

# The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

supporting human health, animal rights, and ecology

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From left: Brian Tottori (HPC Foods), Mae Isonaga (DOH), Laurie Veatch (VSH), Pat Moore (VSH), Lola Irvin (American Cancer Society), Mayor Harris, Eileen Towata (VSH), Bill Harris (VSH).

## Mayor Signs 5-A-Day Proclamation

by Bill Harris, MD

On August 31, 2001 members of the Hawaii 5-A-Day Coalition presented Mayor Jeremy Harris with a colorful fruit basket in his office on the third floor of Honolulu Hale. He in turn signed a proclamation designating September 9-15 as 5-A-Day Week, encouraging citizens to consume five servings of fruits and vegetables daily, in accord with recommendations of the USDA and most health organizations.

In conjunction with the Proclamation, the Department of Health will distribute free 5-A-Day book covers to public school students, and city buses will be carrying full color ads featuring our local 5-A-Day boy "Ikaika," meaning "healthy."

VSH would like to thank Mayor Harris for recognizing the importance of his constituents including more fruits and vegetables in their diets. We also thank our 5-A-Day volunteers for their tireless efforts to ensure that this important Proclamation was passed by the legislature and signed by the Mayor.

See page 18 for an update on the vegetarian school lunch resolution.



# President's Message

by Alida Rutchick, M.Ed.

## It Takes All Kinds



*VSH extends its deepest sympathies to the victims of the September 11 terrorist attacks and to their families. We hope for and will continue to work toward a world that replaces violence and hatred with love and compassion.*

### The Island Vegetarian

The Island Vegetarian is published quarterly by and for the members of the Vegetarian Society of Hawaii  
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Mahalo to all our volunteers...

The opinions expressed in this newsletter are those of the writers and do not necessarily reflect those of the Vegetarian Society of Hawaii.

As you are probably aware, the mission of the Vegetarian Society is to educate with regard to the effects of diet not only on human health, but on the well-being of animals and the environment as well.

Of the three basic reasons for being a vegetarian, most of us emphasize one or another. I have found that this emphasis is usually a function of an individual's initial experience of or introduction to vegetarianism as well as his or her subsequent exposure to the thinking and sensitivity of other vegetarians. I myself began long ago as a "health" vegetarian, having been influenced by Paul Bragg's The Miracle of Fasting. After joining the Vegetarian Society, however, and learning of the environmental effects of animal agriculture as well as thinking more about the animals over the past decade or so, my concern for these other effects of meat-eating has grown to rival my health interests. I attribute this change to a spiritual and intellectual maturation, for which I thank the Vegetarian Society.

Lately some have questioned what our emphasis as an organization should be with regard to these three areas of concern. Some have expressed a desire to hear less of animal rights, others have wondered why we don't mention environmental issues more often, and still others, I'm sure, have their own preferences.

What's the proper balance? Which need is more critical or more immediate? Arguments have been put forward by the proponents of all of

the stated positions. If we destroy our environment and have no planet to dwell on, human health and animal rights are moot points. On the other hand, if we seriously degrade our health, we won't be in a position to think and act effectively about the planet or anything else. And of course, it is undeniable that the animals are suffering acutely every day.

Out of respect and concern for all of these viewpoints we have intended to balance fairly the attention we give to the three areas; that one or another may seem to be dominant or neglected from time to time is really the result of opportunities that present themselves for monthly speakers or newsletter articles. In this issue we're happy to inaugurate an environmental column. VSH VP Laurie Veatch has a special interest in this area, which she shares with her son, who is an environmental ethicist. We thank her for her contribution to this issue, and we encourage others with environmental interests to submit their ideas or articles to the newsletter editor. We have also recently given attention to animal issues. We were privileged to hear the "the most influential living philosopher" speak to us on the philosophical underpinnings of the animal rights movement. We sponsored this event cooperatively with our friends in Animal Rights Hawaii, 90% of whose members are estimated to be vegetarian; many are VSH members as well.

Questions also have arisen lately of whether we should address areas  
*(See President's Message on page 19)*



# Vegetarian Nutrition Update

by John Westerdahl, PhD, MPH, RD

## *Journal of The American Dietetic Association* Features Planning Vegan Diets for Infants and Children

The featured cover articles of the June 2001 issue of *The Journal of The American Dietetic Association* (*J Am Diet Assoc.* 2001;101:661-669 and *J Am Diet Assoc.* 2001;101:670-677) focus on vegan nutrition for infants and children. This is a historical event, as never before has this topic been the highlighted cover feature of this prestigious scientific nutrition journal, the main scientific and professional journal read by registered dietitians worldwide.

The two articles are entitled: "Considerations in planning vegan diets: Children" and "Considerations in planning vegan diets: Infants." Both articles were written by Ann Reed Mangels, PhD, RD, FADA and Virginia Messina, MPH, RD, personal colleagues and friends of mine. Here are summaries of the articles:

### **Planning Vegan Diets for Infants**

The American Dietetic Association and The American Academy of Pediatrics state that appropriately planned vegan diets can satisfy nutrient needs of infants and promote normal infant growth.

Breast milk composition of vegan mothers is similar to that of the non-vegetarian except for the fat composition: breast milk appears to be lower in saturated fat and eicosapentaenoic acid (EPA) and higher in linoleic acid and linolenic acid. It also appears to be lower in environmental pollutants such as DDT, chlordane, and polychlorinated biphenyls; in most cases levels were just 1 to 2 percent of those seen

in the general population.

For the first 4 to 6 months of an infant's life breast milk should be the sole food with soy-based infant formula as an alternative; commercial soymilk should not be the primary beverage until after age 1 year. In addition, because infants require a sustained intake of vitamin B-12 to support rapid growth, unless the mother's diet is supplemented or includes B-12-fortified foods, it is important that breastfed vegan infants receive a regular supplement of vitamin B-12 (0.4 micrograms per day for the first 6 months, 0.5 micrograms per day beginning at age 6 months). Furthermore, because zinc levels in human milk naturally decline during the lactation period, foods containing zinc are typically added to the infant's diet. Sources of zinc for vegan infants include zinc-fortified infant cereals, legumes, whole grains, wheat germ, and tofu. While zinc is available in these foods, its bioavailability is reduced by the phytate found in whole grains and legumes.

The timing of solid food introduction is the same as that recommended for non-vegetarians. Tofu, dried beans, and vegetarian meat substitutes are introduced as protein sources around 7 – 8 months to support growth of infants, who have a higher protein need than older children.

### **Planning Vegan Diets for Children**

Although diets of vegan children meet or exceed recommendations for most nutrients and include more fiber and less total fat, saturated fat, and chole-

sterol than do children's omnivore diets, some studies indicate that they may be low in calcium. In addition, bioavailability of zinc and iron from plant foods can be low. Special attention should be given to promoting dietary habits that enhance absorption of zinc and iron from plant foods. Absorption can be increased, for example, by soaking dried beans and discarding the soaking water before cooking; using fermented soy products like tempeh and miso can also enhance zinc absorption. Vitamin C and other organic acids found in vegetables enhance the absorption of nonheme iron (the type of iron found in plant foods), a fact that emphasizes the importance of these plant foods in the child's diet. Parents may want to consider giving their vegan children a vegetarian multi-supplement containing both zinc and iron for nutritional insurance against a diet that may not be sufficiently varied.

Further, good sources of omega-3 fatty acids should be emphasized to enhance synthesis of the long-chain fatty acid docosahexanoic acid; vegan diets for children should include sources of linolenic acid such as ground flax seed, walnuts, and soy products. (Note that protein needs are easily met with a varied diet that provides adequate calories.)

In conclusion, Parents of vegan children should identify good sources of vitamin B-12, riboflavin, zinc, calcium and, if sun exposure is not adequate (not to worry in Hawaii), vitamin D. The authors advise that parents as-

(See Nutrition Update on page 20)

# The Trouble With Taro: A Tale of Two Tubers

by William Harris, M.D.  
VSH Board Member

In Gold Coast (now Ghana, Africa) there was a disease of infants called “kwashiorkor” by the Ga tribe, meaning “the sickness the older child gets when the next baby is born.”<sup>1</sup> These kids get swollen bellies and the classic signs of protein/energy malnutrition (PEM) because with Momma now nursing the new arrival, child number one gets weaned onto boiled cassava root, a tuber with nutrient values even less impressive than the potato and containing only 37% of the Recommended Daily Allowance (RDA) for protein per Calorie.<sup>2</sup> This is a good reason for mothers to breast feed the first child longer. Too bad the cassava leaves (not to be confused with casaba, a melon) contain cyanide, because if they could be easily eaten, they would have nutrient values about the same as spinach or kale, and the children could be fairly healthy. Cassava (*Manihot esculenta*) is also called manioc, or the tapioca plant. 16<sup>th</sup> century Portuguese explorers found that the Brazilian Indians had learned to detoxify the tubers by peeling, grating, and squeezing the pulp into long, supple cylinders called tipitis, made of woven plant fibers.

