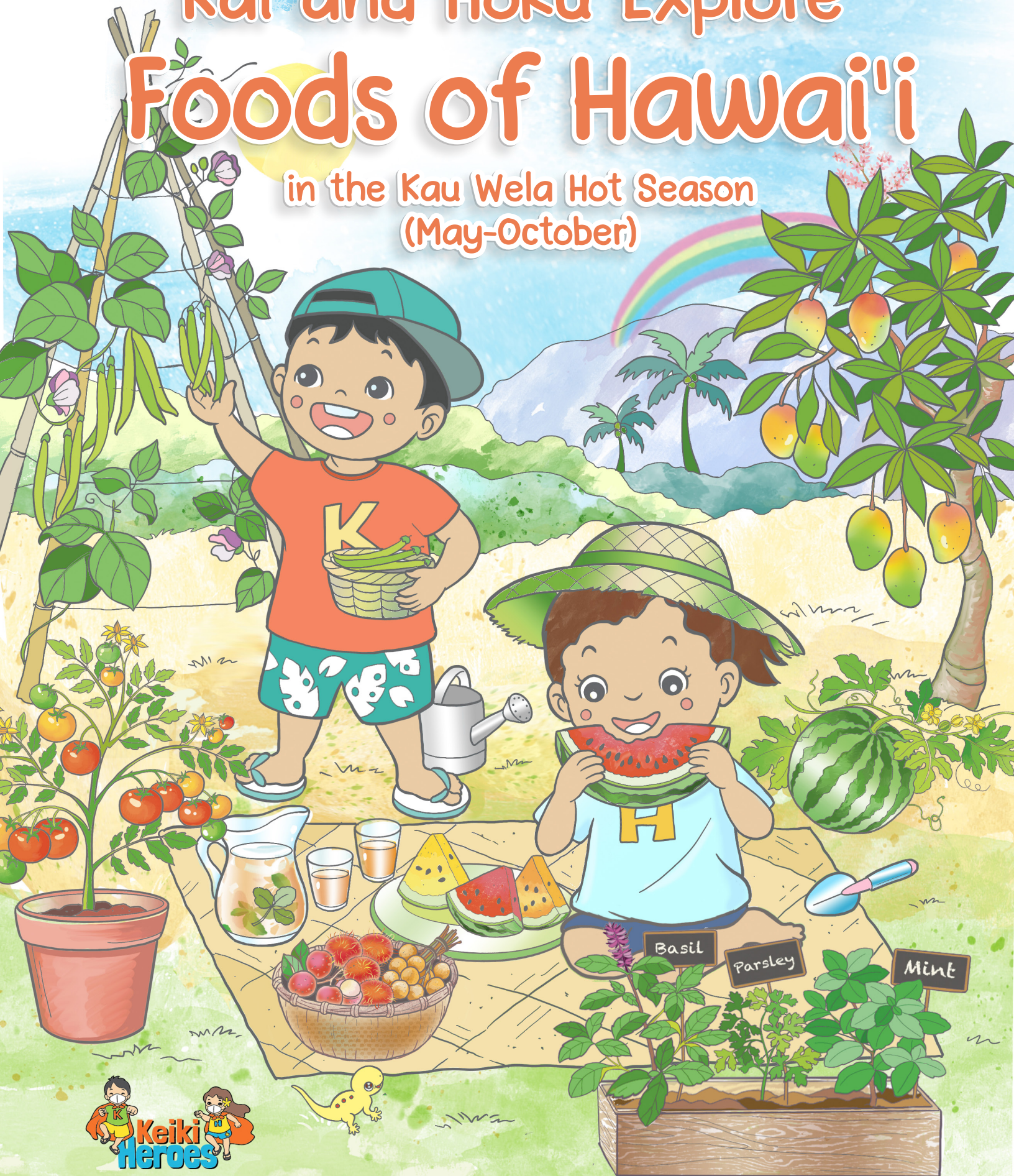


Kai and Hōkū Explore Foods of Hawai'i

in the Kau Wela Hot Season
(May-October)



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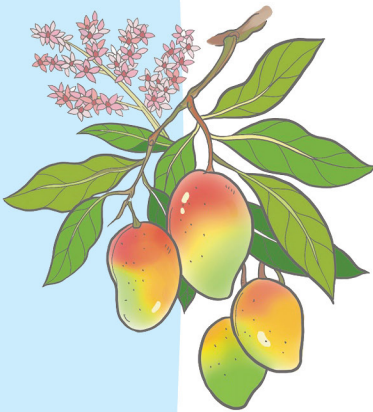
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First Edition - Book Three - Kau Wela
Printed in Hawai'i

This is _____'s book.

