



The Island Vegetarian

Vegetarian Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 31, ISSUE 2, FEBRUARY 2020

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Public Presentations

Michael Greger, MD

“How Not to Diet: Evidence-Based Weight Loss”

**Tues., February 11 (Oahu)
Ala Wai Golf Course Clubhouse**

**Thurs., February 13 (Maui)
Kihei Community Center**

Upcoming Oahu/Maui Speakers

Suzanne Frazer

March 10 (Oahu), March 12 (Maui)

**Aloha Animal Sanctuary
April 14 (Oahu), April 16 (Maui)**

**Eugenia Gianos, MD
May 12 (Oahu), May 14 (Maui)**

Kauai Potluck/Presentations

Kahili Adventist School, 1132 Kuhio Hwy

**Anya Yushchenko, PhD
“Detox Made Simple”
Sunday, February 2**

**VSH Potluck/Presentation
Vegan Video Screening
Sunday, March 1**



By Leilani Angel

Volunteers and animals of Aloha Animal Sanctuary on Community Volunteer Day.

Founded on love, rooted in compassion and fueled by unwavering devotion, Aloha Animal Sanctuary (AAS) has become a safe haven for farm animals in need in Hawai'i. It is the very first 501 (c)(3) nonprofit animal sanctuary on the island of O'ahu led by animal loving activists Hannah Mizuno, Anchi Howitz and Jessica Palomino.

This fierce team of female founders have coordinated rescues, conducted rehabilitation efforts, and provided sanctuary for pigs, goats, ducks, chickens and other farm animals that had been abused, neglected and/or were destined for slaughter. Now, these precious beings are able to live out the rest of their days in peace while being surrounded by a lot of love from a team of over 50 volunteers (<https://www.alohasanctuary.org/volunteer>) day and night.

The sanctuary opened its doors in January of 2019 which coincidentally was the Year of the Pig. Haku, a Yorkshire pig, was the first official rescue and resident of the sanctuary. Haku became frighteningly close to being a holiday meal. Thanks to the fast acting founders, Haku was relinquished and brought to the sanctuary and has since become a bit of a celebrity in the community. It's hard not to fall in love with his soulful eyes and flirty smirk!



Haku the Pig, enjoying his breakfast.

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The Island Vegetarian

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

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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*	Quinten Nishime
Diana Bethel	Paul Onishi
Patrick Connair	Gail Pang
Phyllis Fong	Dr. Neal Pinckney
Dr. Fred Foster	James Richard
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Debbie Naclerio	Tony Yee

Kauai

* leadership team

Vigil Alkana	Susan Lau*
Magenta Billett	Michelle Lemay
Iry Boboshko	Carol Williams*
Gerald Chudy	Robert Zerkovsky*

Maui

Jerome Kellner, Maui coordinator

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

(Continued from page 1)

This beachside sanctuary located in the quiet community of Kahalu'u has grown immensely in such a short amount of time. In just over a year, Haku has not only gained fellow roommates, but the sanctuary itself has become a source of animal welfare education and has inspired an ever growing vegan community of passionate individuals who are dedicated to making this world a kinder and more loving place for all to enjoy.

There are no paid positions at the sanctuary as it is solely operated by volunteers. As the sanctuary has grown, so have the daily responsibilities of animal care and general land maintenance. The caretaker team consists of volunteers that dedicate their time, talents, and muscle to nurture and care for the animal residences and their beachside home. Daily tasks include serving breakfast and dinner, refilling wallows, freshening up water bowls, belly rubs, and of course picking up poop. This happens several times a day, rain or shine, and on a tropical island, you definitely count on a few rainy and very muddy visits with the animals. Most days in Hawai'i average about 80 degrees and sun care is of the utmost importance to humans and animals. Amy Cady, a lead volunteer caretaker, created her own homemade sunscreen for the pigs of the sanctuary to protect them from the hot Hawaiian sun. Amy, along with her two children and husband deliver a new batch of sunscreen every week during their regular family volunteer shift at the sanctuary.

Some animals might need a little extra love such as Fern, a Muscovy duck who has a deformity in her leg due to a nutritional deficiency she developed in the care of her previous owners, who abandoned her and her brother Francis. Volunteers help her with her physical therapy, stretches, and duck massage to help little Fern with her mobility and overall comfort. Other animals have needed medications such as eye drops for sinus infections and ointments for minor cuts and abrasions.

