



The Island Vegetarian

Vegetarian Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 30, ISSUE 6, JUNE 2019

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Free Public Lectures

Linda Carney, MD

“Food, Mood, and Women’s (& Men’s) Health: What’s the Connection?”

**Tuesday, June 11 (Oahu)
Ala Wai Golf Course Clubhouse**

**Thursday, June 13 (Maui)
Cameron Center**

Additional lecture date

**Saturday, June 8 (Oahu)
Honolulu Central Seventh-Day
Adventist Church**

Upcoming Oahu/Maui Speakers

Brooke Goldner, MD

July 9 (Oahu), July 11 (Maui)

Shivam Joshi, MD

Aug. 13 (Oahu), Aug. 15 (Maui)

Kauai Presentations

**No meeting
Sunday, June 2**

**“Cowspiracy:
The Sustainability Secret”
Sunday, July 7**

1st Annual Big Island Veg Fest!



Rebecca Corby is a Vegetarian Society of Hawaii member and a previously longtime Oahu resident who moved to the Big Island of Hawaii. The move was a good one, it seems, for the Big Island, as she’s just now putting the finishing touches on the first annual Big Island Veg Fest which will be on Saturday, June 15, 11 a.m.-6 p.m. at Mo’oheau Park in Hilo! She’s expecting about 1,000 attendees, and has gotten about 10 local food vendors, and a full line-up of free entertainment and speakers all day with live music from four bands, two cooking demos and two inspiring speakers.

One of the speakers is Dr. Leon Matsuo, a pro-plant-based physician who runs the Kukui Lifestyle Medicine Clinic in Kona that teaches people about the health benefits of a plant based diet and healthy lifestyle. The Blue Zones Project is a sponsor with a similar mission as Dr. Matsuo’s. Rebecca is also excited about the cooking demos, one of which will be led by Chef Stephen Rouelle, co-founder and head chef of "Under the Bodhi Tree" restaurants.

Rebecca says that, after helping to plan the first Texas VegFest over 8 years ago when she lived in Austin, and then assisting with the first VegFest Oahu three years ago, she felt that both she and the Big Island were ready for it to have its own first "Veg Fest." She also wanted the fest to happen in the Hilo area to reach out to more local people to help them make more healthy, compassionate and sustainable choices.

In keeping with the traditions of both the Texas and Oahu VegFests, admission will be free, making it easier for more people to attend. This means that Rebecca has been paying for most of the expenses of the Fest herself. She’s has some very welcome donations, but not all the fees have been covered yet, and she’d greatly appreciate donations in any amount, They can be sent to her via PayPal at BigIslandVegFest@gmail.com. For details about the Fest or to donate, go to www.BigIslandVegFest.com.



Rebecca Corby

It looks as if it’s going to be a wonderful, not-to-miss event! Be sure to go if you can!

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

P.O. Box 23208
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info@vsh.org www.vsh.org

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

Please visit our Facebook page at

<https://www.facebook.com/VegetarianSocietyOfHawaii>

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Mahalo to our volunteers:

Oahu

*special interest group coordinator

Woody Barboza*	Sirilak Moore
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Maui

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Bill Best	Jim Brown
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Nutrition News from NutritionFacts.org

Best Mouthwash

Using green tea as a mouthwash may work cheaper, safer, and better, and if as a bonus you want to sprinkle some amla powder into it, dried Indian gooseberry powder, it evidently shows an outstanding cavity-stopping potential not by killing off the bacteria like green tea, but just by suppressing its plaque forming abilities.

<https://nutritionfacts.org/video/flashback-friday-whats-the-best-mouthwash/>

Berries and the Brain

The consumption of blueberries and strawberries is associated with delayed cognitive aging by as much as 2.5 years—thought to be because of brain-localizing anthocyanin phytonutrients, as shown on functional MRI scans.

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

Best kept Secret in Medicine

Are you ready for the best-kept secret in medicine? The best-kept secret in medicine is that, given the right conditions, the body heals itself. Treating cardiovascular disease, for example, with appropriate dietary changes is good medicine, reducing mortality without any adverse effects. Yes, we should keep doing research, but educating physicians and patients alike about the existing knowledge about the power of nutrition as medicine may be the best investment we can make.

