



# The Island Vegetarian

Vegetarian Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 32, ISSUE 1 JANUARY-MARCH, 2021

## Inside This Issue

COVID-19 Vaccines & Vegans	1, 3, 4, 11
Upcoming Events	1, 8, 12
Mahalo to Dr. Fred Foster	2
Hawai'i A Vegan Paradise	5, 6
Hawaiian Saimin Soup Recipe	6
Kombu Dashi Recipe	6
Crispy Baked Tofu	6
'Okina	7
PB+J Banana Muffins Recipe	7
VSH Kauai Events	8
Healthy Hearts Ukrainian Borscht	9
Healthy Hearts Sour Cream Recipe	9
VSH Member Discounts	10
Membership Application Form	11
Announcements	11

## VSH Videos

WATCH VSH VIDEO LECTURES AT [VSH.ORG](http://VSH.ORG)

OR WATCH AT 11 A.M. 'OLELO CHANNEL 54, 1ST 4 SUNDAYS, AND AT 6 P.M., 3RD TUESDAY OF THE MONTH

See VSH Kauai video talks/demos also at [vsh.org](http://vsh.org).

## Kauai Event

**Vegan Lunch Get-Together**  
1 p.m. Sunday, April 4

Island Country Markets  
Outdoor seating area  
**Coconut Marketplace**  
4-484 Kuhio Highway, Kapa'a

# COVID-19 Vaccines and Vegans Ethical Considerations

*Many people have been suffering or have already died from COVID-19 in the worst global pandemic in a hundred years. A way out of it seems to be for people to be vaccinated against COVID-19 (and eventually its variants). Some vaccines have already been developed which have been found to be efficacious and are currently being made available to the public. It looks as if most people will get vaccinated, giving us herd immunity and helping to reopen our societies and economies.*

*However, our readers, many of whom are vegans / vegetarians, may well wonder if these vaccines are for you. VSH takes no formal stance, but in this issue, two vegan physicians provide answers to some of the main questions vegans and others might have about the three main COVID-19 vaccines currently being used in this country. If the Oxford-AstraZeneca vaccine is approved, we'll cover it in our next issue. Please note that information given here, as always, is for educational purposes only, and not as a substitute for professional medical care & advice. An opinion piece follows, giving one vegan's personal perspective.*

— Lorraine Sakaguchi, VSH president.

## Are the COVID-19 Vaccines Safe?

By Grace Chen O'Neil, MD



I have heard from some people that they are afraid that the vaccine trials have been "rushed" due to Operation Warp Speed. I would like to assure you that before the vaccines were approved by the FDA, studies were conducted on thousands of study participants (Pfizer-BioNTech 43,448, Moderna 30,000, Johnson & Johnson 43,783) for safety. By now, the vaccine has been given to millions more people. A very low percentage of those receiving the mRNA (Pfizer and Moderna) vaccines so far have had serious allergic reactions (anaphylaxis 0.025%).

A serious allergic reaction will usually occur within 30 minutes of receiving the vaccine. If you have had a serious allergic reaction to a vaccination in the past, please have your vaccination done at a hospital site. People are not able to get COVID-19 from the vaccine as the vaccines contain the genetic material for the spike protein, which is on the surface of the virus and not the actual genetic material for the virus.

(Continued on page 3)

## The Island Vegetarian

*The Island Vegetarian* is published monthly by and for the members of the **Vegetarian Society of Hawaii**, aka the **Vegan Society of Hawaii**.

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## Dr. Fred O. Foster

October 30, 1942 — January 4, 2021

**Dr.** Fred O. Foster, a fellow Vegetarian Society of Hawaii volunteer, as well as a friend whom we knew simply as Fred, recently passed away at the age of 78. I feel so sad to lose him, as I'm sure many others do, too.

He had stopped communicating with some of his friends and associates on the weekend after New Year's Day. Worried, they had his condo checked, and he was found there, already deceased, on January 4. He was declared to have died of natural causes. It was not mentioned if COVID-19 was a factor.



Dr. Fred Foster

Many people who came to our VSH monthly lectures will remember Fred as our faithful greeter who patiently answered attendees' questions and handed them our VSH fliers for current and future events. He also wrote articles from time to time about nutrition for our VSH newsletter.



Dr. Fred Foster working at the reception table at the October 8, 2019 VSH monthly lecture at the Ala Wai Golf Course Clubhouse, one of our last lectures before VSH temporarily stopped doing them for the current COVID-19 pandemic.

He was a strikingly intelligent man who had multiple bachelor of science degrees, multiple master's degrees, and a doctorate in nursing. He retired from Kaiser Permanente on Oahu after working many years there as a registered nurse anesthetist. He also worked with Terry Shintani, MD, and Dr. Diane Nomura as a nurse practitioner.

