



The Island Vegetarian

Vegetarian Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 30, ISSUE 12, DECEMBER 2019

Inside This Issue

| | |
|-----------------------------|------------|
| Happy Holidays | 1, 2 |
| Upcoming Events | 2, 3, 7, 8 |
| VSH, Community Events | 1, 2, 5 |
| Recent Events | 8 |
| Recipes | 4, 7 |
| Announcements | 4, 7, 8 |
| VSH Member Discounts | 6 |
| Membership application form | 7 |

Public Presentations

Rizwan Bukhari, MD
“Preventing Heart Disease”

Tues., December 10 (Oahu)
Ala Wai Golf Course Clubhouse

Thurs., December 12 (Maui)
Cameron Center

Upcoming Oahu/Maui Speakers

Joel Kahn, MD
Jan. 14 (Oahu), Jan. 16 (Maui)

Michael Greger, MD
Feb. 11 (Oahu), Feb. 13 (Maui)

Kim Williams, MD
Mar. 10 (Oahu), Mar. 12 (Maui)

Kauai Potluck/Presentations

Kahili Adventist School, 1132 Kuhio Hwy

Hollan

How to Live Plant-Based Effortlessly
Sunday, December 1

TBA

Vegan Potluck and Presentation
Sunday, January 6

Happy Holidays!

by Lorraine Sakaguchi, VSH President



At the VSH Pre-Thanksgiving Dinner: Ali and Veda Riggs, volunteer Paul Onishi, Mark Fergusson, DTE CEO, Lorraine Sakaguchi and Cynthia Cruz

As we enjoy this beautiful season, and prepare to greet a fresh, new year, I'd like to say mahalo to all of you, members, volunteers, speakers, hosts for our VSH events, as well as participants for contributing to VSH's vital mission of educating people about the benefits of a healthy vegan diet to human health, animal rights and protection of the environment.

Thank you, too, to our kindred spirits in the community and the world who put on your own vegan events; sponsor or create farmed animal sanctuaries and animal rescues; sponsor or create whole food, plant-based programs in the community to help people struggling with diet-related chronic health issues; do research on nutrition; write plant-based books and articles; work at the governmental level to stop animal abuse, provide plant-based lunch choices for school children, increase physicians' training in nutrition, and more; start and run veggie businesses, including farms, restaurants and stores; and strive to learn about and follow compassionate, healthy, and sustainable plant-based lifestyles through your daily choices, especially by not eating animals.



Paul Onishi & Cynthia Cruz with desserts that Paul volunteered to serve at all 3 seatings.

What you do has been making a profound positive change in the lives of many people and animals, as well as in the possible fate of the planet. I look forward to seeing what we, individually and together, can accomplish in the future. Best wishes to all!

Btw, the photos here are from the 30th Annual VSH Vegan Pre-Thanksgiving Dinner held at the dining area of the brand-new Kailua Down to Earth store. Many thanks to Mark Fergusson, DTE CEO, and to Down to Earth, for their

(Continued on page 2)

The Island Vegetarian

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

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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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Irminne Van Dyken, MD

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Mark Fergusson

Newsletter/Video Committee

James H. Thompson
Lorraine Sakaguchi

Mahalo to our volunteers:

Oahu

*special interest group coordinator

| | |
|-----------------|--------------------|
| Woody Barboza* | Quinten Nishime |
| Diana Bethel | Paul Onishi |
| Patrick Connair | Gail Pang |
| Phyllis Fong | Dr. Neal Pinckney |
| Dr. Fred Foster | James Richart |
| Akane Izuta | Dr. Peter Sadowski |
| Andrea Lee | Scott Sakaguchi |
| Sirilak Moore | Alice Saul |
| Debbie Naclerio | Georgie Yap |

Kauai

* leadership team

| | |
|------------------|-------------------|
| Vigil Alkana | Susan Lau* |
| Magenta Billett | Michelle Lemay |
| Iry Boboshko* | Carol Williams* |
| Amorosa DeGracia | Robert Zerkovsky* |

Maui

Jerome Kellner, Maui coordinator

| | |
|-----------------|--------------------|
| Stephen Beidner | Laurelee Blanchard |
| Bill Best | Jim Brown |
| Bobbie Best | Russell Van Dyken |

Happy Holidays and VSH Pre-Thanksgiving Dinner

(Continued from page 1)



Amber Brennan and Ali Riggs checked in diners for all 3 seatings.



