

## Developing Virtue School Boys Host Karma Kitchen

### 培德中學男校生推出善業廚房

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Karma Kitchen is a volunteer-driven experiment of generosity, in which a customer is given a bill reading \$0.00, while being invited to “pay it forward”, so that the next customer can receive the gift of a meal as well. This concept is very Buddhist, because karma is the embodiment of “you reap what you sow”. Karma Kitchen makes it “you joyfully sow what you reaped”: since you get a free meal, and you pay in advance for the next stranger.

On Saturday, February 16, 2019, a local, organic, vegan restaurant in Ukiah took up the challenge. Once a month, Taste Buds Natural Selections invites people to come eat healthy for a healthy price. Five students from the boys’ school volunteered to go with their teacher to help Robin, the restaurant coordinator (Bo Han Zhu, Nuoyan Wang, Richard Shieh, Rahula Tan, and Marvin Wang). They scrambled out of bed at 6 am to make scrambled tofu, Shamrock breakfast sandwiches (vegan burgers), and sautéed kale an “ambitious task”, as stated by Robin, because in the past only a single dish of oatmeal was offered. Once the open sign was lit, customers began to trickle in one by one. Some were just stopping by, while others

業廚是一個自發性的愛心實驗——用餐的客人會收到一張零元賬單，同時被邀請「將愛心傳播下去」，付費讓下一位客人也可以得到免費的一餐。這非常符合佛教的觀念，因為業果是「如是因，如是果」的具體呈現。業廚讓你「喜悅的收割自己播的種子」：因為你得到免費招待的一餐，所以你提前為下一位客人買單。

二月十六日星期六，瑜伽市在地的一家有機素食餐廳——味蕾自然的選擇——接受這個挑戰。每月一次，「味蕾自然的選擇」邀請大家以健康的價格來健康飲食。五位培德中學的男學生(朱博涵，王諾岩，謝翔任，陳震斌，王宏昆)跟老師一起義務去幫忙餐廳的負責人羅賓。學生們一大早六點起床，開始炒豆腐，做素漢堡(酢漿草三明治)和爆香甘藍菜。餐廳負責人羅賓說：這真是一個「雄心壯志的任務」，因為餐廳以往僅供應燕麥粥作為早餐。

當開始營業的標誌點亮之後，顧客們魚貫而入。有些是來湊熱鬧，有些是得知這個活動前





were family and friends from the City of Ten Thousand Buddhas (CTTB) who heard about the event. Within a short amount of time, a steady stream of customers were coming and going. Unfortunately, we did not anticipate so many customers, so we quickly ran out of supplies after serving more than 60 sandwiches, as well as three large trays of tofu scramble and sautéed kale. Even so, there was unanimous praise, “The food was amazing!” Numerous individuals requested the recipe, while asking for more. Many customers liked the restaurant, especially those from CTTB, because it is vegetarian and Karma Kitchen emphasizes compassion and selfless giving.

The boys were very spirited, and everyone maintained an effervescent atmosphere. By the end of the day, the group of seven was exhausted yet fulfilled. They had a taste of their own food (thankfully), and made so many people happy that day. It was extremely gratifying to see everyone leave with a contented smile shining from their faces. We would like to send a big “thank you” to Dharma Master Jin Jr for making this opportunity for the students possible. ❀



來的萬佛城信眾和朋友。很快的，在短時間內，顧客川流不息。遺憾的是，學生們萬萬沒想到會有這麼多顧客，六十幾份三明治和三大托盤的炒豆腐和爆香甘藍菜很快就銷售一空。即便如此，學生們收到一致的讚美：說食物味道棒極了。許多人意猶未盡想加點，並紛紛詢問食譜的製作方式。

很多顧客都喜歡這家餐廳，特別是來自萬佛城的朋友們，因為它是素食而且業廚強調慈悲和無私的付出。此外，男同學們都精神奕奕，個個充滿朝氣蓬勃的氣氛。忙完了一天，一行七人都精疲力竭，但心滿意足。學生們品嚐自己所準備的食物（謝謝地，還有得吃），那天他們心裡充滿了滿足，因為讓每個顧客離開時臉上洋溢著滿意的笑容。❀