There is also a special project team that helps out with other tasks such as building enclosures, remaking straw beds, managing inventory of supplies, gardening, cleaning out food dishes, and general maintenance of the property. There is never a dull day at Aloha Animal Sanctuary but as soon as the chores are done, that's when playtime with the animals begin!

Aside from picking up poop and serving meals to the animals, there are actually several ways to get involved and put on your muck boots. The sanctuary hosts numerous events (<https://www.alohasanctuary.org/events>) on a monthly basis that are designed to engage with the community while promoting farm animal education, and other related topics such as sustainability and plant based living.

You can participate in a community volunteer day which consists of yard work, spreading mulch, creating new enclosures and many other projects! It's a great way to get in a good work out while supporting a worthy cause. Many local organizations have also participated in customized private event days. This is a wonderful opportunity for employee and/or group bonding. The sanctuary has hosted guests from Vegan Hills Restaurant, Down to Earth Organic and Natural, and Girl Scouts of the United States of America. The sanctuary also hosts visitor days if you are interested in touring the grounds, meeting the animals, and learning more about their stories up close and personal.

There are so many ways you can contribute to the growth and success of



Fern the Muscovy Duck.

(Continued on page 3)

Animal Activism with Aloha (cont.)

(Continued from page 2)

Aloha Animal Sanctuary. Sponsoring an animal (<https://www.alohasanctuary.org/sponsor-an-animal>) is a wonderful way to give the gift of food, shelter, and water



Elsa and Anna the Goats.

to an animal that will forever be grateful for your generosity. Sponsors get a certificate of adoption, handwritten thank you letter, and a portrait of the animal. You can also support the residents of Aloha Animal Sanctuary by donating using Venmo, PayPal, or Patreon.

All funds donated directly helps animals in need. Food, medical treatments, medication, building supplies, and housing materials are costly. Every donation made directly impacts the lives of the sanctuary residents to ensure that they are always given the proper care and treatment they need to thrive.

Aloha Animal Sanctuary has big dreams and big plans in the works for so much growth in 2020! They plan to

continue expanding their facilities to rescue even more farm animals. They recently added a special bird enclosure that is currently housing baby ducklings and a goat palace that has become the residence of sister goats, Anna and Elsa.

Community outreach is a huge part of their mission and their goal is to connect with as many people as possible to share stories, provide education, and to bring joy to people's lives. The sanctuary was created out of a strong love of animals and in turn, the animals themselves have provided sanctuary to the many humans that have come to love, honor, and celebrate them.

To learn more about the origins of the sanctuary, volunteer opportunities, animal stories and events, please visit www.alohasanctuary.org. You can also follow them on Facebook and Instagram at @alohaanimalsanctuary.



Anchi Howitz, Jessica Palomino, and Hannah Mizuno.

***Leilani Angel**, lead caretaker volunteer since the beginnings of Aloha Animal Sanctuary, was born and raised in an animal-loving family on O'ahu. She also volunteers with the House Rabbit Society. Leilani works in the fashion industry and specifically supports vegan, fair trade, and sustainable brands that honor and protect people, animals, and our planet. She lives in Kailua with her partner and fellow sanctuary volunteer Tim, and their adopted House Rabbit, Klaus, who inspires them every day.*



Right photo: Jessica Palomino and young pigs Hannah, Anchi and Jessica!

7 P.M., TUES, APRIL 14—OAHU, ALA WAI GOLF COURSE CLUBHOUSE
7 P.M., THURS., APR. 16—MAUI, J. WALTER CAMERON CENTER

BUILDING ALOHA ANIMAL SANCTUARY: FROM DREAMS TO REALITY

A VSH FREE PUBLIC PRESENTATION BY CO-FOUNDERS OF AAS
JESSICA PALOMINO, ANCHI HOWITZ, AND HANNAH MIZUNO

Since January 1, 2019, when Haku the Pig first moved in, we've welcomed additional pigs, goats, chickens, ducks, and more, and grown from 4 to over 50 dedicated weekly caretakers.

Come hear the full story of our sanctuary journey, the stories of the incredible animal residents, and our goals and hopes for the future!