<https://nutritionfacts.org/video/flashback-friday-the-best-kept-secret-in-medicine/>

When It Comes to Consumer Products, the Best Smell is No Smell

In addition to meat, exposure to common household chemicals may exacerbate or induce allergies, asthma, and eczema. Researchers at Harvard and all around the world collected air samples from where children slept, and demonstrated for the first time that the bedroom concentration of propylene glycol and glycol ethers were significantly associated with an elevated risk of multiple allergic symptoms, runny nose, and eczema. Found in cleaning fluids, paint, pesticides, PVC pipes, and varnishes, they may be one of the reasons for the increase in these kinds of diseases around the world over the last few decades.

Researchers tested fragranced products: air fresheners, a laundry detergent, fabric softener, and dryer sheets—each with annual sales over \$100 million. Nearly a hundred volatile chemicals were identified, though none were listed on the labels; it usually just says something like “fragrance.” Ten of the chemicals they found are regulated as toxic or hazardous—three classified as hazardous air pollutants.

For example, the fabric softener they tested had “biodegradable fabric softening agents,” and it even “smells like mom.” But what they really found was ethanol, d-limonene, α -pinene, chloromethane, benzyl acetate, 2-methylpropane, and more, including the carcinogenic hazardous air pollutant acetaldehyde.

Naturally scented products? Even products advertised as green, natural, organic emitted as many hazardous chemicals as standard ones. A soap boasting pure essential oils and organic tea infusions also contained all of these: ethanol, d-limonene, α -pinene, butane, methacrolein, 2-butoxy-ethanol, camphor, etc. What about natural d-limonene? That’s a real phytochemical found in real citrus, at least until it photo-oxidizes with ozone in ambient air to form dangerous secondary pollutants, including formaldehyde.

<https://nutritionfacts.org/video/throw-household-products-off-the-scent/>

Ed: In light of this information, it’s suggested that people wear/use fragrance-free personal, cleaning and laundry products (even those labeled organic) for your own health, and for the health of those around you at home and at public gatherings, including VSH’s.

FOOD, MOOD, AND WOMEN'S (& MEN'S) HEALTH: WHAT'S THE CONNECTION?

A VSH PUBLIC PRESENTATION BY
LINDA CARNEY, MD

7 P.M., TUESDAY, JUNE 11, 2019
ALA WAI GOLF COURSE CLUBHOUSE*
OAHU — 404 KAPAHULU AVE., HONOLULU

7 P.M., THURSDAY, JUNE 13
MAUI— CAMERON CTR., 95 MAHALANI ST., WAILUKU*
OAHU & MAUI REFRESHMENTS COURTESY OF DOWN TO EARTH.



Linda Carney MD, who received her medical degree from Loma Linda University School of Medicine is double board-certified by the American Board of Emergency Medicine, and the American College of Lifestyle Medicine. She practices Lifestyle Medicine in her private Family Practice near Austin, TX, and is also licensed to practice medicine in California and Hawaii.

She documented corporate cost-saving health improvements for Whole Foods Market employees while serving as the first medical director for Rip Esselstyn's Engine 2 Immersions. As a co-founder of www.ATXalive.com, she promotes oil-free vegan restaurant events and free health presentations at PlantPure Communities potlucks. She blogs regularly on www.DrCarney.com offering photos of her patients' success stories, where viewers find more than 1000 scientific abstracts of studies supporting the plant-based lifestyle. Dr. Carney's life-changing seminars, videos, and food coaching phone consults are offered through www.Veggievore.com.

New Oahu
Lecture

3:30 - 5 P.M., SATURDAY, JUNE 8
HONOLULU CENTRAL SEVENTH-DAY
ADVENTIST CHURCH—OAHU*

2313 NU'UANU AVENUE, HONOLULU

*ALL LECTURES FREE AND OPEN TO ALL!

Maui
Radio

11 A.M.-12 NOON, THURS., JUNE 13

"OFF THE RECORD" KAKU FM 88.5 WITH BILL & BOBBIE BEST.
WATCH VIDEO LIVE OR AFTERWARDS AT [FACEBOOK.COM/KAKU885FM/](https://www.facebook.com/KAKU885FM/).

