

LEILANI FARM SANCTUARY NEWS

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MUSCOVY DUCKS, DID YOU KNOW?



These sweet Muscovy ducklings were born with deformed bills as a result of inbreeding at a duck farm.

Muscovy Ducks - The average life span of domestic Muscovy ducks is 8-12 years of age. A long-tailed, tropical perching duck, the Muscovy is native to Mexico and Central America and South America. Unlike other breeds of ducks who vocalize with noisy quacks, Muscovy ducks make quiet hissing sounds. Newly hatched chicks stay close to their mothers for about 10–12 weeks, especially at night, as their bodies cannot produce all the heat they need. Often, the drake (father) will stay in close contact with the brood, walking with them during their travels in search for food and providing protection.

At Leilani Farm Sanctuary the lighter-weight young ducks can fly quite well, and they love perching on fences, atop the goat house, and gliding across the gulches.



QUINOA & CHICKPEA SALAD WITH TOMATO VINAIGRETTE (VEGAN)



- 1 cup quinoa, rinsed
- 2 cups green beans, trimmed and chopped
- 1 can chickpeas, drained and rinsed
 - 1 sweet red bell pepper, diced
 - 1 cup crumbled or cubed tofu

Tomato vinaigrette

- 1/3 cup bottled strained tomatoes (or v-8 juice)
 - 3 TBL red wine vinegar
 - 3 TBL olive oil
- 1/2 tsp each: dried Italian herb seasoning and salt
 - 1/4 tsp pepper
 - Pinch cayenne pepper

Directions

In a saucepan, bring quinoa and 2 cups water to boil; reduce heat, cover and simmer for 12 minutes (or till liquid absorbed). Fluff with fork and let cool.

Meanwhile, in saucepan of boiling salted water, blanch green beans until tender-crisp, about 3 -4 minutes. Drain and refresh in bowl of ice water. Drain and transfer to large bowl.

Stir in cooled quinoa, chickpeas, red pepper and tofu. You may also add edamame (1/2 c).

Tomato Vinaigrette: Whisk together tomatoes, vinegar, oil, Italian seasoning, salt, pepper and cayenne pepper; pour over quinoa mixture and stir to coat. Serve at room temperature.

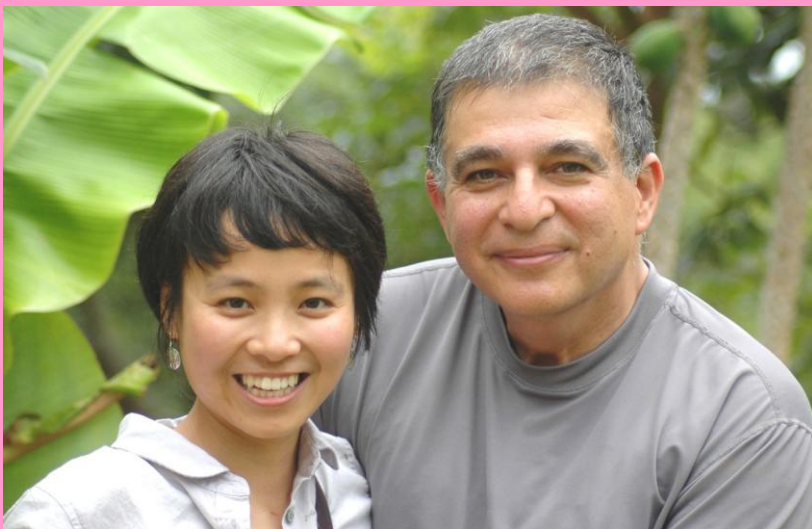


VEGAN SWEET AND STICKY COCONUT RICE DESSERT

- 2 cups sweet rice
- 3 cups water
- 1 cup fructose
- 1 can coconut milk

Cook sweet rice with water in usual way. When cooked, add 1/2 can of coconut milk and 1/2 cup of fructose on medium heat, stir as it thickens. When well mixed and thick, spread in baking dish and top with mixture of 1/2 cup fructose and 1/2 can coconut milk. Bake at 350 for 40-45 minutes, or until top gets golden brown.

FUNDS NEEDED FOR NEW BARN - MATCHING DONOR PROGRAM



Animal lovers Zeng Zeng and Ahmet will match your donations for a new barn!

Ahmet and Zeng Zeng Aydogan, who reside in San Francisco and volunteer at the Sanctuary during their vacations on Maui, have generously offered to match your donations earmarked for a new 200-square foot barn. With your help, we'll soon be able to provide shelter and care for more animals. A contribution in any amount will be very much appreciated!

Please [visit our website](#) to donate to Leilani Farm Sanctuary via Paypal.

Donations may also be mailed to:

***Leilani Farm Sanctuary
260 E. Kuiaha Road
Haiku, Maui, HI 96708***

MONDAY MORNING VOLUNTEERING



Volunteers assemble frame for new special-needs chicken aviary

Join us on **Monday mornings at 9:00 a.m.** to help out at the farm. Projects may include cleaning the barn, fund-raising, gardening, assisting with farm tours, spreading wood chips, animal grooming, handyman jobs, deck cleaning, tree trimming, manure collection, weed whacking, mulching, hoof trimming, window washing, cleaning rabbit pen, grass cutting, chain sawing, chipping, painting, carpentry, concrete work, trail maintenance, invasive plant removal, fence repair, and more. Your help will make a meaningful difference to the animals and visitors at Leilani Farm Sanctuary. Please email your RSVP to info@leilanifarmsanctuary.org

VISIT US FOR A FARM TOUR



We offer tours to the general public every Wednesday at 4:00 p.m. and Saturday at 10:00 a.m. Reservations are required. For full details, click [here](#).

HAVE YOU VISITED LEILANI FARM SANCTUARY?

If you visited Leilani Farm Sanctuary and enjoyed your experience, you can help us raise awareness about the Sanctuary by submitting a review on [Trip Advisor](#) or [Yelp](#). Your comments may inspire others to visit the farm, enjoy animal interactions, and benefit from humane education.

ABOUT THE SANCTUARY

Home to goats, rabbits, donkeys, cats, peahens, pigs, ducks, deer, tortoises and chickens, Leilani Farm Sanctuary is located on a lush 8-acre farm in Haiku, Maui. It is an all-volunteer, non-profit organization created to provide shelter and care for rescued animals, and humane education to the community. Our goal is to awaken compassion in visitors and inspire them to take the next step toward a cruelty-free lifestyle, by adopting a diet free of animals.



Sanctuary Wish List – Wheel barrow, rake, concrete pavers, picnic tables, barn, cordless drill, fencing, fence posts, printing of brochures, [gift cards for feed store](#) , cat food, dolly, heavy-duty canopy

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Please [visit our website](#) to make a tax-deductible donation

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www.LeilaniFarmSanctuary.org

(808) 298-8544

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