He taught holistic health principles as well as weekly online Bible study lessons to members of the Honolulu Central Seventh-Day Adventist Church, and also led

one of the Sabbath School weekly lesson classes there. He is survived by a sister Lois M. Bacchi and a brother Larry Padgett, both residents of his birth state of California.



Mahalo to Fred for his life of service to others, and for having shared some of that

Dr. Fred Foster with friends Karen Kinimaka, Georgie Yap, & VSH co-founder Dr. Bill Harris (all former Kaiser colleagues) at the annual vegan VSH Pre-Thanksgiving Dinner, November 21, 2012 at Govinda's Vegetarian Buffet.

precious life with us at the Vegetarian Society of Hawaii!

Aloha,

*Lorraine*

VSH President

## COVID-19 Vaccines and Vegans

### Are the Vaccines Safe? (cont.)

(Continued from page 1)

The vaccine may cause a fever, body aches, nausea, and other flu-like symptoms but it will most likely be better than getting COVID-19.

In regards to pregnancy, until now the COVID-19 vaccines had not yet been tested on pregnant women in trials, although Pfizer has just announced a large-scale trial of its vaccine on pregnant women, which is expected to end by early 2023.

If you are pregnant and do decide to get the COVID vaccine, preliminary studies show that you may be able to pass on some antibodies to your baby. Studies have also found COVID antibodies in umbilical cord blood of pregnant women that were vaccinated, and one of the studies also detected COVID-19 antibodies in breastmilk.

For now, there have been some COVID-19 vaccine study participants who inadvertently became pregnant in a trial, and so far, it seems that they experience the same side effects as other subjects. There have not been ill effects observed in the fetus so far. Some babies are now being born to women vaccinated while they were in utero, and have been found to have COVID antibodies.

The Centers for Disease Control, the American College of Obstetricians and Gynecologists, and the Society for Maternal-Fetal Medicine all are currently recommending vaccinations be offered to people who are pregnant.

### Were the COVID-19 Vaccines Tested on Animals?

By Grace Chen O'Neil, MD

I would like to review the way vaccine trials are conducted presently. Typically, before vaccine trials can start on humans, they have to get data from animal trials (the most commonly used animals include monkeys and rodents) showing that the vaccine is safe and effective. In the case of COVID-19 vaccines, human and animal trials have been allowed to run concurrently.

Each batch of vaccine made is also tested for its ability to produce a fever (pyrogenicity) due to bacterial endotoxin contamination. These tests were commonly conducted on rabbits in the past, but more recently, they have been conducted using the blue blood of Atlantic horseshoe crabs because the blood produces a protein that causes it to clot when in contact with bacterial endotoxins. Labs extract the blood from wild-caught crabs, and then release the crabs back into the ocean. Although the crabs aren't intentionally killed, from 5 to 30% of them die as a result.

Now a synthetic alternative, recombinant Factor C (rFC), is available. The Physicians Committee for Responsible Medicine is calling for this alternative for vaccine safety testing, and it has been approved for use in Europe.

## Is There Animal Content in the COVID-19 Vaccines?

By Irminne Van Dyken,  
MD



The mRNA vaccines (**Pfizer -BioNTech and Moderna**) are quite simple and have only about 4 types of ingredients, none of which directly include animal products. Moderna has announced, "The Moderna COVID-19 Vaccine contains no preservatives, no antibiotics, and no products from human or animal origin." Pfizer has also has stated its vaccine has no ingredients of animal origin.

**1. Messenger RNA (mRNA).** This is the only active ingredient in the vaccine. The mRNA is the genetic material, the "instructions" for our cells on how to make the viral spike protein that triggers the immune response. There are rumors that the mRNA enters our bodies and changes our DNA, this is not true. As a matter of fact, the mRNA never even enters the nucleus of the cell (which is where the DNA is located).

**2. Lipids.** The lipids (or fats) provides a protective coating for the mRNA, and they make it easier for the mRNA to enter the cell successfully. Polyethylene glycol (PEG) has been rumored to cause cancer, This is untrue as it has not been shown in human studies

Pfizer: ((4-hydroxybutyl)azanediyl)bis(hexane-6,1-diyl)bis(2-hexyldecanoate), 2 [(polyethylene glycol)-2000]-N,N-ditetradecylacetamide, 1,2-Distearoyl-sn-glycero-3-phosphocholine, and cholesterol.

Moderna: SM-102, polyethylene glycol [PEG] 2000 dimyristoyl glycerol [DMG], cholesterol, and 1,2-distearoyl-sn-glycero-3-phosphocholine [DSPC].

**3. Sugar.** Sucrose (table sugar) is present to help the molecules keep their shape when they undergo the freezing and thawing process.

**4. Salts and pH modifiers.** There are salts in the vaccine, like sodium chloride (Pfizer), which help match the body's pH.

