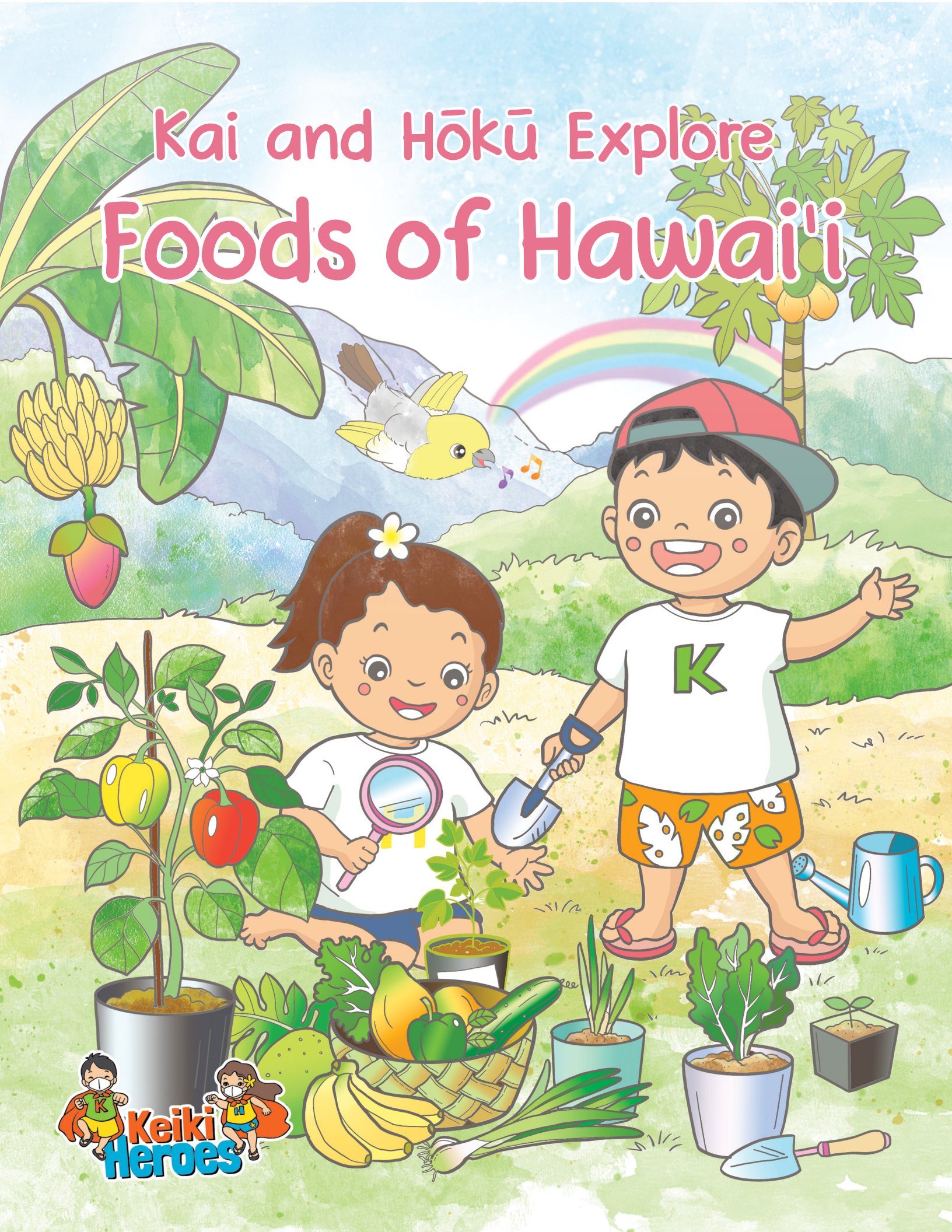


Kai and Hōkū Explore Foods of Hawai'i



This book was developed by the following collaborators:



Authors and Project Development

Tiana Kamen - Farm to Keiki
www.farmtokeiki.org

Koh Ming Wei - Center For Getting Things Started
www.c4gts.org

Artwork Coordination and Keiki Heroes Partnership

Rebecca Choi - Keiki Heroes
www.keikiheroes.org

Project Management

Chelsea Takahashi and Melissa Nagatsuka
DA BUX Double Up Food Bucks
www.DABUX.org

