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MOA Wellness Center

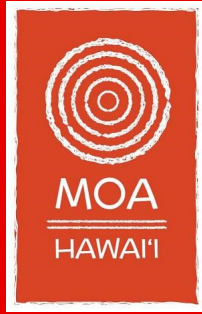
Office Hours

Mon-Fri 9:00am-5:30pm

Sat. 9:00am-1:00pm

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MOA Hawai'i Newsletter

VOLUME 2, ISSUE 4

APRIL 2015

Executive Director's Message

This month's theme is *Art and Beauty*.

Mokichi Okada said: *"I wish to make special mention about the field of arts and entertainment, which require an abundance of beauty. I say this because there is nothing more effective in elevating human sentiments than awareness of beauty. This is the reason we constantly advocate the importance of all the arts. It is hardly necessary to mention how the vulgar and indecent nature of the creative arts and entertainments we see today is becoming a factor in the corruption and degradation of people's minds."*

The following changes occur as a result of enjoying art and beauty:

1. Changes in spirit
 - a. become cheerful and calm
 - b. gain courage and hope
 - c. gain confidence, etc.
2. Changes in language
 - a. words that shows care for others
 - b. polite language
 - c. stop complaining, etc.
3. Changes in action
 - a. notice things such as flowers when taking a walk
 - b. start listening to others
 - c. start finding the good qualities of people
 - d. have the strength to find courage to solve problems, etc.
4. Changes in the physical condition
 - a. freed of frustration and feel relaxed
 - b. mind is cleared
 - c. being able to move as one wishes, etc.
5. Changes in family
 - a. one's family notice the arranged flower and say something about it
 - b. start to exchange greetings and have more conversations
 - c. care for each other and have appreciation for each other in the family, etc.
6. Changes in view of life
 - a. want to do something for others and society
 - b. feel that you are one with nature and naturally form appreciation towards various things, etc.

Please incorporate art and enjoy beauty in your daily life. Be happy!

Mahalo,
Norman Oshiro
Executive Director

Edible Flowers

By Mai Fujii, MOA Natural Foods Program Manager

Flowers are nature beauty that give an essence and a life force to all creatures; insects, birds, animals, and human. Decorating your dining table with a single flower creates a beautiful, calm and peaceful atmosphere. Did you know certain flowers are edible? At MOA Nature Farm, we grow various kinds of herbs and flowers that are safe and delicious to consume. Some of you may have seen those herbs/flowers at our wellness center fresh produce section. Here is the list of herbs/flowers we grow at the garden and provides usage suggestions for your daily meal!

Calendula or pot marigold have been used in cooking for centuries. The flowers were a common ingredient in German soups and stews, which explains the nickname "pot marigold". The lovely golden petals were also used to add color to butter and cheese. The flowers are traditional ingredients in Mediterranean and Middle Eastern dishes.



Carnations can be steeped in wine, candy, or use as cake decoration. To use the surprisingly sweet petals in desserts, cut them away from the bitter white base of the flower. Dianthus are the miniature member of the carnation family with light clove-like or nutmeg scent. Petals add color to salads or aspics.



Mint is commonly used herb in Middle Eastern dishes. It can be steeped in boiling water to make tea, sprinkled on a salad, and wrapped in a summer roll.

Basil is another commonly used herb in many cuisines. At our farm, we grow three different types of basil; sweet basil, thai basil, and lemon basil. Sprinkle them over salad or pasta for a concentrated flavor and a spark of color that gives any dish a fresh, festive look.

Rosemary has a bitter, astringent taste and a characteristic aroma which complements many cooked foods. Fresh or dried leaves are used in traditional Italian cuisine. When roasted with meats or vegetables, the leaves impart a mustard-like aroma with an additional fragrance of charred wood compatible with barbecued foods.

Nasturtiums comes in varieties ranging from trailing to upright and in brilliant sunset colors with peppery flavors. Nasturtiums rank among most common edible flowers. Blossoms have a sweet, spicy flavor similar to watercress Use entire flowers to garnish platters, salads, open-faced sandwiches, and savory appetizers.



Rose flavors depend on type, color, and soil conditions. Flavor reminiscent of strawberries and green apples. Sweet, with subtle undertones ranging from fruit to mint to spice. All roses are edible, with the flavor being more pronounced in the darker varieties. In miniature varieties can garnish ice cream and desserts, or larger petals can be sprinkled on desserts or salads. Freeze them in ice cubes and float them in punches also. Petals used in syrups, jellies, perfumed butters and sweet spreads.



