixture into balls and roll each ball into some powdered sugar. Place each in a mini muffin paper liner. Best when chilled before serving; refrigerate leftovers and consume within several days.

Do You Know What's in Your Skin Care Products?

By Kauakea Winston and Tracy Dunstone



Being a vegetarian for over 20 years has helped me (Kauakea) to become healthy and wise. We all know it's easy to be a junk food veggie, but what about the junk we put ON our bodies and hair everyday? Since our skin is our largest organ, how long does it take from the time of application to the time of absorption into the bloodstream? Can you believe, just 26 seconds?

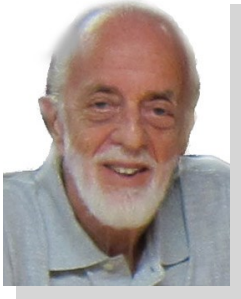
Many of us feel that the added expense and research are just not worth it when it comes to finding vegetarian or vegan products. Thanks to the web, it has now become the best

time in history to find out what's in your personal and skin care products. The stakes are high with so many GMO's and fillers being used, not to mention those companies who continue to do animal testing.

Most of the big brand name cosmetic companies are still doing animal testing and have many animal by-products in their "skin care line". Here are a few mentioned on www.PETA.org: Aveeno, Avon, Clinique, Mary Kay, Lancôme, L'Oreal, Estée Lauder and Clarins. Most of the main brand name shampoos by the leading manufacturers are listed as well.

As it is with everything we eat and drink, the power is in our hands to make educated decisions when it comes to these

(Continued on page 13)



A Heart Healthy Recipe

By Neal Pinckney, PhD, [Heart.kumu.org](http://heart.kumu.org)

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

Zuppa Toscana from the Olive Garden



Going out to dinner with carnivores at a well-known restaurant can be a challenge. Sometimes a dish looks tempting, if only it were vegan. This is part of a collection of signature recipes, converted to vegan, from nationally known restaurants.

The Olive Garden's most popular soup, Zuppa Toscana, is a creamy vegetable and sausage soup from the Tuscany area of northern Italy. Tuscany, a little north of the center of Italy, has a cuisine of its own. With less tomato and garlic, and creamier, it is closer to French than to what we usually think of as Italian cooking. This soup, popular in Florence and in the countryside, is a low-fat vegan adaptation.

A former chef from that chain shared the original recipe and says this is an perfect clone. It serves 4:

1 lb. veggie Italian sausage, cut into small pieces (see hint below)

2 large russet baking potatoes, sliced in half, and then in 1/4 inch slices

1 large onion, chopped

1/4 cup soy 'bacon' bits

2 garlic cloves, minced (fresh is best, but 2 teaspoons granulated is OK)

2 cups kale and/or Swiss chard, chopped

3 cups veggie broth

1 cup low-fat soy, almond or other veggie milk, plain (see hint below)



In a soup pot, add veggie broth and water, and stir. Place onions, potatoes, and garlic into the pot.

Cook on medium heat until the potatoes are done. Add 'bacon' bits, sausage and pepper to taste.

Simmer for 10 minutes more, then turn heat to low and add kale and milk. Heat through and serve.

Hints:

If a saltier taste is desired, add at the table. Salt added in cooking seems to vanish in taste, but makes it high in sodium.

For Italian sausage, there are a number of veggie brands, but some are higher in fat than others.

Or, you can add Italian spices (basil, oregano, marjoram and ground fennel seed) to a Gimme Lean veggie sausage roll.

For a vegan milk that keeps on the shelf indefinitely, use bulk soy milk powder and then add water.

For this recipe, doubling the strength (e.g., for the *Better Than Milk* soy milk powder, adding 2 more tablespoons per cup of water) enhances it.

For a thicker pottage, add 2 tablespoons of whole wheat, garbanzo or oat flour mixed to a paste in a little water when adding the sausage.

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

(Continued from page 12)

Do You Know What's in Your Skin Care Products?

everyday choices. As consumers, we are driving the markets with every dollar we spend. Are you worth it? Is your long term health and family life worth preserving by taking the time to make better choices?

