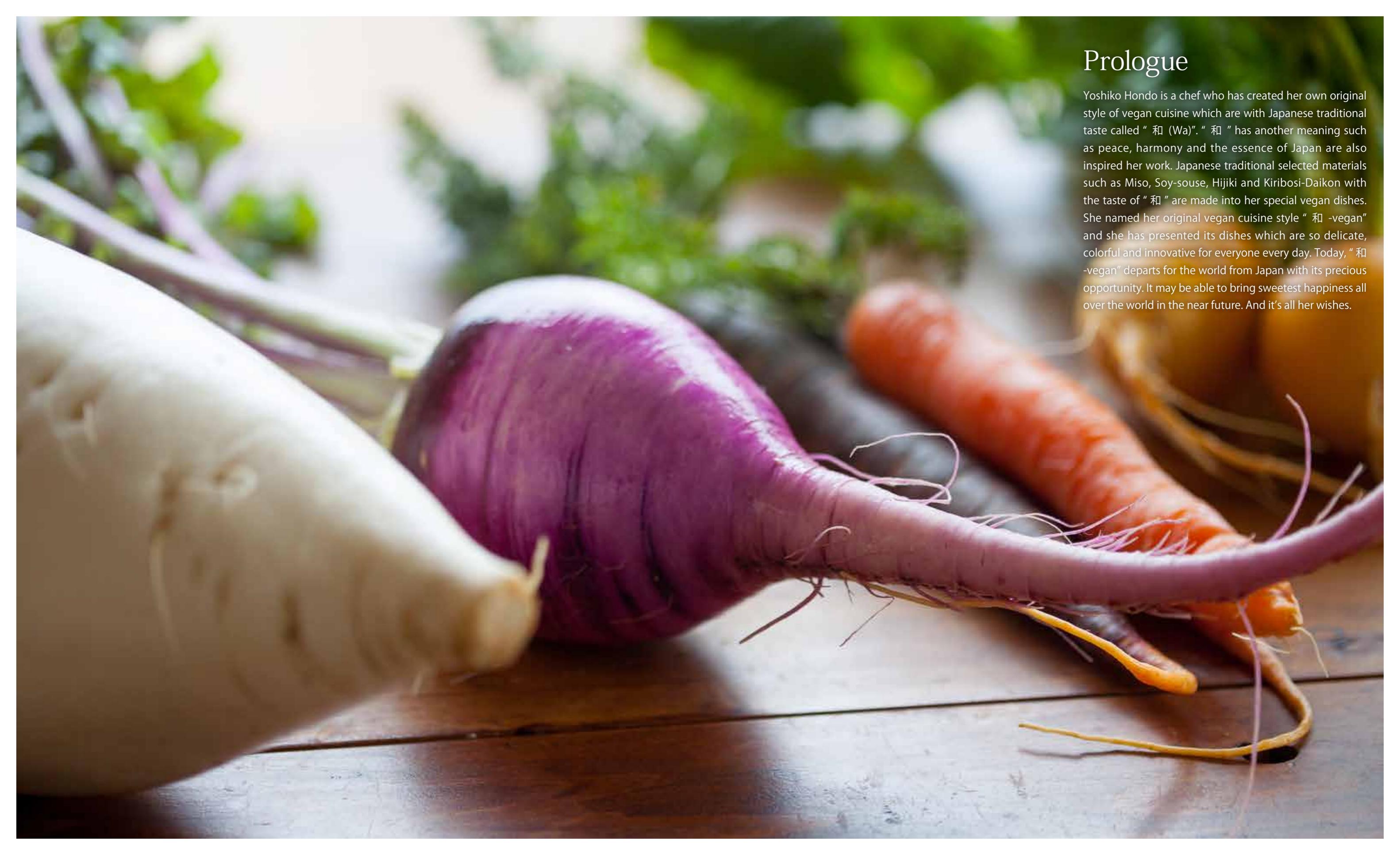


和-vegan<sup>wa-vegan</sup>

A close-up photograph of fresh vegetables including a white daikon, a purple daikon, and a carrot on a wooden surface. The purple daikon is the central focus, with its vibrant purple skin and white top. To its left is a white daikon, and to its right is a bright orange carrot. The background is softly blurred, showing more green leafy vegetables. The lighting is natural and bright, highlighting the textures of the roots.

## Prologue

Yoshiko Hondo is a chef who has created her own original style of vegan cuisine which are with Japanese traditional taste called “和 (Wa)”. “和” has another meaning such as peace, harmony and the essence of Japan are also inspired her work. Japanese traditional selected materials such as Miso, Soy-souse, Hijiki and Kiribosi-Daikon with the taste of “和” are made into her special vegan dishes. She named her original vegan cuisine style “和-vegan” and she has presented its dishes which are so delicate, colorful and innovative for everyone every day. Today, “和-vegan” departs for the world from Japan with its precious opportunity. It may be able to bring sweetest happiness all over the world in the near future. And it’s all her wishes.



### -The Happy dining-

What is one of the most precious moments in our life? I believe it is the dining moment and we should cherish, because it may affect the state of mind greatly. Whatever our sense of values and way of thinking will be diversified, I believe happy dining is common to all people and it makes smile, smile makes kindness inside of every heart.

What is happy dining? Of course, there are so many the happy dining, so many people but if I shall take upon to say some opinions that a lot of people around the table, very nice situation or a gorgeous meal are not exactly happy dining. For instance, just to have appreciation for all meals in front of you, and to share appreciation with someone right next to you that's one of the happy dining what I think. Just only those actions always make me feel peaceful with smile and then it may spread over, becoming kindness, to something or someone. I am believing that we can always create happy dining with just a little effort and awareness. Therefore, I like to support creating as many happy dining moments as possible and I wish the next generation will take over it.







## Let's begin 和-vegan!

I do have some favors for all of you who know about “和-vegan”. I may want you to do the following topics whichever you could make the happy dining.

- 1 Please try to spend a lot of time for dining once a week even if you are really busy people who do not want to spend a time for dining.
- 2 Sometimes, please try to cook meals yourself at home even if you love to eat out or you generally have to take junk foods.
- 3 Please try to increase some vegetables even if you are a meat lover.
- 4 Please try to make only vegetable dishes once a week if you cook yourself very often.
- 5 Please try to say “Thank you.” with your respect in your wards to someone who usually cooks your dishes.
- 6 Please try to respond “Thank you” to someone who said “Tastes good!” for the dishes that you served.
- 7 Please try to begin to have your dishes with your gratitude.

Perhaps, the world could be changed much better and better in the future that is more than we expected what if each one of us could try to create the happy dining.

[www.bes-planning.tokyo/wavegan/](http://www.bes-planning.tokyo/wavegan/)

Produced by Yoshiko Hondo