‘ĀINA Represents at We Grow Hawai’i Conference

The 4th Annual We Grow Hawai’i school garden conference brought together students, parents, educators, and community partners to celebrate school gardens across O‘ahu through the voice of students! Students worked in teams to prepare a healthy brunch using farm-fresh local produce. We enjoyed a feast of zucchini pancakes, curry fried rice, bean salad, kōʻelepālau, energy bites, and citrus and herb flavored water. Students from ‘ĀINA Schools Blanche Pope Elementary and Kāʻohao PCS as well as Jefferson Elementary, Island Pacific Academy, Kailua Intermediate, and SEEQS presented about their school garden experiences, ʻāina-based education, and sustainability projects in their schools. Mahalo to Island Pacific Academy, ‘Iolani School, Kamehameha Schools, Blue Zones, Hawaiʻi Farm to School Hui, and KHF’s ‘ĀINA In Schools program for hosting another inspiring We Grow Hawai’i conference!

We strongly encourage all ‘ĀINA schools to put together a team to present at next year’s event!

Top: Presenting students were recognized for their achievements in the school gardens. Bottom: Sixth graders from Blanche Pope Elementary shared their ongoing relationship with Hoʻokuaʻāina, where they learned to grow kalo, which they also established in their school garden.

‘ĀINA In Schools is a farm to school program aimed at connecting children to their land, waters, and food to create a healthier Hawai‘i. Program components include Nutrition Education, Garden-Based Learning, Healthy Food on Campus, Agricultural Literacy, Waste Reduction, and Family & Community Outreach. We work directly with 23 O‘ahu schools (Ahuimanu, ‘Aikahi, Ala Wai, Blanche Pope, Hale‘iwa, Hau‘ula, Ka‘a‘awa, Kahala, Kahuku, Kainalu, Kamaile Academy, Ka‘ōhao, Ke Kula ʻO Kamakau, Keolu, Lā‘ie, Liholiho, Mililani Uka, Nu‘uanu, Solomon, Sunset Beach, Wai‘alae, Wai‘alua, and Waikīkī) to actively integrate nutrition and agriculture (‘ĀINA) on campus. In addition to working directly with these schools, we have trained over 550 teachers from over 250 schools statewide to use the ‘ĀINA Garden, Compost, and Nutrition Curricula with their students.

Clockwise from Top Left: Solomon keiki show off their garden harvest; Ka‘ohao students make pa‘i ‘ai with KHF staff; Keolu 6th graders taste a yummy poi smoothie during their nutrition lessons; Mililani Uka 2nd graders visit their neighborhood farm; Lā‘ie keiki experience new tastes at their school’s ‘ĀINA Family Night; Sunset Beach 3rd graders sift compost in waste reduction lessons; Lily Utai and her Blanche Pope 6th graders cook up some fresh eats together.

www.kokuahawaiifoundation.org/aina
Farm Field Trips Connect Us to the Land

Farm to School Month (October) allowed the keiki of Hawai‘i to make connections with the ‘āina and the food they eat by visiting various local farms. Farmers teamed up with Kōkua Hawai‘i Foundation to educate the keiki on basic farm production, composting, vermiculture, nitrogen cycles, planting, harvesting, and historical land use. Students also engaged in fun activities including tractor rides, food sampling, makahiki games, relay races in the mud and cool water rinse offs. We are grateful for these passionate farmers who share so generously with our keiki.

Kōkua Hawai‘i Foundation’s Field Trip Grants Program supports field trips throughout the school year for schools on all islands. Grant applications, field trip destination profiles, and our Farm Field Trip Resource guide are available at kokuahawaiifoundation.org/fieldtrips.

ʻĀINA Chefs Make Cooking Fun

Mahalo to our partner chefs for sharing their passion for cooking healthy with locally sourced ingredients, and our farmer partners for sharing their passion for growing healthy food this year with ʻĀINA Chef Visits! These talented chefs provided students the experience of seeing ingredients locally sourced and often times from their very own school garden turned into a healthy snack or meal. Mahalo to these 2018-2019 ʻĀINA Chefs:

Sean Congdon (Cut Cuisine); Haley Miyaoka; Kathy Maddux (Mohala Farm); Shana Arnold (D’lish on the Beach); Willie Barrera (Iwa Eats); Jennifer Mychackavane (Private Chef/ Solomon Parent); Steph Loui (Kōkua Hawai‘i Foundation); Susan Prior (The Country Eatery); Tiffanie Masutani and Chris Okuhara (La Tour Cafe), Maria Carl (21 Degrees Estate/Waialua parent); Lamont Brown (Maya’s Tapas and Wine/Waialua Parent), Elisabeth Beagle (Terviva), Mark Noguchi (Pili Group), and Ed Kenney (TOWN).