Here in Hawaii we have a tuber called taro. Poi is made from the ground-up root of the plant and is a staple in the traditional Hawaiian diet. But the real nutrition is in the taro *leaves*. Nutrition values of the leaves are about as good as those of spinach, but as with spinach, taro leaves contain oxalic acid, which interferes with calcium absorption. *Unlike* spinach, though, taro leaf (called luau leaf in the stores) contains oxalic acid to the max. Recently I tried eating part of a raw taro leaf and added one more experience to my list of things never to be tried again. However, the stinging, burning, closing off the back of your throat symptoms can be largely eliminated by steaming the taro leaf until it says enough already and just hangs there limp, lifeless, and *deee*licious, usually 20-40 minutes, depending on the sensitivity of your gag reflex. Alternately you can find pre-cooked frozen luau leaf in the supermarkets, which, after being *re*-cooked, goes down without a struggle. Cassava, both root and leaf, can also be persuaded to part with its load of cyanide by drying, steaming, and pulping, but the risks are higher here since inadequate preparation produces a really bitter and potentially fatal dinner. (VSH recommends



AGAINST attempting this.)

Cassava is a staple food throughout the tropics, particularly in Africa, South America, and the Pacific. A few gardeners grow it in Hawaii, but it does not appear in the list of food crops put out by the Hawaii Department of Agriculture at [www.hawaiiag.org/](http://www.hawaiiag.org/).

Interesting comments on taro in Hawaii can be found at: [www.nass.usda.gov/hi/vegetble/poi.htm](http://www.nass.usda.gov/hi/vegetble/poi.htm), [www.earthfoot.org/lit\\_zone/taro.htm](http://www.earthfoot.org/lit_zone/taro.htm), and [www.folklife.si.edu/vfest/hawaii/taro.htm](http://www.folklife.si.edu/vfest/hawaii/taro.htm).

Below is a table of some nutrient values, limited by the FAO data on cassava leaf.<sup>3</sup> You can see that the leaves are a much better bet than the tubers from which they grow. Now if we could just breed the oxalic acid out of the taro and the cyanide out of the cassava!

1. Maurice E. Shils, James A. Olson, Moshe Shike: *Modern nutrition in health and disease* -8th ed. ISBN 0-8121-1485-X (set). Library of Congress 92-49855
2. The USDA Nutrient Database for Standard Reference, Release 14 is available on CD-ROM from the Government Printing Office for \$17.00 (including shipping and handling). Orders by telephone, 202-512-1800; FAX, 202-512-2250; or on the internet, [http://www.access.gpo.gov/su\\_docs/sale.html](http://www.access.gpo.gov/su_docs/sale.html). Stock Number 001-000-04679-9. You can also download the database as a 5 MB zipped flat spreadsheet at my website: [http://www.vegsource.com/harris/food\\_comp.htm](http://www.vegsource.com/harris/food_comp.htm)
3. Food and Agricultural Organization of the United Nations (FAO) data on cassava leaf at: <http://www.fao.org/WAIRdocs/x5425e/x5425e0m.jpg>.



Nutrient - Percent of Recommended Daily Allowance (RDA) per Calorie (Raw)							
		Taro Root	Cassava Root	Potato	Taro Leaf	Cassava Leaf	Spinach
Calcium (Mg)	800	106%	28%	24%	701%	2800%	1138%
Cholesterol (mg)	<300	0	0	0	0	0	0
Iron (mg)	18	90%	31%	117%	982%	950%	698%
Niacin (mg)	15	79%	78%	275%	528%	500%	523%
Protein (gm)	50	59%	37%	105%	522%	850%	429%
Riboflavin (mg)	1.6	27%	37%	61%	1327%	1150%	1277%
Thiamin (mg)	1.4	124%	80%	174%	730%	550%	449%
Vitamin A (RE)	1000	0%	0%	0%	422%	6000%	6914%
Vitamin C (mg)	60	147%	472%	914%	4540%	16650%	7857%



## Vegan in Vegas

by Helen Wells, MA

It's hard to be vegan in Vegas, but it's possible. There is plenty of food in Vegas, but usually less than 1/4 of a typical buffet is vegan; nevertheless, one can survive for a week there, especially if one goes by Rainbow's End Natural Foods, 1100 E Sahara Ave. (737-7282) and stocks up for the hotel room. (I noticed that the downtown hotel we stayed at didn't have a small refrigerator in the room, but you may be able to request one for a fee.)

If eating out is your priority on a vacation, however, you're going to be a bit disappointed with Las Vegas. Yes, the buffets do not lack in lettuce, tomatoes, baby corns, pickled beets, pastas, watermelons, cling peaches, etc. But, by the third day my stomach had a reaction, in part, I'm sure, to the non-organic produce from the buffets' salad bar sections.

Non-vegan vegetarians will fare better. The Venetian had several restaurants throughout its canal-way, almost all with *something* a vegetarian could eat. Taxi drivers told us that the Venetian is the local favorite eating venue, and maybe that's why its restaurants seem to have more of a reality check. Circus Circus was very weak in the vegetarian department, and, from my experience with the Mexican, lard-ridden restaurant there, in my opinion, almost downright "anti." Las Vegas in general had

a thing for "prestigious" steak houses, and that made me pretty sad. Circus Circus' Pink Pony restaurant did have a vegetable burger that I devoured after five days of salad bars and fruit boats.

Too late I found four good prospects in the telephone book. The Breathe Oxygen Bar, 4750 W. Sahara Av. (258-4202) and 3977 W. Quendo Rd. (258-7092) told me they serve four vegetarian dishes. Everyone I talked to on the phone raved about Raw Truth Café, 3620 E. Flamingo Rd. (450-9007), said to have a "100% Raw and Organic Menu." Another market in Las Vegas is Wild Oats Community Market, 517 N. Stephanie St. HD, 7250 W. Lake Mead Blvd. LV (942-1500), part of a larger chain of natural food stores with deli.

If I go back, I'd like to stay at any hotel that is close to one of the vegetarian restaurants. I'd also be prepared to forage through ethnic restaurants that are independent of the hotels. I recommend telephoning ahead to any Mexican restaurant to find out if it has anything on the menu without lard.

It seems that the bigger the hotel and the more people who have to be served, the less variety and accommodation for the likes of vegans, vegetarians, those who keep kosher, etc. Some of the big hotel restaurants have to feed so many people so quickly that the foods and menus tend to be very standardized. Yes, I regret to say that I was served a little bit of waitress "attitude" for ordering a la carte vegan in a fancy hotel restaurant.

And a reminder: reconfirm your vegetarian or vegan meals about two days before your flight. (If you fly Continental, you might have a 50% chance of getting them if your karma is similar to mine.) The plus: the airlines are cutting back so much on the extras, that everyone may only be served a banana and/or a muffin

(with egg), and/or some peanuts without a special request, as happened to me twice in my scooting around the mainland. And I heard from more than one flight attendant that they are pushing the airline to automatically place 2-5 extra vegetarian meals on each flight, as invariably people ask for them. We can all write to our airlines and ask for this, especially for the longer flights.

## What's on the Radio?



### Nutrition and You

Ruth Heidrich, PhD  
Terry Shintani, MD  
John Westerdahl, PhD  
Sundays 8-9 p.m.  
K108 (AM 1080)  
Call in line: 524-1080

### Health Talk

Hosted by Hesh  
Saturdays 8-9 a.m.  
K108 (AM 1080)  
Call in line: 524-1080

### Go Vegan with Bob Linden

Listen on the Internet  
Sundays 8 am (9 am after 10/21/01)  
[www.GoVeganRadio.com/](http://www.GoVeganRadio.com/)

# Taro Tale

By Helen Wells, MA

I hope you'll find this story amusing. I can laugh now, but at the time I was in a lot of physical pain.

Well, I was in the Republic of the Marshall Islands (RMI) working at the College of the Marshall Islands (CMI) in the capitol of Majuro circa 1996 when I decided to try to cook my own taro. I had eaten this wonderful starch out there in its lumpy, coconut milk form, and I had thoroughly enjoyed it. Years later I would read James Michener's ravings about taro in the book Hawaii and think, "Oh, here is another one of his historical tangents," but this one I could really relate to. Here in Hawaii we all know about poi, the dusky purple/blue bland pudding form of taro, but in the Marshalls the coconut milk version is the taro recipe of choice.

It is served alongside delectable breadfruit that's been baked in the ground. Don't believe it when people say that the Pacific Isles only have *Spam* tastes, although I have to concede that the low atolls yield few fruits and vegetables and that the starches of taro, breadfruit, and rice dominate. We could get fresh local bananas, but most of the other fruit was shipped in (fair to poor freshness).

Nevertheless, as a vegetarian there, when I was invited to a party I could count on getting my fill by "starching out." There wasn't the greatest vegetarian variety, but I didn't go hungry. It was after one such party that I decided to try to make my own taro. First, at the grocery store I identified exactly what a taro was. I bought four small taro roots, about the size of red potatoes. This was my first mistake: my brain thought, "Oh, these are like potatoes." Actually, taro is quite different from a potato, as I was to soon, almost tragically, find out.