Here is a list from www.PETA.org which includes many specific animal products still used by many food and cosmetic companies today:

<http://www.peta.org/living/vegetarian-living/animal-ingredients-list.aspx>.

You might also find helpful this page which lists the names of companies who are cruelty free and vegan:

<http://www.peta.org/living/beauty-and-personal-care/companies/default.aspx>.

Many companies have partnered with PETA (People For the Ethical Treatment of Animals) and donate a portion of their proceeds back to their organization. It's our time to wake up as individuals and make empowered choices. Our health and our future depend of each choice we make ... everyday. Make a good one today!

Tracy Dunstone and Kauakea Winston are consultants for Arbonne certified vegan products and skin care.
tracydunstone.myarbonne.com
kauakea@gmail.com, tracydunstone@myarbonne.com

Wild Boar Whispering

By Laurelee Blanchard

Founder of Leilani Farm Sanctuary of Maui

Berney, a wild boar orphan piglet, is an exceptional ambassador for Leilani Farm Sanctuary on farm tours because he is sweet, shy and gentle -- helping to dispel the myth that wild boars are inherently vicious and mean.

Pigs were first introduced to the Hawaiian Islands by the ancient Polynesians around 300-500 AD. Over time, these pigs became feral and multiplied in the wild. With the arrival of Europeans in the late 1700's, domesticated pigs entered the islands and interbred with the Polynesian breeds. As the wild pig population has grown in Hawaii and led to the destruction of forests and crops, efforts to eradicate these animals have also increased. A humane alternative for protecting farms and natural ecosystems is the installation of fencing. Sadly, many of the methods commonly employed to reduce the population of pigs are inhumane. Hunters use dogs, bows and arrows, and knives to kill the pigs. Snares, in which the pigs are caught and eventually die, are cruel and indiscriminate, often killing unintended victims.



Berney, the friendliest pig on the farm, brings joy to all who meet him.



Wild boar Berney comes up from the gulch and makes friends with Sanctuary pig.

Berney's life at Leilani Farm Sanctuary began one quiet evening when the little feral piglet innocently wandered up from the gulch and made friends with the rescued animals inside the paddock. Night after night, Berney returned to flirt with our resident female pig, Kea, engaging in animated conversations of oinks, grunts, and snorts. Berney was also fond of the donkeys and goats and would follow them along the fence line. It was clear that this pig really wanted to join the Sanctuary 'ohana.

Time was of the essence, as we wanted to neuter him while he was young. After the veterinarian completed the surgery, Berney awoke from anesthesia inside the Sanctuary, surrounded by his new friends. He was a pig in hog heaven!

Berney's mother was more than likely killed by hunting dogs or firearms, rendering him an orphan. To prevent his meeting that same fate, we decided to adopt him.

Berney quickly learned his name and ran toward us when we called him. Pigs are highly intelligent, with cognitive abilities equal to a 3-year old human's. Today, Berney eagerly approaches us for affection: belly rubs, kind words, and kisses on the snout. This wild boar is the gentlest pig on the farm and a favorite of many who meet him. Often, their perspectives about pigs, food, and hunting evolve after meeting Berney.



Berney—an ambassador for all pigs.



Leilani Farm Sanctuary is home to over two 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

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.

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

APRIL

CHEF SYLVIA THOMPSON



Sustainable Meat? Nope!

The latest buzzword “sustainable” does not apply to meat. (Merriam-Webster dictionary defines it as: “Involving methods that do not completely use up or destroy natural resources.”)

Oscar-winning director James Cameron says, “It’s not a requirement to eat animals, so it’s...a moral choice ...that is having a huge impact on the planet and destroying the biosphere.” (“You’re Not an Environmentalist if You Eat Meat.”) The facts are riveting! 51% of the world’s greenhouse gas emissions are caused by raising animals as food and is causing global depletion of resources. Get factually armed to take a vegan stand on “sustainability”!

Sylvia Thompson, chef/owner of Greens & Vines (a raw vegan gourmet restaurant) and her husband Pete became vegans on January 1st, 2004, shortly after Pete’s heart attack two days after Thanksgiving 2003. After a stent surgical procedure, and a lifetime prescription of powerful drugs, Pete decided to take his health into his own hands following the methods spelled out in the book *Dr. Dean Ornish’s Program for Reversing Heart Disease*. And reverse it he did, going off his meds in 18 months. The couple’s vegan journey began from the health aspect, then from the immoral aspect of eating animals after watching [Earthlings](#) on [YouTube](#).