Artwork

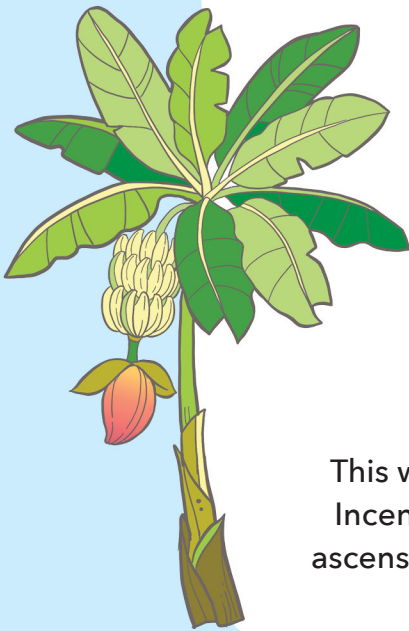
Yuko Green
www.yukogreen.com

Graphic Design

Mike Kong
www.mkdesignmarketing.com

Funding

This work is supported by the Gus Schumacher Nutrition Incentive Program grant no. 2021-70034-35360/project ascension no. 1027062 from the USDA National Institute of Food and Agriculture.



Copyright © 2021 The Food Basket - Hawai'i Island's Food Bank
A copy of this book is available for download at DABUX.org. Educators may reproduce these materials, with credit, for the purpose of educational advancement.
This book may not be reprinted for sale.

Second Edition - Book One
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 was developed to help families and *keiki* explore delicious local foods together. Use this book to have fun teaching your children to try foods grown by Hawai'i's farmers. Try 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.

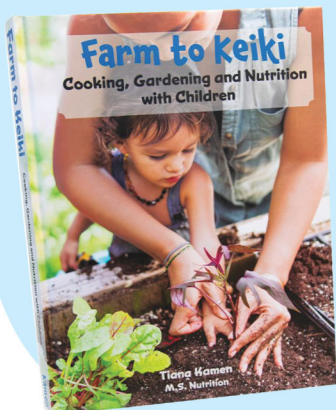
Have fun learning about their chosen fruit or vegetable by completing the different activities in this book together.

4 Reward with stickers.

Reward *keiki* after they taste the food by placing the matching food sticker 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

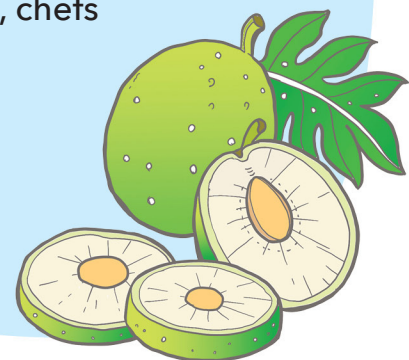
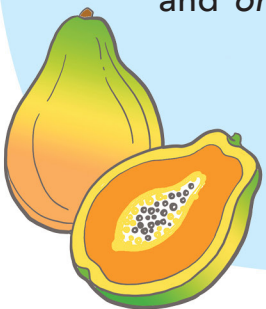
- ★ Cook with aloha and have fun. Put love into your food!
- ★ Use tools that are appropriate for your child's age.

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.

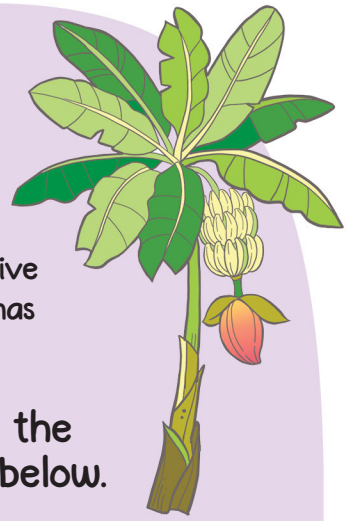
I tasted these veggies and fruits.
your name