How can food influence fertility, hot flashes, and the risks for cancer? Do vegans really suffer less depression than those on low-carb, high-protein diets? If studies show that whole food plant-based diets promote better moods, how does that work? Find out the scientific evidence that shows how food choices can enhance women's, and men's, health, emotional health, and financial health.

6-8 P.M., WEDNESDAY, JUNE 12
Enjoy Dining Out
with Dr. Linda Carney! (Oahu)

The Ripple of Smiles, 3040 Waialae Ave.
Park in lot or across Waialae Ave. in front of Wayne's Carpet & Downing Hawaii.

\$18.50 (incl. tax & tip) Cash.

Credit card OK for parties of 3 or more.

RSVP (needed): Text or call Carol before 9 p.m. at
(808) 728-6639 with your name, number of diners &
entrée choice(s) and phone number.

Dining event only. Proceeds go to restaurant, not to VSH.

*Vegan Dinner Includes. 1 Summer Roll (1/2 order)
w/ peanut sauce & choice of entrée:*

1) Veggie Curry: tofu, taro, carrots, white onion, peanuts, brown rice.

2) Veggie Fried Brown Rice with tofu, peas, carrots & onion, with tomato, cucumber, pickles & soy sauce.

3) Veggie Pho Noodle Soup with rice noodles, tofu, broccoli, cabbage, carrots, mushroom, culantro, cilantro, onions & vegan broth, served with bean sprouts, culantro, jalapeno and lime.

4) Stir-Fried Vegetables & Tofu with cabbage, broccoli, green beans, carrot, tofu, mushroom and sauce, served with brown rice and soy sauce.

Coming July 9 at the Ala Wai Golf Course Clubhouse (Oahu) & July 11 at Cameron Center (Maui)*
Reversing Lupus, Sjogren's and Many Other Chronic Diseases
with Supermarket Food
Brooke Goldner, MD

- The protocol that reversed lupus in Dr. Goldner and a multitude of diseases in others including various autoimmune diseases as well as other chronic diseases.
- Three Foods that are making you sick.

- The three foods essential for healing,
- The simple thing you can start doing right away that can save your life and make you feel younger, healthier, and more energetic using simple supermarket foods.





Heart Healthy Recipes

By Neal Pinckney, PhD, Heart.kumu.org

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

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

Yuba Dishes

When I lived in rural Japan, my house was next door to a family business that made tofu and soy milk. I used to get fresh yuba and cook it as a 'meat' substitute. On the other side was a watermelon farm, but they fertilized with the "honey" bucket collection, and when the wind came from the south, well, you can imagine.

Here are two recipes with the same main ingredient. I thought about yuba as it was one of the dishes that I had a month or so ago at the Water Drop Vegetarian House restaurant in downtown Honolulu. As at many Buddhist temples, they choose not to eat garlic or onions, but the yuba they served was savory, spicy and quite delicious, so I decided to make it at home. There are many forms that yuba can take. When the Buddhist Vegetarian Restaurant was open at the Chinese Cultural Plaza, they served it in different forms: rolled, in a shumai, curried and in hoisin sauce, or as slices of tasty "butterfish" served with a choice of sauces.

A Royal Treat (soy milk curd) 4 servings

Yuba (in Chinese called doufu-lao, doufu-pi, or fūzhú, a dish for royalty in the Ching dynasty), is the curd from making soy milk. It is also called tofu skin, but it is not really tofu, since no coagulant is used. Dried in sheets, and cut into strips. The fat content of yuba varies with the maker. It can be fairly low or very high, so be sure to check the label before you buy. These recipes are yuba in its simplest form. Yuba is very versatile, it can be part of a veggie stir fry or broiled crispy, as a dish often called vegan Peking Duck. If you have any left over, or you prefer a cold dish in the warm weather, it quickly can become a salad.

8 ounces yuba (often sold as dried bean curd), about a half package

enough water or vegetable broth to cover

¼ cup lower salt soy sauce or tamari

2 T vegan honey (or see hint)

3 T rice wine (see hint below)

2 t minced ginger, about 1 inch chunk

½ t powdered cinnamon or a 2 inch sticks

Sriracha chili sauce to taste, optional

1/8 t Chinese five spice powder, optional

The day or night before, rehydrate the sticks by placing them in a container with water to cover. Let sit at room temperature for at least 5 hours or overnight. If in a hurry - cover with water and simmer for 10 minutes.



