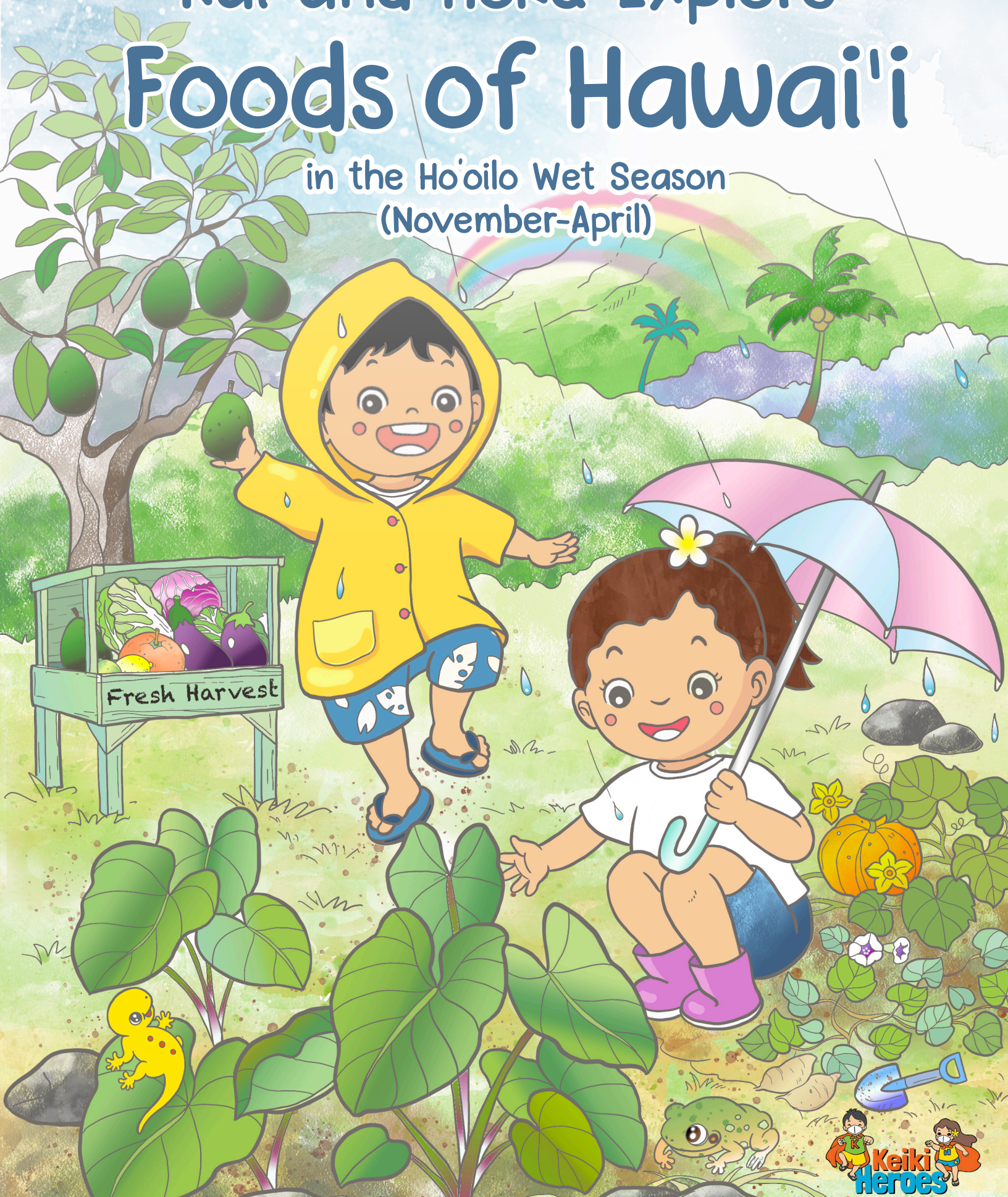


Kai and Hōkū Explore Foods of Hawai'i

in the Ho'oilō Wet Season
(November-April)