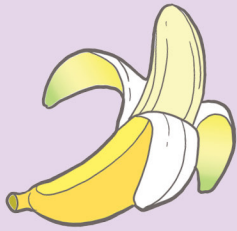
Banana

Mai'a

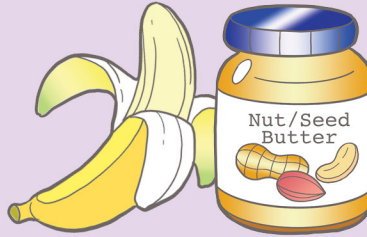
Bananas were brought to Hawai'i in the ancient Polynesian canoes. Bananas give you a burst of energy and support healthy digestion. Learn more about bananas on page 26 in the Farm to Keiki book.



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



Plain



Seed/Nut Butter



Cinnamon

OBSERVE

How do you know a fruit is ripe and ready to eat?

Does ripe fruit taste different? Look different? Feel different? Observe bananas as they ripen and talk about the changes. Show what you saw change by coloring the bananas below.



COOK

Banana Smoothie Popsicles

Turn a smoothie into a sweet treat.

This recipe is from page 111 in the Farm to Keiki book. See this page for more smoothie pop ideas.

Ingredients

- 3 locally grown bananas
- 1 mango (or other Hawai'i-grown fruit)
- 2 cups of macadamia, coconut or other milk
- small cups/ice trays with popsicle sticks or popsicle molds

Directions

- 1) Add all ingredients to your blender and blend until smooth.
- 2) Pour into small cups, ice trays or popsicle molds. Then place a toothpick or popsicle stick into each popsicle.
- 3) Freeze overnight and enjoy!



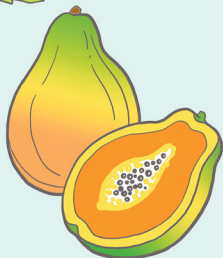
Papaya

Mikana

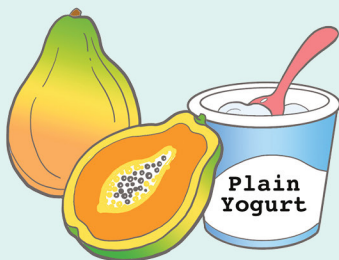
Papayas are a quick growing fruit that can be eaten ripe (like a sweet fruit) or green (like a starchy vegetable). Some delicious dishes to try are papaya smoothies, chicken green papaya soup and Thai green papaya salad.

TASTE

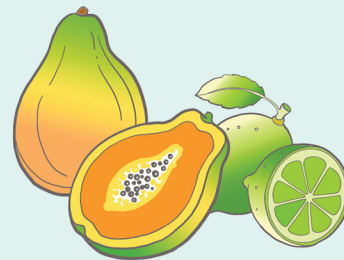
Taste the papaya three different ways. Discuss the flavors, and write your observations in the lines below.



Plain



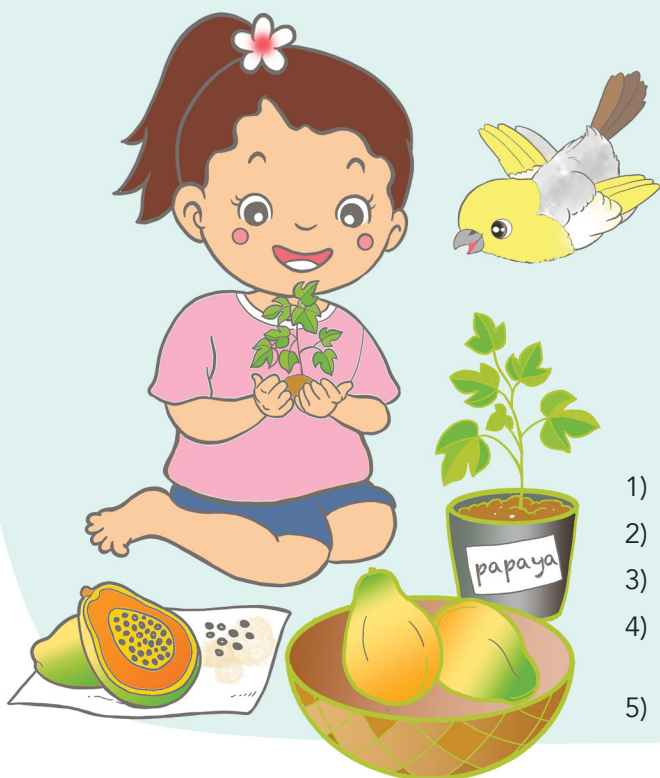
Yogurt



Lime

PLANT

Save your seeds and grow your own papaya tree.