Eat More Calories in the Morning Than in the Evening

Why are calories eaten in the morning apparently less fattening than calories eaten in the evening? One reason is that more calories are burned off in the morning due to diet-induced thermogenesis. That's the amount of energy the body takes to digest and process a meal, given off in part as waste heat. If you take people and give them the exact same meal in the morning, afternoon, and night, their body uses up about 25 percent more calories to process it in the afternoon than night, and about 50 percent more calories to digest it in the morning. That leaves fewer net calories in the morning to be stored as fat.

<https://nutritionfacts.org/video/eat-more-calories-in-the-morning-than-the-evening/>

The Foods with the Highest Aspirin Content (and Relationship to Reduction in Cancer Mortality)

The results of a recent aspirin meta-analyses suggesting a reduction of cancer mortality by about one-third in subjects taking daily low-dose aspirin “can justly be called astounding.” Yet the protection from “Western” cancers enjoyed by those eating more traditional plant-centered diets, such as the Japanese, “is even more dramatic.” The protection might come from aspirin-containing plant foods. Red chili powder, paprika, and turmeric contain a lot of salicylates, but cumin is about 1 percent aspirin by weight. Eating a teaspoon of cumin is like taking a baby aspirin.

<https://nutritionfacts.org/2019/12/26/the-foods-with-the-highest-aspirin-content/>

<https://nutritionfacts.org/2019/12/24/how-to-get-the-benefits-of-aspirin-without-the-risks/>

How to Lower Your Sodium Intake

If we cut our salt intake by half a teaspoon a day, which is achievable simply by avoiding salty foods and not adding salt to our food, we might prevent 22 percent of stroke deaths and 16 percent of fatal heart attacks—potentially helping more than if we were able to successfully treat people with blood pressure pills. Between the ages of 20 and 50, the greatest contribution of sodium to the diet is chicken, due to all the salt and other additives that are injected into the meat. The American Heart Association recommends no more than 1,500 mg/day [of sodium]. The only dietary group that nails the American Heart Association recommendation [is] vegans—that is, those eating the most plant-based of diets.

<https://nutritionfacts.org/2019/11/19/how-to-lower-your-sodium-intake/>

The Benefits of Wakame Seaweed Salad on Blood Pressure

Just a daily half-teaspoon of mild seaweeds, like arame or dulse, or two sheets of nori should net you all the iodine you need for the day. But, the intake of seaweeds is advised not only as a whole-food source of iodine, but also, evidently, “for the prevention of lifestyle-related diseases, including cancer, cardiovascular and cerebrovascular disease....” Six grams of wakame, with all of its natural sodium, led to a significant drop in blood pressure, especially in those who started out with high pressure. The subjects experienced only minor side effects and ones that could be expected with increasing fiber intake.

<https://nutritionfacts.org/2019/11/14/the-benefits-of-wakame-seaweed-salad-on-blood-pressure/>

The Benefits of Sesame Seeds for Knee Osteoarthritis

Fifty patients with osteoarthritis [OA] of the knee were split into two groups. Both received standard treatment, but the sesame group also received about a quarter cup of sesame seeds a day for two months. Before they started, the patients described their pain as about nine out of ten, where zero is no pain and ten is the maximum tolerable pain. After two months, the control group felt a little better and reported their pain was down to seven, but the sesame group dropped down to three and a half, significantly lower than the control group. The researchers concluded that sesame appeared to have a “positive effect...improving clinical signs and symptoms in patients with knee OA...”

<https://nutritionfacts.org/2019/10/24/sesame-seeds-put-to-the-test-for-knee-osteoarthritis/>

Benefits of Garlic for Fighting Cancer and the Common Cold

Garlic lowers blood pressure, regulates cholesterol, and stimulates immunity. Eating garlic appears to offer the best of both worlds, dampening the over-reactive face of the immune system by suppressing inflammation while boosting protective immunity, for example, natural killer cell activity, which our body uses to purge cells that have been stricken by viruses or cancer. In World War II garlic was evidently dubbed ‘Russian Penicillin’ because, after running out of antibiotics, that's what the Soviet government turned to.