Cut the sticks into 3-inch chunks and place them into a medium-sized pot along with the rest of the ingredients. Pour enough veggie stock or water into the pot to fully cover the sticks (about 2 cups, depending on the size of your vessel).

Simmer for 30 minutes, or until sticks are tender.

Hint:

Instead of vegan honey or sweetener and rice wine, ¼ C of mirin can be used.

Yuba Salad



Prepare yuba as above, drain, let cool, and add any or all of the following:

vinegar

carrots, shredded

edamame

cabbage

Chinese parsley (cilantro)

English cucumber, seeded and thinly sliced

sweet snap peas

red onion, slivered

noodles

Serve cold; garnish with chopped green onion.

Key: t=teaspoon, T=tablespoon, C=cup

Jon Matsubara's Vegan Feast Pop Up

In a 5-day gourmet event, taking up a challenge from Juicy Brew's Chef Jennifer Hee, Chef Jon Matsubara will be serving up vegan creations of his own from 6 to 8 p.m., June 11-15 at Juicy Brew, 3392 Waiālae Ave. at 8th Avenue and serving a special vegan menu. A la carte prices will range from \$5 for the Ube Crinkle Cookies to \$18 for the Mix Plate TV Dinner. For more details, including the menu, check out the online story listed below:

<https://www.frolichawaii.com/stories/one-honolulu-best-chefs-cooking-vegan-next-week>

Recent VSH Events

Oahu



Antoinette Ortiz-Sharfin presented **“From Hunter to Gatherer: An indigenous woman’s journey from omnivore to vegan activist & entrepreneur”** on May 14 at the Ala Wai Golf Course Clubhouse.

VSH dine-out with guests of honor Antoinette Ortiz-Sharfin (1st row, 4th from left) and husband Jonathan Sharfin (back row, 2nd) at Simple Joy Vegetarian Cuisine on May 15. Chef Sony Le (back row, 6th) gave a shaka sign in the center of the back row.



Janessa Trevathan Dalalana (left) at the May 12 Oahu Fruitluck by Queen’s Surf Beach in Waikiki. She founded the Oahu Fruitluck, which had its first meeting on August 24, 2014. She moved away at the end of April 2015, but the Fruitlucks continued, eventually becoming a part of VSH in 2017. VSHers were thrilled to welcome her back to this Fruitluck.



James Thompson presented **“Plant Propagation”** on May 27 at Kilauea Recreation Center.

Grace Chen O’Neil, MD, (right) asked on May 14 for volunteers interested in improving their health by trying out a plant-based diet, who would commit to a plant-based diet for at least one month under her guidance. To volunteer, there’s still time to contact her at gracefulliving365@gmail.com.



VSH’s IVW vegan potluck on May 20 at Kilauea Recreation Center. Hung “Frank” Nguyen (standing in short-sleeved red shirt), owner of the veg-friendly The Ripple of Smiles restaurant where the next VSH dine-out will be held on June 12, brought a couple of his restaurant’s popular vegan dishes with him to the potluck.

Maui



VSH Maui coordinator Jerome Kellner, Antoinette Ortiz-Sharfin, and VShers Stephen Beidner on May 16 at Cameron Center in Wailuku where Antoinette presented **“From Hunter to Gatherer.”**

Kauai



Michelle Lemay (center photo, also in right photo, leftmost in front row presented) **“My Plant-Based Passport”** at Kapaa Neighborhood Center on May 5 at Kapaa Neighborhood Center.

VSH MEMBERSHIP DISCOUNT GUIDE

Newest VSH member discounts



Herbivores. Vegan. Creative, healthy fast foods. Breakfast, lunch, dinner, smoothies, juices, coffee with Evolution Bakery baked goods. Jackfruit nachos, NY bagels, more.



Pono Home. Vegan. Green home audit, energy & money saving installations & services help renters and owners of homes of all sizes. Organic, zero waste personal care products.