Honolulu: April 8, 7 p.m. at the **Ala Wai Golf Course Clubhouse**, 404 Kapahulu Ave.

Maui: April 10, 7 p.m. at **Cameron Center**, 95 Mahalani Street, Wailuku

Dine-Out April 16, 5-7 p.m., Greens and Vines Restaurant, Ward and Kapiolani Blvd. (details on p. 16)

MAY

STEVE BLAKE, SCD



No More Heart Attacks

We can virtually eliminate heart attacks as the #1 killer in America. Learn more about how clogged arteries develop and how to stop and even reverse this arterial clogging. Find out which diets can lower your risk of heart disease, and which fats constrict arteries, increasing the risk of a fatal clot. See how excess saturated fats increase arterial clogging and heart attacks. Oxidized cholesterol becomes a hazard to arterial health when foods high in cholesterol are cooked. See studies showing how nuts and seeds can open arteries, lower adhesion, and reduce clotting. We will review the latest research so that you can choose heart-safe lifestyle options including fitness and stress reduction.

Steve Blake offers classes at the University of Hawaii. He has taught classes at Stanford University, McLean Hospital, and Boston University Medical Center. He authored McGraw-Hill’s *Vitamins and Minerals Demystified*, and *A Nutritional Approach to Alzheimer’s Disease*. He works at Hawaii Pacific Neuroscience, and wrote their pilot study to reduce the prevalence of Alzheimer’s with nutrition.

Steve Blake earned a doctor of science degree in holistic health specializing in nutritional biochemistry. He and his wife Catherine live on a solar-powered organic farm on Maui.

Honolulu: May 13, 7 p.m. at **Ala Wai Golf Course Clubhouse**, 404 Kapahulu Ave.

Maui: May 8, 7 p.m. at **Cameron Center**, 95 Mahalani Street, Wailuku

Dine-Out with Steve Blake: May 14, 6-8 p.m., Church of the Crossroads 1212 University Ave. (details on p. 16)

JUNE

MICHAEL GREGER, MD



Combating Common Diseases With Plants

Dr. Greger has scoured the world’s scholarly literature on clinical nutrition and developed this brand-new presentation on the latest in cutting-edge research. In Dr. Greger’s annual nutrition review last year, he went through the list of the 15 leading causes of death, exploring the role diet may play in preventing, arresting, and even reversing our top 15 killers. This year, Dr. Greger will run through the top dozen reasons people visit doctors to highlight some of the latest research on how a healthy diet can affect some of the most common medical conditions.

A founding member of the American College of Lifestyle Medicine, Michael Greger, MD, is a physician, author, and internationally recognized speaker on nutrition, food safety, and public health issues. Currently, Dr. Greger serves as the Director of Public Health and Animal Agriculture at The Humane Society of the United States. Hundreds of his nutrition videos are freely available at [NutritionFacts.org](#), with new videos and articles uploaded every other day.

Honolulu: June 10, 7 p.m. at the **Ala Wai Golf Course Clubhouse**, 404 Kapahulu Ave.

Dine-Out with Dr. Greger: June 9, 5-6:30 p.m., The Bistro at Castle Medical Center (details on p. 16)

Castle Medical Center, June 9, 7-8:30 p.m., (details on p. 16)

Castle Medical Center, June 10, 12:30-1:30 p.m., CME lecture (p. 16)

Maui: June 12, 7 p.m. at **Cameron Center**, 95 Mahalani Street, Wailuku

VSH speaker at Castle Medical Center

Monday, June 9, 2014, 7-8:30 p.m.
Free. Wellness Center Auditorium.
"Combating Common Diseases With
Plants" by Michael Greger, MD. Register
at <http://castlemed.org/wellness.htm> or call
(808) 263-5400.