At home I peeled the taro and

thought, "Oh, I'll take a nibble of this taro raw (as I might a potato in order to test its freshness). This was a big, huge, horrible mistake. For those of you who don't already know, taro must be cooked in ways that will neutralize the crystals in it. In other words, raw taro is full of crystals that, when eaten raw or improperly prepared, feel like razors cutting your intestines into little slices. It is *dangerous* to eat raw taro; it is certainly painful as all get-out. The islanders say it's "poisonous" to eat improperly cooked taro. I don't know if that's scientifically correct, but after my second bite of raw taro (I had wanted to try it again because I thought the first bite tasted weird), I knew that something was very wrong.



Taro patch at the Polynesian Cultural Center

I left the four taros boiling away while I clutched my stomach and began to think of going to the hospital.

It was one of my luckier moments when my next door neighbor answered my knock. He was another professor at CMI who happened to have his doctorate in plant genetics. When I told him what I had done, he burst out laughing. "You did what? You did what?" I told him again and again that I had eaten raw taro. When he stopped laughing, he told me about the crystals in the taro root and that the taro had to be thoroughly cooked, preferably with

coconut milk, in order to neutralize them (for poi, the taro is pounded mercilessly to mush, and the crystals go that way). My cure was to sit up half the night drinking milk, and I will say that the first swig offered some immediate relief. Nevertheless, some damage must have been done by the steely little crystals, because I had a belly ache for about a week thereafter. And going to the bathroom ...oh my gosh.

When my students found out what I had done, they wanted to laugh, but they tried to be polite. They held back until I told them they could go ahead; I wouldn't be offended. Then they rolled all over the room laughing, and I didn't begrudge it. Knowledge of the powers of taro is intimate to them from an early age. It was a pretty basic concept in the culture, and I love for people to laugh. So, then and now, too, I smile about the whole thing. I hope that you will try some taro -- but with a good recipe *that you follow properly*.

Local taro of Hawaii is good, but I really like Okinawan taro (it has cute brown stripes). I get it from Longs Drugs (where you can also pick up "jobo"/burdock root in season). I wouldn't say that I'm a taro connoisseur, but you can bet that I'm a pretty thorough taro *cooker*! When I teach a new group of Marshallese students here, I tell them my taro story, and it really breaks the ice fast.

Well, here's an aside: Even better than taro root is taro top cooked the way they fix it in Guam. I want to tell you that you haven't lived until you've had taro greens. Again, you have to cook them thoroughly, but they're my favorite green of all time. We all have preferences, but in my opinion taro greens are better than spinach, any kind of kale, mustard, collard, or turnip green -- and I like those, too. Taro greens can be used in any recipe that

(See *Taro Tale* on page 11)



## Summerfest 2001

by Ruth Heidrich, Ph.D.  
VSH President Emeritus

The *true* world leaders did not meet in Italy at the 2001 Genoa 8 – they met at Summerfest 2001 at the University of Pittsburgh at Johnstown, Pennsylvania! Those who have the vision to propose and work for changes in agriculture, food choices, and conservation of our resources are the true leaders – those who see that our present path of squandering our precious water, feeding our grain crops to animals, and destroying our decreasing arable land -- most of which is used to produce steaks and hamburgers -- is leading us on a path of destruction.

What follows are summaries of a few of the presentations at this year's event. But first I want to tell you how wonderful it was to walk into the Summerfest dining hall and find a spread so sumptuous that I hardly knew where to start. Salad bars overflowed with a variety of greens -- and every other color of fresh, raw veggies. Three entrée bars offered dishes so novel that I wondered how Chef Ken Bergeron came up with his ideas. The Kale Pumpkin Soup, for example, was delicious enough to be a desert. The dessert bar looked and tasted so sinfully good that it was hard to believe it was all vegan and so healthy.

**Howard Lyman** fired the opening salvo with his story of being a fourth-generation cattle rancher-turned-vegan and his concern about

Mad Cow Disease in this country. He alternatively had the audience rolling in the aisles with laughter and wiping tears from their eyes.

**Michael Gregor, MD** had a similar theme in, "Mad Cow Disease: What The Media Is Not Telling Us." He said that despite USDA claims, there are probably cases of this disease already in our food supply. He predicts that these tiny proteins, which are virtually indestructible and have a long incubation period, will infect seven to ten million Americans with the human form of Mad Cow Disease between 2010 and 2020.

**Neal Barnard, MD** spoke about "Turning Off The Fat Genes." To determine the minimum number of calories you need to keep your fat-burning system working (the leptin system), multiply your ideal weight by 10. If, for example, your ideal weight is 130 pounds, then you need to eat 1300 calories to keep burning fat. Eating fewer calories results in your body going into a starvation mode, which cannot be sustained. Get all the animal fat out of your diet and lose one pound a week! Carbohydrates themselves are not the problem, but they often are vehicles for transporting fat (for example, toast, potatoes, and pasta transporting butter).

**John McDougall, MD** spoke on "The Ten Most Common Drugs People Take" and how the need for most of these can be avoided simply by changing the diet. Best examples are cholesterol-lowering drugs, heartburn and acid reflux drugs, Premarin (horse estrogen), diuretics, beta blockers, ACE inhibitors, and other drugs for treating high blood pressure.

**Jeff Novick, RD** discussed the "Satiety Index" and dispelled a few myths such as that it's fat that makes you feel full. He said that it's actually water first, fiber second, and nutrients third. Fat is dead last! So, what do food manufacturers do? They dehydrate our food (remove water), refine

it (remove fiber), and process it, (remove nutrients). *If you eat whole foods, you get the most satiety.*

**Antonia Demas, Ph.D.** discussed the national School Lunch Program. She says that we are feeding to 40 million children foods that promote disease. She told us how in one inner city school system with a high juvenile delinquency rate she set up a 30-day experiment in which a group of incarcerated kids were fed a vegan diet and asked to write their feelings and activities in a daily journal. The children reported more energy, waking up feeling good, and losing their desire for illegal drugs. Many were taken off attention deficit disorder medication, and their grades went up.

**Carol Adams** presented the concept of the "absent referent," which explains why we can't eat pets (animals we know and love) but can eat meat (animals we don't know and don't love). As long as the animal is presented in a cellophane wrapper, it is an absent referent, and therefore can be eaten. She quoted Franz Kafka: "Now I can look at you in peace; I don't eat you anymore."

**Ruth Heidrich, Ph.D.** (yours truly) spoke on "Osteoporosis: the Calcium Deficiency Myth," the main theme being that porous bones are caused by protein excess and exercise deficiency. I also presented two other talks, "Making A Vegan Diet Even Healthier" (illustrating the evolution from a "tea-and-crackers" diet through "Oily Vegans," the "Burn, Blacken, and Char Vegans," all the way to raw), and "Eating for Marathons and Triathlons," stating that a low fat vegan diet can not only sustain heavy athletic activity but that it is, in fact, the *best* diet for athletes. I also led several early morning runs that were surprisingly well attended.

Five days of good information, good food, and good people -- all this -- and getting to meet the *true* leaders of the world.

Ask Dr. Ruth: [www.vegsource.com](http://www.vegsource.com)  
Website: [www.ironlady.com](http://www.ironlady.com)

# How to Prepare a Jackfruit

by Helen Wells, M.A.

A really ripe jackfruit is heavenly to eat, but cutting one up is a messy enterprise. Fruit fanatics will appreciate adding this exotic fruit to their list.

In the first photo below you see the whole fruit. A ripe one is slightly soft. The one pictured is on the small side and is just barely ripe.



The first step is to oil your knife. The center white part of the jackfruit is extremely sticky. You'll have to clean your knife more than once in the process of cutting up the jackfruit. Don't oil the handle, but do oil the blade before you start to cut. Be very careful.

As soon as you cut the fruit open, you'll smell the jackfruit scent, which is a bit like that of a banana.



Extract the seeds and the yellow pods that are shaped like garlic or flowers. These yellow parts are edible if they are ripe enough, having a

dark yellow color and a strong, sweet smell. I think they taste a bit like banana. Discard the white stems that are around the yellow pods. Discard any yellow pods that are not ripe enough. Extract the seeds and place them in a pot for boiling.

Below you see what is edible that was extracted from the jackfruit: a delightful bowl of yellow "flowers" that can be added to salads or eaten as is and jackfruit seeds in a pot. On a web page I found it said to boil them at least 5 minutes, but a friend of mine from India said to boil them much longer, so I boiled them for 40 minutes. After boiling, they'll have a thin crust that easily tears away. Inside is a wonderful, starchy but delicious seed. Its texture is that of a large, bland, boiled peanut, but it has its own taste.



Cleanup is interesting. Nevertheless, this is a culinary adventure worth undertaking.

## What I Eat, Not Where

by Helen Wells, M.A.

For an earlier issue of the VSH Island Vegetarian I was asked for my picture to go with my article. Secretly, I had been dreading such a request.

The dread has to do with eating out. Sometimes the greatest difficulties in being vegetarian are not the taboo food temptations but the hard times that other humans give us.