COOK

Papaya Canoe

Ingredients

- 1 papaya
- 1 cup of yogurt
- optional toppings: granola, seeds, nuts, fruits, cinnamon, Hawaiian honey

Directions

- 1) Cut the papaya lengthwise.
- 2) Scoop out the seeds.
- 3) Fill the papaya with yogurt.
- 4) Decorate with toppings.
- 5) Use your spoon as the paddle!

- 1) Cut a ripe papaya in half.
- 2) Use a spoon to scoop the seeds into a bowl of water.
- 3) Clean the pulp off and dry the seeds on a plate.
- 4) Plant a few seeds into a pot and water daily. Be patient. It can take 2-3 weeks for seeds to sprout.
- 5) Plant in the ground when it grows bigger.

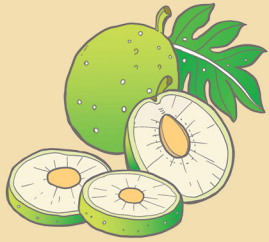
Breadfruit

'Ulu

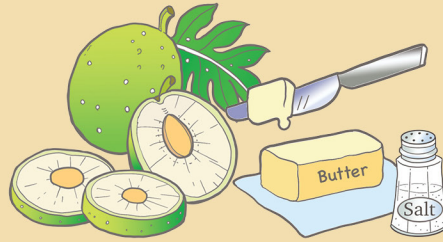
A breadfruit tree can give 50 to 100 fruits or more a year—that's enough to feed your whole neighborhood! Breadfruit is a healthy local starch and was brought to Hawai'i in the ancient Polynesian canoes. Learn more about breadfruit on page 32 in the Farm to Keiki book.



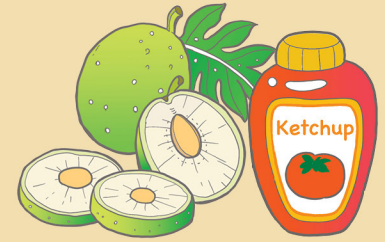
TASTE Taste the breadfruit three different ways. Discuss the flavors, and write your observations in the lines below.



Plain



Salt & Butter



Ketchup

WRITE

Make breadfruit leaf name tags.

- 1) Find a breadfruit tree. Ask the owner (and the tree) if you can use one leaf.
- 2) Cut a few name tag size pieces of the leaf with scissors. Don't touch the sticky sap.
- 3) Write your name with a permanent marker on the smooth side.
- 4) Stick the rough side to your shirt.



COOK

'Ulu Mashers

Make healthy local "mashed potatoes" with breadfruit.

This recipe is from page 98 in the Farm to Keiki book.

Ingredients

- 1 breadfruit
- 1 cup liquid (broth, milk, coconut milk or water)
- 4 tablespoons olive oil, butter or ghee
- 1 locally grown green onion, chopped (optional)
- Hawaiian sea salt and pepper to taste

Directions

- 1) Oil your breadfruit, knife, cutting board and pot (so the sap doesn't stick to them). Cut off the stem and cut in half or quarters.
- 2) Cook the breadfruit until a fork goes through easily. You can steam, boil, pressure cook, microwave, slow-cook or cook in an *imu*.
- 3) Once cool, adults peel the breadfruit, and *keiki* help cut into smaller pieces.
- 4) Place pieces in a large bowl or *poi* board.
- 5) *Keiki* mash all of the ingredients together, adding small amounts of liquid until you get the perfect consistency.

Learn how to make 'ulu fries in this video from Hawai'i 'Ulu Cooperative!