This book was developed by the following collaborators:



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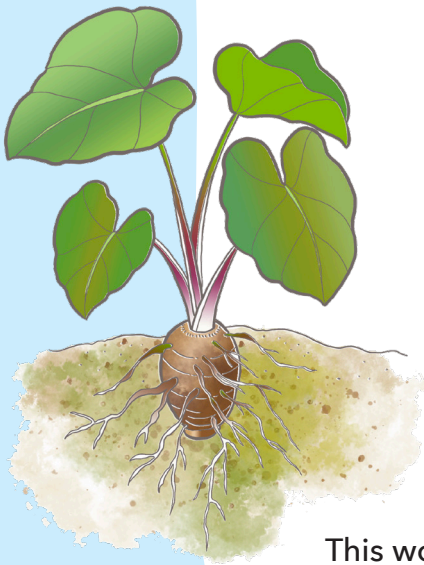
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First Edition - Book Two - Ho'oilō
Printed in Hawai'i

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 wet season of *Ho'oilō* (November - April). 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 child 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.

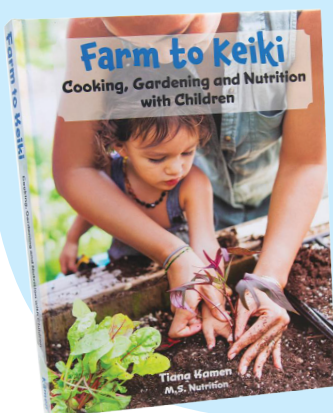
Have fun learning about the chosen fruit or vegetable by completing the different activities in this book together.

4 Reward with stickers.

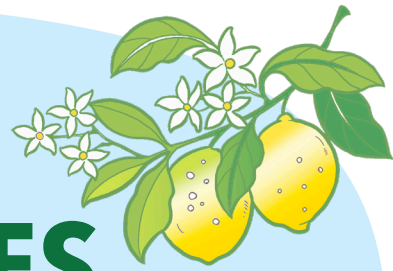
After *keiki* taste the food, give them a sticker to place on the matching picture on page 4.

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

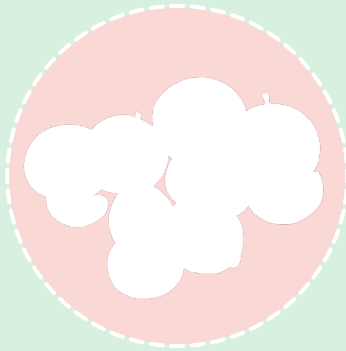
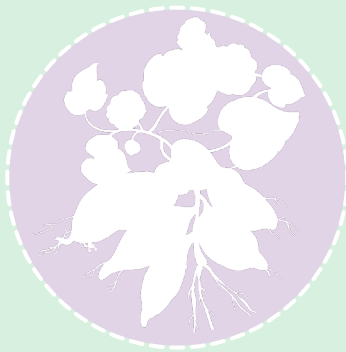
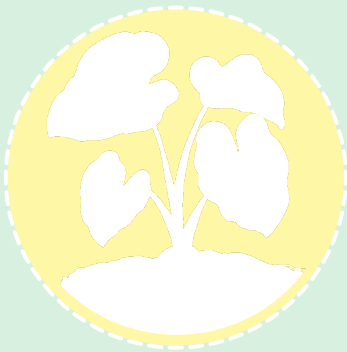
- ★ Tasting can just be a lick or small bite. Never force your children or get upset if they don't try something. The more you do fun activities with your children to explore new foods, the more willing they will be to try them.
- ★ Pay attention to your child as they try new foods to detect any food 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.