Pfizer: potassium chloride, monobasic potassium phosphate, sodium chloride, dibasic sodium phosphate dihydrate.

Moderna: tromethamine, tromethamine hydrochloride, acetic acid, and sodium acetate.

The **Johnson & Johnson's Janssen** vaccine's ingredients list includes no animal ingredients (but see note in ingredients list on page 11).

(Continued on page 11)

# COVID-19 Vaccines and Vegans

## Should A Vegan Get Vaccinated? A Personal Perspective

By Carol Janezic

I'm vegan, and in less than a week I'll be 63, so I am not going to mess around with my health. That means, besides all the other things I do to care for myself, I plan to get a COVID-19 vaccine as soon as it's available to me. But I wanted to know more – are there any animal products in them? Were animals used in testing?



Two of the COVID-19 vaccines currently authorized in the U.S., Pfizer and Moderna, contain cholesterol. What?! How can that be?

It turns out the suppliers used plant-based cholesterol, made by taking plant sterols and synthetically modifying them into cholesterol. These vaccines don't contain animal products. Good to know.

But wait, what about animal testing? We already know that was done. I am in no way defending animal testing, but am aware that regulations require animal testing before vaccines and medicines can be approved.

Did you know, that if you ever use medicines, antibiotics, or have surgery, you are using products and procedures that have been tested on animals? You won't be able to avoid it. The best thing for a vegan (and everyone) to do is to stay healthy.

The nitty-gritty: I learned that Pfizer tested two vaccine strains, each of which used 53 animals: 32 mice and 21 rhesus macaque monkeys, for a total of 106 animals used in testing. The exact number of animals used in testing by Moderna and J&J is not clear, but as similar protocols were used, the numbers are probably quite similar. For each animal tested, many thousands of lives will be saved. See also Dr. O'Neil's description in this issue of the related use of Atlantic horseshoe crabs in testing vaccine doses for contamination.

If people do not take the vaccine, get sick and are hospitalized, they will likely be treated with a tremendous amount of medicine which has all been tested on animals. Far more testing than was done for these vaccines. Those same people may also infect other people, starting a chain of more infection throughout the community and beyond, more sickness, more hospitalizations, and the use of more medicines and procedures tested on animals. And after all of that, more deaths.

It's important to remember, the animal testing done in creating the vaccines is not creating a continuous need. Once the

testing is complete, the manufacturers do not go back and continue testing animals to learn the same thing over and over. To put this in perspective, many vegans enjoy eating organic produce. Products used in organic farming are responsible for the deaths of countless animals on a continuous basis. (Exception: independent veganic farms – but there are not enough of them to feed more than small numbers of people.)

Common organic farming practices use by-products of the animal farming industry for nitrogen-based fertilizer, often including the ongoing use of ground-up baby male chickens (Noll, 2020). Yes, you heard that right. That bag of organic corn came from the backs of ground-up baby chickens.

Eating organic produce can be far more damaging to animals, something to be considered if animal testing is your reason for avoiding vaccines.

It is nearly impossible to completely avoid animal products in this world. The shellac on your lovely old wood furniture was made with secretions from the lac beetle.

Common items that may contain animal products: some beers, wines, and orange juices, perfumes, plastic bags, nail polish, crayons, red candy, and condoms. So, you know, do your research before the heat of the moment.

I hope you have your seatbelt on, because smart phones are made with animal products.

Nearly all mobile phones, computer screens, and televisions with LCD displays contain cholesterol taken from animals (exception: on March 9, 2020, a company called "Oppo" advertised their X2 Pro model smartphone was 100% vegan).

When I was 7 years old, I announced I was going to be vegetarian when I grew up. At 17, in September 1975, I became a lacto-ovo vegetarian, the only one in my family, at a time when it was considered distinctly weird. Over the years I used less lacto and less ovo, until Spring 2009, when I decided to take the leap and become full-on vegan.

So many people have asked what kind of vegan I am, ethical vegan or health vegan. I do it for animals, I do it for the environment, I do it for myself – for my health, and for my own personal spiritual reasons. It's always been this way. I do it. And there's no reason for me to separate these things out. They all work together. And still, or maybe because of this, I do plan to get the COVID-19 vaccine.

Some of what I learned came from an hour-and-a-half long video on YouTube, a roundtable discussion by eight vegan physicians, recorded in December 2020 through a Zoom meeting, which can be found here: <https://www.youtube.com/watch?app=desktop&v=64ObFIL6stA>.