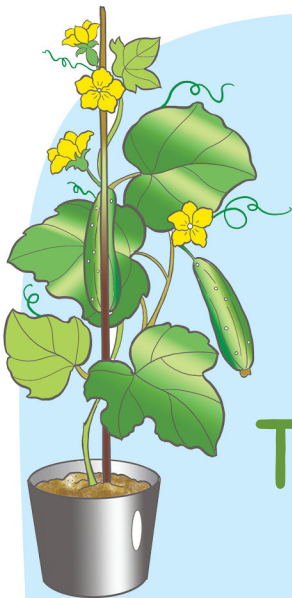
SCAN ME!



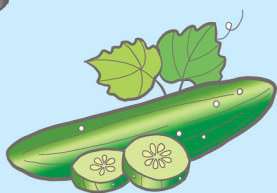
Cucumber

Ka'ukama

Cucumbers cool your body down when you eat them. Did you know that pickles are made from cucumbers? Learn more about cucumbers on page 42 in the Farm to Keiki book.



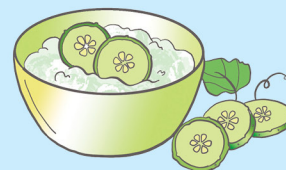
TASTE Taste the cucumber three different ways. Discuss the flavors, and write your observations in the lines below.



Plain



Water



Dip

SLICE

Practice your chef skills.

Slice a cucumber into different shapes.

- Rounds Ovals Spears
 Use a cookie cutter



COOK

Dill-icious Herb Yogurt Dip

Make your own healthy dip using cucumbers.

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

Ingredients

- 8 oz organic, plain greek yogurt
- 1/2 cucumber, seeded and grated or sliced thin
- 1/2 garlic clove, pressed
- 1 tablespoon lemon juice
- 1/2 teaspoon olive oil
- 1/8 cup parsley, fresh chopped
- 1 tablespoon garden herbs, fresh chopped (dill, mint, thyme, oregano, rosemary, parsley, etc.)
- salt and pepper to taste

Directions

- 1) Help keiki prepare all ingredients as mentioned in the ingredient list.
- 2) Have keiki mix all ingredients together in a bowl.
- 3) Enjoy with fresh cut vegetables (like cucumbers)!

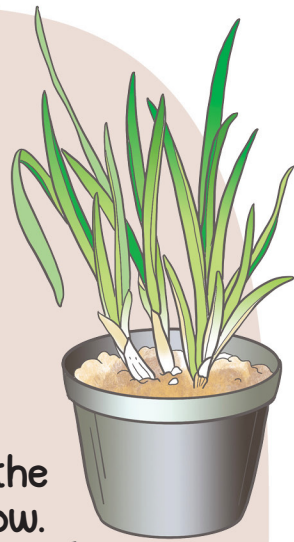
Green Onion

Lina

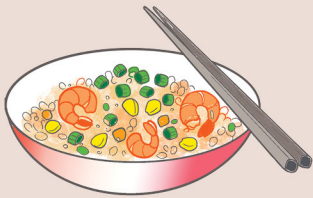
Green onions are powerhouses of flavor and nutrients. They are rich in Vitamin K to grow strong bones and Vitamin C to protect you from colds and the flu.

They are also called scallions or spring onions (spring onions have a bigger bulb).

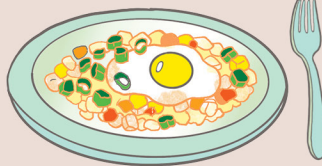
Learn more about herbs on page 44 in the Farm To Keiki book.



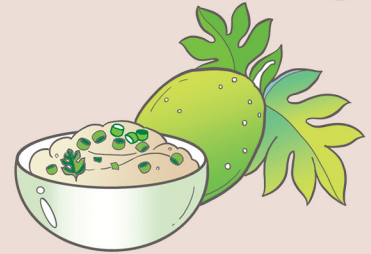
TASTE Taste the green onion three different ways. Discuss the flavors, and write your observations in the lines below.



Fried Rice



Eggs



'Ulu Mashers

GROW

Re-grow green onions from the root.