I'm an adventurous food scientist.
Here is a drawing of me and my favorite
fruits and veggies.

HOW TO USE THIS BOOK

Kai and Hōkū Explore Foods of Hawai'i is a book series developed to help families and *keiki* explore delicious local foods together. This book focuses on foods that are ripe and ready to eat in the traditional Hawaiian hot season of *Kau Wela* (May-October). Use this book to have fun teaching your children to try foods grown by Hawai'i's farmers. Taste one new food each week!

1 Choose a fruit or vegetable in this book.

Let your *keiki* choose the food.

2 Find the fruit or vegetable.

Where to look? Try a grocery store, farmers market, food hub or weekly farm box program. You can also ask a family member, friend or neighbor who grows it in their backyard.



3 Complete the activities.

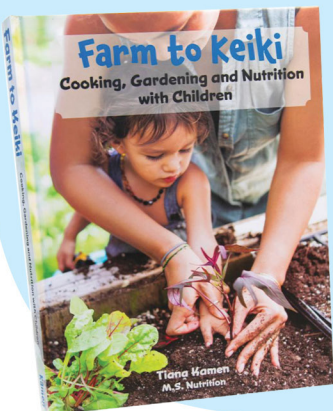
Have fun learning about the chosen fruit or vegetable by completing the different activities in this book together.

4 Reward with stickers.

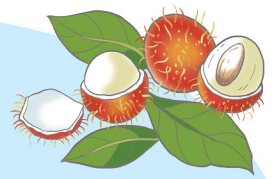
After *keiki* taste the food, give them a sticker to place on the matching picture on page 4.

5 Expand learning with the Farm to Keiki book.

Use the Farm to Keiki book to learn more fun facts, activities and recipes. You can find this book at www.farmtokeiki.org



TIPS FOR YOUR FOOD ADVENTURES



Produce Shopping

- ★ Find fruits and vegetables featured in this book at a participating DA BUX food retailer (which includes grocery stores, farmers markets and food hubs). See the back cover to learn more about “DA BUX Double Up Food Bucks” and how you can save 50% on select local produce.

Let’s Get Cooking

- ★ Cook with aloha and have fun. Put love into your food!
- ★ Use tools that are appropriate for your child’s age.

Cooking Environment

- ★ Always prepare foods in a clean cooking environment.
- ★ Wash hands before, during and after cooking.
- ★ See page 19 of the Farm to Keiki book for more information on food safety.

Eating

- ★ Tasting can just be a lick or small bite. Never force your children or get upset if they don’t try something. The more you do fun activities with your children to explore new foods, the more willing they will be to try them.
- ★ Pay attention to your child as they try new foods to detect any food allergies or sensitivities.
- ★ Be present and mindful, chew thoroughly, and express gratitude to nature and the people who cook and grow your food such as farmers, chefs and *‘ohana*.



Food Exploration Tracker

Keep track of the foods you tasted and explored by placing the matching sticker on this page.

I tasted these veggies and fruits.
your name



Tomatoes

'Ōhi'a Lomi

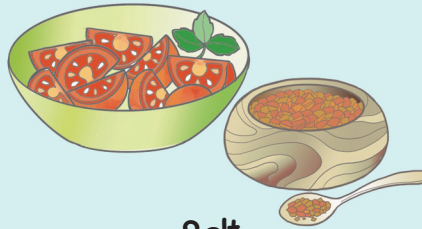
Tomatoes come in many shapes, sizes and colors. They contain lycopene, which protects our skin from the sun and supports heart health. Tomatoes taste best when picked ripe from your garden or a local farm. Learn more about tomatoes on page 58 in the Farm to Keiki book.



