

FOOD PREPARATION STEPS



1. Wash kalo corm thoroughly, using soap and a food scrubber.



2. Steam or boil kalo for 35-50 minutes in a pressure cooker. Add time if not using pressure or cooking larger pieces.



3. Peel off outer skin using a knife or peel.

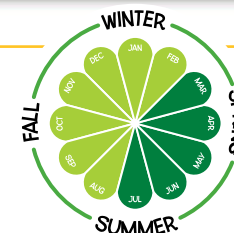


4. Cut kalo into rounds or bite-sized pieces.



5. Serve as is or work with students to pound cooked kalo into pa'i'ai or poi.

Kalo is a complex carbohydrate, providing a good source of energy. It is an excellent source of potassium, which helps regulate your blood pressure. The leaves are a good source of vitamins A & C, calcium, and folate. It is known as one of the most hypoallergenic foods available.



● MODERATE AVAILABILITY ● PEAK AVAILABILITY

- Kalo can be grown year-round, but is more abundant in Hawai'i from January through October, with peak production occurring March through July.
- It is extremely important that kalo corms and leaves be cooked thoroughly. The oxalic acid in kalo can cause itchiness in the mouth and throat, but is broken down by cooking.
- Kalo leaves can be served like cooked spinach or made into a lū'au stew for a hearty snack or meal.
- Poi is great alone but can also be integrated into other recipes, like Poi Smoothies!

**Seasonality varies with location and from year to year.*

Fresh Choice Hawaiian Harvest celebrates the diverse, nutritious, and delicious bounty grown in Hawai'i, encouraging children and their families to eat more locally grown fresh fruits and vegetables. The Fresh Choice Hawaiian Harvest Toolkit includes educational resource sheets, take-home letters, food preparation tip sheets, and posters that highlight Hawai'i-grown crops. Downloads of Fresh Choice Hawaiian Harvest Materials, and more information are available at www.kokuahawaiiifoundation.org/HawaiianHarvest. Funding for the Fresh Choice Hawaiian Harvest program was provided by the Hawai'i Department of Agriculture Specialty Crop Block Grant. Photos: Anthony Ching and shutterstock.com.