Oahu

☞ Natural Food Stores ☞

- ☞ Down to Earth (Kailua, Kapolei, 500 Keawe St. & 2525 S. King St. in Honolulu, Pearlridge) 5%
- ☞ Celestial Natural Foods (Haleiwa) 5%

☞ Restaurants ☞

- ☞ 'Ai Love Nalo (41-1025 Kalaniana'ole Hwy) 5%
- ☞ Atelier Plant Based (Ala Moana Shopping Ctr-inside Vim N' Vigor) 5% M-F, 10% Sat.
- ☞ Banán (University Ave., Waikiki, Kahala Mall) 10%
- ☞ Canton Seafood Restaurant (923 Keeaumoku St.) 5%
- ☞ Down to Earth Deli (all locations) 5%
- ☞ Downbeat Diner and Lounge (42 North Hotel St.) 10%
- ☞ Ethiopian Love (1112 Smith St) 10%
- ☞ Ganesh Dosa (Ohana Hale Mktplace, 333 Ward Ave) 10%
- ☞ Govinda's Vegetarian Buffet (lunch, M-F, 51 Coelho Way) 10%
- ☞ GRYLT (Ala Moana, Kahala Mall, Kailua) 10%
- ☞ Hawaii Nutrition Co (Herbologie Studio) 10%
- ☞ Himalayan Kitchen (1137 11th Ave., Kaimuki) 10%
- ☞ Loving Hut (1614 South King St.) 5%
- ☞ Peace Café (2239 S. King St.) 5%
- ☞ Simple Joy Vegetarian Cuisine (1145 S. King St.) 5%
- ☞ The Lovin Oven (418 Kuulei Road, Kailua) 5%
- ☞ The Ripple of Smiles (3040 Waiālae Ave, Kaimuki) 15%
- ☞ 'Umeke Market (1001 Bishop St., fronts Hotel St.) 5%
- ☞ Vegan Hills (3585 Waiālae Ave) 5%
- ☞ Wing Shave Ice & Ice Cream (1145 Maunakea St #4, fronts Pauahi Street) 5%

☞ Food Trucks ☞

- ☞ Banán (3212 Monsarrat Ave) - 10%
- ☞ Peace Café Express (9-2, M-F, except UH holidays, Sustainability Courtyard, UH Manoa) 5%
- ☞ What It Dough (at Banán truck Sat & Sun) \$1 off 12" vegan pizza

☞ Bakeries ☞

- ☞ Down to Earth Deli (all locations) 5%
- yummy tummy (call Van at (808) 306-7786) 5%

☞ Other ☞

- Aloha Tofu Factory (961 Akepo Ln) 5%
- Copy Hut (2503 S. King) 10% on posters & banners
- Good Clean Food Hawaii (<https://www.gcfhawaii.com/>) 10% code: VegLife
- ☞ Harry's Pet and Home Care ((808) 321-0665) 20%
- HNL Tool Library (200 Keawe St) 10%
- Igloo Air Conditioning ((808) 797-0039) \$250 discount
- ☞ Sophie Soleil Vegan Hawaii, local items & edibles (Manoa Marketplace Farmers Market, Sunday, Thursday 9:30 a.m.-1:30 p.m.) 5%
- ☞ Town & Country Builders LLC, remodeling & home improvements, license #BC-26340. ((808)358-6667) \$250 discount

Hawaii (Big Island)

- ☞ Harry's Pet and Home Care ((808) 321-0665) 20%
- ☞ **Herbivores** (75-5722 Hanama Pl, Kailua-Kona) 10%

☞ = Vegan or Vegetarian Business

Maui (* food truck)

- ☞ A'A Roots (5095 Napili Hwy, #103, Lahaina) 10%
- ☞ Aloha Joy (1 Piikea Ave, Kihei) 10%
- ☞ Aloha Thai Fusion (77 Alanui Ke'ali'i St.,* 225 Piikea Ave., Kihei) 10%
- ☞ Bio-Beetle ECO Car Rental (55 Amala Place, Kahului) 10% (some restrictions)
- ☞ Down to Earth (305 Dairy Road, Kahului) 5%
- ☞ Fork and Salad (1279 S Kihei Rd, #204, Kihei) 10%
- ☞ Moku Roots (335 Keawe St., Lahaina) 10%

Kauai (* food truck)