Bountiful vegan hot and cold deli bars included dishes from the special Pre-Thanksgiving menu

generosity and delightful creativity in hosting and providing the meal, especially to Cynthia Cruz, DTE marketing director, marketing team members Ali Riggs and Amber Brennan, and DTE Kailua team members

(not pictured): manager Steve Hutchison, deli manager Shareen Uiagalelei, chef Hermie Vivad, and baker Stephanie Peterson. Because of their efforts, everything went smoothly, the dining area was decorated beautifully, and we all had a fabulous plant-based feast, including soups and salads, traditional, but vegan, holiday dishes, and much more. Some of the diners at the three packed seatings told me that this was going to be their main Thanksgiving meal, so I'm very grateful that the DTE folks, our DTE/VSH volunteer for the event, Paul Onishi, and VSH were able to provide this delicious celebration for them!



Amber (standing left center, wearing lei) called winning numbers for door prizes. The winner for this prize waved her hand (far right). VSH gave away vegan books, and DTE gave away eco-bags filled with the DTE 40th anniversary cookbook and a generous supply of product samples.

7 P.M., TUES., FEB. 11—OAHU
ALA WAI GOLF COURSE CLUB-
HOUSE

404 KAPAHULU AVE., HONOLULU

7 P.M., THUR., FEB. 13—MAUI
KIHAI COMMUNITY CENTER

303 E. LIPOA ST, KIHAI

What does the science show is the best way to lose weight? Dr. Greger has scoured the world's scholarly literature and developed this new presentation based on the latest in cutting-edge research based on his new book *How Not to Diet*.

How Not to Diet: Evidence-Based Weight Loss

A VSH FREE PUBLIC PRESENTATION BY

MICHAEL GREGER, MD

Dr. Greger will also be speaking on: (Limited audiences)

How Not to Die: Preventing and Treating Disease with Diet

12 noon, Tues., Feb. 11, John A. Burns School of Medicine, Honolulu. Open to medical students and faculty.

How Not to Diet: Evidence-Based Weight Loss

7 a.m., Wednesday Feb. 12, Tripler Army Medical Center, Honolulu. Physician grand rounds.

PREVENTING HEART DISEASE

A VSH FREE PUBLIC PRESENTATION BY
RIZWAN BUKHARI, MD

7 P.M., TUESDAY, DECEMBER 10—OAHU
ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE., HONOLULU

7 P.M., WEDNESDAY, DECEMBER 12—MAUI
J. WALTER CAMERON CENTER
95 MAHALANI ST., WAILUKU



- **The harmful effects atherosclerosis can have on the body**, mainly as a result of lifestyle dietary choices such as consuming saturated fat, trans fats, and dietary cholesterol.
- **Where these fats are mainly found**, in animal products, including milk and eggs, and highly processed foods.
- **What foods to stop eating** to prevent or reverse atherosclerosis.
- **What a diet rich in whole plant-based foods can do** to help the arteries heal.
- **Additional lifestyle changes** you can make to reduce your risk of developing heart disease or having a stroke.

Rizwan H. Bukhari, M.D., F.A.C.S., is a board-certified vascular surgeon. His primary hospital is Baylor Sunnyvale, in Dallas, where next year he will be the Chief of Staff.

He also specializes in minimally invasive out-patient procedures largely related to amputation prevention and limb salvage. He's a strong advocate of plant-based nutrition in patients' lifestyle modification programs. <https://plantbaseddfw.com/>
Podcast: <https://plantbaseddfw.com/podcast>

Enjoy a Vegan Dine-out w/ Dr. Bukhari!