There I am, in a restaurant that serves meat, and one of my coworkers or students sees me and begins to freak out; without looking at or asking about what exactly is on my plate, he or she exclaims, "I thought you were a vegetarian!"

Horribly, the worst encounters of this sort are usually with meat-eating friends and family members who watched me over the years as I've worked to become vegetarian.

"You have to give me a list of what you're eating now," a close relative tells me. "I never know what to fix for you," she says bitterly. In actuality I have told her several times that I've changed; that I'm not the same as before; not eating the same foods that she eats. It has become an emotional issue for her.

Usually it's this type of person, someone who has an issue with my vegetarianism, who gives me a hard time. I believe my vegetarianism resonates with some kind of "guilt chord" deep within them. And, if they chance to see me in Subway, for example, they're thrilled to tease or even ridicule me even though I'm eating a no-mayo, no cheese vegetarian sandwich. The result is that I can be paranoid about eating out. Nevertheless, I do it; I want vegetarianism to go mainstream and I believe that interacting with restaurant owners and others will benefit society by influencing the market to produce more vegan foods and other products.

The up side of the issue of confrontation while eating out is that such scenarios have happened to me less in Hawaii than anywhere else I have lived. I'm very thankful to the vegetarians who preceded me and who worked hard to educate and influence others here. By contrast, among many levels of society in pockets of the Mainland a visit to an ethnic restaurant may be a once-in-a-

*(See What, Not Where on page 13)*

# Animal Rights Corner

## Beyond the Law

by Cathy Goeggel  
Animal Rights Hawaii  
Co-Founder

Most vegetarians view the slaughter of animals for food as barbaric and unnecessary. Those who continue to eat animal flesh often excuse their habit by stating that there are laws that protect animals.

Why, there is even a federal humane slaughter law that is supposed to make animals' deaths swift and painless. Meat eaters usually aren't interested in delving too deeply into an area that just might affect their dining pleasure.

The sad truth is that the federal laws regarding "food" animals are infrequently enforced, and the trend in the USDA is to further weaken protection for these animals. ARH has documented continued violations of the Humane Slaughter Act at the Farmers' Livestock Cooperative, and with the exception of a brief closure, the butchers of Ewa have not been fined and they continue to kill pigs and other animals daily.<sup>1</sup> We have also investigated and reported to fed-

eral authorities illegal slaughter and sale of meat, but the perpetrators are still in business. The Hawaii state cruelty law does not exempt farm animals from protection; we need dedicated enforcement to end the most egregious violations.

Beyond the Law: Agribusiness and the systematic abuse of animals raised for food or food production is a 60-page booklet by David Wolfson, Esq. Wolfson describes how agri-

business has been able to change state anti-cruelty laws to exclude farm animals from even the most basic legal protection. He states, "... thirty states have en-

acted laws that create a legal realm whereby certain acts, no matter how cruel, are outside the reach of anti-cruelty statutes as long as the acts are deemed 'accepted,' 'common,' 'customary,' or 'normal' farming practices." By their cruel practices they define what's legal. Meat eaters and others should not be comforted by the false belief that farm animals are slaughtered humanely.

Copies of the Wolfson booklet are available from ARH for \$2.50. Please send checks to ARH at the address below.

*"...if one person is unkind to an animal, it is considered to be cruelty, but where a lot of people are unkind to animals, especially in the name of commerce, the cruelty is condoned and, once sums of money are at stake, will be defended to the last by otherwise intelligent people."*

Ruth Harrison (Animal Machines)

# NO, I DON'T HAVE ANY SPARE RIBS!



## What You Can Do

### Contact Your Newspaper

Ask your local paper to write a story on the advantages of a vegetarian diet or the cruelties of the factory farm or write a letter to the editor on the subject. You Can Save the Animals: 251 Simple Ways to Stop Thoughtless Cruelty (1998), by Ingrid Newkirk. Available at PETA.com for \$11.96.

<sup>1</sup> Many of the cows and pigs slaughtered in Ewa were born and raised in Canada, trucked to California, and brought across the Pacific in a ship. Within days of arrival their throats are slit and they bleed to death.

## "Isn't vegetarianism a personal choice? Why try to force it on everyone else?"

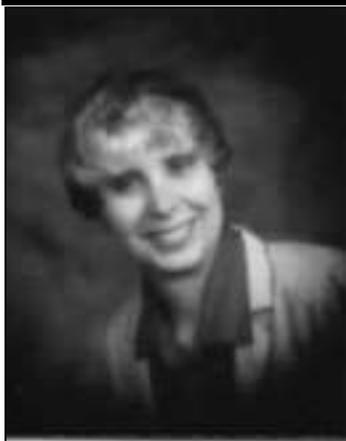
From a moral standpoint, actions that harm others are not matters of personal choice. Murder, child abuse, and cruelty to animals are all immoral. Our society now encourages meat-eating and the cruelties of factory farming, but history teaches that society also once encouraged slavery, child labor, and many other practices now universally recognized as morally wrong. Source: PETA.com

### Animal Rights Hawaii

P.O. Box 10845  
Honolulu, HI 96816  
(808)941-9476



www.AnimalRightsHawaii.org  
Email: info@AnimalRightsHawaii.org



# Eye on the Environment

## The Environment is Hurt by Eating Animals: Part One

by Laurie Veatch, M.A., VSH Vice President

Part one of this two-part article focuses on damage to forests and other ecosystems caused by raising animals for human consumption. Part II, in the next issue of this newsletter, will discuss the impacts of animal farming on water use and purity, energy consumption, and climate change.

Forests, drylands, and wild species are lost to rangeland and land converted to crop production for animal food. Cud-chewing ruminants (cattle, sheep, goats) graze on half of the earth's land area. In the U.S. 70% of domestic grain use is for livestock.

Many of the world's range lands, covering one third of the Earth's land surface, carry scars from livestock: weeds instead of diverse ecosystems, depleted soils, eroded landscapes.

Cattle are an important factor in the reduction of dryland ecological productivity. Initially, cattle overgraze perennial grasses, allowing annual weeds and tougher shrubs to spread. The new weeds anchor the topsoil poorly and leave it vulnerable to trampling hooves, wind, and rain. Without the cover of perennial grasses fires that naturally control bushes lose their tinder, and shrubs expand unchecked. As the variety of plant species dwindles, wildlife species also vanish.

In areas of intermediate rainfall

perennial plants are eaten and trampled by cattle, and clay soils are compacted and rendered impervious to water; when rains arrive in strong, sudden downpours, they wash away the destabilized soils.



Ranchers overstocking their land with cattle contribute to weed invasion and erosion. Spain and Portugal still bear the scars of pro-sheep land policies that began hundreds of years ago. The western United States is likewise left with a sad

legacy: the great cattle boom of the last century annihilated native mixed-grass ecosystems. And unsustainable practices, including overstocking and grazing cattle for too long in the same place, continue on much of the 110 million-hectare area of public land the federal government leases to ranchers.

Some studies indicate that half of U.S. range land is severely degraded, its carrying capacity reduced by at least 50 percent. The narrow stream bank habitats crucial to arid-land ecology are in the worst condition in history, according to a 1990 report of the U.S. Department of the Interior.

Forests also suffer from livestock production as tree branches are cut for fodder and entire stands are leveled to make way for pastures. Effects of forest clearing include the loss of watershed protection, loss of

plant and animal species, and substantial contributions of the greenhouse gas carbon dioxide to the atmosphere.

Destroying tropical tree cover begins the process of land degradation. Shallow, acidic, and nutrient-poor soils rapidly lose phosphorus and other nutrients when forest is converted to pasture. After the land is used up, ranchers abandon it for land newly cleared of forest vegetation.

Where forests diminish before advancing ranches, so too does the diversity of life. The tropical forests, covering under 7 percent of the earth's land area, contain perhaps half of the earth's species.

*Information in this article is based on the Worldwatch Institute's "Taking Stock: Animal Farming and the Environment," Alan B. Durning and Holly B. Brough.*

*"This we know: The earth does not belong to man: man belongs to the earth. This we know: all things are connected like the blood that unites one family. All things are connected. Whatever befalls the earth befalls the sons of the earth. Man did not weave the web of life. He is merely a strand in it. Whatever he does to the web, he does to himself."*

Attributed to  
Chief Seattle, 1787-1866

# Burdock Root Photo Essay

by Helen Wells, M.A.



I purchase burdock root at Long's Drugs or Foodland. A root is about 1 1/2 feet long; its diameter ranges from that of a dime to that of a quarter. Use a peeler to scrape off the brown outside. The freshly exposed white root almost immediately turns a darker color. That's okay; you don't need to scrape it any more. Just rinse off the root after it has been completely scraped once.



Cut the root into pieces about the size of French fries. Where the root is thickest, you may need to quarter it. Remember, this is a pretty tough root (more so than potatoes or carrots), so the pieces have to be small enough to be able to cook through.

Cook on high in a pan for at least 15 minutes in 1/3 cup of Bragg Liquid Aminos or soy sauce, 3 cups of water, 3 tablespoons of olive oil, and one tablespoon of black pepper. Add more water if you need to, to make



sure the roots cook at least 15 minutes. Keep stirring and don't let the roots stick. The liquids will begin to caramelize. After 15 minutes remove from the stove after most of the liquid is gone but before the caramelized burdock burns.

