

# HUA O KE AO

... THE ENLIGHTENED SEEDS...

October 9, 2012

*We are off to a great year! Last month we, planted many huli for the kalo nursery, gathered 'ulu sheaths for lei makers during the 'ulu festival, prepared 70 kalo plants for Queen Lili'uokalani's birthday celebration, harvested pumpkins and made pumpkin coconut soup, worked with Uncle Bryan doing seed cleaning, shared the mo'olelo of the 'ulu and made pa'i 'ai (hard pounded) 'ulu. All the keiki took home their pū'olo of 'ulu!*



*We have been so lucky to have Auntie Chantal helping the keiki prepare mea 'ai each week! Some of these 'ono creations...banana lumpia, liliko'i juice, coconut, stuffed Uhu, different salads using limu, 'uala greens and pipinola shoots. We are rotating kāne and wahine each week in the kitchen and it seems to be working well! Eating together each week is a big part of Hua O Ke Ao and our way to promote eating local, healthy, fresh and nutritious foods.*



*Hua o Ke Ao has a special area where we do our protocol every week at the top of the garden. This site is filled with Koa trees and in need of some TLC! We want to adopt this site and have started to clean and care for it. There is a lot more to be done but little by little we will continue to make a difference. Mahalo to Uncle Thad who has been the man power cutting some of the bigger trees down and spending extra time at this special area. Mahalo nui to the 'ohana that have purchased memberships to the Amy Greenwell Garden!!*