Reference:

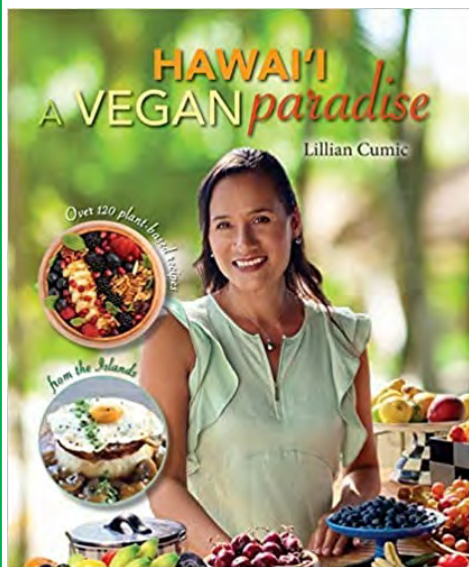
*The nitrogen footprint of organic food in the United States.* Laura Cattell Noll, Allison M. Leach, Verena Seufert, James N. Galloway, Brooke Atwell, Jan Willem Erisman & Jessica Shade. Environmental Research Letters, IOP Publishing Ltd., April 3, 2020.

# HAWAI'I A VEGAN PARADISE

By Lillian Cunic  
Vegan Chef & Author

I am vegan, but it doesn't mean party hosts need to go overboard to try and feed me. In my new book, *Hawai'i A Vegan Paradise*, I aim to shatter the notion that vegan food is difficult and time-consuming to prepare; and far from the misconception that we live on boring salads and brown rice. Fully illustrated with over 120 plant-based recipes from the Hawaiian islands, it guides you through the ins and outs of the vegan world and how to equip your kitchen with useful pantry staples. I've written it to be the perfect gift for anyone, kitchen newbie or five-star chef, vegan or not.

Whether you're from the islands or visiting from across the Pacific, you know that local food in Hawaii isn't just "lū'au dishes and pineapple," as many outsiders picture the cuisine. Modern local cuisine in Hawaii encompasses foods from many cultures. To me, the subculture of plant-based Asian-fusion foods, trendy upscale restaurants serving vegan options, fresh farm-to-table cafes and booming plant-based pop-ups throughout the state is something the world needs to know about. Honolulu's culinary scene has become a hub for foodies craving eclectic



## Hawai'i A Vegan Paradise

Lillian Cunic  
Mutual Publishing,  
LLC, Honolulu,  
Hawaii  
256 pages  
October 15, 2020

and experimental eats. With a plethora of fresh fruits available year-round and quaint little farmer's markets filled with organic fare, Hawaii truly is a vegan paradise.

I wasn't born vegan, but naturally became vegetarian from childhood. No one really knows why. Some suspect I may have seen something traumatizing. Others think I was just wired differently. I never took to eating meat and didn't understand why I was so turned off by it. Something just wasn't resonating with me. My parents, both excellent cooks, would make vegetarian dishes for me to eat. When I moved to Japan to live, I couldn't cook a thing! My parents had spoiled my brother and me with delicious home cooking all our lives to the point we were useless when it came



Chef Lillian Cunic was featured on the front cover of the December 16, 2020 issue of *MidWeek O'ahu*.

to making food for ourselves. Forced into the kitchen, I started experimenting with food, and the rest is history!

I spent 30 years in beautiful Sendai, the gateway to the Tohoku region, bursting with restaurants using local ingredients to create gourmet food unique to the area. The Japanese have such a sophisticated palate, yet still find a way to keep their cuisine humble. Umami is buried in their broths and so savory it is sometimes hard to hide one's delight when enjoying Japanese food.

When I moved to Honolulu, I was pleased to see the Japanese flavors in abundance here and it excited me to see how much this cuisine had become an integral part of the culinary culture in the islands. Hawaii-born residents have had lifelong exposure to culinary variety and are brilliant at bringing out the latest and best of modern food trends while continuing to serve up good old Hawaiian comfort food. In *Hawai'i A Vegan Paradise*, I try to do that, too, but with a plant-based twist.

Shortly after moving to Hawaii, I started teaching cooking classes, hosting "Lillian's Vegan World" on ThinkTech Hawaii on community TV, sharing my passion for the vegan lifestyle and plant-based diet, and creating Lillian Vegan, LLC. I, along with some of my vegan recipes, was also featured as the cover story in the June 25, 2019 edition of Honolulu Star-Advertiser's *Crave* magazine.

I was approached by Honolulu-based Mutual Publishing shortly after the story came out asking if I'd be interested in writing a vegan cookbook. When the ongoing Covid-19 pandemic arrived, I was only halfway into finishing the book. Staying at home limiting my exposure to the coronavirus has been bittersweet. Although unable to work, I was blessed with an abundance of time to concentrate on getting the book written and released.

I'm proud to offer *Hawai'i A Vegan Paradise* as a feast for both vegans and meat-eaters sitting at the same table, even kids.

(Continued on page 6)

# HAWAI'I A VEGAN PARADISE

(Continued from page 5)



Lillian Cumic at her book signing tent at the Kaka'ako Farmers Market in Honolulu with husband Dave Molinaro (left) & Lorraine Sakaguchi (right), on Saturday, November 28, 2020.