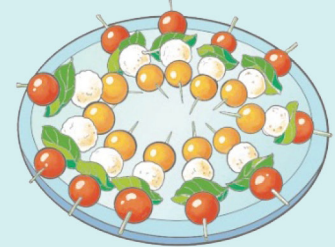
TASTE Taste tomato three different ways. Discuss the flavors, and write your observations in the lines below.



Plain



Salt



Cheese & Basil

GROW

Learn wet seed saving with tomatoes.

- 1) Slice a ripe tomato in half (along the equator). Scoop the seeds into a small jar.
- 2) Add a ½ cup of water.
- 3) Cover with a paper towel and rubber band. Watch for 3-5 days (a mold will form).
- 4) Wash seeds in a strainer. Dry on a plate.
- 5) Plant the seeds. Give away the plants as gifts!



COOK

Tomato Fiesta Salsa

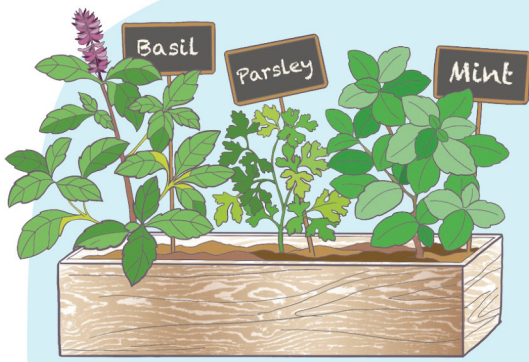
This recipe is from page 83 in the Farm to Keiki book.

Ingredients

- 2 cups tomatoes, chopped
- 1-2 tablespoons lime juice (1 lime)
- 2 tablespoons of herbs (cilantro, parsley or oregano)
- ½ teaspoon sea salt or to taste
- onion, garlic, sweet or spicy peppers, spices (optional)

Directions

- 1) Chop the tomatoes into small pieces. Measure 2 cups into a bowl.
- 2) Add 1 tablespoon of lime juice. Tip: Roll the lime on a cutting board with the palm of your hand to release juices before slicing.
- 3) Add 2 tablespoons cilantro or parsley and a ½ teaspoon of sea salt. Tip: Tear herbs with your fingers or cut with scissors.
- 4) Mix everything together. Add more lime or salt to taste.

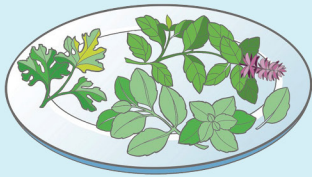


Herbs

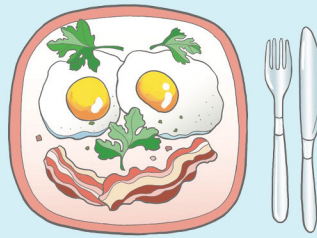
Lau Nahele

Fresh herbs are easy to grow and delicious to eat! Each herb has a special smell, flavor and appearance. Have fun tasting herbs that grow in Hawai'i such as basil, cilantro, dill, mint, parsley and rosemary. Learn more about herbs on page 45 in the Farm to Keiki book.

TASTE Taste herbs three different ways. Discuss the flavors, and write your observations in the lines below.



Plain



With Eggs



Hot or Iced Herbal Tea

SMELL

- 1) Collect a few different fresh herbs from a garden, the grocery store or potted plants.
- 2) Gently rub the herbs. Smell your fingers.
- 3) Discuss how the different smells make you feel.



COOK

Iced, Hot or Sun Mint Tea

This recipe is from page 66 in the Farm to Keiki book. Find a list of other herbs to make tea, such as chamomile, ginger, māmaki, rose or turmeric.

Ingredients

- 3 tablespoons fresh mint (30-45 leaves) or 1 tablespoon dry mint
- 1 cup purified water
- honey to taste (optional)

Directions

Sun Tea

- 1) Add fresh mint to a jar of clean water. Cover with a lid.
- 2) Place in the sun for 4-6 hours.

Hot Tea

- 1) Place mint in a teapot, glass jar or french press.
- 2) Boil water and pour on top. Steep for 10-15 minutes.
- 3) Strain the tea into cups. Serve plain or with honey.