Tuesday, June 10, 2013 12:30-1:30 p.m.
Free. Auditorium, lower level. CME lec-
ture for physicians and other clinical pro-
fessionals by Michael Greger, MD.
Call (808) 263-5382 to register.

Castle Medical Center, 640 'Ulukahiki St.
Kailua, Hawai'i 96734



Nicolas Wayde Miller
("88 Pounds ..." lost
on a healthy vegan
diet) and friend Liat
with Dr. Greger after
Dr. Greger's Well-
ness Center lecture
on April 8, 2013.

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).

Lively, open discussions that share and sup-
port each person's grander vegan visions.

Third Tuesday: Anyone may feature a top-
ic of interest by way of a demonstration,
video, speaker, etc. Highlight an interesting
nutritional report, recipe or YouTube video,
or suggest a topic for us to bring to life for
you! No need to be elaborate or technical!
Let Terry know if you need assistance with
making recipe copies, or the use of small
appliances or a laptop.

Last Tuesday: Potluck! Bring a vegan dish
and ingredient list or recipe, or fruit from
your backyard!

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

You're Invited to our VSH Dine-Outs!

**5-7 p.m. Wednesday, April 16, 2014
Dine Out with Chef Sylvia Thompson**

Greens & Vines Restaurant
909 Kapiolani Blvd., Honolulu

Corner of Ward Avenue & Kapiolani Boulevard
Free Parking on Ground Floor Behind Restaurant

Earth Day Special: Pesto Zucchini Pasta & Local Green Salad
\$19.20, including tax & tip
To RSVP & prepay (808)536-9680

**6-8 p.m., Wednesday, May 14, 2014
Dine Out with Steve Blake, ScD**

Gourmet Vegan Dinner

Church of the Crossroads, 1212 University Ave.

See page 18 for details, including *vegan menu*.

To RSVP, email macrocommhi@hawaii.rr.com or call 845-2873.

5-6:30 p.m., Monday, June 9, 2014

Dine Out with Michael Greger, MD

The Bistro at Castle Medical Center's lower level
640 'Ulukahiki Street, Kailua.

*Vegan buffet featuring fresh greens from the CMC garden, soup,
a salad bar, and a variety of hot and cold dishes.*

Cost: \$10, please pay at the event. Beverages and desserts extra.

To RSVP: call 944-8344 or email dineout@vsh.org

**Note: RSVP is for the dine-out only. If you'd also like to at-
tend Dr. Greger's free lecture at CMC's Wellness Auditorium
right after the dinner, see registration information on this page.**

Visit VSH's Booth at these Campus Events!

Friday, April 4, 2014

9 to 3 p.m.

Health-E Fair

Great Lawn

Kapiolani Community College

4303 Diamond Head Rd, Honolulu

<http://www.kapiolani.hawaii.edu/>

[health-e-fair/](http://www.kapiolani.hawaii.edu/health-e-fair/)

**Tuesday, April 22,
2014**

9 to 3 p.m.

Earth Day

In front of the Cafeteria

Kapiolani Community
College

4303 Diamond Head Rd,
Honolulu

Thursday, April 24, 2014

10 to 4 p.m.

Annual Earth Day Festival

Sustainability Courtyard

University of Hawaii at Manoa

2500 Campus Rd, Honolulu, HI

<http://manoa.hawaii.edu/earthday/>

[https://www.facebook.com/](https://www.facebook.com/uhmearthday)

[uhmearthday](https://www.facebook.com/uhmearthday)



Healthy You Fair at Lee-
ward Community Col-
lege, January 29, 2014.
Table visitor enjoying
samples of VSH board
member Ori Ann Li's
vegan kim chee. On
right, Lorraine Sakaguchi.

Local Vegetarian Community Events

Vegan Foodies Cooking Club

Co-Creating Inspired Meals with Good People!

We organize small gatherings at members' homes, pick a theme and then cook, artfully present and eat a gourmet feast. Come meet others who share a passion for home-cooked, delicious, plant-based cuisine and let's inspire each other to greater creativity in the kitchen!

Foodie - person who has an ardent or refined interest in food and seeks new food experiences as a hobby.

Contact Joy Waters for info about membership:

Joy@TastyandMeatless.com

Eat your Yard!