For friends who pop over unexpectedly--pups that may just start serious rumors. For the relatives who think traditional recipes should live on for generations -- classic family recipes (veganized) that even Uncle will approve of. For the special occasions and celebrations -- colorful and tasty decadent desserts, and Hawaiian-inspired dishes you can proudly take to any fancy get-together or potluck.

I invite you to experience the beauty and diversity of Hawaii's culinary tradition through this recipe collection. Please stay safe and happy!

Chef Lillian Cumic has been creating plant-based recipes for over two decades. A vegan chef and cooking instructor from Sydney, Australia, she made Sendai, Japan her home for 30 years working in the food industry and refining her craft. She has hundreds of videos and free recipes on her [Lillian Vegan YouTube channel](#), [Lillian Vegan Facebook page](#), [@lillianvegan\\_chefhawaii](#) on Instagram, and webpage [LillianVegan.com](#). She resides in Honolulu with her husband and cat.

Hawai'i A Vegan Paradise is available at [mutualpublishing.com](#), [amazon.com](#) & stores throughout Hawaii, & as an ebook as of May 2021. For a signed copy or other inquiries, contact Lillian at (808) 476-3549 or [lillianjp@yahoo.com](mailto:lillianjp@yahoo.com).



2-page article with recipes from *Hawai'i A Vegan Paradise* in the February 2021 issue of the UK magazine *Vegan Food & Living*.

## Hawaiian Saimin Soup

(from *Hawai'i A Vegan Paradise*) Yield: 4 servings

### Noodles

19 ounces fresh saimin noodles (*ed: dried OK, too*)

### Broth

6 cups water (or Kombu Dashi)  
 1 tablespoon mushroom powder (if using water, not dashi)  
 4 teaspoons soy sauce (*ed: may omit if using dashi*)  
 2 teaspoons vegetable stock powder (*ed: use less with dashi*)  
 1 teaspoon onion powder  
 1/2 teaspoon garlic powder  
 1/2 teaspoon salt (*ed: may omit if using dashi*)  
 1/4 teaspoon white pepper

### Suggested garnishes

Diced tofu or Crispy Baked Tofu  
 Chopped green onion  
 Fresh herbs such as cilantro  
 Kizami nori (thinly sliced dried seaweed)  
 Shredded cabbage, carrot or daikon  
 Sliced vegan ham  
 Thinly sliced button mushrooms  
 Toasted white sesame seeds  
 Sesame oil or chili oil

Cook saimin noodles according to package instructions; drain and divide into 4 bowls. In a large pot, add broth ingredients and bring to a boil over medium high heat. Pour broth over noodles and serve with garnish of choice.

## Kombu Dashi

Yield: 4 cups

1 (4-inch) piece kombu  
 1/2 cup dried shiitake mushrooms  
 1 (2-inch) piece fresh ginger, peeled (optional)  
 4 cups water  
 2 tablespoons soy sauce  
 1/4 teaspoon salt

Soak kombu, shiitake, and ginger (if using), in water overnight, or for at least 8 hours. Bring to a boil in a saucepan over medium-high heat. Discard kombu. Simmer at medium heat for 5 more minutes. Strain through a mesh sieve. Reserve shiitake & ginger for another use. Add soy sauce and salt.

## Crispy Baked Tofu

1 (14 oz.) block firm or extra-firm tofu, drained, pat dry with a towel, cut into 1/2-inch cubes or 1-inch pieces  
 1 tablespoon extra-virgin olive oil or sesame oil  
 1 tablespoon soy sauce (optional)  
 2 tablespoons cornstarch

Preheat oven to 400°F. Line a baking sheet with parchment paper. Place tofu in a bowl and drizzle with oil. Add soy sauce, if using, and toss gently to coat. Dust with cornstarch and toss one more time making sure the cornstarch has soaked into the tofu. Bake for 25 to 30 minutes.

## 'Okina — Creating Organic Vegan Mixes And Championing Regenerative Farms



Kristin Eldredge with sons Maika and Noa Eldredge.

*I first met Kristin Eldredge at the Kapiolani Community College Farmers' Market where I would buy her crispy 'ulu and 'uala crackers. A few years later in late 2020, I rediscovered her when I started baking with her 'Okina baking mixes that I'd bought at Down to Earth. I asked her to write this article about herself and her new vegan products company, about which I hope you'll enjoy learning! — Lorraine Sakaguchi, VSH president.*

By Kristin Eldredge, 'Okina founder

'Okina is an emerging food brand dedicated to bringing regeneratively-grown foods to the home kitchen. Launched in Hawaii in September 2020, 'Okina's first product line — gluten-free, vegan baking mixes — features whole food ingredients sourced directly from organic and regenerative family farms. Every ingredient is selected for its exceptional quality and responsible farming practices. The baking mixes are freshly milled in small batches on O'ahu, produced without any additives and are shipped or delivered immediately for optimal freshness.