5:30-7:30 p.m., Monday, December 9
Peace Café. 2239 S. King St. — Oahu
\$25 incl. tax & tip.. To RSVP (needed)
text (call if needed) Carol at (808) 728-6639.
Cash/credit card OK.
To pay by phone: call (808) 951-7555.

Vegan Meal includes

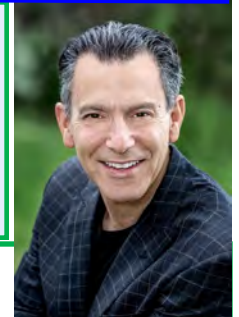
Veggie Miso Soup, Matcha-Black Sesame Mochi Cake, and choice of entrée (details at vsh.org):
1) Yogini, 2) Barbecue tempeh, or
3) Peace Sampler.

Note: Proceeds go to meal providers, not to VSH.

7 P.M., TUESDAY, JAN. 14—OAHU
ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE., HONOLULU
7 P.M., THURSDAY, JAN. 16—MAUI
J. WALTER CAMERON CENTER
95 MAHALANI ST., WAILUKU

The End of Heart Disease 2020

A VSH FREE PUBLIC PRESENTATION BY
JOEL KAHN, MD, FACC



Heart disease has been the number one killer of men and women in the USA each year since 1918. Progress has been made, but lifespan has dropped the last 3 years and the number of heart attacks in people under 75 years is rising. Learn what heart disease is, how it forms, how it is detected early, how it is halted, & how it is reversed. Dr. Kahn's program is proven to reverse aging of arteries and restore health and vitality with a whole food plant-based diet, which he's followed for over 40 years.

Joel Kahn, MD, FACC of Detroit, Michigan, is a cardiologist, and a Clinical Professor of Medicine at Wayne State University School of Medicine. He graduated Summa Cum Laude from the University of Michigan Medical School. Known as "America's Healthy Heart Doc," Dr. Kahn has triple board certification in Internal Medicine, Cardiovascular Medicine and Interventional Cardiology. He was the first physician in the world to certify in Metabolic Cardiology with A4M/MMI and the University of South Florida.



Heart Healthy Recipes

By Neal Pinckney, PhD

"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.

Healthy Hearts Around the World — The Balkans

Ajvar

I've been formulating a series which I'm calling *Healthy Hearts Around the World*. We did Japan first, Russia, Greece, Lebanon, and now the Balkans.

Ajvar (pronounced "eye-var") is a roasted red pepper and eggplant sauce, which is used as a condiment. While it's usually made with oil, this adaption is oil free.

Ajvar is used in the Balkans in Albanian, Bosnian, Bulgarian, Croatian, Macedonian, Montenegrin and Serbian where it was long known as "Serbian salad" or "Serbian vegetable caviar".



It's a dip, it's a sauce, it's a condiment and it's a spread. You can use ajvar as a dip with crusty bread, crackers, or raw vegetables. Use as a sandwich spread alone or mixed with vegan mayo. Use anywhere you'd use ketchup; on roasted potatoes it's surprisingly good. Stir into warm pasta. Add a little to your favorite vinaigrette for a zesty salad dressing. Top slices of baked tofu or roasted cauliflower with a dollop of ajvar.

- 5 red bell peppers (about 2 1/2-3 pounds)
- 1 medium eggplant (about 1 pound) or about 3 large long eggplants
- 3-5 cloves garlic
- 1-2 T white wine vinegar
- 1 t smoked paprika (optional or to taste)
- 1/4-1/2 t red (cayenne) pepper - depending on heat desired
- salt to taste

Cut the peppers in half and remove stem, seeds, and white membranes. Cut the eggplants in half lengthwise.

Place peppers and eggplants cut-sides down on a large baking sheet and place it in the oven about 4 inches below the

broiler. Broil until the pepper skins blister and blacken and the eggplant is tender in the middle. The blacker you get the peppers, the better the flavor. Move them around on the baking sheet so that they will roast evenly.