Serve as a side dish or on top of brown rice.



## Taro Tale

*(Continued from page 6)*

calls for spinach, but the best way to eat them is to blend them up and cook them well in coconut milk with salt and a little lemon. On Guam they add a lot of garlic. The down side is that they're really hard to get. Supposedly one has to sacrifice the whole taro plant to the harvest of the young taro leaves, and most farmers can earn more for the taro root later. If you know of a source, please e-mail me at once! ([ironrat@gte.net](mailto:ironrat@gte.net))



## VSH Dineout

Wednesday, 10/17/01, 6:45 pm

### Thai Kitchen

94-300 Farrington Highway, Wai-pahu (corner of Farrington and Leokane), 671-9488

Please join us for a dineout. Thai Kitchen is a sleepy little gem that has been serving many great vegetarian selections, and offering VSH a 10% discount too, for as long as I have been a member.

The restaurant is owned and run by Cecil and his wife, who is a former chef at Keo's. She is in charge of the kitchen, and her cooking reflects some of the exotic touches of the prior restaurant at more affordable prices. The restaurant is a quiet, charming, casual spot.

We hope to see you there. Please call 944-VEGI at least 24 hours in advance if you plan on attending.

Elaine Johnson

## HELP WANTED!

### Assistant Public Relations Director

Help spread the VSH message in our community. Many important jobs need to be done, from distributing flyers to contacting members of the media. Or bring your new ideas.

Newbies and professionals are welcome, and other volunteer positions are also available.

You can make a difference! Please give it a try.

Contact a Board of Directors member or call 944-VEGI (8344).

# Colon Cancer: Red Meat v. Smoking

edited by Robert Moses,  
VSH Venue Coordinator

**LYON, France (AP)** -- New research indicates that eating lots of red meat may create as much of a certain cancer-promoting chemical in the colon as smoking does. The findings, presented in June 2001 at the European Conference on Nutrition and Cancer, were part of a study that also appears to revive the theory that fiber wards off colon cancer, the second most deadly cancer worldwide.

## Dates to Remember

### October

- 1 World Vegetarian Day
- 2 Mohandas Gandhi's birthday:  
"Live simply that others may simply live."
- 2 World Farm Animals Day
- 3 VSH meeting: Antonia Demas,  
McCoy Pavilion
- 16 World Food Day/World Anti-McDonald's Day
- 17 VSH Dineout: Thai Kitchen (see page 11)

### November

- 1 World Vegan Day
- 2 World Ecology Day
- 14 VSH meeting: Bill Harris MD,  
Ala Wai venue
- 21 VSH Thanksgiving Dinner at Govinda's Restaurant, Call 595-3947 for reservations.
- 22 Thanksgiving is Murder on Turkeys Day
- 23 Fur Free Friday

### December

- 3 World Conservation Day
- 12 VSH meeting: Rozalind Gruben, Ala Wai venue

## The Fiber Study

The idea that a high-fiber diet rich in fruits, vegetables, and grains prevents colon cancer suffered a setback last year after two studies failed to find an effect. But the latest research, which experts say is the most reliable to date on the link between eating habits and cancer, found that those who ate a high-fiber diet had 40 percent less chance of developing colon cancer than those who ate the least roughage.

The study, which involved people from nine European countries, had the widest range in fiber intake of any study to date. At the start of the study in 1993, questionnaires separated subjects into five categories of fiber intake. The top and bottom 1 percent were excluded to eliminate extremes, leaving approximately 80,000 people in each of the remaining categories.

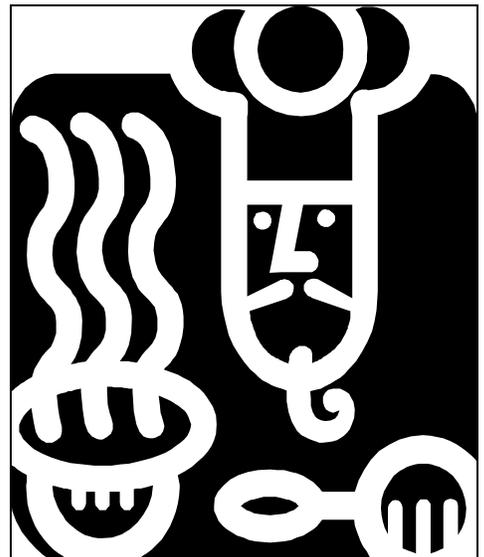
***There were 176 colon cancer diagnoses in the group who ate the least fiber and 124 cases in the group that ate the most -- a significant difference of 40 percent.***

This finding redeems fiber as a potential anti-cancer agent, said Nicholas Day, a cancer expert at Cambridge University in England who was not involved in the investigation. Day has criticized previous studies on nutrition and cancer, saying that they were too small, were limited to one country at a time, included narrow ranges in eating patterns, and didn't measure precisely enough to detect the effect of small differences in nutrition.

## Like to Hike?



VSH members take a hike on the 3rd week-end of each month. To be notified of upcoming hikes send your full name, phone number, and e-mail address to Robert Moses at [robert@mosesrealty.com](mailto:robert@mosesrealty.com).



## What's Cooking?

Here are some vegan cooking classes being held this quarter:

**Kapi'olani Women's Center**  
535-7000

**October 27:** "Vegetarian Favorites Around the World"

**November 10:** "Vegetarian Chilifest"

**December 15:** "Entertaining – Vegetarian Style"

**Windward School for Adults**  
(Kalaheo High School 254-7955)

**November 17:** "All About Organic Foods"

**Lyon Arboretum—Manoa**  
988-0456

**December 1:** "Vegetarian Sandwich Ideas"

**Down To Earth Lifestyle Center**  
947-7678

**October 6:** "Ono" Vegan Party  
Pupus with Yana Lehua

**November 3:** "Healthy Holiday Recipes Part 1" with Carol Lent

**December 1:** "Healthy Holiday Recipes Part 2" with Yana Lehua

Call in advance for fees, location, time, and registration.



## Deep in the Heart of Texas

By Karl Seff, Ph.D.  
VSH Board Member

The July 2001 issue of the East Texas Journal reached me (on Oahu) in August. Although I decided years ago not to renew my subscription, occasional issues keep coming. The Journal is published in Mt. Pleasant, TX, a town that I visited by mistake in 1997, I think; I needed to get out of the car and walk around a little. Mt. Pleasant is most of the way from Dallas to the Louisiana border and an hour's drive from the President's Ranch.

On page 8 is an advertisement for Sandra's Cafe that says, "Proudly serving homecooked vegetables fresh from the market." Now that's a new one for the East Texas Journal. Country ham, eggs, and hashbrowns from the Pitt Grill, or cheesecake from Laura's Cheesecake and Bakery, or a chopped beef sandwich plate from Bodacious Bar B-Q (all in that issue) are more the tone. On page 17 a Brownie Skillet Sundae is shown: a big pecan brownie is fried up and served with a scoop of ice cream on top. On page 22 a hamburger with a whole mess of long dark fries on the side, likely done in



beef fat, can be seen.

Also on page 8 is a full page article about Sandra's Cafe with a picture of Sandra and her coworkers. It says that Sandra Gaines opened a farmer's market in October 1999. "After many customers saying how they would buy more of the fresh veggies if they had the time to cook them or even knew how to cook them, she decided to open the restaurant."

The restaurant reviewer selected a veggie plate consisting of "boiled squash, fresh corn, and mashed potatoes" (not necessarily the best choice). The salads are fresh and green, she says, and the more traditional dishes come with things like "a cup of purple hull peas," and a slice of tomato as a garnish.

Moving along now, on page 13 is a picture of a Texas Fruit Fairy. It is a big color ad by the Titus Regional Medical Center with the words "Hold the gravy, Ya'll." This fairy is a middle-aged fella with a mustache and boots, a semiunravelled straw hat, and a funny looking little lei. He is showing off his fruit basket, promoting fresh fruits and vegetables "to improve the physical, mental, and social health of his fellow employees." "Future plans are to expand this education and awareness into the community." The fairy says, "You can't beat a Fresh Fruit."

Looks like Texas is startin' to come around. If so, it will be good for its Heart, not to mention all of its other parts, and Texas has lots of parts.



## What, Not Where

(from page 8)

lifetime occurrence, and a visit to a vegetarian restaurant may never happen at all.

With the efforts of vegetarians who have come before me as well as the specter of diseases such as "Mad Cow," perhaps we vegetarians are entering a period of greater acceptance and expansion.

Eventually the naysayers of these and similar efforts toward human progress are finally pressured into better behavior. This is one of the good aspects of civilization. For example, in the recent century the concept of human rights was defined, gained momentum, and became a universally accepted standard. Another thought along this line is that by extending rights to *animals* we are wrenching *human* progress to a higher level. The last words: Judge me on what I eat, not where I eat it!