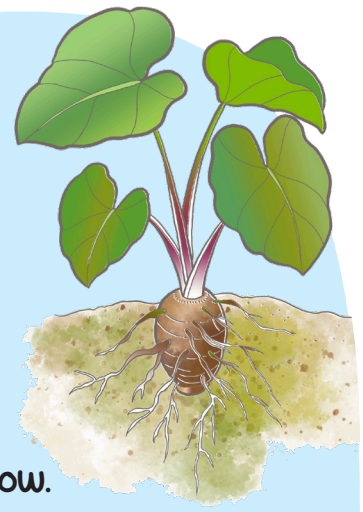
I tasted these veggies and fruits.
your name



Taro

Kalo

Kalo is the most important plant in the Hawaiian culture and is said to be the older brother to the first Hawaiian man. The entire plant—the leaves, the stem and corm (root)—is edible after cooking! **DO NOT EAT RAW!** Learn more about *kalo* on page 57 in the Farm to Keiki book.



TASTE

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



Sliced with Hawaiian Salt (*Pa'akai*)



Simmered with Coconut Milk



Lū'au Stew with Coconut Milk & Broth

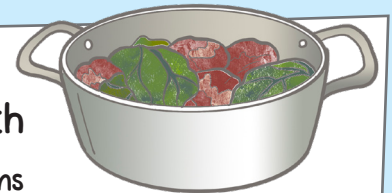
CONNECT

The *kalo* plant represents family (*'ohana*).

Learn to cook *kalo* with your *'ohana*. See page 104 in the Farm to Keiki book, or use your phone to scan the code at the bottom of this page.



COOK *Lū'au* Stew with Coconut Milk & Broth



Ingredients

- 1 tablespoon butter or coconut oil
- 1 small onion, sliced
- 4 garlic cloves, chopped
- 12 cups *kalo* leaves or enough whole leaves to fill a large pot, washed and sliced into 1-inch strips
- 4 cups *kalo* stems, cut into 2-inch pieces (optional)
- 1½ - 2 cups broth (homemade tastes best)
- 1 cup coconut milk (no sugar added)
- add-ins: animal protein, tofu, *kalo* corms, sweet potato, breadfruit (optional)

Directions

- 1) Add butter or coconut oil to a large pot over medium heat.
- 2) Add onion. Sauté until translucent.
- 3) Add garlic. Sauté for 1 minute.
- 4) Add *kalo* stems, leaves and broth.
- 5) Cover with lid, and cook for 2-3 hours. Add more broth as needed while cooking. Taste the leaves; if your throat is itchy, cook longer.
- 6) Turn the stove off. Add coconut milk and salt to your taste.

Pressure Cooker Method (i.e. Instant Pot): Add all ingredients from steps 1-4 into the pot, and sauté for a few minutes. Pressure cook on high for 45 minutes. Allow a natural release of pressure for an hour. Add coconut milk and salt to your taste.

Learn more about cooking *kalo* from the Farm to Keiki website!

SCAN ME!



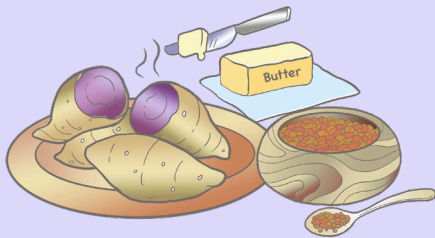
Sweet Potato

'Uala



'Uala is a sweet root vegetable that will give you a healthy energy boost! It was brought to Hawai'i in the ancient Polynesian canoes. 'Uala can be many colors such as purple, white, yellow and orange. The entire plant—the leaves, the stem and root—is edible after cooking! Learn more about 'uala on page 55 in the Farm to Keiki book.

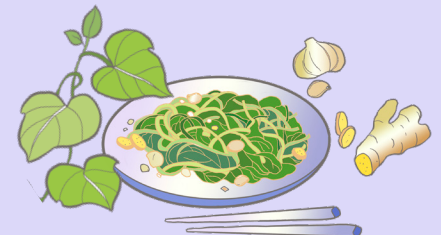
TASTE Taste sweet potato three different ways. Discuss the flavors, and write your observations in the lines below.



