

The Dharma door of food and drink—Dharma Realm Buddhist Association at World Vege Festival

飲食之法 — 法總參加世界素食節



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During World Vegetarian Month, hoping to introduce the Dharma to people who might otherwise never have heard it, members of DRBA Sangha and laity participated in the San Francisco Vegetarian Festival in Golden Gate Park on October 3rd and 4th. By presenting food and drink in an appealing way, they subtly introduced the five precepts to attendees.

Pure Vitis grape juice (purevitis.com) had a booth at the festival. The grapes for the juice are 100% organic, non-GMO and are grown on land at the City of Ten Thousand Buddhas in Mendicino County, just north of Napa Valley, world famous wine country. Bottled to look like gourmet wine, this grape juice was presented as an alternative to alcohol.

Festival attendees said the packaging was “classy” and “elegant.” People bought the grape juice for birthday presents and as gifts. Many were surprised to learn that the product was available at Rainbow Groceries, the local worker-owned cooperative that promotes organic and healthy eating choices.

The Buddhist Text Translation Society (BTTS) also had a booth for their new cookbook *Wok Wisely*. The cookbook is currently the

10月是世界素食月，法界佛教總會的法師與居士於10月3日與4日參加了在舊金山金門公園舉行的世界素食節，希望將法寶介紹給鮮少有機會接觸佛法的民眾。法總的法師與居士以很吸引人的方式介紹飲食，將五戒的觀念以潛移默化的方式介紹給與會大眾。

會場裏有數十個素食攤位，其中一個陳列的是以萬佛聖城100%非基因改造的有機葡萄榨出的葡萄汁 (purevitis.com)。萬佛聖城位於曼都仙諾縣，恰在聞名全球的酒鄉納巴縣之北。這些葡萄汁裝在玻璃瓶裏，外觀彷彿美酒，其實是取代酒精的純天然最佳果汁。

葡萄汁的包裝看起來古典高雅，因此許多民眾買下當作生日禮物或餽贈禮品。他們也驚訝得知舊金山的彩虹超市買得到這種葡萄汁，彩虹超市是員工擁有的合作社，提倡有機健康的食物。

當日佛經翻譯委員會也設有攤位，介紹法總新出版的英文素食食譜《智慧烹飪》。這本英文素食食

second best selling BTTS book on Amazon.com, selling almost as many copies as the *Surangama Sutra* each month.

Jin Rou Shi and Jin Tyan Shi presented one of the over 20 presentations featured over the course of the two-day festival. The topic was “mindful eating,” a popular topic today in California. About 70 people attended the lively and engaging presentation that elicited many questions from the audience. Jin Rou Shi ended the presentation by reciting an ancient Chinese poem the Venerable Master quoted quite often: “The farmer hoes in the midday sun, his sweat falls on the soil. Who can guess how much toil it took, to bring the food to the bowl?” and Paul McCartney’s line, “If slaughterhouses had glass walls, everyone would be a vegetarian...” planting the seed for people to seek more information on the Dharma.

There are fifty-six recipes in “*Wok Wisely*”. In June 2015, *Wok Wisely* was the best-selling book on Chinese cooking on Amazon, and by July 5th, the best-selling book on vegetarian diet.

The American quarterly “Foreword Reviews” published an article by writer Amanda McCorquodale in the 2015 Fall issue, introducing and speaking highly of “*Wok Wisely*” saying it is not your average cookbook; it’s a wellness guide for supporting health and protecting life. ❀

譜目前是法總在亞馬遜網站上銷售次好的書籍，銷量直追英文版《楞嚴經》。

在兩天的素食節中，共計20餘場演講。近柔師與近田師主講一場「專心進食」，這是加州現在正流行的話題，大約70人前來參加這場生動又引人入勝的演講，並踊躍發問。近柔師在演講最後，以宣公上人經常引用的唐詩：「鋤禾日當午，汗滴禾下土；誰知盤中飧，粒粒皆辛苦」，以及披頭四成員保羅·麥卡尼的話：「如果屠宰場安裝的是玻璃牆的話，每個人都會變成素食者」，為在場聽眾播下日後聞法的種子。

「智慧烹飪」總共介紹56道素食，出版以來大受歡迎，今年六月份在亞馬遜網站推出後，該月底即躍居亞馬遜網站最暢銷的中文食譜第一名，七月份第一週更在該網站所有素食書籍中，銷售排名第一。

美國「前言評論」季刊，也特別在秋季號刊出作家亞曼達·麥克寇括黛兒的高度評價，讚揚「智慧烹飪」是一本養生與護生的健康指南，不是一般的普通食譜而已。❀