Squash Blossoms and pumpkin blossoms are edible and taste mildly of raw squash. Prepare the blossoms by washing and trimming the stems and remove the stamens. Squash blossoms are usually taken off the male plant, which only provides pollen for the female. Deep fry them to make a delicious treat!

Continue from Page 2

Chives have white, lavender, or purple flowers with a strong onion flavor.

Dianthus/Pinks (*Dianthus*) have pink, white, and red flowers with a spicy, clove-like flavor. Use for garnish to make a plate pretty.



When you use edible flowers for your meal, be sure for the following things:

- Be sure to positively identify a flower before eating it. Some flowers have look-alikes that aren't edible.
- Don't eat flowers if you have asthma, allergies, or hay fever.
- Only eat flowers that have been grown organically so they have no pesticide residue.
- Collect flowers for eating in the cooler parts of the day — preferably early morning after the dew has evaporated — or late afternoon.

Choose flowers that are at their peak, avoiding those that are not fully open or are starting to wilt.

Sources:

<http://en.wikipedia.org/wiki/Calendula>

<http://whatscookingamerica.net/EdibleFlowers/EdibleFlowersMain.htm>

http://en.wikipedia.org/wiki/Rosemary#Culinary_use

<http://www.garden.org/ediblelandscaping/?page=edible-flowers>

The Beauty of Nature Farming Soil and the Art of Soil Cultivation

By Tom Gibson

“In 1935, Mokichi Okada discovered that the source of life force of all creation is the fusion of the fire, water and soil elements. He perceived the earth as a living entity; and he explained that humans, plants and also the soil are all living entities. Further, he explained that the basis of the Nature Farming method is manifesting the great power of the soil; that is, he explained how to enhance the soil's performance. And, he advocated the Nature Farming method. ...”

Art and beauty is everywhere if we open ourselves to seeing it. In the Nuuanu demonstration garden we have established two important systems to achieve Okada's direction in soil health and soil beauty.

When we build compost piles by layering garden mulch with kitchen food waste, microorganisms from the soil eat the organic (carbon containing) waste and break it down into its simplest form. This produces fiber-rich, carbon-containing humus with inorganic nutrients like nitrogen, phosphorus and potassium. The microorganisms break the material down through aerobic respiration. The microorganisms also require water to live and multiply. Through the respiration process, the microorganisms give off carbon dioxide and heat—temperatures within compost piles can rise as high as 100 to 150 degrees Fahrenheit. We amend our planting beds with this compost.

We also maintain a lateral flow worm composting system on site. Vermicomposting is the practice of using worms to turn kitchen food waste and shredded paper into nutrient-rich soil amendment. This composting also needs water to create the perfect environment for the worms to consume the organic matter into the finest soil amendment. Worm castings are not really manure, as their waste is a completely finished product.

Here at the Nuuanu demonstration garden we use these two methods to enhance and revive our soil so that our crops are grown in the very best natural organic soil, without chemicals of any kind.

Source: The Hawaii Version of the MOA Nature Farming Guidelines.
How Composting Works by Craig Freudenrich, Ph.D.

MOA Nature Garden

Schedule of Activities:

I would like to start this garden update by thanking our frequent volunteer Kelly Shattuck. Whenever Kelly has some spare hours she just shows up to tend to the garden, support whatever work Brian and I are doing and has been a great team member on harvest day. Big Mahalo, Kelly!

Volunteers are absolutely the lifeblood of any non-profit organization. So, please feel free to contact me, Tom at 284-8129, to take part in our urban based Nature Farming demonstration garden. I guarantee you will feel great spending some time outside in beautiful Nuuanu Valley having an organic garden experience. Easy parking, too!

We are currently harvesting green beans, long green squash, green curly kale, Lacinato kale, tomatoes, peppers, mint, basil, and Moringa.

As Brian is double digging some beds and adding more mulch, we are changing the spacing of the beds to a market-farming format. This will allow us to increase the number of planting beds on our available land. Since our mulching system and our composting system are fully in place and working, we can now increase our use of on soil amendments made on site. This means we can grow more healthy plants on our existing quarter acre. After two years of working this site, Brian and I are looking forward to growing a larger quantity of "Nature Farmed" organic quality fruits and produce.