Butter & Salt



Mashed with Coconut Milk



Stir Fried Leaves

GROW

- 1) Cut a 3-inch piece from a sweet potato.
- 2) Poke 3 toothpicks into it, and place it halfway in a jar of water.
- 3) Change the water every 2 days.
- 4) Plant in a garden or pot when white roots appear.

Tip: You can also grow 'uala using a 6 to 8-inch piece from the vine.



COOK



Magical Purple Unicorn Sweet Potatoes

Make this your new favorite purple side dish! This recipe is from page 102 in the Farm to Keiki book.

Ingredients

- 1 sweet potato
- ¼ cup coconut milk (add more as needed)
- 1 lemon or lime wedge
- pinch of salt

Directions

- 1) Boil or steam the sweet potatoes (10-30 min).
- 2) Once cooled, help *keiki* peel and cut the potatoes with a butter knife.
- 3) Add to a bowl and mash.
- 4) Add coconut milk and salt.
- 5) Squeeze a small amount of lime juice on top and watch the magic!

Learn more about 'uala from the Hawai'i 'Ulu Cooperative website!



Squash

Pala'ai or Pū



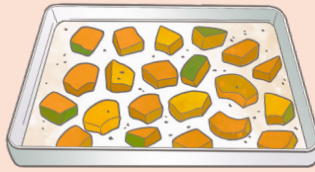
There are two main types of squash. Winter squash have hard skin with big edible seeds and can be stored for months (e.g., pumpkin). Summer squash have thin edible skin and must be eaten quickly (e.g., zucchini).

Learn more about squash on page 51 in the Farm to Keiki book.

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



Roasted Seeds



Roasted



Grilled

GUESS

How many seeds are inside a pumpkin?

- 1) Scoop the seeds into a bowl of water.
- 2) Separate seeds from the pulp, and count as you place them on a plate.



COOK

Roasted Pumpkin Seeds

Ingredients

- 1 pumpkin
- 1 tablespoon olive oil
- Hawaiian salt

Directions

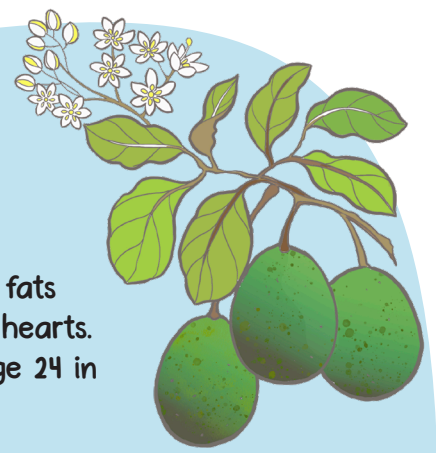
- 1) Remove the seeds from the pumpkin.
- 2) Clean the pumpkin seeds in a bowl of water.
- 3) Simmer in a pot of salted water. Add 2 cups of water and 1 tablespoon of salt for every half cup of pumpkin seeds.
- 4) Strain and dry the seeds.
- 5) Lightly coat with olive oil, and sprinkle with salt.
- 6) Roast at 300 degrees F until light brown (10-30 minutes). Stir every 10 minutes.

Learn more about squash from the Hawai'i 'Ulu Cooperative website!



Avocado

Pea



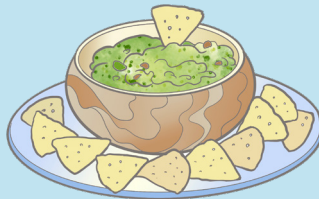
Avocados have a rich, buttery flavor and smooth texture. Their healthy fats provide long lasting energy and nourishment for growing bodies, brains and hearts. Eat with toast, burritos, chips and more! Learn more about avocados on page 24 in the Farm to Keiki book.

TASTE

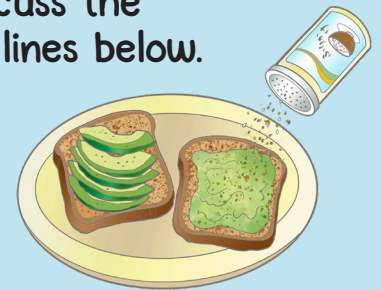
Taste avocado three different ways. Discuss the flavors, and write your observations in the lines below.