As the peppers blacken, remove them to a large bowl and cover tightly with plastic wrap. When the eggplant is tender, remove it to a plate or cutting board. Scoop out the flesh, discarding any large seeds, and place it in the food processor with the olives and garlic. Process until smooth.

Allow the peppers to steam in the covered bowl until they are cool. Then peel off the blackened skin; the more skin you remove, the better, but don't worry if you can't get every bit. Add them to the eggplant in the food processor* and pulse to chop them finely but not into a smooth paste. Remove to a bowl and add the vinegar, hot pepper, and salt to taste.

Serve at room temperature or chilled.

Makes about 3 cups.

*Hint: Although the traditional texture of ajvar is not as smooth as ketchup, it can be made in a blender. The taste is the same.



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

Shop at AmazonSmile

and Amazon will make a donation to:

Vegetarian Society of Hawaii



Donate to VSH at no extra cost to you!

If you're an Amazon customer, shop at smile.amazon.com with VSH as your charity & Amazon donates 1/2% of all of your eligible purchases to VSH!

William Arthur Harris, MD, Memorial Fund

Please consider making a donation to the Vegetarian Society of Hawaii in support of our plant-based educational mission. If you wish your donation to be in memory of Dr. Bill Harris, VSH co-founder and animal activist, you may also note this on your check, or tell us by email if donating at <http://www.vsh.org/donate/>

Recent VSH Events

Oahu

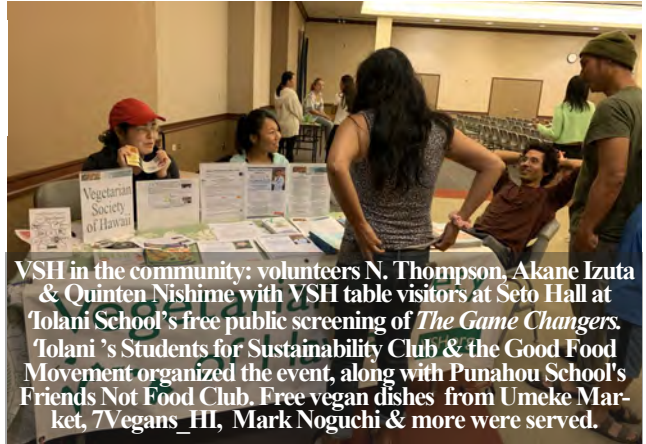


Right: Zoe Hastings spoke on the biocultural restoration of agroforests, & applying agroforestry to local food production in home gardens at the VSH Grow Your Own Food meeting on Monday, Nov. 18, at Kilauea Recreation Center.

Above: Laurie Marbas, MD, spoke on “What Your Doctor Didn't Learn in Medical School Could Kill You” on Tuesday, November 12 at the Ala Wai Golf Course Clubhouse in Honolulu. Above center: Dr. Laurie Marbas and her husband Patrick Marbas after her talk that evening.



Dr. Marbas' dine-out at Loving Hut in Honolulu on Wednesday, November 11. L-R: Patrick Marbas, VSHer Carol Janezie, Laurie Marbas, MD, then Loving Hut's Chef Hai Nguyen, Phal Luu, and Shi Yi (Sherry) behind VSHer Lorraine Sakaguchi.



VSH in the community: volunteers N. Thompson, Akane Izuta & Quinten Nishime with VSH table visitors at Seto Hall at Tolani School's free public screening of *The Game Changers*. Tolani's Students for Sustainability Club & the Good Food Movement organized the event, along with Punahou School's Friends Not Food Club. Free vegan dishes from Umeke Market, 7Vegans_HI, Mark Noguchi & more were served.



Right: Jerome Kellner, VSH Maui coordinator, with Patrick Marbas and Laurie Marbas, MD, on Thursday, November 14 at Cameron Center in Wailuku, where Dr. Marbas spoke on “What Your Doctor Didn't Learn in Medical School Could Kill You.” Left: Fruits, nuts, bread, chips, & guacamole were vegan refreshments at Dr. Marbas' talk.