Volunteer Patrick Moore was on hand when the above VSH bus ad was photographed. The "15% Off Life Expectancy" ads were displayed for one month in the 525 City & County bus fleet and generated significant interest in vegetarianism. (photo: b.vegan)

# Reviews

## Molokai Market Baskets

by Helen Wells, MA

I received a sample box of produce from Molokai Market Baskets, and I give it a "thumbs up." The cardboard box was 16 X 10 1/2 X 13 inches, and it was filled with much attractive, fragrant, and delicious fresh produce: 2 green bell peppers, 2 oranges, 2 red onions, 4 small eggplants, 4 young squash, 6 carrots, 2 large yellow leaves of chard, 3 large pink leaves of chard, a large bunch of broccoli (4 big stems), 3 lettuce (more than one kind), 2 papayas, a large bunch of bananas, 2 apples, and bags of herbs (basil, thyme, oregano, and Italian parsley). The box indicated that this was the "organic, gourmet, regular." It all weighed 17 lbs. The brochure prices it at \$49.99, and that includes home delivery. Considering that most of the items in this selec-

tion are organic or otherwise unsprayed, I say it's a good deal and a great idea for a holiday gift. According to the brochure, you may choose 15 items from a long list.

There is a wealth of information about Molokai Market Baskets, its history, etc. on their website at [www.molokaiorganics.com](http://www.molokaiorganics.com). I don't want to duplicate that information here, but let it suffice that this is the kind of company whose philosophy is in line with mine, that is, vegetarian. It is a great source for those who are vegetarian, vegan, or raw foodists. We can order when we like or become monthly members. I don't own a car, so the thought of having my organic produce delivered to my door is quite appealing. The website shows color pictures of the baskets/items. It also provides definitions for the following terms: certified organic, organically grown, unsprayed, and conventionally grown.

Here is what they charge for the produce baskets: Organic Basket \$49.99, Molokai Basket (14 of the following, lettuce mix, basil and herbs, ginger or garlic, cucumbers, roma tomatoes, sweet potatoes, taro roots, bok choy, eggplant, peas or beans, sweet

onions, pineapple, oranges, bananas, papayas. Some of these are organic, some unsprayed, and some conventional) \$49.99, Small Produce Basket \$39.99, Grocer's Basket \$49.99, Specialty Basket \$59.99. They guarantee satisfaction.

If you want a basket with jams, mac nuts, sea salts, etc., they offer those, too. That is the Specialty Basket. The grocer's basket has "hi-quality natural foods, well known brands, ethnic tastes & themes." It includes a selection of pastas, grains, beans, side dishes, sauces, oils, chips, crackers, breads, nut butters, and soy products.

Their phone number is 1-888-959-9411, and they accept credit card orders. Janie Bryan there tells me that if you are a VSH member, you will receive an extra item of produce. Everything in my box was fresh. I plan to order, especially before company descends for the holidays.

## Vegetarian Snacks At Miao De Bodhisattva Society

by Helen Wells, MA

Walking through Chinatown, I discovered the delicious vegetarian snacks served on the inside left of the Miao De Bodhisattva Society Buddhist shrine at 1120 Maunakea St. #175 (529-8698).

First I tried the vegetarian dumplings, six for \$2. You can ask for some free hot plum sauce to make them spicier. Eaten this way, they were incredibly good.

I also tried the taro spring roll at \$1.00. I snarfed it down because it tasted so good. For first place as chosen by my tastebuds, the spring roll tied with "small rice soup" that sells for \$2.00 small, \$2.50 large. This soup is hotter than you might suspect, so don't burn your tongue when you try it.

(See Reviews on page 20)



Produce from Molokai Market Baskets.

VSH Recording Secretary Mary Arakaki was born and raised in Minneapolis and moved to Hawaii as a Northwest flight attendant. Living on the North Shore, enjoying all the local foods, starting to gain weight, and noticing that she had a constant cold, she decided to look for a healthy solution at Celestial Natural Foods in Haleiwa. She read the book, Diet for a Small Planet, and, in Mary's words, "A light bulb went on. I had never considered the impact our food choices have not only on our health but on the environment. I started reading all the books I could find on vegetarianism. The realization that most deeply affected me was how much of our grains, water, and energy are squandered to feed livestock. I will never forget the words I read in Peter Burwash's book: 'Every six seconds someone in the world starves to death.' Peter went on to say that, 'If a significant number of people gave up eating a significant amount of meat, we could feed a lot more people for a lot less money.' I decided then and there to be part of the solution rather than part of the problem." That was more than ten years ago, and Mary has been a vegetarian ever since.

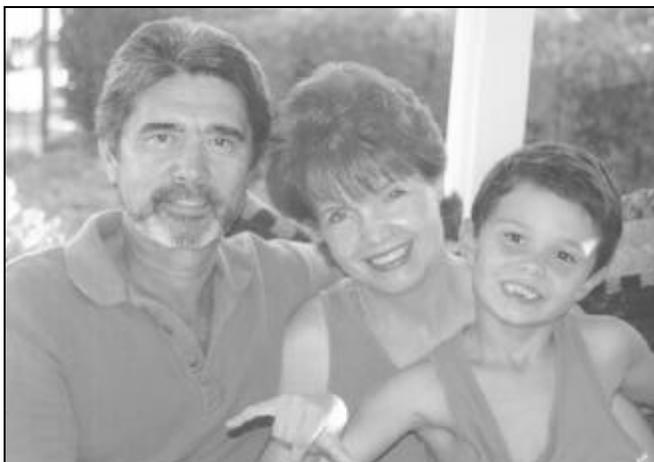
At first having no idea what to eat and finding shopping at the health food store akin to shopping in a foreign country, Mary joined VSH and found the information, fellowship, and mentors needed in order to move forward with her new commitment. And after changing to a low fat vegetarian diet, she immediately lost the weight she had gained, and her immune system was strengthened so that her "constant cold," believed to be the result of exposure to the many germs on the airplanes, was a thing of the past. Since then she has been an active volunteer for VSH in one capacity or another – serving on the Board, coordinating the VSH table at the annual Health and Fitness Expo, and more.

# Meet Our Members

by Alida Rutchick, M.Ed.

## Mary Arakaki

Mary met future husband Bill a year after becoming a vegetarian. She says, "I had heard that the way to a man's heart was through his stomach. Well, at that point my cooking wouldn't have won Bill's gall bladder, let alone his heart, so I started experimenting." In this way Mary discovered one of her natural talents; she has since done cooking demonstrations at VSH monthly meetings and has also participated in Dr. Harris' Kaiser Permanente Lifestyle Program, demonstrating and



explaining the health benefits of her recipes. She and Bill were married one year later, and Bill became a vegetarian by default.

Bill also experienced dramatic health improvements after becoming vegetarian. He had been told that he would be on medication to manage his triglycerides for the rest of his life. When he changed his diet, however, he quickly lost 20 pounds, and he's been off his medication for three years! What "bothers" Mary is that when she and Bill met, he couldn't run because of his aching knees, but now he leaves her in the dust -- and he's 55 years old!

Mary and Bill's six-year-old son

Nick is a life-long vegetarian. In his kindergarten class when he was "student of the week," his classmates wrote of him, "You are healthy because you eat a lot of fruits and vegetables, and you don't eat a lot of candy." Mary and Bill were thrilled to think that their family "may be planting seeds in the thinking of these kids and showing them that eating healthy is cool." And now that Nick is into sports (he plays soccer and is a yellow belt in judo), they have the opportunity to influence the parents as well by sharing healthy, delicious vegetarian food at potlucks.

When Nick was born, Mary resigned from the airlines and went back to school; she is a senior this year in the UH Manoa Food Science and Human Nutrition Dietetics program. Mary says, "Nutrition is a fascinating and fairly new field of study, and there is still so much to learn." Her goal is to complete graduate studies and to become a Registered

Dietician. She plans to continue to support VSH, in part by sharing what she learns of current research.

Finally, Mary cautions us, "I would like to add that simply eliminating animal foods doesn't necessarily mean that your diet is optimal. It is essential to include a variety of whole foods in our diets."

We feel very fortunate to have Mary as a VSH leader; we are delighted by her accomplishments, her enthusiasm and dedication, her lovely smile, and her warm and welcoming personality. We wish her the best in her studies and her career as an educator of our community!

# Thanksgiving Eve Dinner Planned

by Elaine Johnson, MBA

The holidays will soon be upon us, including one of our favorite events, our Thanksgiving Eve Dinner - an opportunity to celebrate Thanksgiving with like-minded friends in a healthy, cruelty-free, environmentally conscious way. There's always an abundance of delicious food that meets our health and ethical requirements.

Last year the venue for our dinner moved to Gauranga's Restaurant, now called Govinda's Restaurant. The folks there put together a truly memorable feast at the very reasonable price of \$10 for adults and \$6 for children under 11. The response was overwhelming -- 500 people attended in 5 seatings. This year Govinda's will be offering us the same great dining experience at the same price. The event will be held on Wednesday, November 21, the evening before Thanksgiving.

