

# Hakea Haloa

an 'umeke filled with aloha



# Hokeo 'ia me ke aloha

Cherished with love.

*Hokeo Haloa*

Aloha Mai Uka 'Ohana:

This is your first collection of hokeo for the summer. These are cherished gifts for the 'ohana! Hokeo is the hua'olelo for a calabash used to hold food, gear and important belongings. It also means to cherish secretly, as love. We hope you come to cherish these "calabashes" filled with food, plants, soil, kupuna activities, and aloha.

For our first week, the theme is Haloa - our kupuna kalo. This is what you will find in your **Hokeo Haloa** this week:

Hokeo Hanai 'Ohana - All of the ingredients to make an 'ono chicken lu'au stew with side rice and poi. Feel free to add some extra ingredients too, if you get some 'ono options at home!

Hokeo Ho'oulu 'Ai - Everything you need to plant two huli in separate 10-gallon pots at home. You can also kanu in your yard, if that is available to you!

Hokeo Hana No'eau - Explore coloring this week! In this hokeo is a sketch book with coloring pencils, as well as special sketches from Uncle 'Imai Kalahale!

Mai Uka Ku'u Wa'a connects the uplands and the ocean through the culture of the canoe. For the last several summers, Ho'oulu 'Aina has been our pu'u honua to share mo'olelo, to carve together, to cook together, to plant together, to sail together, to eat together and to birth canoes and communities together. This summer, each home and each 'ohana must become a pu'u honua to perpetuate our culture.

To help perpetuate our cultural practices, we have prepared these hokeo as gifts for 'ohana to cook, plant, share mo'olelo, and carve at home! You will also receive a weekly packet with instructions, recipes, and activities for 'ohana to do together. **Everything is optional.** This is not like school, where the work can feel meaningless and is required, but it's for sharing 'ike kupuna and perpetuating our culture (and for fun too!).

Finally, we are inviting 'ohana to photograph or videotape their keiki and family engaged in their hokeo activities. You can post your images to social media with a special hashtag for Mai Uka families.

IG/FB hashtag - #kuuhokeo  
tag line - @hoouluaina  
go to [www.hoouluaina.com/moolelo](http://www.hoouluaina.com/moolelo) to access Mai Uka activities, photos, and videos. To access page, go to Mai Uka Ku'u Wa'a icon. This page is password protected and only accessible to Mai Uka families. Password: kuuhokeo20

# Mo'ō 'Olelo

Sharing the stories of our home and our kupuna

*Ha'auku 'Ai*

## The story of Hinanalo

Under the leadership of Haloa, the 'aina thrived. The streams were clean. The forests and oceans were healthy – teeming with life. 'Aumakua and kupauna were acknowledged through pule. And the people had everything they needed in order to continue the cycle of malama. The land and people were in balance.

When Haloa became a man, there were thousands of kanaka across the pae 'aina living in pono. Haloa eventually fell in love and had a child. They named him Waia.

As Waia grew older, he was taught the ways of his father and kupuna – Father Sky and Mother Earth. But Waia was different from Haloa. The kuleana of taking care of the 'aina and the people were of no interest to him.

Waia ignored his kuleana. He was very selfish and cruel. When the people came to ask him for help to clean their 'auwai or manowai, he ignored their request. When fishponds had to be repaired, he dismissed the responsibility. But because of the way he acted with no care or reverence for the 'aina, the 'aina stopped feeding the people.

*“Aumakua and kupuna were acknowledged through pule.”*

A heaviness settled over the land. Streams no longer flowed. Reefs were smothered with lepo. The 'aina suffered. The people suffered too. Then a child was born to Waia. His name was Hinanalo. His mother was Huhune.

As Hinanalo grew older, he could see the devastation of his father's land. The 'auwai lay in disrepair. Streams did not flow freely. Water was filled with lepo. The ko'a where the fish once gathered now lay empty. No one cared for the land and ocean. The people were hungry and sick.

Hinanalo could feel the heaviness of the land and the people. It weighed deeply on his heart.

One day, he returned home to find his mother feverish laying on her moena. He ran to her side, “What is wrong, Mama?”

“Auwe! I have no strength,” answered Huhune. Our people are suffering and so does the land. There is no clean water to drink. The food no longer grows in abundance as it once did. When our land was healthy, we were healthy. When your grandfather, Haloa, took care of the land, our people thrived. I married your father, Waia, expecting him to continue this kuleana, but 'auwe he has ignored it.”