‘Aina Pono Farm to School Showcase

Kōkua Hawai‘i Foundation staff, farmers, legislators, non-profits and other partners gathered at the Capitol for the ‘Aina Pono Farm to School Showcase before the start of the school year. The event aimed to celebrate local agriculture and generate a discussion on how the community can get more food into school cafeterias. The Kōkua Hawai‘i Foundation team featured a bounty of cucumbers, tomatoes, kalo, ‘ulu, tangelos, and pineapple to highlight the best of the summer season. Local Okinawan sweet potato pie and ‘ulu beef stew were two of the local items seen in statewide DOE menus this year!
Let’s Party...in the Garden!

Hundreds of people have contributed to Garden Party Workdays at ‘ĀINA schools this year. These workdays take place three times a year at most ‘ĀINA schools. They’re an opportunity to prepare garden beds for upcoming lessons and include ammending soil, adding mulch to garden pathways, clearing out weeds, and more. Occasionally, it may include building a shed, painting stepping stones, or planting fruit trees around campus. At the end of the school year, we often “put gardens to sleep” for the summer, planting cover crops or covering beds with burlap to keep weeds from coming in. Mahalo to the students, parents, school staff, and volunteer groups who’ve contributed to healthy gardens this year.

Coconut Cashew Bliss Balls

This recipe was featured at our spring ‘ĀINA Curriculum Training for Educators. At this Educator Training our partners from the Mālama Learning Center shared how to identify and mitigate the spread of the invasive Coconut Rhinoceros Beetle. They also provided a delicious snack recipe for teachers featuring coconut!

Ingredients:
- 1 cup pitted dates, soft and packed into measuring cup
- 1 cup raw cashews
- 3/4 cup coconut, fine or flakes
- 1/8 cup sea salt (optional)
- cacao powder (optional)

Directions:
1. Blend all ingredients on high until a crumbly paste forms
2. Remove from blender, press into bite-size balls
3. Roll in unsweetened cacao powder (optional)

Coconut Rhinoceros Beetles were accidentally introduced to O‘ahu in 2013. It has been a pest throughout the Pacific and is notorious for destroying palm species—including our beloved niu trees. In school gardens, their larvae may be found in mulch or compost piles. It is sometimes confused with the Oriental Flower Beetle but is much more destructive. Oriental Flower Beetle larvae will usually crawl on their backs, while CRBs crawl on their sides.

To see videos and more photos of CRBs, visit malamalearningcenter.org/coconut-rhinoceros-beetle.html

If you think you see Coconut Rhinoceros Beetles or signs of them, please REPORT this right away! Call or text 643-PEST or visit 643pest.org.

‘ĀINA ma ka ‘Ōlelo Hawai‘i

This year, 5th and 6th grade students at Ke Kula ‘O S.M. Kamakau helped to translate nutrition lesson vocabulary into Hawaiian for the 1st and 2nd grade students. K-1 students then presented on each section of the ‘ĀINA Food Guide, including examples of their favorite nutritious foods.
Waste Reduction Takes Many Paths

Many third graders at 'ĀINA schools participate in composting lessons over the course of the school year. They start with creating aerobic compost piles, move on to vermicomposting with worms, and also use effective microorganisms and bokashi to ferment food waste. These techniques turn would-be waste into a valuable resource to create healthy high quality soil for the school gardens. Many schools are working to compost waste from their snack programs and also creating plans for their lunch waste.

This year 'Aikahi and Waikīkī schools conducted waste audits to measure just how much was being thrown out after lunch. At Sunset Beach, the Sustainability Club held a Fork Challenge, asking students to bring their own reusable forks from home for lunches. Before the challenge, the school was producing an average of 2 pounds of fork waste each day. At the end of the challenge, it was down by 75%!

KHF’s 3R’s and ‘ĀINA programs work together to support schools in reducing and diverting waste on campus. Write to 3rs@kokuahawaiifoundation.org for more info.

Upcoming Trainings for Educators

O'ahu ‘ĀINA Curriculum Training for Educators; PDE3 credits available in two courses:
- Garden-Based Learning & Waste Reduction
- Nutrition Education
- Begins in September 2019 and concludes in April 2020
- Includes field trips!

Hawai'i Island ‘ĀINA Curriculum Training
- October 5, 2019

Register at bit.ly/aina1920

Additional dates for ‘ĀINA In Schools Curriculum Trainings for Educators, including PDE3 opportunities, and Neighbor Island workshops will be announced in future e-newsletters. Subscribe at kokuahawaiifoundation.org/mailinglist

Faces of ‘ĀINA

Most ‘ĀINA volunteers are parents of children at ‘ĀINA schools. There are also teachers, grandparents, dietetics students, and other community members who deliver ‘ĀINA lessons, prepare snacks, host family nights, and support garden clubs. Mahalo to all of them!

Clockwise from top left: Kamalii Academy’s Kumu Valerie Manoa, retired Punahou teacher Jan Yap (Liholiho), UH Dietetics students Mollie Ferguson and Nicole Tomasa (Ala Wai).