Tia Silvasy, organic gardener and permaculturist will lead this class focusing on growing food, instead of grass, which is a wonderful way to feed you and your family. You will explore the types of plants brought to Hawaii by the many ethnic groups that call Hawaii home, learn how to grow these plants and design a garden or container space for your specific site.

Plants such as cassava, banana, taro, sweet potato, lemongrass, sugar cane, and coconut, to name just a few, will be covered. Cuttings and starts will also be shared.

224 Pakohana Street, Honolulu, HI 96813, Pauoa Valley
Saturday, April 26, 2014 ♦ 10 - 12:30 p.m. ♦ Fee: \$30

Workshops at The Green House

Advanced registration required

www.thegreenhousehawaii.com (808) 524-8427



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.

Eat Well for Life

Upcoming Cooking Demonstration Classes

Thursday, April 24: Fresh Herbs for Fresh Flavors

Thursday, May 22: Carbs Worth Eating

Thursday, June 26: Adding Zest with Citrus

All classes are from 6:00 to 7:00 PM in the Castle Medical Center Wellness & Lifestyle Medicine Center and include generous samples and printed recipes. Fee is \$10 per person for each session. Additional class information and registration details are available at www.castlemed.org.

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

"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

Govinda's Vegetarian Buffet

Each month, enjoy your own delicious culinary vegan journey across the globe!

Spring in Italy!

5:30 to 8:30 p.m., Friday
April 18, 2014



Minestrone: Hearty vegetables and bean soup in a tomato-herb broth

Eggplant 'Parmesan': Eggplant baked in a rich sauce and topped with sautéed vegetables

White Lasagna: Tofu and vegetable lasagna with a creamy non-dairy basil sauce

Pasta Primavera: Pasta with assorted vegetables and herbs

Spring Salad with Fresh Herb Dressing

Dessert: Amaretti Cookies & Gelato

Sparkling Grape Juice

¡Fiesta en México!

5:30 to 8:30 p.m., Friday, May 9, 2014

Black Beans and Corn soup

Enchiladas

Taquitos: Corn tortillas with tofu-corn-cilantro filling and baked until crunchy, served with an avocado sauce

Spanish Rice

Fresh Salsa and Tortilla Chips

Salad with Cilantro Dressing

Dessert: Mexican Chocolate Cake

Spiced Baked Apples

Hibiscus Iced Tea

A Journey Down the Nile

5:30 to 8:30 p.m., Friday, June 27, 2014

Koshari: Lentils & exotic rice in a tomato sauce

Black-Eyed Peas & Potato Salad with Lemon Dressing

Tofu-Veggie Kebabs

Spiced Cauliflower Fritters Served with Fool (bean dip)

Egyptian-style Salad Served with Tahini Dressing

Dessert: Rose Cookies, Cardamom Rice Pudding

Mint Iced Tea

All buffet menu items above are vegan and gluten-free.

51 Coelho Way, Honolulu, HI 96817

\$18, ages 8-12, \$10, ages 0-7 free. To RSVP & prepay:

Call (808)295-0098 or email govindas108@hotmail.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.

Gourmet Vegan Community Dinner at Church of the Crossroads

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

This is also a Vegetarian Society of Hawaii dine-out with Dr. Steve Blake -- enjoy a delicious vegan meal, as well as an opportunity to get together with VSH's May lecturer!

May 14, 2014

Chilled Vegetable Bisque

Pinto & Kidney Bean Tamale Pie with Quinoa and Kiawe Flour Cornbread Crust

Topped with Cashew, Cilantro, and Lime Sour Cream"

Summer Greens with Sweet Lemon Mustard

Vinaigrette

Amaranth Pudding with Seasonal Fruit

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

Ready to join VegSource in Kauai for a week of fun in paradise?

Now is the time to reserve your spot! For the week of July 12-19, 2014 --

Join the Nelsons of



VegSource along with top plant-based medical doctors for a healthy blast on the island of Kauai! (818) 349-5600 or go to www.vegsource.com/camp/

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% Discount

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% Discount

Downbeat Diner and Lounge (42 North Hotel St.)
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% Discount

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!

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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

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Happy Mother's Day!