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*Ha'auku 'Ai*

*"Perpetuate the practice of Haloa"*

## The story of Hinanalo

Huhunē's breathing was labored and she whispered to Hinanalo, "You must seek the advice of your Tutu Man, Haloa. He will know what to do."

With a heavy heart, Hinanalo approached Haloa's hale and explained his mother's request. Haloa listened intently and sighed, "Ua waia ka inoa o ka 'ohana - your father has shamed our family. He has not taken care of the land that feeds his people. Nor has he cared for the people who feed the land. I have banished him to the land of Milu where he can do no further harm."

With that, Haloa held his grandson in his arms as the young man wept for his mother, the 'aina, and his people. "Come, we will visit the land and our people," Haloa said. "This is our kuleana. This is where the healing will begin."

Hinanalo and Haloa trekked across their homeland from the mountains to the sea. They met with the sick and infirmed and brought them la'au to heal. They met with the hungry and brought them food to satisfy. Everywhere they visited the people rejoiced and so did the land.

Hinanalo became the chief of the land, replacing his father. Under his leadership, the land was happy and so were her people. The streams were once again clean. The forests and oceans were healthy, teeming with life. 'Aumakua and kupuna were acknowledged through pule. And the people had everything they needed in order to continue the cycle of malama. Everything was restored to pono.

Today, there are 'aina warriors who are protecting our streams. Our forests. Our oceans. Our kalo fields and fishponds. The kuleana of caring for 'aina and kanaka has been passed down to the next generation who perpetuate the practice of Haloa and Hinanalo. The kuleana does not end because of those who choose to neglect it. As Hinanalo has taught us, the kuleana is still here, and it is our choice to continue to malama the 'aina and our lahui. E ola!

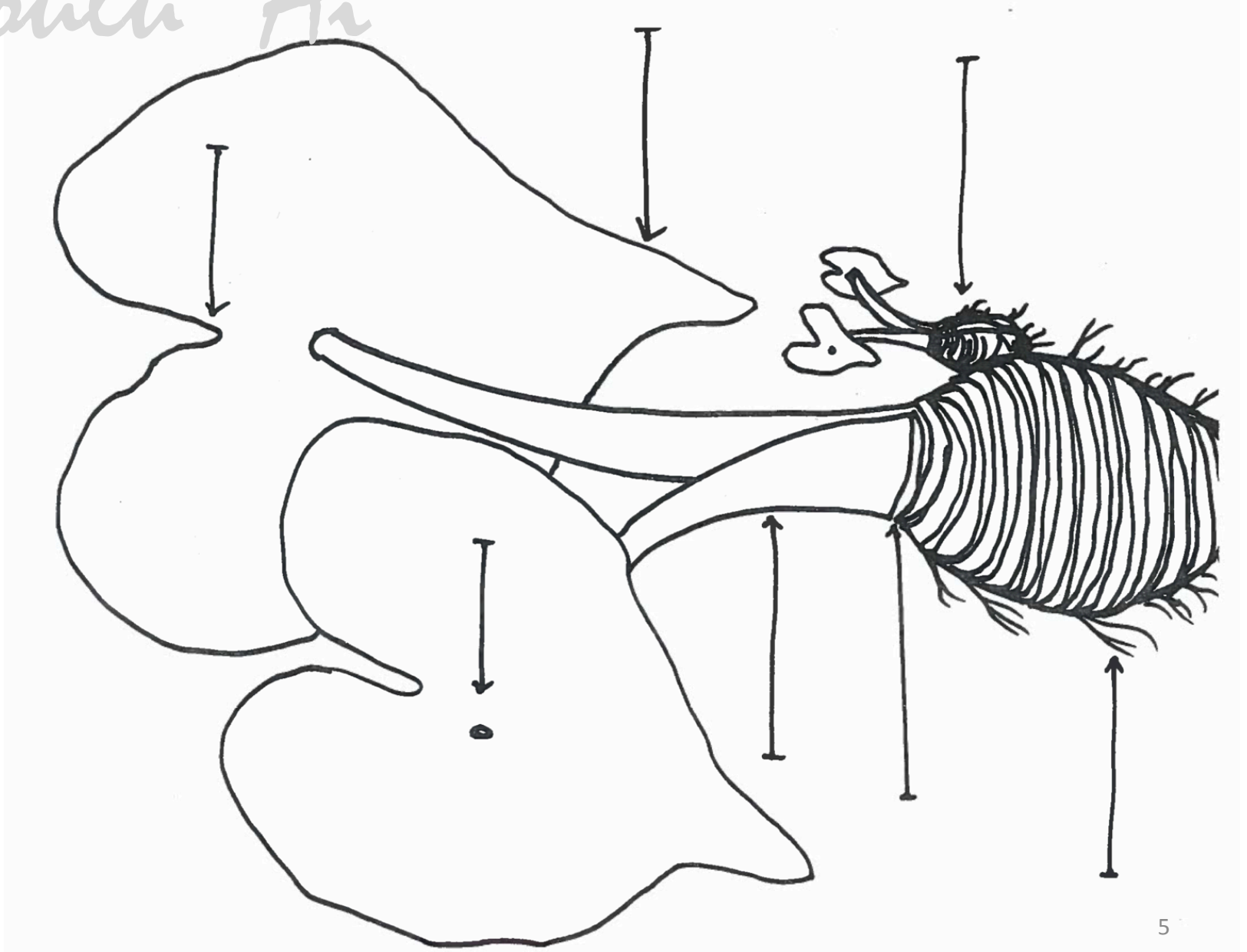
\* This mo'olelo was adapted from several historical writings and secondary sources and lomi-ed into a version digestible for keiki and 'ohana. The story of Hinanalo is meant to add to the overall mo'olelo and the end result is a combination of the writers' creativity and kupuna intervention. Pipi holo ka'ao!