<https://nutritionfacts.org/video/benefits-of-garlic-for-fighting-cancer-and-the-common-cold/>

(Continued on page 7)

How Not to Diet: Evidence-Based Weight Loss

A VSH FREE PUBLIC PRESENTATION
BY

MICHAEL GREGER, MD

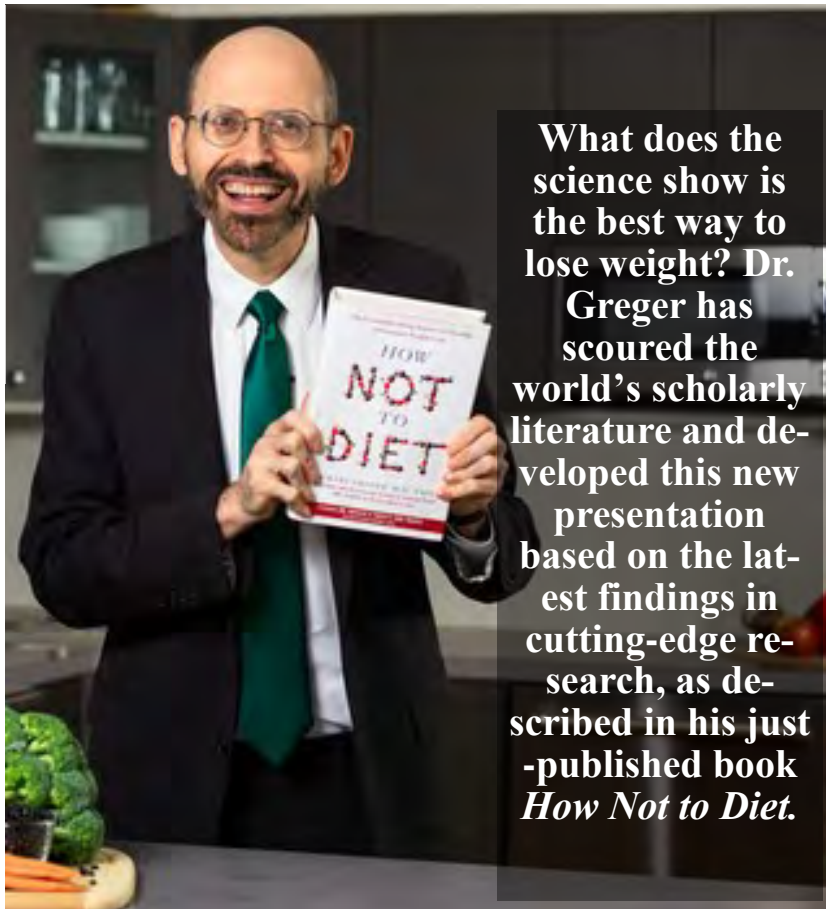
7 P.M., TUES. FEB. 11

ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE., HONOLULU

ALSO AT 7 P.M., THUR., FEB. 13

KIHEI COMMUNITY CENTER
303 E. LIPOA ST, KIHEI ON MAUI

OAHU & MAUI REFRESHMENTS COURTESY
OF DOWN TO EARTH



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 findings in cutting-edge research, as described in his just-published book *How Not to Diet*.

Dr. Greger will also be speaking on: (to limited audiences)
How Not to Die: Preventing and Treating Disease with Diet
12 noon, Tues., February 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., Wed., February 12. Tripler Army Medical Center, Honolulu. Physician grand rounds.

A founding member and fellow of the American College of Lifestyle Medicine, Michael Greger, MD, is a physician, New York Times bestselling author, and internationally recognized speaker on nutrition, food safety, and public health issues. He has lectured at the Conference on World Affairs, testified before Congress, and was invited as an expert witness in the defense of Oprah Winfrey in the infamous “meat defamation” trial.

You're Invited to Dine Out with Dr. Greger!

5-8 p.m., Monday, February 10, 2020—Oahu
Down to Earth, 573 Kailua Road, Kailua

Everyone's welcome!

\$5 ticket: includes seating for one, a vegan dessert & beverages.

Main meal: Pay only for the food you choose from an extensive array of fresh & tasty vegan choices at DTE's hot and cold deli bars!

VSH members can also enjoy 5% off their hot and cold deli choices.

To RSVP & buy ticket: * Go to vsh.org/dineout or

<https://d2e.co/gregerdineout>. Questions? Call (808) 944-8344.