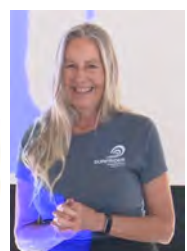
Maui



Kauai

Center: Suzanne Frazer spoke on “How to Get Plastic Out of Your Diet” and her B.E.A.C.H. organization's efforts at Kahili Seventh Day Adventist School in Kapaa on Sunday, November 3.

Left: Judge Vigil Alkana gave a \$25 gift certificate from Eat Healthy Café for the best vegan dish (recipe on page 7) to winner Ayna Yushchenko and her children.



Cynthia Welti from Surfrider Kauai followed Suzanne's talk with a brief message about the related work done by her group.

VSH MEMBERSHIP DISCOUNT GUIDE

Newest VSH member discounts



Bluetree Café: vegetarian/vegan. Cold pressed juices, gourmet coffee, kale salads, açai bowls, vegan soups, gluten-free pastries. At Collections on Ala Moana Blvd., and Pacifica on Kapiolani Blvd.



Super Foods Café: Vegan bowls: cold & warm bases (açai, oatmeal, more), flat rate for any combination of bases, granolas & as many toppings as will fit in bowl. Opened 10/20 in Vim N' Vigor, Ala Moana Ctr.

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%
- ☞ Banán (University Ave, Waikiki, Kahala Mall, Kailua Town Center) 10%
- ☞ **Bluetree Café** (600 Ala Moana Blvd., 1009 Kapiolani Blvd.) 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 (600 Kailua Rd. Kailua Shopping Ctr.) 10%
- ☞ Himalayan Kitchen (1137 11th Ave., Kaimuki) 10%
- ☞ Loving Hut (1614 South King St.) 5%
- ☞ Peace Café (2239 S. King St.) 5%
- ☞ QQ Tea House (931 University Ave) fill provided card to get 8th meal free
- ☞ Simple Joy Vegetarian Cuisine (1145 S. King St.) 5%
- ☞ **Super Foods Cafe** (Ala Moana Shopping Ctr-inside Vim N' Vigor) Sun 10-2, M-F 9-2, 5%
- ☞ The Ripple of Smiles (3040 Waiialae Ave, Kaimuki) 10%
- ☞ 'Umeke Market (1001 Bishop St., fronts Hotel St.) 5%
- ☞ Vegan Hills (3585 Waiialae Ave) 5%
- ☞ Wing Shave Ice & Ice Cream (1145 Maunakea St #4, fronts Pauahi Street) 5%

☞ 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%
- ☞ Hawaii Nutrition Co (Herbologie Studio) 10%
- ☞ Copy Hut (2503 S. King) 10% on posters & banners
- ☞ Good Clean Food Hawaii (<https://www.gcfhawaii.com/>) 10% code: VegLife
- ☞ HNL Tool Library (200 Keawe St) 10%
- ☞ Igloo Air Conditioning ((808) 797-0039) \$250 discount
- ☞ 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%

Maui (* food truck)

- ☞ A'A Roots (5095 Napili Hwy, #103, Lahaina) 10%
- ☞ Aloha Thai Fusion (77 Alanui Ke'ali'i St.,* 225 Piikea Ave., #96, Kihei) 10%
- ☞ Bio-Beetle ECO Car Rental (55 Amala Place, Kahului) 10% (some restrictions)
- ☞ Down to Earth (305 Dairy Road, Kahului) 5%
- ☞ Earth Aloha Eats* (1 Piikea Ave, Kihei) 10%
- ☞ Fork and Salad (1279 S Kihei Rd, #204, Kihei) 10%
- ☞ Maui Burgers (225 Piikea Ave, #100, 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 Cafe (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) Free home energy audit, more at www.ponohome.com 5% (code: VSH).
- ☞ VegVoyages (vegvoyages.com) Asian adventure tours, 5%
- ☞ Vegan Essentials (<http://store.veganessentials.com/>) Food, Clothing and more, 5% code: VSH
- ☞ Vegetarian Journal (www.vrg.org/groupmember/) \$10 off \$25 subscription - \$15

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

Boldface: newest discounts

Revised December 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!