The all-vegan menu tentatively includes:

- Tossed salad
- Gluten turkey
- Nutloaf
- Mashed potatoes
- Stuffing
- Gravy
- Cranberry sauce
- Baked yams
- Green beans almondine
- Whole wheat rolls
- Pumpkin pie
- Baked apples
- Herbal tea

Please make your reservations early, as seating will be limited. Call the restaurant directly at 595-4013. Currently we have 5:00 and 6:30 pm seating times planned. Additional times may be added if needed.

Govinda's Restaurant is located at 51 Coelho Way, off the Pali Highway. We look forward to seeing you there.



## Another Thanksgiving Dinner

The Vegetarian Society, in cooperation with Animal Rights Hawaii (ARH), will once again provide a healthful pre-Thanksgiving meal to the 300 men, women, and children who reside at the Institute for Human Services in Honolulu.

"We want to help those in need this holiday by providing a meal, but we want to give a *healthy* meal that will not only taste good and fill their stomachs but that will also increase their overall health," said VSH Board member Jim Brown.

The totally vegan meal will be prepared with the help of Down To Earth Natural Foods and will be served at noon on November 19.

Many thanks to last year's wonderful volunteers. Those wishing to help with this year's worthy cause are encouraged to call the VSH hotline at 944-8344.

## Je Suis Vegetarienne!

by Eileen Towata, Ph.D.

"Ben veciteryanim." "Saya tak makan daging." No matter how you say it (in French, Turkish, Malay or any other language<sup>1</sup>), "I'm a vegetarian" is cause for celebration, especially on October 1, World Vegetarian Day. Here in Hawaii it's easy to take a global culinary restaurant tour and/or a shopping expedition. We're fortunate to have restaurants featuring cuisines of many countries of the world as well as numerous markets where shoppers can purchase ingredients for forays into preparing their own dishes. But we also have another, less recognized resource that "foodies" and/or naturalists will enjoy. Follow the rainbow in Manoa Valley and you'll strike gold at the end. The spectacular Harold L. Lyon Arboretum, up a twisting, turning road just past the Paradise Park parking lots, will reward you on many levels. Affiliated with the University of Hawaii, the arboretum provides a beautiful and tranquil setting. According to its website ([www.hawaii.edu/lyonarboretum](http://www.hawaii.edu/lyonarboretum)), it is committed to remaining a repository for tropical plants, including native Hawaiian plants. The website can be accessed for a virtual tour of many interesting parts of the grounds, and maps are available at the visitor center to help point out areas and specific plants for those who visit in person.

Although not native to Hawaii, some of the important spice-yielding tropical plants are grown at the arboretum. These plants had an interesting past as the spice trade developed centuries ago, and they might also interest people who eat and enjoy flavorful foods today! Did you know that the brown curled tube-like pieces you purchase as "cinnamon" are pieces of bark from the cinnamon tree (*Cinnamomum*

(Continued on next page)

## Je Suis Vegetarienne!

(from previous page)

zeylanicum)? Small bits of the bark are ground into powdered cinnamon that may be used to flavor your Thanksgiving tofu pumpkin pie. Nutmeg and mace are two other spices that we often taste in desserts, especially holiday cookies. These come from the same tree (*Myristica fragrans*). Nutmeg is the seed, and it tastes best when freshly ground. Mace comes from a bright scarlet colored membrane that surrounds the seed. Another favorite flavoring, especially during holidays, is vanilla. You may be surprised to find where *it* comes from. Visitors to the arboretum grounds should look for the climbing *Vanilla planifolia* orchid. It produces pods that contain many tiny black seeds where the vanilla flavor is concentrated. Vanilla pods are rather pricey, and it's no wonder when we discover that hand-pollination of the flowers is necessary for these pods and their seeds to develop. That means a lot of tedious work!

This is but a small "taste" of what you can see during a visit to the arboretum. There are many other beautiful and interesting plants there – some decorative/ornamental, others useful for dyes, building materials, and the like, and still many more that are food or medicinal plants. Set aside some time for a visit Monday through Saturday for a self-guided tour or call 988-0456 to join one of the scheduled guided tours. You can learn about plants, enjoy the beauty of nature, and get some exercise (and we can all use more of that!). Classes on gardening, cooking, and other topics are held regularly. In addition, there's a wonderful series of science workshops for teachers and nature-related classes for children. This past summer saw the introduction of the children's class, "Planting Around the World." Collections from the garden such as cacao, cinnamon, nutmeg, and others were used to study geography and the global distribution of food and natural re-

sources.

Volunteers in many capacities are always welcome at the arboretum. Call 988-0471 to find out more about the different ways you can put your energy, talent, and interests to work. In the meantime, head to your favorite spice purveyor for supplies and try your hand at this easy soup<sup>2</sup> based on some ingredients and flavors of faraway Morocco.

### Eileen's Favorite Pasta Soup

Yield = 9 cups

- 28-ounce can crushed tomatoes
- 1 onion, diced
- 3 cloves garlic, minced
- 2 celery stalks, diced
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- ½ teaspoon ground ginger
- ½ teaspoon ground cinnamon
- 1 yellow or red bell pepper, diced
- 1 cup frozen mixed vegetables
- 4 cups vegetable stock
- ½ cup uncooked red lentils, rinsed/sorted
- 15-ounce can garbanzo beans, rinsed/drained
- ½ cup chopped cilantro (Chinese parsley)
- 4 ounces whole wheat spaghetti, broken to 2" lengths
- 2 tablespoons fresh lemon juice

Put all ingredients except the spaghetti and lemon juice into a large soup pot. Bring to a boil, reduce heat, and cook (covered) for 15-20 minutes or until lentils are softened. Add the spaghetti and cook about 10-12 minutes more, until spaghetti is desired consistency. Add lemon juice, stirring to combine, and serve.

<sup>1</sup> The Spring-Summer 2000 issue of GOOD MEDICINE, the publication of Physicians Committee for Responsible Medicine, contained these phrases as well as translations in many other languages. What a great help for world travelers who are trying to order or shop for foods while away from home! Their website, located at [www.pcrm.org](http://www.pcrm.org), contains an abundance of information – and recipes, too!

<sup>2</sup> Page 64 in *From the Produce Isle – The Cuisine of Greens, Fruits, Grains and Beans from an Island Kitchen*. 1999. Eileen M. Towata.

## What's on TV?



### "Animal Rights"

Olelo, Channel 52

New Time: Tuesdays at 10:00 p.m.

### "McDougall, M.D."

KHET, Cable Channel 11

Saturdays at 3 p.m.

### "Vegetarian"

Olelo, Channel 52

Thursdays at 7 p.m.

Look for the Peter Singer lecture in Oct. & Nov.



Vegan film star Alicia Silverstone ("Clueless") provides the voice for Sharon Spitz, the orthodontically-challenged teen struggling with life and being newly vegan on "Braceface," Fox Family, Olelo Ch. 30. Check your local listings.

# Vegetarian School Lunches: Update

by Bill Harris, M.D.  
Vegidoc@compuserve.com

The 5-A-Day and alternative vegetarian school lunch resolution, H. C.R. No. 151 H.D. 1 S.D. 1, was adopted by the Hawaii State Legislature earlier this year and VSH volunteer Cheryl Chung reports that Castle High School is offering a vegetarian menu. On August 29th I spoke to Eugene Kaneshiro, director of the Hawaii School Food Service (SFS), about other progress in implementation, and he said that on Maui, Kamalii, and Haiku Elementary Schools (SFS manager John Cadman gets the credit here) have been offering veggie meals for some time.

In the future VSH hopes to be able to provide a list of schools offering or leaning toward the alternative veggie meals. However, SFS is not monolithic, and the final say on whether veggie meals are available will rest with school principals and lunchroom managers. Parents should contact their children's schools and let those people know that there's a market. You can also tell them that the SFS Office on Oahu has developed a three-week vegetarian menu cycle that meets USDA standards. The paper work has been done and now it's up to you and the schools.

Unfortunately, Food-Group Based Menus rather than Nutrient Standard Menu Planning (NSMP), are still used. NSMP would allow recipes to stand on their own nutritional merits rather than be compared for equivalency to meat and dairy. However, Mr. Kaneshiro says that only about 20% of schools across the US have gone to NSMP, mostly because food managers are not ready for the changes. Although the Oahu SFS office at 1106 Kokohead Ave. has the necessary computer programs to analyze the recipes, the SFS managers at most Hawaii public

schools do not have this. Assisted NSMP is available from the Kokohead office for managers who are eager to begin anyway.

Kids who are used to hamburgers and hot dogs are likely to go for veggie burgers and soy hot dogs, but some of these items do not meet USDA standards for meat and dairy equivalency. If these are served, therefore, the school cannot be reimbursed by the USDA. With NSMP it would be easy to produce nutritious USDA-compliant meals from common produce items, but the bottom line is that if the kids won't eat it, the school can't break even selling it.

I believe we have an opportunity here for VSH members who are handy with both food and kids to contribute some ideas.

## Singer Lecture Attracts 200

by Jim Brown  
VSH Board Member

Approximately 200 people heard an inspiring lecture by Princeton University philosopher Peter Singer at the September 2nd joint VSH/Animal Rights Hawaii meeting at McCoy Pavilion.