- Al Pastor Tacos* (4-1602 Kuhio Hwy Kapaa) Free Drink
- ☞ Aloha Aina Juice Cafe (4495 Puhi Rd, Lihue) 10%
- ☞ Café Turmeric* (5-5100 Kuhio Hwy Hanalei) 5%
- ☞ Chalupa's Authentic Mexican Food* (Old Koloa Town or Lihue Town) 10%
- ☞ Craving Thai* (3477 Weliweli Rd, Koloa) 5%
- ☞ Eat Healthy Kauai (4-369 Kuhio Hwy, Kapaa) Free Dessert with meal
- ☞ Great Harvest Bread Co. (4303 Nawiliwili Rd, Lihue) 5%
- ☞ Harvest Market (5-5161 Kuhio Highway, Hanalei) 10%
- ☞ Island Soap and Candle Works (Kilauea, Princeville, Koloa) 15%
- ☞ Kilauea Fish Market (4270 Kilauea Lighthouse Rd., Kilauea) 10%
- ☞ Papalani Gelato (Kiahuna Plantation Rd., Lihue. Anchor Cove Shopping Center, Poipu) 10%
- ☞ Shivalik Indian Cuisine (4-771 Kuhio Hwy, Kapaa) 10%
- ☞ So Thai (2827 Poipu Rd, Koloa) 10%
- ☞ The Spot Kauai (4-1384 Kuhio Hwy) free topping
- ☞ Tortilla Republic (2829 Ala Kalanikaumaka, Poipu) 10%
- ☞ Verde Restaurant (4-1105 Kuhio Hwy, Kapaa) 5%
- ☞ Vim and Vigor (3-3122 Kuhio Hwy, Lihue) 10%

Anywhere

- ☞ Hawaii Veggie Farm. Big Island purple sweet potatoes (hawaiiveggiefarm.com) 5%, text or email image of current VSH member card to (808) 430-2519 or Customerservice@hawaiiveggiefarm.com
- ☞ **Pono Home Essentials** (ponohomeessentials.com) 5% (code: VSH). Free home energy audit at www.ponohome.com
- ☞ VegVoyages- Asian adventure tours (vegvoyages.com) 5%
- ☞ Vegan Essentials - Food, Clothing and more (<http://store.veganessentials.com/>) 5% code: VSH
- ☞ Vegetarian Journal (www.vrg.org/groupmember/) \$15 off \$25 subscription - 60%

See details & any updates at www.vsh.org/discounts.

Boldface: newest discounts

Revised June 4, 2019

Your VSH membership is valuable and can save you many times the cost of dues. At the same time, your dues and donations support VSH's educational mission, go towards bringing in speakers for our free monthly public lectures, and much more. Thank you for your support!

Donate, Join, or Renew today!

Please Print

Name(s): _____

Street: _____

City: _____

State, Zip: _____

Home Phone: _____

Work Phone: _____

Email: _____

New Renewal

Make checks payable to: Vegetarian Society of Hawaii,
P.O. Box 23208, Honolulu, HI 96823

You may also join or renew online
at <http://www.vsh.org/join/>

1 Year 2 Years 3 Years 4 Years 5 Years

\$25 \$48 \$68 \$85 \$100

\$15 \$30 \$45 \$60 \$75

\$38 \$72 \$102 \$128 \$150

\$500 Lifetime regular membership

\$7 International mailing per year

\$_____ Additional tax deductible donation

Send newsletter via full color email

I want to volunteer

Please check one:

Vegan (no animal product at all)

Vegetarian (no flesh, fish, or fowl)

Associate (not yet vegetarian)

VSH Kaua'i Lecture Videos

If you haven't been able to attend our VSH Kaua'i presentation/potluck meetings, videos created by volunteer Robert Zelkovsky of our most recent Kaua'i presentations are available at vsh.org. To view, click on the links to them at <https://www.vsh.org/kauai/>.



VSH KAUA'I VEGAN POTLUCK & PRESENTATION Kapaa Neighborhood Center 4491 Kou Street at Kuhio Hwy

Lecture is free and open to the public.

To participate in the potluck, bring a vegan dish and bring the recipe, if possible, or an ingredient list. Original recipes encouraged. The best vegan dish will win a \$25 gift certificate donated by Eat Healthy Café.

Welcome without a dish, too; suggested donation: \$10. Check VSH Facebook page for any updates.

1:00 p.m. Sunday, June 2, 2019
Canceled, we're sorry for any inconvenience!

1:00 p.m. Sunday, July 7, 2019 "Cowspiracy: The Sustainability Secret" Screening



The shocking, yet humorous, journey of an aspiring environmentalist, as he daringly seeks to find the real solution to the most pressing environmental issues and true path to sustainability.