A package of 'Okina baking mix. The mixes currently include the following flavors: Classic Base, Banana Chocolate Chip, Zucchini Double Chocolate, Pumpkin Spice, and Carrot Currant Masala.

The company started as a quest to feed my kids the most nutritious (and delicious) food. This led me to an unofficial education on the food system and what could be better. I learned about regeneratively-grown foods, and began tracking down the best ingredients I could get my hands on, experimenting in my own kitchen.

Hoping to make it easier for others to feed their families and use these exceptional ingredients, I created my company 'Okina -- a nod to the letter in the Hawaiian alphabet representing a break between two syllables. It reminds me, and will hopefully inspire others, to pause to think about where our food comes from, and how the food we eat impacts our health and the health of our environment.

Going forward, I plan to have 'Okina increase its network of farmers, and begin using 'ulu flour from Kahumana Organic Farms in our mixes. For the brand, it's exciting to utilize healthful ingredients that are good for our environment and support local farms. This new line of mixes, incorporating 'ulu flour, will be available in May 2021 through the Kahumana Organic Farms CSA website, their farm stand at the Farm Lover's Kaka'ako market, and through the 'Okina website:

[www.okinakitchen.com](http://www.okinakitchen.com).

The company also hopes to more fully champion the farmers growing the ingredients you find in their mixes, recognizing that without their hard work and humility, 'Okina wouldn't exist, and to tell their stories to educate our community about the positive impacts of regenerative and organic farming -- both for the health of people and the planet.



'Okina's commitment to whole-food, organic, vegan, gluten-free foods can be seen in the ingredient list for Pumpkin Spice Muffin Mix: 'Okina flour blend (oats\*, almonds\* buckwheat\*, teff\*, flax seeds\*), maple sugar\*, 'Okina baking powder (cream of tartar, arrowroot\* baking soda), 'Okina pumpkin spice (cinnamon\*, cloves\*, ginger), baking soda, salt. (\*=Organic)

### PB+J Banana Muffins

Preheat the oven to 375° F.

#### Ingredients

One bag 'Okina Classic Base mix  
3 medium ripe bananas  
½ cup vegan milk of your choice  
2 tbsp. peanut butter  
3 tbsp. jam of choice



#### To Make:

Mash the bananas and whisk in the milk. Add your 'Okina mix and whisk well. Allow the batter to rest for 5 minutes. Whisk again vigorously for 30 seconds.

Scoop batter into a lined muffin tin, about ¾ full. Drop 1 tsp. of jam and ½ tsp of peanut butter over each muffin top. Lightly swirl with a chopstick or toothpick.

Bake for 25 – 28 minutes till top is mostly firm and a toothpick comes out clean. Enjoy warm out of the oven!

## VSH KAUA'I: VEGAN LUNCH GET-TOGETHER

1 P.M., SUNDAY, APRIL 4, 2021

ISLAND COUNTRY MARKETS, OUTDOOR SEATING AREA.

Coconut Marketplace, 4-484 Kuhio Highway, Kapa'a, HI 96746.

Info: (808) 245-7674, [www.vsh.org](http://www.vsh.org), or call Robert (808) 634-6957.

A good way to support local veg/veg-friendly business owners while eating yummy vegan foods! We'll get to see each other, talk, plan for the future of our Kaua'i group, & take fun photos. Please wear masks when not eating or drinking & socially distance.

## Upcoming Kaua'i Event

### Note about our meetings

VSH Kaua'i's March 1, 2020 meeting was our last regular one until further notice, due to COVID-19 restrictions. However, Kaua'i so far has been fortunate, and by following Kauai's County guidelines, since August 2020, VSH has been able to host small, socially-distanced, outdoor monthly vegan lunches (vegan dinner in Dec.). Kaua'i graduated to Tier 4, which has the lowest level of restrictions, in October, but we've continued to dine outdoors (even at Bobby V's in Dec., which had been planned to be indoors). We hope to resume our regular monthly meetings when it's safe to do so. (Note that attendees were photographed unmasked when dining.)



## Recent Kaua'i Events



Left: Vegan Spinach Lasagna & salad at Bobby V's in Kapa'a for VSH Kaua'i's holiday dinner at 4 p.m. on Sunday, Dec. 6, 2020. No available attendee photos.



Sunday, Jan. 4, 2021, Susan Lau and Lisa Knutson.



Carol A. Peacock-Williams & Susan Lau on January 4, 2021 at the NoKa Beach food truck court in north Kapa'a.