We held our semi-annual plant sale on March 22. If you were able to check out the plants, our sincere thanks; if you were not able to, please come and see us on the fourth Sunday in September for the final plant sale of the year.

Mahalo for your continued support!



MOA Kohrinka flower classes are based on Mokichi Okada's deep respect for the life of flowers and its positive influence on man. He arranged flowers using and expressing the best features found in Nature.

The Kohrinka curriculum stresses three basic concepts:

- 1) Care for the flowers
- 2) Care for the implements
- 3) Etiquette in arranging. The joy of arranging beautiful flowers will enrich your life.

Nuuanu (3510 Nuuanu Pali Drive)

Jessie Nakata

2nd & 4th Tuesday 6:30 pm—8:30 pm
2nd & 4th Thursday 4:30 pm—6:30 pm

Kahala

Karen Takane & Yasuo Kikuchi

2nd & 4th Saturday 9:30 am—12:00 pm

For more information, please contact Arts & Culture Manager Roy Goshi-Otaguro at 222-2031.

Cost

- Class Fee: \$10 Per Session (includes flowers)
- \$5 for students under 18 yrs.

New Students

- One time initiation fee to join MOA (\$25)
- Textbooks
 - MOA Kohrinka Textbook (\$20)
 - MOA Kohrinka Guidebook (\$8)
 - Kohrinka Notebook (\$1)



The MOA Supporter System

We cordially invite you to be a part of our MOA Supporter System. MOA Supporters contribute a vital piece to the overall development and expansion of all our outreach and community activities. Together, we will make a difference for the welfare of society.

Questions: please contact us at:
(808) 952-6900 • Email: info@moahawaii.org
Website: www.moahawaii.org

Name(s) _____

Address _____

City _____ State ____ Zip Code _____

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Fax () _____

Cell Phone () _____

Email _____

TYPE

- \$25 Individual
- \$50 Family (2 or more individuals)

PAYMENT

- Check enclosed
- Charge my credit card
- VISA MC Discover JCB

Name _____

Card no _____

Exp. Date _____

Security code _____

Signature _____

Make checks payable to: **MOA Hawaii**.
Pledges and gifts for higher amounts can be made as monthly or quarterly gifts. Donations to MOA Hawai'i are tax deductible.

MOA Museum of Art Children's Painting Exhibitions in Hawaii

By Roy Goshi-Otaguro, Arts & Culture Program Manager

MOA Hawai'i is in the midst of its busiest time of the year. It is the time to prepare for the MOA Museum of Art Children's Painting Contest and Exhibitions. Hawai'i has always participated in this contest since the MOA Museum first started it in 1989. That year, the museum received a total of 35,401 entries. Today, it has grown to become the largest painting contest in Japan and received 449,541 entries last year, with a total of 7,804,736 entries since it began.

In 1989, Jessica Oshiro's painting "Rock Garden" was Hawai'i's very first painting displayed at the museum. Jessica (now Jessica Osborne) graduated from the University of Hawai'i, College of Education, specializing in art education and is the daughter of MOA's E.D. Norman Oshiro.



Here in Hawai'i, we started with just a handful of paintings that were gathered at the Maui Center and displayed at the Toho No Hikari Church. The number of entries has grown over the years and now average over 2,000 entries a year and the selected paintings are displayed at various shopping centers throughout the state. Each district selects a "Best of Show" painting from the paintings selected for exhibit at their district exhibit. After the state exhibit in June, the "Best of Show" paintings are sent to Japan to compete on the international level. Since the first show, at least one painting has always been chosen and displayed at the MOA Museum of Art in Atami, Japan—a very high honor.

Over the years, a few of Hawai'i's paintings were medal finalists for the international competition. Last year, the Pearlridge "Best of Show" *The Racer* by Devan Budd, fourth grader from Pearl City Elementary School, won the esteem prize of "Judge's Award", which is above the Gold and Silver medals. This year, the Windward "Best of Show" *Body Boarding in Hawaii* by Liahona Manning, third grader from Pū'ōhala Elementary School won the Silver Award. She will be receiving her award at the MOA Museum of Art Children's Painting Exhibition State Opening Ceremony at the Honolulu Museum of Art Linekona Art School gallery on May 30.

