

Hawaii's Plantation Village Annual Membership Meeting

Gentry Room at the Okada Building

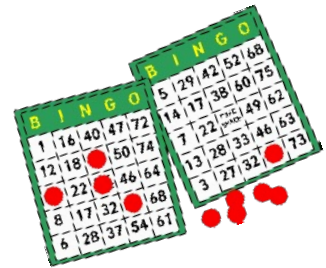
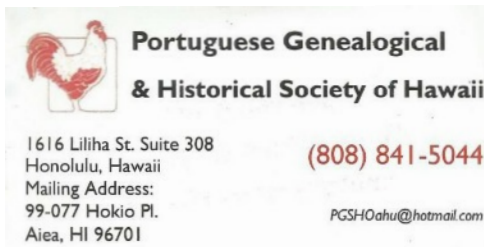
Saturday, January 13, 2024

2:30 p.m.

Come join your fellow Hawaii's Plantation Village members in an afternoon of food and fun, and learn about past and upcoming events during our annual membership meeting.

All members attending the meeting will receive a complimentary bento meal provided by the **Portuguese Genealogical & Historical Society of Hawaii** and all members can play **BINGO** to win prizes.

Please call the office at (808) 677-0110 to confirm membership status and/or to sign up to become a member and RSVP to attend this event.



What's blooming in the garden:

WATERCRESS

Watercress grows year round in the artesian spring waters in our taro lo'i.

It is said to have cancer-fighting properties and provides more iron than spinach, more calcium than whole milk and more vitamin C than oranges and has amazing health benefits.

It is high in calcium, carotenes, folic acid, zinc, iron and vitamins A, B, C and E. It helps in reducing eczema and wrinkles, maintaining strong bones and protecting against stroke, heart disease and cataracts.



Recipe:

Watercress Salad

Remove stems from 2 large bunches of watercress, tear to bite-size. Soften ¼ cup dried cranberries by adding to ¼ cup orange juice and microwave for 1 minute, let cool. Toss watercress in a balsamic vinaigrette dressing to coat. Garnish with the softened cranberries and 1 cup toasted slivered almonds. Makes 4 servings.