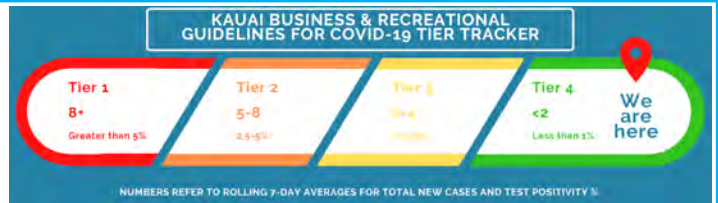
Upper left: Sunday, February 7, 2021 at NoKa Beach food truck court, Seated from left to right, person in mask with friend also in mask, Carol A. Peacock-Williams, and husband Joe Williams (far right with black cap).

Lower left: Feb. 7, 2021, Marilyn Summer and Judy Hoepfner.

Attendees ate salads, peas & spinach in cashew sauce, veggie burritos & more!



Sunday, March 7, 2021: Marilyn Summer, Carol A. Peacock-Williams & Susan Lau at the NoKa Beach food truck court in north Kapa'a. They enjoyed dishes such as curry vegetables and rice, and vegetable Pad Thai with tofu.







# 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](http://heart.kumu.org) .

## Healthy Hearts Around the World — Ukraine

### Ukrainian Borscht

I've been formulating a series which I'm calling *Healthy Hearts Around the World*. We've had exotic recipes from Japan, Russia, Greece, Lebanon, the Balkans, Brazil, Cameroon, Portugal, and Canada. From Ukraine, here's a dish with bright colors.

### Ukrainian Borscht

Borscht is usually thought of as a Russian dish, but even Russian historians concede that it originally came from Ukraine. The confusion may be due to Ukraine having once been part of Russia. As in any large area, regional differences occur, so some ingredients are used or omitted locally. Traditionally, sausage is an ingredient, but in many areas, it is omitted, making borscht vegan. Essentially, just beets, onions and sour cream make basic borscht.



- 16 oz vegan Italian sausage, crumbled / shredded (see hint)
- 3 medium beets, peeled and shredded
- 3 carrots, peeled and shredded
- 3 medium baking potatoes, peeled and cubed
- 1 medium onion, chopped
- 1 can tomato paste (6 ounce)
- ¾ cup water
- ½ medium head cabbage, cored and shredded
- 1 can diced tomatoes (8 oz), drained
- 1 can cannellini beans (15 oz) (optional - see hint)
- 3 cloves garlic, minced
- salt and pepper to taste
- 1 teaspoon dried dill (optional, see hint)
- 1 teaspoon raw sugar, or to taste
- ½ cup vegan sour cream, for topping
- 1 tablespoon chopped fresh parsley for garnish (optional)

Fill a large pot halfway with water (about 2 quarts), and bring to a boil. Add the sausage, and cover the pot. Return to a boil. Add the beets, and cook until they have lost their color. Add the carrots and potatoes, and cook until tender, about 15 minutes. Add the cabbage, the can of diced tomatoes and the beans, if using.

Heat 2 T water in a skillet over medium heat. Add the onion, and cook until tender. Stir in the tomato paste and water until well blended. Transfer to the pot. Add the raw garlic to the soup, cover and turn off the heat. Let stand for 5 minutes. Taste, and season with salt, pepper and sugar.

Ladle into serving bowls, and garnish with sour cream, and, if desired, fresh parsley.



**Hints:** You can use "No Evil" brand vegan Italian sausage, which is fat-free and mildly spicy.

Dill is an ingredient in many parts, but not all, of Ukraine. It adds to the flavor.

Any small white beans are an essential part of borscht in many parts of Ukraine, but they only add texture, not flavor to this dish.

### Vegan sour cream

Put one package of Mori-Nu firm or extra firm LITE tofu in a blender with 1 T white vinegar and blend until smooth. A T or two of plain non-dairy milk makes this easier to blend.

# VSH MEMBERSHIP DISCOUNT GUIDE

Newest  
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discounts



**Phuket Thai:** Veg-friendly, award-winning Thai cuisine. Indoor & outdoor garden courtyard seating. Some veg menu items; staff helpful for ordering 100% vegan dishes. Adjacent parking lot.



**Olena Cafe:** Vegan (some honey). GF waffle, cold pressed juices, gourmet coffees & teas, salads, açai bowls, wraps, pasta, olena avocado toast, tofu musubi, granola, etc. Locally-sourced foods. Parking next door.