The state exhibition will feature the paintings from all district shows—Prince Kuhio Shopping Center (Hilo), Queen Ka'ahumanu Center (Maui), Kahala Mall, Pearlridge Center, Ward Warehouse and Windward Mall—along with 30 paintings by this year's international winners from the MOA Museum of Art. During the awards ceremonies, the MOA Health and Wellness Programs will be introduced. The participants will be able to receive Purifying Therapy, flower and tea therapy, and see the Kohrinka and Nature Garden displays. Please come and be part of these events and invite your friends. It will be a good opportunity to introduce them to what MOA is about.



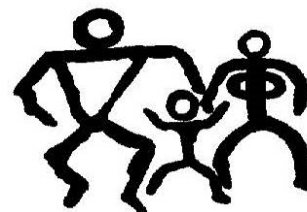
Exhibits and Awards Ceremonies:

- Hilo - Prince Kuhio Shopping Plaza: Exhibit - Saturday, March 28 - 10:00 a.m.-1:00p.m.; Awards—11:00 a.m.
- Ward Warehouse: Exhibit - April 3-4; Awards - Saturday, April 4 - 10:00 a.m. - 2:00 p.m.
- Windward Mall: Exhibit – April 10-12; Awards - Saturday, April 11, 10:00 a.m. - 2:00 p.m.
- Maui - Queen Ka'ahumanu Shopping Center: Exhibit/Awards – Saturday, April 18, 10:00 a.m.-2:00 p.m.
- Pearlridge Center Uptown Mall: Exhibit – May 1-3; Awards - Saturday, May 2 - 10:00 a.m. - 2:00 p.m.
- Kahala Mall: Exhibit – May 5-10; Awards - May 9, 10:00 a.m. (awards ceremony only)
- Honolulu Museum of Art Linekona Art School Gallery:

State Exhibit – May 30-June 6; Opening Ceremony - Saturday, May 30 - 10:00a.m.



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Nā 'Ohana Piha I Ke Aloha
Families Filled With Beauty

April 2015

Natural Foods Café

Each month, Mai Fujii, MOA Natural Foods Program Manager, along with her volunteers, serve a nutritious and delicious lunch using the finest ingredients. Whenever possible, all ingredients are local and/or organic. Lunch is served in the 'Ohana Room in an inviting and family atmosphere. On March 6, two of her Certified Healthy Food Advocates, Toshiko Dial and Itsuko Nagata, prepared and served healthy old-style Okinawan dishes. Mrs. Dial said that it took a bit longer to cook the pork because she wanted to remove as much fat from the pork as she could. Having been born and raised in Okinawa, she says that the Okinawan diet consists mainly of nira (green onion), goya (bitter melon), heichima (gourd family), kombu (seaweed), daikon (radish), tofu (bean curd), imo (sweet potato), togan (winter melon) and shimana (chinese mustard cabbage) and of course, pork.



The menu included:
Ashitibiti (pork feet soup with kombu seaweed stock and vegetables)
Mozuku seaweed with vinegar
Okinawan style sweet mochi
Organic brown rice
Green Tea



Toshiko Dial and Itsuko Nagata

Mai has said that she was educated to be a nutritionist not a cook. But to the delight of many, she continues to prepare and cook dishes that consist mostly of Japanese and American recipes. On March 16, she presented her fifth luncheon, the last four having been sellouts. Lunches are designed to give the attendees a choice of eating a vegan main dish or non-vegan main dish. This time the menu included:

Organic chicken OR organic tofu marinated with homemade shio-koji*
Takikomi gohan with mushroom (mixed rice dish)
Kiriboshi daikon (simmered dried daikon)
Abura age (fried bean curd) and green salad
Yokan (Japanese azuki beans)
Miso soup with seasonal vegetables



Mai Fujii, MOA Natural Foods Program Manager



Organic chicken



Tofu with Shio-Koji

Next Okinawan Food Café Luncheon
April 3, 11:30 am to 1:00 pm

Next Natural Foods Café Luncheon
April 20, 11:30 am to 1:00 pm

If you would like to attend one of these food café's, please call the MOA Wellness Center at 808-952-6900. But don't delay because this event fills up fast!