Salt or Shoyu



Guacamole



Avo Toast with Salt & Pepper or Furikake

GROW

Sprout an avocado seed.

- 1) Clean the seed.
- 2) Wrap in a damp paper towel. Place on a plate in a cool, dark place.
- 3) Check daily to make sure the paper towel is damp.
- 4) In a few weeks, the seed will sprout.
- 5) When the root(s) are 3 inches long, plant it!



COOK

Groovy Guacamole

This recipe is from page 85 in the Farm to Keiki book.

Ingredients

- 2-3 avocados
- 10 cherry tomatoes, halved
- 1-2 limes, juiced (about 1-2 tablespoons)
- ½ teaspoon Hawaiian sea salt
- pinch of pepper
- garlic, onion, chili, spices (optional)

Directions

- 1) Help *keiki* cut the avocado, limes and tomatoes in half.
- 2) *Keiki* use a spoon to scoop the avocado flesh into a bowl and a fork or pestle to mash it.
- 3) Squeeze half a lime into the bowl.
- 4) Add the tomatoes and mash.
- 5) Add spices, salt and pepper. Taste and add more lime as needed.

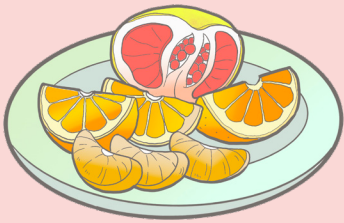
Citrus

'Ohana 'Ālani



Citrus fruits include oranges, lemons, limes, tangerines, calamansi, grapefruit, jabong and more. Citrus are a great source of vitamin C and can taste sweet, sour, tangy and bitter. Learn more about citrus on page 37 in the Farm to Keiki book.

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



Fresh Slices



Juiced



Slices in Water

DRAW

Make disappearing ink with citrus juice!

- 1) Dip a paintbrush, cotton swab or your finger in citrus juice, and use it to draw a secret message or a picture on paper.
- 2) Warm the paper with a hot light bulb, hair dryer or a candle to reveal the secret.



COOK

Orange Dreamsicle Popsicle

Ingredients

- 1 cup orange juice (1 large orange, juiced)
 - ¼ cups coconut milk
 - ½ tablespoon honey
 - ½ teaspoon vanilla extract (or ½ vanilla bean scraped)
- Popsicle mold or ice tray and toothpicks

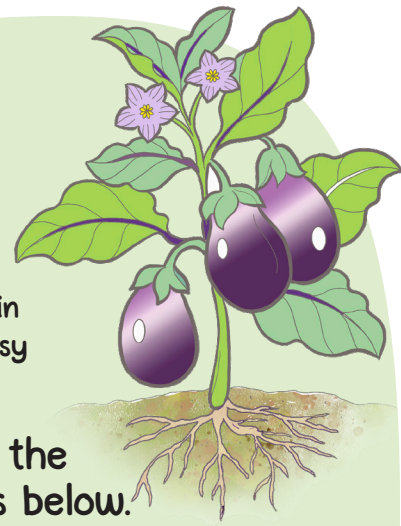
Directions

- 1) Juice the orange. Pour coconut milk and orange juice into a container with a spout (example: large measuring cup).
- 2) Stir in honey and vanilla.
- 3) Taste and adjust the flavor as needed.
- 4) Pour into popsicle molds or an ice tray.
- 5) If using an ice tray, cover with plastic wrap and stick toothpicks into each cube.
- 6) Place in the freezer, and eat on a hot day!

Tip: You can also use recycled materials, like yogurt containers, or the portion cups from your takeout orders that hold your dressing or dipping sauce.

