



Make your mark on Food Day

The national day is designed to inspire action in all areas of food, from access and nutrition to worker rights and food policies

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It's entertaining to watch the Iron Chefs transform a secret ingredient in Kitchen Stadium. It's fun to visit a food truck event and try the latest food on a stick or dolled-up burger.

But our obsessive interest in all things food should count for more than simply pop-culture amusement. With childhood obesity on the rise, small farms struggling to stay competitive, rising numbers of Americans considered "food insecure" and the toll of factory farms on the environment, there is no shortage of food issues to ponder and act upon.

Anyone and everyone can address their particular food-related cause as part of Food Day, which officially takes place Friday but has prompted thousands of events taking place nationwide throughout the month. The Food Day platform is broad, crossing all aspects of the food movement, from nutrition

Please see **FOOD DAY, D4**

PHOTO ILLUSTRATION
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THE WEEKLY EATER

Il Buco doesn't tout high concept, just a short, simple menu of good food and drink >> **D2**

COMICS
& PUZZLES >> **D6-7**
TELEVISION >> **D8**



INSIDE

>> Find recipes for Hula Grill Waikiki's pan-seared ulu fries, cilantro coconut dipping sauce and a green smoothie

Liholiho Elementary School third-graders Luka Jude, left, and Pacey Hatanaka compared their ulu (breadfruit) fries made by chef Matt Young of Hula Grill Waikiki. The students participated in a Food Day event Friday on campus.

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FOOD DAY: Everyone can participate in their own way

Continued from D1

and food access to farm workers' rights and animal welfare.

Last year more than 4,700 events were held across the country. In Hawaii this year Food Day events so far have included loi farming, beach cleanups and individual school programs. Ongoing are monthlong celebrations across Oahu by Women, Infants and Children (WIC). Still to come: An event at the University of Hawaii at Manoa's Campus Center Ballroom Thursday features farming and nutrition speakers, a cooking demo, food booths and more.

Another UH event focuses on labor and food production. Growing Solidarity: Food Sovereignty, Farmworkers and Organizing, 5:30 to 8 p.m. Thursday at the Shidler College of Business, offers a series of films followed by discussion on the topic of labor and food production.

The event, which also commemorates Filipino American History Month, spotlights the history of Filipino workers' contributions to the United Farmworkers Movement.

"We'll bring the conversation to Hawaii and our own history with interracial organizing," said Ellen-Rae Cachola, an ethnic-studies lecturer at UH.

Organizers also hope to bring together various groups in the food community, whether their causes be indigenous land rights, genetically modified food issues or anything else, "to combine issues to create food policies."

AT THE OTHER end of the spectrum are events that address the youngest eaters.

Liholiho Elementary School in Kaimuki, for instance, held



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Pamela Boyar, right, and Jan Yap, Liholiho Elementary School's aina and wellness teacher, prepared green smoothies Friday during the school's Food Day event. Above right, ulu fries were made with breadfruit, an item grown at the school.

GET INVOLVED

Taking part in Food Day can be as big or small as you want to make it. Here are a few personal ways to participate.

- >> Organize a family potluck
- >> Teach someone how to cook a local food
- >> Plant a home garden
- >> Begin shopping at a farmers market
- >> Institute Meatless Mondays at home

its Food Day on Friday. The annual event was a collaborative effort between the school, the Kokua Hawai'i Foundation, which promotes environmental education, and Les Dames d'Escoffier, an organization of women in the field of food.

Jan Yap, Liholiho's aina and wellness teacher, and herself a dame (Les Dames member), organized the event, which featured green smoothies, lettuce tastings, ulu fries, focaccia and pesto, and tapioca pudding topped with fruit, all foods that represent produce grown in the school garden.

"Basil goes into the pesto on

focaccia, kale and bananas go into the smoothie, and we have ulu fries this year because we have an ulu tree on campus," she said. "I try to teach the children via their palates."

Matt Young, executive chef of Hula Grill Waikiki, cooked up the ulu for the students with the intention of broadening their perspectives on eating fresh, local, healthful food.

"We try to show them cool stuff they can make with what they're growing in the garden — easy, quick things ... that are a better alternative to fast foods," he said.

Hula Grill has been working with Liholiho for two years, on everything from gardening to offering cooking demos.

"We try to share the importance of buying local — the health benefits of eating food that's grown nearby, supporting local farmers, keeping our dollars in the local economy."

"It's about the future," said Young. "This is when the children are starting habits that will last the rest of their lives."

FOOD DAY was created by the Center for Science in the Public Interest, a national group that conducts research and offers advocacy programs

in health and nutrition.