*\$5 + ~\$2.03 ticketing fee & tax. Dining event only. Proceeds go to meal providers.

In 2017, Dr. Greger was honored with the ACLM Lifestyle Medicine Trailblazer Award. He is a graduate of Cornell University School of Agriculture and Tufts University School of Medicine. His book *How Not to Die* became an instant New York Times best seller and his latest book *How Not to Diet* is projected to follow suit. His videos on more than 2,000 health topics freely available at NutritionFacts.org, with new videos and articles uploaded every day. He donates all proceeds from his books, DVDs, and speaking engagements to charity.

Change: Dr. Kim Williams, originally scheduled to speak in March, will be coming in December instead. We apologize for any inconvenience.

7 p.m. May 12, 2020—Oahu; 7 p.m. May 14—Maui
Eugenia Gianos, MD

Eliminating Cardiovascular Disease with Dietary Interventions—How do we change the current medical paradigm?



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

How to Get Plastic Out of Your Diet

A VSH FREE PUBLIC PRESENTATION BY
SUZANNE FRAZER

7 P.M., TUESDAY, MARCH 10

**ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE. HONOLULU—OAHU**

**MAUI—7 P.M., THURSDAY
MARCH 12, 2020**

**J. WALTER CAMERON CENTER
95 MAHALANI ST., WAILUKU**

**OAHU & MAUI
REFRESHMENTS
COURTESY
OF DOWN TO EARTH
ORGANIC AND NATURAL**



Suzanne Frazer is a co-founder of Beach Environmental Awareness Campaign Hawaii (B.E.A.C.H.), an award-winning nonprofit which brings awareness and solutions to plastic marine debris.

She received the 2008 Living Reef Award for going above and beyond to protect the reef and the 2012 Astrid and Donald Monson Community Action Award for outstanding community service and contributions to protecting Hawaii's environment and marine life. She was featured in the films "Plastic Tide" and "Bag It" and has appeared on 60 minutes Australia, BBC radio and various other TV news documentaries. Suzanne has been vegetarian since childhood and became vegan 12 years ago.

Suzanne will reveal shocking new information about food and plastic packaging. Also learn

- About plastic chemicals in your daily life and in the ocean, and what the impacts of these chemicals are on your health.
- How plastic gets more toxic once in the ocean from the accumulation of POPs (persistent organic pollutants).
- How eating seafood can be detrimental to your health.
- How our everyday choices about what we eat and buy can make a difference in protecting your health, the environment and marine life.

Be inspired and empowered with knowledge to make simple, easy changes to your lifestyle to protect your long-term health and that of our ocean planet.

**You're Also Invited to A Vegan Dine-Out
with Suzanne Frazer!**

**5:30-7:30 p.m., Saturday, March 14
Maharaja's Foods — Oahu**

410 California Avenue, Wahiawa

**\$18 incl. tax & tip, pay at event (cash / credit card)
RSVP by 3/13, text Dean (or call) at (808) 554 2902
with names of people attending (no walk-ins).**

Buffet includes: Garbanzo Bean & Spinach Curry, Baked Potatoes, Basmati Rice with cardamom, cloves & organic vegetables, Brown Rice, Indian Dal, Steamed Vegetables, Papadams, and Fresh Salad Bar including green mixed lettuce, fresh broccoli, cherry tomato, carrots, avocado, sprouts, cucumber, and olives, with choice of Olive Oil Dressing or Coconut Dressing.

Dishes are gluten-free. Drinks may be purchased separately. — Dining event only.
Proceeds go to meal providers, not to VSH.



Leilani Farm Sanctuary on Maui is home to hundreds of rescued animals. Visitors are welcome, including school groups for educational tours.

Donate, "adopt" an animal, and/or volunteer!

www.LeilaniFarmSanctuary.org
phone: (808) 298-8544



Donate to VSH at No Extra Cost to You!

Shop at AmazonSmile
and Amazon will make a donation to:
Vegetarian Society of Hawaii



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!