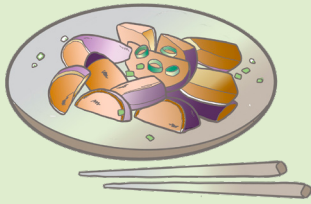
Eggplant

Lahopipi



Eggplants come in many colors, such as purple, white and black. They also come in different shapes, such as long and skinny, round, or pear-shaped. Eggplants are easy to grow and tasty to eat! Eggplants must be cooked before eating.

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



Stir Fried



Grilled



Eggplant Pizza

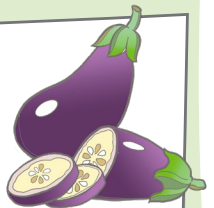
COLOR

Visit a farmers' market or grocery store, and find different looking eggplants. Color in the picture below based on what you see.



COOK

Mini Eggplant Pizza



Ingredients

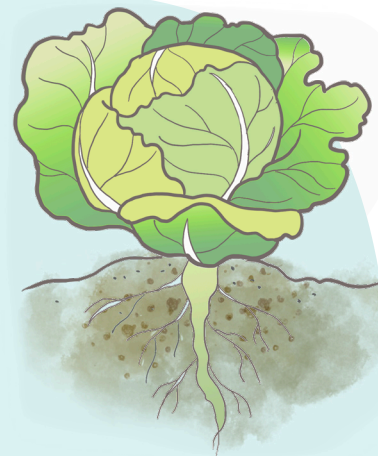
- 1 large oval Italian eggplant
- 1 cup tomato/spaghetti sauce
- 1 cup shredded cheese
- 16 fresh basil leaves, chopped
- 1 tablespoon salt
- toppings: pepperoni, olives, mushrooms, etc. (optional)

Directions

- 1) Slice off the top and bottom of the eggplant. Slice into 1/2-inch thick rounds.
- 2) "Sweat" the slices by rubbing salt on them. Wait 20 minutes. Rinse and dry.
- 3) Roast the slices for 5 minutes at 400 degrees F.
- 4) Remove from the oven and top with sauce, cheese and toppings.
- 5) Roast for another 10-12 minutes.
- 6) Garnish with basil and enjoy!

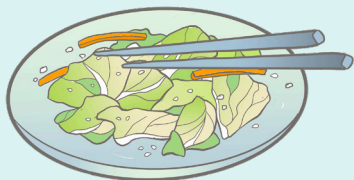
Cabbage

Kāpiki



There are many types of cabbage, including red, white and Chinese (napa). It is delicious raw, cooked and fermented (e.g., kimchi). Cabbage love to grow in the cool and wet weather of the *Ho'ilo* season! Learn more about cabbage on page 40 of the Farm to Keiki book.

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



Stir Fried



Soup/Ramen



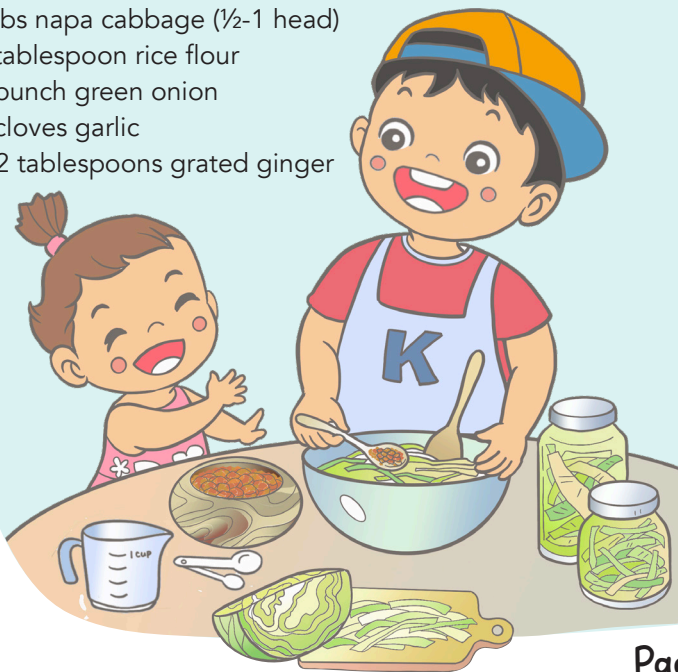
Kimchi

MEASURE

Learn how to measure ingredients while making kimchi.