MOA HAWAI'I

APRIL 2015

MOA HAWAI'I • 600 QUEEN STREET C-2 • HONOLULU, HI 96813
 Phone: 808-952-6900 • Fax: 808-566-6911 • Website: www.moahawaii.org • Email: info@moahawaii.org
 MOA Wellness Center Hours of Operation: M-F 9:00am-5:30pm, Sat. 9:00am-1:00pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
* Kohrinka (Flower Arranging) Classes are held at the Toho No Hikari Social Hall, 3510 Nuuanu Pali Drive			1 OHWP @ Kaneohe Community Center 8:30-10:30am	2	3 Okinawan Food Café 11:30am-1:00pm 27 th Annual MOA Museum of Art Children's Painting Contest Nuuanu/Kalihi/Manoa Exhibit at Ward Warehouse (April 3-4) Inner Peace Concert 7:00pm	4 27 th Annual MOA Museum of Art Children's Painting Contest Nuuanu/Kalihi/Manoa Awards Ceremony @ 10:00am
5	6	7 Dr. Garcia 10:00am-12:00pm Nutritionist 9:30am-12:00pm	8 OHWP @ Kaneohe Community Center 8:30-10:30am Beginners Tai Chi 9:30am-10:30am Qigong Exercise & Healing 11:00am-12:00pm	9	10 Okazaki/Liu *Kohrinka, 7:00-9:00pm 27 th Annual MOA Museum of Art Children's Painting Contest Windward Exhibit at Windward Mall Center Stage (April 10-12)	11 Takane/Kikuchi Kohrinka 9:30am-12:00pm 27 th Annual MOA Museum of Art Children's Painting Contest Windward Awards Ceremony @ 10:00am OHWP @ Valley of the Temples Byodo-in 12:00-3:00pm Photography Class 1:00pm-3:00pm
12	13 OHWP @ Pearlridge Shopping Center 8:30-10:30am	14 Dr. Garcia 10:00am-12:00pm Nutritionist 9:30am-12:00pm Iwata *Kohrinka, 9:30am-12:00pm Shoda/Suenaga *Kohrinka, 12:30-2:30pm Nakata *Kohrinka 6:30pm	15 Beginners Tai Chi 9:30am-10:30am Qigong Exercise & Healing 11:00am-12:00pm MOA Board Meeting 6:30pm Iwamoto Continuous Care Mililani Branch 7:00pm	16 Nakata *Kohrinka 4:30pm	17	18 27 th Annual MOA Museum of Art Children's Painting Maui Exhibit at Queen Ka'ahumanu Center 10:00am-2:00pm 27 th Annual MOA Museum of Art Children's Painting Contest Maui Awards Ceremony @ 10:00am Shodo – Japanese Calligraphy Class 10:30-11:30am
19 MOA Garden Volunteer Day 9:00am-12:00pm	20 Natural Food Café 11:30am-1:00pm	21 Dr. Garcia 10:00am-12:00pm Nutritionist 9:30am-12:00pm Nakata *Kohrinka 6:30pm	22 Beginners Tai Chi 9:30am-10:30am Qigong Exercise & Healing 11:00am-12:00pm	23 Shio Koji Workshop 11:00am-12:30pm Nakata *Kohrinka 4:30pm	24 Suenaga Kohrinka 9:30am-12:00pm "Introduction to MOA Hawaii" 6:30pm	25 Takane/Kikuchi Kohrinka 9:30am-12:00pm Otaguro/Tom *Kohrinka 10:00am-12:00pm Ebesugawa/ Nakano/Suenaga *Kohrinka 1:00-3:00pm
26	27 OHWP @ Pearlridge Shopping Center 8:30-10:30am	28 Dr. Garcia 10:00am-12:00pm Nutritionist 9:30am-12:00pm	29	30		

Using fresh local herbs, why don't you try making a savory sauce?

Cilantro & Mint Chutney



Ingredients:

- 1.5 cups fresh mint leaves
- 1 cup fresh cilantro leaves
- 1 inch piece of fresh ginger, peeled and chopped fine
- ½ small green chill, chopped
- 1 tsp cumin seeds
- 1 tsp masala powder
- ½ fresh lime juice
- 3~4 Tbsp. curd from yogurt (if vegan, substitute with dairy free yogurts)
- ¼ tsp salt

Take 3 to 4 Tbsp. curd from yogurt in a bowl and whisk it till its smooth. Add cumin powder and masala powder to the curd and mix well.

Wash the mint and cilantro leaves and discard long stems. In a blender, put mint and cilantro leaves, chopped green chili, and chopped ginger. Blend with a little water until it becomes paste.

Mix the green chutney paste and fresh squeezed lime juice with the curd until the whole chutney becomes one color. Season with salt.

Can be store in refrigerator for 2-3 days.

Serving suggestions: samosa, fried potato, stuffed vegetables, grilled lamb, naan or whole wheat breads



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