(Continued from page 4)

For Flavonoid Benefits, Don't Peel Apples

Moderate apple consumption, meaning like an apple or two a week, was associated with a 20 percent lower risk of dying from all causes put together, whereas those who ate an apple a day had a 35 percent lower risk. Even a fraction of an apple a day is associated with 24 percent lower odds of having severe major artery calcifications, a marker of vascular disease. And if you're like, duh, it's a fruit, of course it's healthy, the effect was not found for pears, oranges, or bananas.

The lower risk of cardiovascular disease with higher apple consumption is most likely due to the high concentration of flavonoids in the skin, which improve artery function, though it could be anything in the peel. All we know is that apple peels are particularly good for us, improving artery function and lowering blood pressure.

<https://nutritionfacts.org/video/for-flavonoid-benefits-dont-peel-apples/>

A Supplement Shown to Improve Asthma

Asthma, "a chronic inflammatory disorder of the airways," affects approximately 10 percent of children. About half the risk is genetically determined, but we may have some control over the rest.

One reason asthma rates may be rising is because of our rising rates of vitamin D deficiency. Kids just aren't going

out to play anymore resulting in a doubling of vitamin D insufficiency levels in recent years, such that less than a quarter of U.S. teens hit the mark.

In a recent clinical trial, asthmatic kids were given 500 to 1,000 international units (IU) of vitamin D3 a day, and their asthma exacerbations were cut by more than half. Researchers suggest this may be due to decreasing the incidence of respiratory infections by boosting immunity, while, at the same time, diminishing inflammation.

<https://nutritionfacts.org/2020/02/04/a-supplement-shown-to-improve-asthma/>

How Much Vitamin C Should You Get Every Day?

"For many years, the RDA [recommended daily allowance] for all vitamins were based on preventing deficiency, with a margin of safety," but the miniscule amount of vitamin C needed to avoid scurvy, for example, is not necessarily the ideal intake for optimal health. What might the optimal intake of vitamin C be? That magic level of intake appears to be about 200 mg a day.

When we take up to 200 mg daily, our body absorbs it all. Above that level, however, the body tries to block further absorption, suggesting that our "intestinal vitamin C transport mechanisms... have evolved to fully absorb up to about 200 mg of vitamin C" a day.

<https://nutritionfacts.org/2019/12/05/how-much-vitamin-c-should-you-get-every-day/>

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/>

Donating equipment to VSH

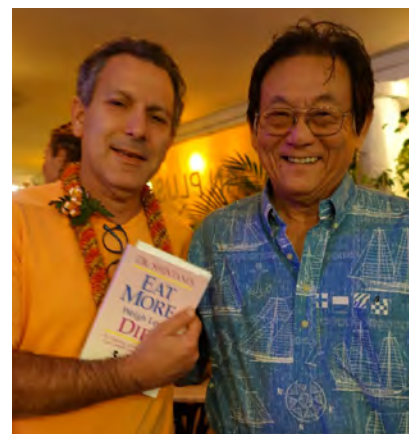
Please consider donating to VSH recent models, or new equipment, of speakers, P/A systems, projectors, DSLR cameras, color laser printers, Windows or Mac computers, video recorders, and more, in working condition. VSH will be able to make good use of them!

Recent Events on Oahu (more on page 8)



Right: Joel Kahn, MD, with Terry Shintani, MD, who gifted him with a copy of his book *Eat More, Weigh Less Diet*, on January 15 at The Ripple of Smiles.

Left: The Plant-Based Lifestyle's first session on January 27 after its transition from being a VSH to a City & County of Honolulu program. Still free, still open to all, & still headed by VSHer Jeff Pang at Kilauea Recreation Center, class attendees explore healthy plant-based living, while enjoying whole food, plant-based dishes. On 1/27, they got vegan starter guides which included recipes.



Recent VSH Events



Above: Dr. Joel Kahn and wife Karen at Dr. Kahn's VSH dine-out on Tuesday, January 15 at The Ripple of Smiles restaurant. Right: Dr. & Mrs. Kahn in back with leis, restaurant owner Hung "Frank" Nguyen (kneeling in front) with most of the diners.



Oahu



Maui

Top right: Joel Kahn, MD, spoke on "The End of Heart Disease 2020" at the Ala Wai Golf Course Clubhouse on Tuesday, January 14. Above: Dr. Kahn and audience on January 14. Right: Paul Simonoff, MD, and family members Cheryl, Bonnie & Rebecca, who were visiting Hawaii from Georgia when they heard about Dr. Kahn's talk. Coincidentally, he is also a plant-based cardiologist who shares the same birthday with Dr. Kahn!