Iced Tea

Place hot tea in the refrigerator after it cools to room temperature, or add ice.

Beans

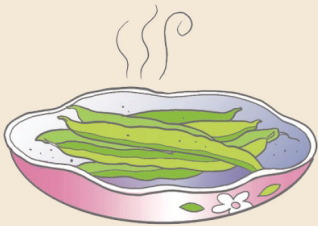
Pāpapa

Many delicious beans grow in Hawai'i, such as edamame (soy beans), long beans and string beans. Some are eaten fresh (string), and others are grown for their dried seeds (black, mung bean, pinto). Pole beans climb on vines, and bush beans grow on bushes. Learn more about beans and peas on page 28 in the Farm to Keiki book.

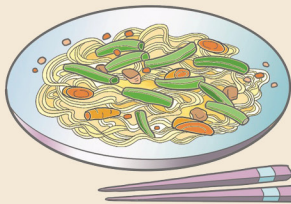


TASTE

Taste beans three different ways. Discuss the flavors, and write your observations in the lines below.



Steamed



With Noodles



Quesadilla or Burrito

IDENTIFY

Draw a line from the word to its matching part on the bean plant.

Flower

Fruit

Leaf

Root

Seed

Stem



COOK

Quesadilla with Green Beans

Ingredients

3 to 4 string beans for each quesadilla

corn or flour tortillas

fillings: pinto beans, shredded cheese, salsa, onions, etc.

Directions

- 1) Steam or sauté the string beans.
- 2) Heat the tortilla in a pan.
- 3) Add the cheese, string beans and other fillings of your choice.
- 4) Lower the heat. Cover the pan.
- 5) Check to see if the cheese has melted after a minute.
- 6) Fold the tortilla over when the cheese has melted.
- 7) Slice the quesadilla into wedges.



Longan, Lychee and Rambutan

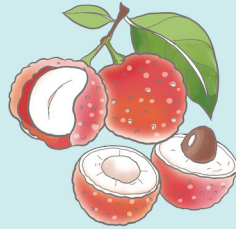
These fruits look similar because they are in the same family! They all grow on big trees, but each one has a unique flavor, peel and seed. They are the perfect sweet treat that comes in its own biodegradable package!

TASTE

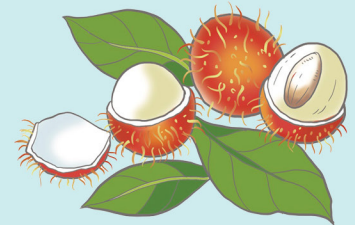
Compare and contrast the smells, flavors and textures of these three fruits.



Longan



Lychee (*Laikī*)



Rambutan

CREATE

Make seed art!

- 1) Eat the fruit.
- 2) Wash the seeds. Pick off any remaining flesh.
- 3) Dry the seeds well.
- 4) Get creative! Glue the seeds onto a piece of paper.



COOK

Lychee (or Longan) Shave Ice

Ingredients

- 1½ cups lychee, peeled and deseeded (~25 lychee)
- 1 cup water
- 15-20 mint leaves (optional)
- honey or sugar (optional)

Directions

- 1) Peel the lychee and remove the seeds.
- 2) Add the mint, lychee and water to the blender. Blend on high.
- 3) Pour into a medium sized glass container (baking dish or Tupperware).
- 4) Freeze for 1 hour. Take out and rake with a fork. Place back in the freezer.
- 5) Repeat 1-2 more times until you have a shave ice consistency.

Summer Squash

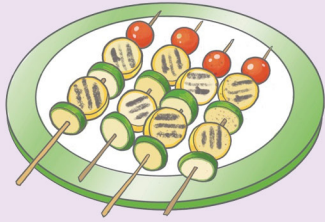
Pū



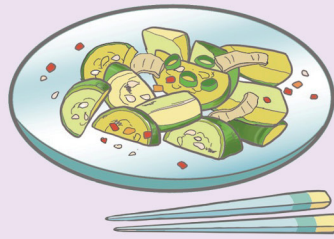
Zucchini, yellow crookneck squash and chayote (*pīpīnola*) are all types of summer squash. They grow on vines or bushes and are yellow, green, white or striped. Eat summer squash for a delicious boost of vitamins and minerals!