- 1) Save the white bottom and roots.
- 2) Place into a small jar of water or soil.
- 3) Replace water daily and watch it grow.
- 4) Eat the yummy greens again and again!



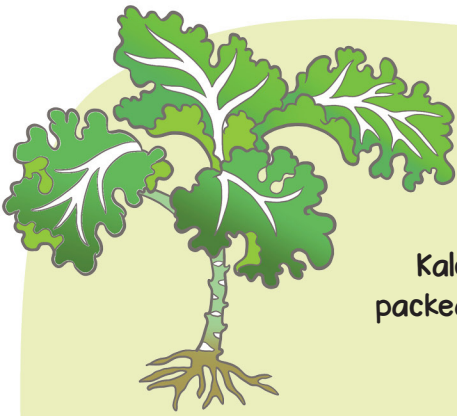
COOK

Chopped Green Onions

Teach *keiki* how to cut green onions with a kitchen scissors (or herb scissors).

Directions

- 1) Use clean kitchen scissors to cut green onion into small pieces. Help your *keiki* to grip the scissors.
- 2) Add chopped green onion to your meals such as omelettes, fried rice or saimin!



Kale

Kale is a dark leafy green vegetable that grows like a mini tree. Kale is packed with nutrients that help grow healthy bones, brains, hearts and eyes. Learn more about kale on page 40 in the Farm to Keiki book.

TASTE

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



Salt & Olive Oil



Sesame Oil & Shoyu



Salt, Olive Oil & Nutritional Yeast

COLOR

Make plant art.

- 1) Place a kale leaf under a blank piece of paper.
- 2) Color/rub over it with a crayon.



COOK

Kale Chips

Ingredients

- 1 bunch kale, washed and dried
- 1 teaspoon or tablespoon of olive oil or spray
- 1 teaspoon sea salt

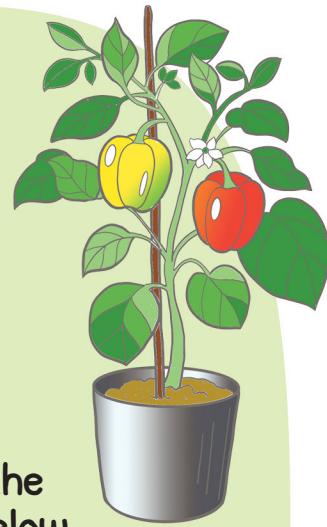
Directions

- 1) Preheat oven to 350 degrees F. Line a cookie sheet with parchment paper.
- 2) Keiki use their fingers to tear leaves into bite size pieces.
- 3) Drizzle or spread kale with olive oil (just enough to coat - not too much), and sprinkle with salt or other seasonings.
- 4) Lay out on cookie sheet.
- 5) Bake for 5 minutes. Rotate the pan.
- 6) Bake for another 5 minutes or until edges are brown but not burnt.

Bell Pepper

Nīoi Pūha'uha'u

Did you know that green, red, orange and yellow peppers come from the same plant? They change colors as they ripen. Learn more about peppers on page 48 in the Farm to Keiki book.



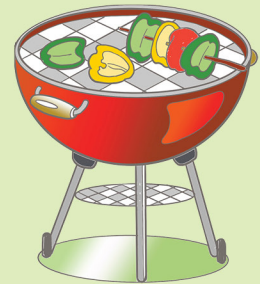
TASTE Taste bell peppers three different ways. Discuss the flavors, and write your observations in the lines below.



Plain



Dip

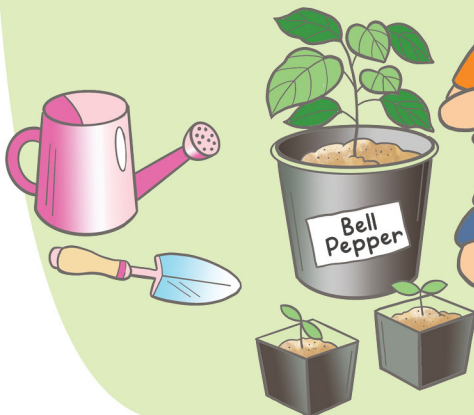


Grilled

GROW

Grow a bell pepper plant.