Left: Jerome Kellner, VSH Maui coordinator with Dr. Joel Kahn on January 16.



Left: Stephen Beidner, VSHer, with Dr. Kahn. Below: Vegan refreshments served at Dr. Kahn's talk. Bottom left: Dr. Kahn lecturing on "The End of Heart Disease 2020" at Cameron Center, in Wailuku on Maui on Thursday, January 16.



Kauai

Best vegan dish winner Sandy McCourry Oldaker with Robert Zelkovsky holding her prize, \$25 gift certificate donated by Eat Healthy Café, and judge Vigil Alkana. She won for her dish "Peanut Butter Fudge" on Sunday, January 5 at Kahili Adventist School in Kapa'a.



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 — Cameroon

Kondres

I've been formulating a series which I'm calling *Healthy Hearts Around the World*. We did Japan first, Russia, Greece, Lebanon, the Balkans, Brazil, and now Cameroon, West Africa, is our next stop on our tour of Heart Healthy dishes from around the world.

This is a dish I made some years ago and loved. It's great for the cooler weather we're having.

Kondres, a one-pot meal with highly-seasoned spicy stewed plantains and black beans. It originated and is still popular in the western part of Cameroon – specifically among the dominant Bamileke tribe.

- 4 cups cooked black beans
- 2 medium green plantains sliced as coins
- 2 cups chopped kale
- 3/4 cup diced onions
- 3 cloves garlic, minced
- 1/4 inch fresh ginger, minced or 1 t ginger powder
- 1 medium habanero (see hints)
- 1 large basil leaf or 1/2 t dried basil
- 1 small green onion
- 3 cups water
- salt (see hints)

In a non-stick skillet sauté onions in 1/4 C water until translucent. Add in garlic, plantains and pan fry with onions for about 3 minutes until plantains start to brown.

Add in fire roasted tomatoes, stir gently and cook for about 3-5 minutes.

In a small bowl blend ginger, green onion, habanero, and basil in 1/4 C water until creamy. Add this to the skillet, together with beans and 3 C of water.

Stir well, bring to a boil and reduce heat to a gentle simmer. Simmer for about 15 minutes, add in chopped kale



and continue to cook for another 10-15 minutes until plantains are tender. Thin with more water if too thick.

Just before serving, add salt to taste and serve warm (see hint).

Hints:

- 1) In Cameroon, this is usually quite spicy. If that isn't for you, substitute the habanero with your favorite hot sauce or Sriracha to taste, adding very small amounts until the desired hotness is reached.
- 2) Any beans can be used, but plantains might take a little longer to cook and other beans could turn very soft. For a crockpot, after sautéing plantains with onions and garlic, transfer everything to the crockpot and cook on medium until plantains are tender.
- 3) Adding salt when cooking often hides its flavor. Better to add it upon serving, or let each diner add. But this dish needs some salt to yield the true flavor.
- 4) Plantains, available in many ethnic foods and some larger super-markets, are of the banana family, but different in flavor and texture. Central American bananas are not appropriate for this dish.

Key: C=cup; t=teaspoon

Talk to Us!

Your letters to the editor, book, movie, and restaurant reviews, recipes and articles of interest to vegetarians / vegans are all eagerly awaited. We reserve the right to edit all submissions. Please send them to newsletter@vsh.org.

VSH MEMBERSHIP DISCOUNT GUIDE

Newest VSH member discounts



Aloha 'Aina Farms: Lualualei, Wai'anae grower plants & harvests microgreens and baby greens to customers' orders using organic farming techniques, including pea, sunflower, and red radish.



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.