Learn more about squash on page 50 in the Farm to Keiki book.

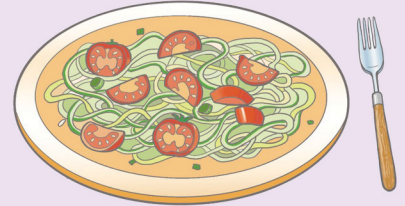
TASTE Taste summer squash three different ways. Discuss the flavors, and write your observations in the lines below.



Grilled



Stir Fried



Zoodles in Tomato Sauce

CUT

Practice knife skills with an adult while making zoodles.

Use a grater, knife, julienne peeler, mandolin, or spiralizer. There are many types of spiralizer tools. Can you find three of them below?



COOK

Zoodles with Cherry Tomato Sauce

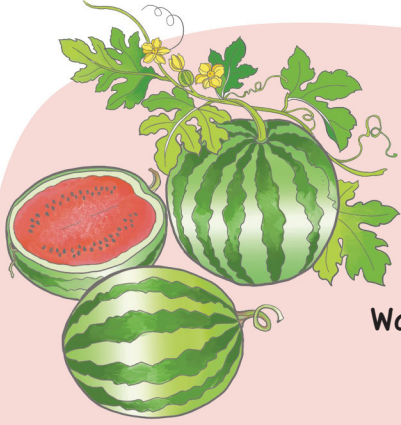
Serves 4-6

Ingredients

- ½ cup olive oil
- 2 garlic cloves (1 teaspoon chopped)
- 2 cups cherry tomatoes (~80 tomatoes)
- 3 zucchini and/or yellow crookneck squash
- 10 basil leaves, torn or sliced thin
- Parmesan cheese to taste, grated
- ½ teaspoon salt
- pinch of pepper

Directions

- 1) Heat ¼ cup olive oil in a saucepan.
- 2) Add garlic, and cook for 1 minute.
- 3) Add tomatoes, pepper and ¼ teaspoon of salt.
- 4) Cook for 6-8 minutes until sauce thickens.
- 5) Cut the squash into zoodles.
- 6) Heat ¼ cup olive oil in a another saucepan.
- 7) Add the zoodles, pepper and ¼ teaspoon salt.
- 8) Sauté 3-4 minutes until medium soft.
- 9) Add to tomato sauce. Mix for one minute.
- 10) Top with basil and Parmesan cheese.

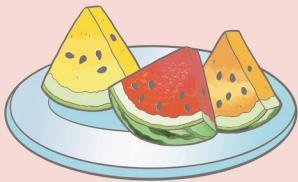


Watermelon

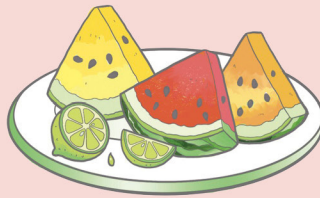
Ipu Haole

Watermelons are large fruits that grow on long vines. They are 90% water and a delicious way to help you stay cool and hydrated. Did you know that there are also yellow and orange watermelons?

TASTE Taste watermelon three different ways. Discuss the flavors, and write your observations in the lines below.