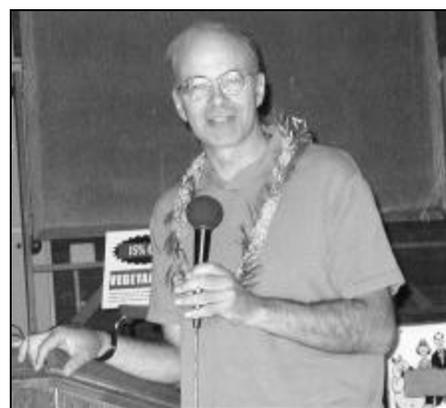
Professor Singer began his presentation with slides of intensive confinement of animals on factory farms and described how egg-laying chickens are debeaked and crammed into small cages with other hens, where they have so little space that they live their lives never being able to spread their wings.

Dr. Singer's conversion to vegetarianism in 1971 while studying philosophy at Oxford was next up in his talk. He related how he studied the works of Aristotle and Kant but eventually agreed with the utilitarian view espoused by Jeremy Bentham, who asked, "The question is not can they reason? Nor can they talk? But can they suffer?"

Professor Singer followed with a discussion of his 1975 landmark book,

Animal Liberation. He spoke of the awareness of animal issues the book helped achieve and that while animal cruelty on factory farms has not improved significantly in the U.S. in the 26 years since his book was published, the trend is at last changing. For one thing, cages are no longer getting smaller. In fact, the two biggest hamburger chains have recently instructed their suppliers to increase the size of the cages for chickens and to stop debeaking and forced molting, a cruel but common practice where chickens are starved for up to two weeks to induce higher egg production.

The increase in cage sizes is hardly perceptible, and while animal rights advocates won't rest until the animals are free to live their lives in peace, these slightly better conditions after



decades of increasingly smaller cages are at least a step in the right direction.

It was clear that many in the audience were shocked by parts of the presentation, but all appeared to be appreciative, as the applause was loud and long. Dr. Singer answered questions and autographed books for an hour after his lecture.

Dr. Bill Harris videotaped the lecture for the VSH television series "The Vegetarian" seen on Olelo cable channel 52, Thursdays at 7 pm. Dr. Singer's lecture is scheduled to air on October 11 and November 8. Set your VCR.

Vegan refreshments were provided by Down To Earth Natural Foods.

Professor Singer also appeared at Maui Community College on Sept. 4.

## President's Message

(from page 2)

that are closely related to our stated purpose of educating regarding the effects of diet. These areas would include topics such as household pollution of waterways by the use of phosphates in detergent, animal experimentation for medical purposes or use of animals in the production of cosmetics and fur coats, and health issues such as food supplements and alternative therapeutic modalities. Our response to this is that while many of us as individuals have opinions on and interest in these matters, they are outside the scope of our mission as an organization and oftentimes outside our areas of expertise. Therefore, as an organization we take no position on these matters. In addressing the three areas that *are* within our scope, as always, we invite your suggestions, opinions, and questions.

In the last issue I promised to give you the results of our spring fundraising letter. I'm happy to report that this letter brought in over \$1600 in donations, which will be most helpful in our efforts to bring you the top vegetarian speakers in the world. As you know, the expense incurred to bring someone to Hawaii can be daunting, especially for a humble non-profit group. But with your support we will continue to bring in outstanding speakers such as Michael Klaper, MD, John McDougall, MD, Professor Peter Singer, and other well known experts who will be coming soon.

Our second fundraising letter will be sent out in early December. The Board understands that we're all bombarded by requests from non-profits, so we'll be limiting our appeals to just two per year. We hope you'll be as generous in response to our holiday letter as you were in the spring. Mahalo.



# Farm Sanctuary



## Internship Program

by Karl Seff, Ph.D.

**F**arm Sanctuary has written to our Society to ask if any of us wish to join their Volunteer Internship Program.

Farm Sanctuary is a national non-profit organization that operates the country's premier shelters for abused farm animals. There are two shelters, one in the Finger Lakes region of New York and the other in a scenic region of Northern California. They get thousands of visitors annually and have been featured on countless national and regional news stories. They offer day tours, weekend farm events, and a vegetarian B&B, all designed to teach people about farm animal abuse and what they can do to prevent cruelty.

Internships are open to all individuals 16 years or older. The most important qualifications are a strong commitment to animal rights and a personal commitment to vegetarianism. Possible intern duties include working at the shelter (cleaning barns and helping with farm chores), in the office (helping with mailings and administrative projects), or in the education center (leading tours and staffing the gift shop). Internships begin on the first of every month and require at least a one-month commitment (two to three months are preferred). Interns work a full-time 40-hour week. The position is unpaid, but housing (kitchen, bedrooms, bathrooms) is provided.

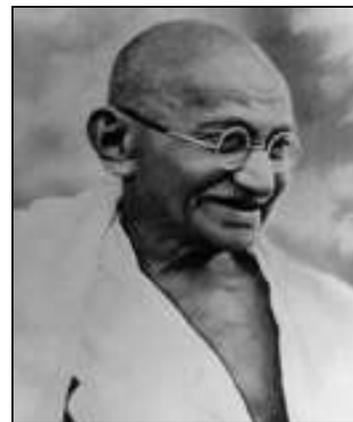
Farm Sanctuary is the ideal place for interested individuals to explore the many facets of grassroots activism and to help effect positive social change.

Let me add something personal. I visited Pigs, a Sanctuary in West Virginia about three years ago; it was nothing at all like what I expected. It

was clean, not stinky as an animal farm usually is, and not antisocial in its demeanor. People work kindly with animals and visitors, live nicely with their neighbors in their community, and get volunteer help from local veterinarians and supporters. Visitors leave transformed by their experience. My short visit to Pigs knocked my socks off.

You will fall in love with the animals. They are accustomed to fair treatment by humans, and in that safe environment they have developed personalities.

If you are interested in the Farm Sanctuary internship or to learn more, call Michelle Wafner, Farm Sanctuary's Education Coordinator, at 607-583-4512. The website is [www.farmsanctuary.org](http://www.farmsanctuary.org). Applications are available by writing to Farm Sanctuary's national office at PO Box 150, Watkins Glen, NY 14891.



*"I feel that spiritual progress does demand at some stage that we should cease to kill our fellow creatures for the satisfaction of our bodily wants."*

Mohandas Gandhi  
Assassinated 1948

## Reviews

(from page 14)

These two items were absolutely heavenly, definitely the big winners. There were all kinds of delightful, small, tasty, fresh greenery and carrot bits in the soup. It was a great surprise.

I also ate one of the "vegetable barbecue on a stick" for \$1. It had carrots, cucumbers, mushroom, and seasoned gluten that wasn't too spicy.

By this time I was filling up, but I was given a free sample of "bean and roll," which sells for \$4.00 in its non-sample state. It had gluten and mushroom. I couldn't see where the beans came into the picture, but maybe they were in the larger piece of the roll that I didn't get to try. I'm not a big mushroom or gluten fan, but those who are will not want to miss the barbecue stick or the bean and roll.

I discussed the vegetarian sandwich in the window, which appeared to have mayonnaise. The shrine worker said that it did indeed have mayonnaise. My advice is to be sure to ask

about your selections.

You can get your selections to go or you can eat on one of three little stools by a low counter. Note that the items in the window are only a sample of what is available inside. The rice soup is behind the counter, and you have to ask for it. I observed that Chinatown shopkeepers came in just to eat this soup, so it must be rather authentic.

Don't forget that the place is a Buddhist shrine, so there will be recorded chanting going on in the background and, at times, incense burning. If you sit at the counter to eat, one of the shrine volunteers will probably play the dubbed video of "Liao-Fan's Four Lessons," a classic Buddhist work about good and evil.

Hours for the food are 9:30 a.m. to 5:30 p.m., Mon-Sat. Because the shrine also conducts services on Saturday and at some other times, I advise that you telephone to double-check that it is a good time to stop by. On the other hand, if you are in Chinatown anyhow, you could just look in the window or stick your head in to see if the snacks are being sold. I really recommend this food, and I hope that the shrine continues to offer this service. At the prices they're charging, you know that they're doing this as a service and not for profit.

## Nutrition Update

(Continued from page 3)

sure their vegan children eat foods containing all of these nutrients; this is not difficult to do these days, they point out, as a lot of the vegan foods on the market are fortified with these making this not much of a concern. The American Dietetic Association states that with appropriate food choices vegan diets can be adequate for children of all ages.

John Westerdahl is the Director of Health Promotion and Nutritional Services at Castle Medical Center in Kailua. He also serves as the Hawaii State Coordinator for the Vegetarian Nutrition Dietetic Practice Group of The American Dietetic Association. He is the Nutrition Editor for *Veggie Life* magazine, coauthor of *The Millennium Cookbook: Extraordinary Vegetarian Cuisine*, and co-host of the Honolulu talk radio show, *Nutrition and You* on KWAH 1080 AM Radio.



**"Be the change you want  
to see in the world."**

**Gandhi**

## Vegetarian Society of Hawaii

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