- 1) Cut the pepper and take the seeds out. Be careful not to rub your eyes.
- 2) Dry the seeds on a plate.
- 3) Plant the seeds in the garden or pots filled with soil and water daily.



COOK

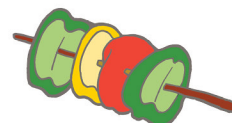
Grilled Bell Peppers

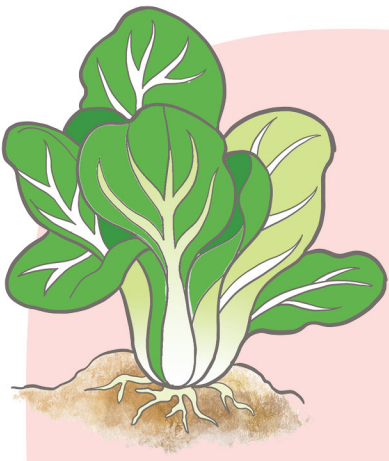
Ingredients

- 2 bell peppers
- 1 tablespoon olive oil
- salt and pepper
- 4 skewers soaked in water

Directions

- 1) Slice the pepper in half lengthwise.
- 2) Remove the stem and seeds.
- 3) Brush or rub with oil, salt and pepper.
- 5) Grill until tender (5-10 minutes).





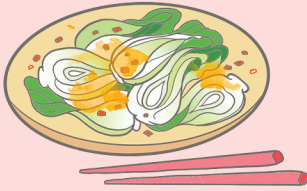
Bok Choy

Kāpiki Pākē

Bok choy is a delicious Asian vegetable that is related to cabbage, broccoli and kale. It is tasty eaten on its own or added to your favorite dish. Learn more about Asian vegetables on page 22 of the Farm to Keiki book.

TASTE

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



Stir Fried



Fried Rice



Soup/Ramen

PAINT

Make a plant stamp.

- 1) Cut the bok choy 1-2 inches from the bottom of the stem.
- 2) Hold the root and dip the cut side into paint.
- 3) Press your plant stamp onto paper.



COOK

Stir-Fried Bok Choy

Ingredients

- 3 bok choy
- 1 tablespoon olive or avocado oil
- 1-2 cloves minced garlic (optional)
- 1 small thumb of ginger, minced (optional)
- 2 tablespoons shoyu
- 1 teaspoon sesame oil

Directions

- 1) Slice the bok choy into slices or bite sized pieces.
- 2) Heat the oil and add garlic and ginger
- 3) Add the bok choy and cook until bright green (1-2 minutes).
- 4) Add the shoyu and sesame oil.

Great job adventurous food scientists!

Draw your favorite foods that you tasted from this book.

#1

#2

#3

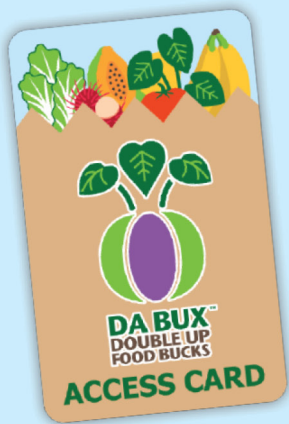


Get 50% off local
fruits & veggies!



WHAT IS DA BUX?

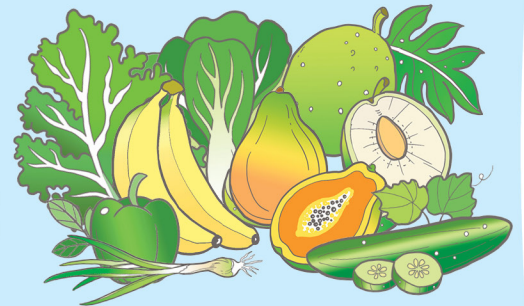
The DA BUX Double Up Food Bucks program (also known as "DA BUX") partners with food retailers across the state to make Hawai'i grown fruits and vegetables more affordable for SNAP-EBT cardholders. If you have SNAP food benefits, you are eligible to receive a 50% discount on select local produce.



+



=



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