Plain



Lime

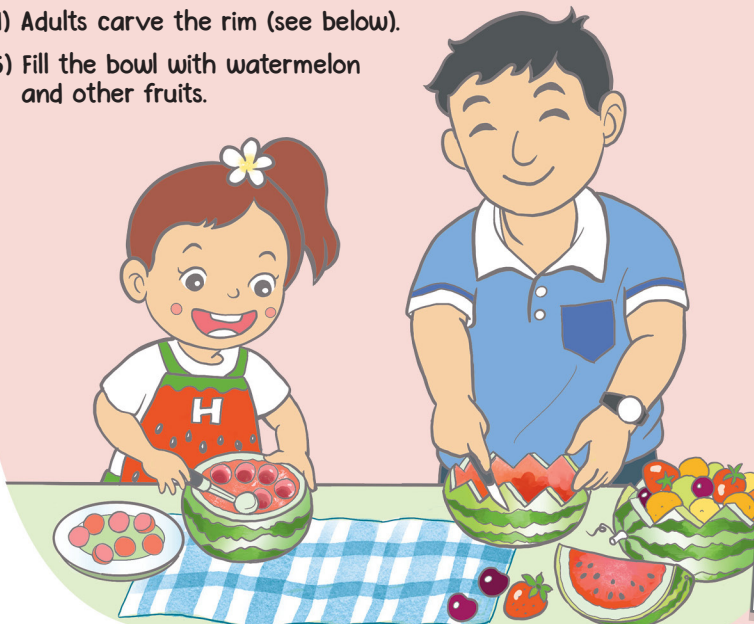


Juice/Slushie

MAKE

Make a Watermelon Fruit Salad Bowl.

- 1) Cut a sliver from the side of the watermelon to make a flat surface.
- 2) Slice the watermelon in half.
- 3) Scoop out the flesh into a bowl.
Tip: Use measuring spoons to make balls.
- 4) Adults carve the rim (see below).
- 5) Fill the bowl with watermelon and other fruits.



COOK

Watermelon Juice or Slushie

Ingredients

- 2 cups watermelon
- 1 cup water
- 1 lime wedge (optional)
- 20 mint leaves (optional)
- 1 cup ice (optional to make slushie)

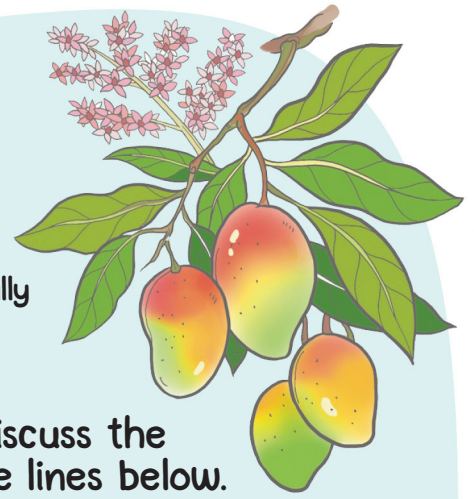
Directions

- 1) Slice the watermelon in half (use the other half from the Watermelon Fruit Salad Bowl activity).
- 2) Use a spoon to scoop the flesh into a blender.
- 3) Blend on low, then turn up to medium. Do not crush the seeds.
- 4) Pour through a strainer into a large bowl or measuring cup with a spout.
- 5) Taste the pure watermelon juice. Blend with lime juice and mint (optional).
- 6) Refrigerate and serve. Blend juice with ice to make slushie. Note: If you add too much ice, it will dilute the flavor.

Mango

Manakō

Mangoes originated in India about 5,000 years ago. This special tree usually produces delicious fruit once a year for a short time! Give your immune system a boost by eating this vitamin C rich fruit when it is in season!



TASTE Taste mangoes three different ways. Discuss the flavors, and write your observations in the lines below.



Plain



Green Mango with
Lime, Salt and/or Shoyu



Ripe with Yogurt

COLOR

Mangoes change colors as they ripen.
What color are your mangoes?
Color what you see!



COOK

Mango Mana Smoothie

Ingredients

- 2 cups ripe mango (3-4 mangoes)
- ½ cup yogurt
- ½ cup milk or milk alternative
- 1 cup banana (optional)
- sprinkle of cinnamon and/or cardamom (optional)

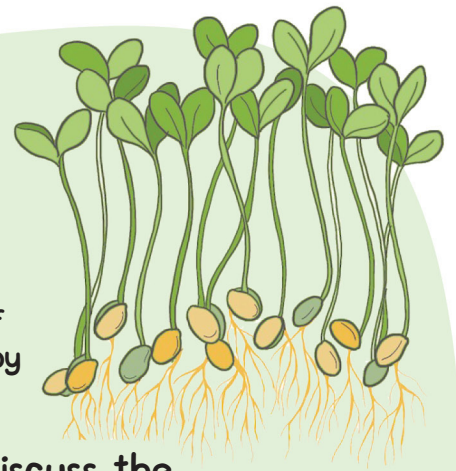
Directions

- 1) Peel, cut and measure the mango. Add to the blender.
- 2) Measure the yogurt and milk (or milk alternative), and add to the blender.
- 3) Add banana, cinnamon or cardamom (optional).
- 4) Blend until smooth and enjoy!