☞ = Vegan or Vegetarian Business

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 Life
Individual
\$25 \$48 \$68 \$85 \$100 \$500

Full-time Student
\$15 \$30 \$45 \$60 \$75

Couple or Family
\$38 \$72 \$102 \$128 \$150

\$ _____ 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 VEGAN POTLUCK & FREE PUBLIC PRESENTATION

Kahili Adventist School, 4-1132 Kuhio Hwy, Kapa'a

To participate in the potluck, bring a vegan dish and bring the recipe, if possible, or an ingredients 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 p.m. Sunday, December 1 Vegan Holiday Potluck and How to Live Plant-Based Effortlessly By Hollan

Please bring whole food, plant-based vegan dishes to share, including those with a **holiday theme!**

Hollan will also be demonstrating how to make
*Sweet-Cheat Cookie Dough
Treats*

from her new book!

Hollan is a vegan chef, mom, health advocate and author. She started a vegetarian/vegan restaurant, first named Caffe Coco, which became

Eat Healthy (still known today as Eat Healthy Café).

She sold the restaurant in 2017 to write her vegan cookbook *Good Food Gratitude*, which was just published in hardcover on October 1.



1 p.m. Sunday, January 5 Vegan Potluck and Presentation To Be Announced

November Winning Dish by Ayna Yushchenko Smoked Breadfruit and Black Lentil Dal with Lemongrass

1 breadfruit, fire roasted
2 cups organic sprouted black lentils
Fresh stalk lemongrass
2 Japanese eggplants
Fresh garlic, ginger & turmeric to taste
Dash organic nama shoyu (soy sauce)
1 teaspoon salt
2 tablespoons coconut water
Chili powder to taste
Curry powder to taste
1 carrot, grated

Pre-soak black lentils the night before, then rinse thoroughly. Roast an entire breadfruit on the coals until skin is blackened. Slice breadfruit (cut the skin and pull it off). Sauté breadfruit in coconut oil, then add sliced eggplant, carrot, ginger, turmeric and garlic. Cook until breadfruit gets a nice brown crust; add water if necessary. Add spices and soy sauce, put in black lentils and a fresh stalk of lemon grass. Fill up with water until it is 2 inches above the lentils - about 6 cups. Pressure cook for 30 min or slow cook overnight. Serve warm over rice or naan. Enjoy!



Watch VSH Kaua'i videos
of past presentations at
<https://www.vsh.org/kauai/>.



Vegetarian Society of Hawaii

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Vegetarian Society of Hawaii VSH Special Interest Group Events

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

Plant-Based Lifestyle — Oahu

Mon., December 16, 6:30-8:30 p.m.— Holiday Vegan Potluck.

Everyone is welcome! Please bring a whole food, plant-based vegan dish (suggested: low salt, oil & sugar) to share with list of ingredients or recipe, your own water/beverage, & dinnerware. Kilauea Recreation Center, Kilauea District Park, 4109 Kilauea Avenue.



Oahu Fruitluck

January 5, 2020 3:00-5:00 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

(on hiatus till February) 6:30-8:30 p.m. Kilauea Recreation Center, 4109 Kilauea Avenue.

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



VSH events are free and open to all, so please be sure to come, and bring a friend, too!

***Restaurant dining events: please pay restaurant for meal; VSH doesn't collect or receive any of the proceeds.**

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)

Looking forward to seeing you! Suggest wearing fragrance-free products for your own health, as well as that of other attendees.

Perfect Holiday Gift!

If you'd like to give someone a VSH membership, let us

know, and we'll send their new VSH membership card to them with greetings from you!