Ingredients

- 1-4 tablespoons gochugaru, korean chili
- 6 tablespoons sea salt
- 2 lbs napa cabbage (½-1 head)
- 1 tablespoon rice flour
- 1 bunch green onion
- 3 cloves garlic
- 1-2 tablespoons grated ginger



COOK

Kai's Kimchi



Recipe Inspired by Sandor Katz

- 1) Chop the cabbage, and place in a bowl.
- 2) Mix salt with 4 cups of water, and pour over the cabbage. Keep cabbage under the water overnight, weighed down with a heavy plate.
- 3) On day 2, mix rice flour with ½ cup cold water and heat in a pot until until gluey but pourable. Mix in gochugaru, green onion, garlic and ginger.
- 4) Drain and squeeze water off the cabbage, then mix with the spice paste.
- 5) Sanitize a quart-sized jar and lid by boiling for 10 minutes.
- 6) Pack and press cabbage into the jar until liquid covers the top. Leave 1-inch space of air, and screw on the top.
- 7) Ferment on the counter for a few days. Unscrew the top daily to loosen pressure.
- 8) Eat or store in the refrigerator when it tastes "ripe"!

CHOOSE YOUR OWN FOOD TO EXPLORE

Instructions: Visit the farmers market or the grocery store and choose a new fruit or vegetable you would like to taste. Then complete page 13 by following the directions for each section.

Here is a list of some other foods that can be found during the Ho'ilo wet season.

Herbs: Basil, Cilantro, Dill, Green Onion, Lemongrass, Parsley

Fruits: Banana, Breadfruit, Coconut, Longan, Loquat, Starfruit

Root Vegetables: Beets, Carrots, Daikon, Jicama, Yams

Leafy Greens: Bok Choy, Choy Sum, Kale, Lettuce, Moringa (Malunggay), Watercress

Colorful Vegetables: Mushrooms, Peas, Radish, Swiss Chard





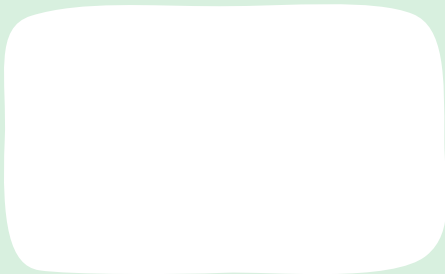
Fruit or Vegetable Name: _____

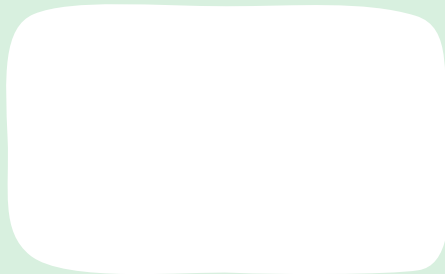
Name in another language: _____

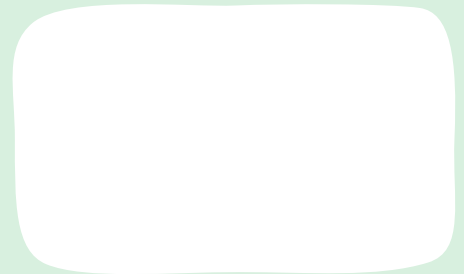
Write one fun fact about your fruit or vegetable.

Draw your fruit or vegetable.

TASTE Taste your fruit or vegetable three different ways. Draw pictures of each way you tried it. Discuss the flavors, and write your observations in the lines below.







ACTIVITY

Create an activity using your chosen fruit or vegetable. Use the Farm to Keiki book for ideas. Draw a picture of the activity you did below.



COOK

Create your own recipe. Write the ingredients and directions below.

Recipe Title

Ingredients

Directions





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 farm direct retailers such as farmers markets and food hubs.**

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