Sprouts

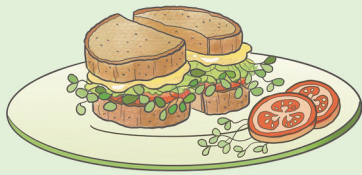
Kawowo

In Hawai'i, you can buy sprouts or easily grow them using the seeds of alfalfa, lentil, mung bean, onion, soy, sunflower and more! Sprouts are baby plants packed with nutrients. Power up with these crunchy treats!

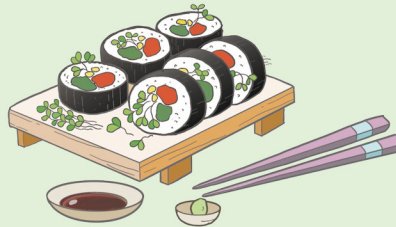


TASTE

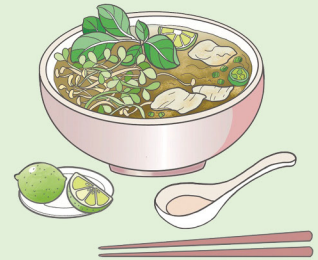
Taste sprouts three different ways. Discuss the flavors, and write your observations in the lines below.



Sandwich



Sushi



Soup

SPROUT

- 1) Clean a square takeout food container. Cut the hinge to make two trays.
- 2) Poke holes into the smaller tray.
- 3) Place the tray with holes into the larger tray.
- 4) Line the top tray with a wet paper towel.
- 5) Sprinkle a few sprout seeds onto the paper towel. Place away from direct sunlight.
- 6) Water twice a day with purified water. Empty the bottom tray after every watering.
- 7) Eat sprouts after 3-5 days.



COOK

Hand Roll Sushi with Sprouts

Makes 6 mini rolls

Ingredients

- 6 sheets nori seaweed (snack-sized)
- ¾ cup cooked rice (brown, hapa or sushi rice)
- ¼ cucumber, sliced into matchsticks
- 6 big pinches of sprouts (radish, sunflower, etc.)
- ½ cup fish *poke* (optional)
- ¼ avocado, sliced (optional)
- 1 tablespoon shoyu (for dipping)

Directions

- 1) Cook the rice (or use leftover rice).
- 2) Slice cucumbers and avocado. Wash the sprouts.
- 3) Set up the ingredients like a buffet so *keiki* can add their own ingredients.
- 4) *Keiki* place 1-2 spoonfuls of rice on each seaweed sheet and flatten.
- 5) *Keiki* add the toppings.
- 6) Fold (taco style), dip in shoyu (optional), and enjoy!

WHAT CAN YOU DO TO TAKE CARE OF THE EARTH?

Aloha 'Āina means to give our love to the Earth. Eating locally grown foods is a way you can *Aloha 'Āina*. Here are a few more examples of how to *Aloha 'Āina*.

- 1 Visit a farmers market and buy locally grown foods.**
- 2 Visit a farm and help the farmers grow food.**
- 3 Grow your own food in a home garden.**



**Think of ways you can *Aloha 'Āina*.
Draw a picture of you doing *Aloha 'Āina*.**



Get 50% off local
fruits & veggies!



WHAT IS DA BUX?

The DA BUX Double Up Food Bucks program (also known as "DA BUX") partners with food retailers across the state to make Hawai'i grown fruits and vegetables more affordable for SNAP-EBT cardholders. If you have SNAP food benefits, you are eligible to receive a 50% discount on select local produce.



50% OFF!
HAWAI'I GROWN
FRUITS & VEGGIES

Just use a DA BUX Access Card at the checkout of a participating grocery store. The cashier will scan the barcode on the back of the DA BUX Access Card to trigger a discount on your qualifying local produce purchases. ***A DA BUX Access Card is not required to receive a discount at participating food hubs such as farmers markets and online delivery services.***

The fruits and vegetables featured in this book are available at your local DA BUX food retailer. Find a retailer near you or sign up for your DA BUX Access Card at:

DABUX.ORG
(808) 437-3044