Oahu

☞ Natural Food Stores ☞

- ☞ Celestial Natural Foods (Haleiwa) 5%
- ☞ Down to Earth (Kailua, Kapolei, Kakaako, Honolulu, Pearlridge) **10% w/ member disc. coupon;** pick up at VSH mtg.**

☞ 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 (Kailua, Kapolei, 500 Keawe St. & 2525 S. King St. in Honolulu, Pearlridge) 5% deli
- ☞ 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%
- ☞ 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 (Kailua, Kapolei, 500 Keawe St. & 2525 S. King St. in Honolulu, Pearlridge) 5% deli yummy tummy (call Van at (808) 306-7786) 5%

☞ Other ☞

- ☞ **Aloha 'Aina Farms** (alohaainafarms.com) 10% off microgreens subscription, code VEGSOC at checkout
- ☞ 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%

** Coupons are donated by DTE.

☞ = Vegan or Vegetarian Business

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) deli 5%, **DTE 10% w/ disc. coupon;** pick up at VSH mtg.**
- ☞ 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) 5% (code VSH) organic, zero waste, locally made personal care & cleaning products, www.ponohome.com Free home energy audit.
- ☞ 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 February 10, 2020

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!

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

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\$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)



Aloha 'Aina Farms, LLC, Offers VSH's Newest Member Discount

We're a small lot farm specializing in the growing and harvesting of baby greens or microgreens. Though not legally certified as an "organic farm," our farm is committed to organic growing and cultivation practices. We are a 'Farmed-to-Order' business, meaning that **your purchase is planted, cultivated, and harvested specifically for you.** Our systematic farming process allows us to provide each and every one of our members with the freshest produce possible from 'seed to feed.' When ordering, upon checkout **VSH members can enter the code: VEGSOC to receive 10% off our monthly subscription of microgreens.**

We are also currently offering a free 2-week trial.
 Please go to our website at alohaainafarms.com to get started!



VSH KAUA'I VEGAN POTLUCK & FREE PUBLIC PRESENTATION

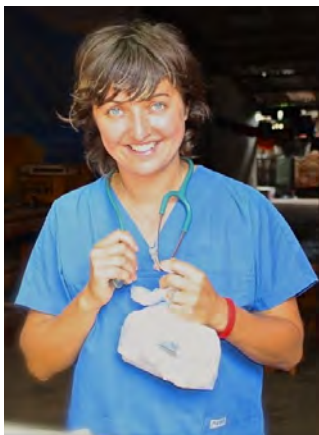
Kahili Adventist School at Kapa'a Seventh Day Adventist Church, 4-1132 Kuhio Hwy, Kapa'a

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, February 2 — Kauai Detox Made Simple By Anya Yushchenko, PhD

Dr. Anya Yushchenko will describe simple steps everyone can take at home to improve vitality, longevity and mental clarity.

A vegetarian for 20 years, and plant-based for the past 10 years, Dr. Yushchenko, who has a PhD in veterinary medicine, is a holistic veterinarian and wellness coach. She is a graduate of the biological medicine course taught by Thomas Rau, MD, Switzerland, and a mother of 2 toddlers.



1 p.m. Sunday, March 1 — Kauai Vegan Potluck & Free Presentation Program: Vegan Video Screening

PEANUT BUTTER FUDGE

By Sandy McCourry
 Oldaker

1-1/2 cups cooked garbanzo beans (Ed: this is about 1 can, drained)
 1-1/2 cups peanut butter
 1/2 cup maple syrup

1/3 cup monk fruit
 1/8 cup coconut oil
 1/3 cup chocolate chips
 1/4 cup walnuts

Freeze.

Ed: Suggest mixing ingredients, then freezing the mixture in a shallow pan/dish. Cut into pieces before serving.



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



Vegetarian Society of Hawaii

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Honolulu, Hawaii USA
96823-3208

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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.

Oahu Fruitluck

Sunday, March 1, 3:00-5:00 p.m.

Feb. 2 canceled

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

Mon., Feb. 3, Mar. 23, 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/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.

Plant-Based Lifestyle — Kilauea Recreation Ctr. Class — Oahu

Monday, February 24, March 16, 6:30-8:30 p.m.— Kilauea Recreation Center, 4109 Kilauea Avenue. This free program is now run by the City & County of Honolulu, Parks & Recreation Dept. at Kilauea District Park.

All are welcome! Learn more about following a whole food, plant-based vegan lifestyle. You are encouraged to bring a whole food, plant-based vegan dish (suggested: low/no salt, oil & sugar) to share with list of ingredients or recipe, your own water/beverage, & dinnerware. Please be sure to sign in when you get there. Questions? Call Jeff at (808) 954-0791. (Note: please park only in marked stalls.)