## Oahu

### Natural Food Stores

- ☞ Celestial Natural Foods (66-443 Kam. Hwy., 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. and 1009 Kapiolani Blvd.) 10%
- ☞ Down to Earth deli (Kailua, Kapolei, 500 Keawe St. & 2525 S. King St. in Honolulu, Pearlridge) 5% deli
- ☞ 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%
- ☞ Keiki and the Pineapple (909 Kapiolani Blvd) 10%
- ☞ Loving Hut (1614 South King St.) 5%
- ☞ **Olena Cafe** (1631 Kapiolani Blvd., Ste #2) 10%
- ☞ Peace Café (2239 S. King St.) 5%
- ☞ **Phuket Thai** (401 Kamakee St., #102) 10%
- ☞ QQ Tea House (931 University Ave) fill provided card to get 8th meal free
- ☞ Simple Joy Vegetarian Cuisine (1145 S. King St.) 5%
- ☞ The Ripple of Smiles (3040 Waialae Ave, Kaimuki) 10%
- ☞ 'Umeke Market (1001 Bishop St., fronts Hotel St.) 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](http://alohaainafarms.com)) 10% off microgreens subscription, code VEGSOC at checkout
- ☞ 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
- ☞ 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 Hanauma Pl, Kailua-Kona) 10%

\*\* Coupons are donated by DTE.

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, Thank you for your support!

## Maui (\* food truck)

- ☞ a'a Roots (5095 Nilghau St, #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 —temporarily closed till Jan. 1
- ☞ 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%
- ☞ 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](http://hawaiiveggiefarm.com)) 5%, code: VSH5 (808) 430-2519, [Customerservice@hawaiiveggiefarm.com](mailto:Customerservice@hawaiiveggiefarm.com)
- ☞ Pono Home Essentials ([ponohomeessentials.com](http://ponohomeessentials.com)) 5% (code VSH). Organic, zero waste, locally made personal care & cleaning products, [www.ponohome.com](http://www.ponohome.com) Free home energy audit.
- ☞ VegVoyages ([vegvoyages.com](http://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/](http://www.vrg.org/groupmember/)) \$10 off \$25 subscription - \$15

See details & any updates at [www.vsh.org/discounts](http://www.vsh.org/discounts).

**Boldface: newest discount**

Revised March 14, 2021

☞ = Vegan or Vegetarian Business

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

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I want to volunteer

Please check one:

Vegan (no animal product at all)

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## Opportunities to Help



If you can, please volunteer or donate to help farmed animal sanctuaries including Leilani Farm Sanctuary



(Maui) and [alohasanctuary.org/](http://alohasanctuary.org/)  
 Aloha Animal

Sanctuary (Oahu), which have suffered damage from repeated, heavy rainstorms recently.



If you could use a hand, or would like to lend a hand to your fellow plant-based humans in need, contact Aloha Vegans.

<https://www.instagram.com/alohavegans/?hl=en>

## COVID-19 Vaccines and Vegans Is There Animal Content? (cont.)

(Continued from page 3)

The J&J Janssen vaccine contains:

- 1. Recombinant, replication-incompetent adenovirus expressing the spike protein.** This virus is inactivated, meaning it won't make you sick or give you COVID-19. This type of vaccine (adenovirus vector) is one of the most studied and widely used viral vectors. Note: The adenovirus was grown in host cells descended from a human fetal cell line originally acquired in 1985. These have been mostly filtered out, and they're not listed on most official ingredients lists, but is included on page 17 of a Janssen document at <https://www.janssenlabels.com/emergency-use-authorization/Janssen+COVID-19+Vaccine-HCP-fact-sheet.pdf>; *May also contain residual amounts of host cell proteins ( $\leq 0.15\text{mcg}$ ) and/or host cell DNA ( $\leq 3\text{ng}$ ).*
- 2. Citric acid monohydrate.** An acid found in citrus fruits.
- 3. Trisodium citrate dihydrate.** Another citric acid.
- 4. Ethanol.** Alcohol, to sterilize.
- 5. 2-hydroxypropyl- $\beta$ -cyclodextrin (HBCD).** Used to improve solubility.
- 6. Polysorbate-80.** An emulsifier often used in foods like ice cream.

## 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/>

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## Talk to Us!

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



# Vegetarian Society of Hawaii

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## Special VSH / The Ripple of Smiles Dining Event

VSH and The Ripple of Smiles are co-hosting a vegan dining event for VSH members & friends. Frank Nguyen, the owner of The Ripple of Smiles, is generously offering full meals (fresh summer rolls, lemongrass straw mushrooms with brown rice or vegan fried rice and beverage, either home-made ginger lemonade or vegan iced coffee) for just \$17, and \$20 gift certificates for just \$15, too, as he is offering these as his thank you gift to VSH! 3/17-19, 3/24-26. Please call (808) 354-2572 to order your VSH dining event lunches this Wednesday, Thursday and/or Friday, too. We hope you enjoy this delicious event!



“Frank” Hung Nguyen



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**VSH MEMBERS VEGAN SPECIALS**  
\$17.00 for VSH members & friends  
only, within 3/17-19 & 3/24-26,  
9am to 2:30pm, dine-in & to-go  
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**Appetizer:** Fresh summer rolls  
**Entrée:** 1) Lemongrass straw  
mushroom with brown rice or 2)  
Vegan fried rice  
**Drink:** 1) Home-made ginger  
lemonade or 2) Vegan iced coffee

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