More Kauai

Beet Buddha Bowl Bites

2 heaped teaspoons ground coriander

Big pinch Black pepper

½ teaspoon sea salt (or to taste)

1 beet (tennis ball size approximately)

1 small sweet potato (alternatively, use ALL
beetroot with no sweet potato - see notes)

150g sunflower seeds (shelled)

50g hemp seeds (shelled)

1 small onion

1 large garlic clove

1 heaped teaspoon fresh ginger (finely grated)

1 small handful fresh parsley



Anastasia Love won a \$25 gift certificate donated by Eat Healthy Café for her best vegan dish "Beet Buddha Bowl Bites" on May 5.



Grate the beetroot and sweet potato.

Grind the sunflower seeds.

Finely chop the onion.

Crush the garlic clove.

Finely grate the ginger.

Finely chop the parsley.

Add salt and pepper and mix all ingredients together in a bowl.

Next, you will need to get the whole mixture to a 'squidgy' consistency. This will allow you to roll them in your hands into bowls (please see my video guide to see how easy they are to make). You can use a food processor or hand blender to get the mixture to combine everything together. If you use a hand blender (immersion blender) just press it downwards and pulse a few times throughout the mixture to get it to combine. If you have a food processor just process between 10 and 30 seconds until it starts to squidge (before it turns to puree). If you have a Vitamix (as in my video), use the tamper tool to blend and press down for 10 to 20 seconds, with a little loosening and scraping the mixture.

Pop in the oven at around gas mark 5 (375F or 190C) and bake for 30 minutes.

Serve hot immediately or leave to cool and enjoy over the next few days.

Detailed recipe on Anastasia's blog:

<https://www.kindearth.net/>



Vegetarian Society of Hawaii

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

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HONOLULU, HI
PERMIT NO. 645



Vegetarian Society of Hawaii VSH Special Interest Group Events

Veg News community events
emailed monthly. To receive it,
email info@vsh.org.

Imagine a Vegan World (vegan peer support group) — Oahu

Monday, June 10, July 1, 6:30-8:30 p.m. — Learn from each other and from experts about plant-based living, discussions, videos and more! Kilauea Recreation Center, 4109 Kilauea Avenue (at Kilauea District Park).

Plant-Based Lifestyle — Oahu

Monday, June 17, 6:30-8:30 p.m. — Everyone welcome; bring a healthy vegan dish to share (suggested: low/no salt, oil & sugar) with list of ingredients, your own water/beverage, & dinnerware. Kilauea Recreation Center.

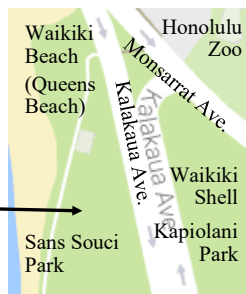
Saturday, July 20, 4-6:30+ p.m. — Potluck at **Midsummer Night's Gleam** family event (entertainment & more). Meet at front gate at 4 p.m. If late, find us on lawn. Bring vegan dish as described above, plus mats, tarps or blankets to spread out on grass. Foster Botanical Garden (free event admission), 50 N. Vineyard Blvd. Nearby event parking available.

Oahu Fruitluck

Sunday, June 9, July 7, 3-5 p.m.

Sans Souci State Park, across from Kapiolani Park. Look for a sign or a table with a distinctive tablecloth.

Join us for sun, beach & delicious fruits! Bring fresh ripe fruit, or fruit dishes — optional, bring an extra seat, hula hoop, or ?
(Weather is usually dry, but check before coming.)



Grow Your Own Food (Gardening for fun and eating!) — Oahu

Monday, June 24, July 29, 6:30-8:30 p.m.

Garden for enjoyment and healthy plant-based eating no matter where you live! Enjoy discussions, seed and plant exchanges, and expert talks.

Kilauea Recreation Center
4109 Kilauea Avenue.



All of these events are **free and open to all**, so please be sure to come, and bring a friend, too!

See event details at [meetup.com/veganoahu/](https://www.meetup.com/veganoahu/) or [meetup.com/Hawaii-Vegan-Events](https://www.meetup.com/Hawaii-Vegan-Events)