Among those on the advisory board this year are author Michael Pollan ("The Omnivore's Dilemma"), chefs Dan Barber and Alice Waters, and environmentalist Laurie David; they join a long list of other writers, chefs and environmentalists as well as physicians, nutritionists, labor leaders and farmers.

Yap, a retired Punahou School home economics teacher, said the relevance of Food Day is that it prompts action.

"It's important for all of us to do something," she said. "One year at Punahou we did a potluck. Maybe you're cutting down the use of plastic by carrying your own utensils. Or maybe someone is focusing on food policy — food labeling is important because everyone needs to know what they're putting in their mouths."

"Awareness is great, but you have to take action, and this inspires people to take action," said Yap. "You can vote with your fork, as they say. You make that decision and that's how you establish policy."

For more about Food Day, visit foodday.org.



COURTESY HULA GRILL

HULA GRILL WAIKIKI PAN-SEARED ULU FRIES

Courtesy chef Matt Young

- 1 half-ripe breadfruit, peeled and seeded
- 2 tablespoons olive oil
- 1 teaspoon salt

Cut breadfruit into 1/4-inch thick wedges. In large pan, heat oil on medium. Add breadfruit and cook on all sides until golden brown — or more if you like it a little charred. Remove from pan and place on paper towel-lined plate. Season with salt.

Serve with Cilantro Coconut Dipping Sauce, below. Serves 6.

Approximate nutritional information, per serving (not including Cilantro Coconut Dipping Sauce): 180 calories, 12 g fat, 1.5 g saturated fat, no cholesterol, 400 mg sodium, 21 g carbohydrate, 4 g fiber, 8 g sugar, 1 g protein

CILANTRO COCONUT DIPPING SAUCE

- 1/4 cup plain Greek yogurt
- 4 ounces chili pepper water
- Salt and pepper, to taste
- 1/4 cup coconut milk
- 4 sprigs cilantro, finely chopped

In small mixing bowl, add all ingredients and whisk well to incorporate. Makes about 3/4 cup sauce.

Approximate nutritional information, per 2 tablespoon serving (not including salt to taste): 30 calories, 3 g fat, 2.5 g saturated fat, 5 mg sodium, 1 g carbohydrate, 1 g protein, no cholesterol, fiber or sugar

GREEN SMOOTHIE

Courtesy Jan Yap

- >> Base:
- 1 cup water
- 1/2 cup ice, or adjust to taste
- 1 tablespoon lime or lemon juice (skip if using acidic fruit such as pineapple)
- 1/2 head romaine lettuce, 3 handfuls baby spinach or any mixed leafy greens
- >> Add-in fruit combo suggestions (up to 2 cups fruit):

- 1 apple
- 2 apple bananas
- 1 teaspoon cinnamon
- OR
- 1 large mango
- Pinch of cayenne pepper
- OR

- 1/2 cup mixed frozen berries
- 1/2 apple banana
- 3 chopped dates (if you want it to be sweeter)
- OR
- 1/2 cup watermelon with seeds
- 1 handful mint leaves

Wash produce and pre-cut veggies. To blender, add water and ice, lime or lemon juice if using, and fruit with highest water content first, then the rest. Fill blender to top with greens. Ensure there's enough water for thorough blending by covering most of food in blender with water.

Blend long enough to achieve smooth consistency, but not so long that the drink warms. Serves 1.

Nutritional information unavailable.

MORSELS

LCC students will offer special meal

Culinary students at LeeWARD Community College, along with chef Ronnie Nasuti of Tiki's Grill & Bar, present a special Chef Showcase Dinner Nov. 7 at The Pearl, the campus restaurant.

The showcase dinner is offered once a semester. It provides students the chance to

execute a fine-dining event with the help of a guest chef.

Highlights of the menu: New Zealand-farmed King Salmon Crudo, Kauai Shrimp & Day Boat Scallop Sphere, Truffle Scented Polenta Stuffed Quail, Island Steak & Eggs, and Okinawan Sweet Potato Ice Cream with Wai'ale'ale Coffee Tapioca.

Price is \$70, \$85 with wine pairings. Seatings being at

6 p.m.; for reservations, call 455-0528. The college is at 96-045 Ala Ike St. in Pearl City.

TV and Big Isle chefs face off at the grill

"Food Network Star" finalist Nikki Martin will join chefs Peter Abarcar and Vincent Logan in a grilling and mixology contest Friday at Hapuna Beach Prince Hotel

on Hawaii island.

Martin, Hapuna Beach executive chef Abarcar and Coast Grille chef de cuisine Logan will each make two plates and accompanying cocktails from ingredients in the Coast Grille garden.

The contest runs 6 to 8:30 p.m. at Coast Grille. Tickets are \$80. Call 808-880-1111.

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