



Chapel West News 12/16



Bun Lai of Miya's honored as a Sole Chef in Nation as White House Champion of Change

Along with Climate Change, over-fishing is a top threat to the health of the oceans. Today, the world is facing one of the greatest extinction periods in its history due to human activity. The cuisine at **Miya's** was created to find delicious and novel solutions to some of the greatest ecological problems. Many of the sustainable sushi recipes created at Miya's, are emulated by sushi restaurants around the world.

For his family's restaurant's pioneering work in ocean conservation, **Bun Lai** was honored with a **White House Champions of Change** award at the White House on October 7 and was invited back again on November 20th. Of the dozen recipients, he is the only chef in the country to have been awarded in the category of Sustainable Seafood Champions. His **Barack of Ribs** is a recipe he created for President Barack Obama, for the Miya's dinner held at the White House. It is currently being offered on the Miya's menu and features a fall-off-the-bone-tender baked invasive carp ribs. Miya's, founded in Connecticut in 1983 by Bun's mother, **Yoshiko Lai**, is the **first sustainable sushi restaurant in the world**, specializing in nutrition and food

access, sustainable seafood, plant-based sushi, and the utilization of edible invasive species. Yoshiko Lai was also recently honored with a congressional award by Congresswoman Rosa DeLauro, a pioneer in creating legislation for food safety in imported seafood.

Bun Lai is a James Beard Foundation nominated chef, a Nationals and Olympic-trials wrestling coach, a healthy-eating educator who has been the director of nutrition for New Haven Farms, a not-for-profit that serves low income pre-diabetics. He is a board member of ActualFood, a Research & Development Laboratory reinventing grocery retail to make food as preventative medicine accessible for all. He sits on the council of True Health Initiative, a

worldwide coalition of health experts committed to proven principles of lifestyle as medicine. He has written for publications such as Scientific American Magazine and collaborates extensively with Yale University. He has spoken at a wide range of institutions from Google, Harvard School of Public Health, World Wildlife Fund, and National Geographic to the American Fisheries Society.

Miya's has been featured in a plethora of nationally and internationally well-known media, and was most recently featured in The New York Times, Popular Mechanics Magazine, and Vice Munchies. Miya's is currently being filmed for a feature length documentary about the restaurant, and a television adventure education series.

"Miya's owes all of our successes to our friends in the New Haven community who have supported us over decades at our mother's little eatery. Miya's is an example of how, when we work together, you just never knows how far the ripples we make may go."

*Miya's is located at 68 Howe St, New Haven
Learn more at www.miyassushi.com*



Ted Lai, Yoshiko Lai, Mie Lai, and Bun Lai



CW's Post-Election Bash



Fresh bagels at Chap's

Chap's Grill has new equipment for making its own New Haven water bagels and bialys and is now offering a variety of bagels: plain, poppy seed, sesame seed, salt, pumpernickel, egg, blueberry, cinnamon raisin, garlic, and everything. A variety of cream cheeses is available: veggie, scallion, jalapeño, raisin-walnut, and lox spread. The bagels and bialys are made fresh every morning. To order call 203 562 3966 or visit at 1174 Chapel Street (near the corner of Park Street).



Winter plants featuring Ornamental Kale
The plant (Latin name *acephala*) is part of the species that includes broccoli, cabbage, and cauliflower.

Tidbits by Vin Romei

Be kind to your dentist. He has fillings too.

Brrrrr. Has the snow arrived yet? (A few squalls here and there.) Do you think all of the leaves have fallen? Every year it seems that there are more than the year before. Crazy weather...

Bun Lai is an absolute artist. I think he missed his calling.

We had a wonderful year and a lot of progress was made. There is more work to do and we want to thank everyone who helped us to do our job. We could not do it without you.

Why did the potato cross the road? He saw a fork up ahead!

Happy Holidays, good health, and best wishes for the New Year!