# Mo'o 'Olelo

Sharing the stories of our home and our kupuna

*Ha'auku 'Ai*

Can you name the parts of the kalo plant?





# Hanai Kaiaulu

Feeding soil. Feeding our community.

## Kanu i ke Kalo

### Instructions

#### Materials

- 2-10 gal. pots
- 2 huli
- 2 bags of soil
- ½ lb. bone and fish meal
- ½ lb. bokashi
- ½ lb. sustane (organic fertilizer)
- gather mulch materials (grass clippings, newspapers, paper bags, brown or green leaves, wood chips)

Nutrients

#### Preparation

- Remove soil and nutrients from each pot.
- Fill each pot halfway with soil.
- Add half a bag of bone and fish meal, bokashi, and sustane to each pot.
- Mix soil and nutrients thoroughly.
- Dig a small hole in the center of the pot and plant your huli. Make sure that the ha or stem is buried at least halfway into the soil.
- Show your aloha. Gently cover your huli with soil. As you cover the huli, think happy thoughts. Showing aloha and intentional malama will help your huli grow into beautiful, healthy kalo.
- Share the planting oli with your kalo. "E ola 'oe. E ola makou nei." Your leo or voice will transfer good, positive mana into your huli. Maka'ala! Watch closely as the leaves tremble with delight.

"E ola 'oe. E ola makou nei."

- Pule for planting

- Water your huli. If you see water escaping from the bottom of the pot, you have given your huli plenty of water.
- Our kupuna would name their kalo. Give your kalo a name that will give it mana to grow strong and healthy!
- Find a space in your yard or on your lanai where your kalo can grow. Kalo LOVES full sun. The sunnier the space, the happier your kalo!

Go try 'um, Go!

- Mulch retains moisture, suppresses weeds, and keeps the soil cool.
- Collect mulch material from around your yard, your home, or your community garden.
- You can use grass clippings, newspapers, paper bags, brown or green leaves, or wood chips.
- Place one type of mulch material around Huli 1 and a different type of material around Huli 2.
- Track the growth of each huli. Does one huli grow faster than the other?
- Did the mulch material you choose contribute to the growth rate of your huli?

# Ho'okele

Knowing where we are, envisioning where we need to be, pulling up the island.

## Kilo Reflection

*"Show your plant aloha."*

- Uncle Joey

Kapu ka Haloa

Kapu ka Haloa  
Ku ma ka pe'a  
Kanu ia Haloa  
Ulu ha Haloa  
'O ka lau o Haloa  
I ke ao la, puka!

\* You can use this oli when you plant your kalo.

My observations...

*Kilo*

Draw a picture of your huli **before** you plant it.

Huli 1

Draw a picture of your kalo **after** you have harvested it.

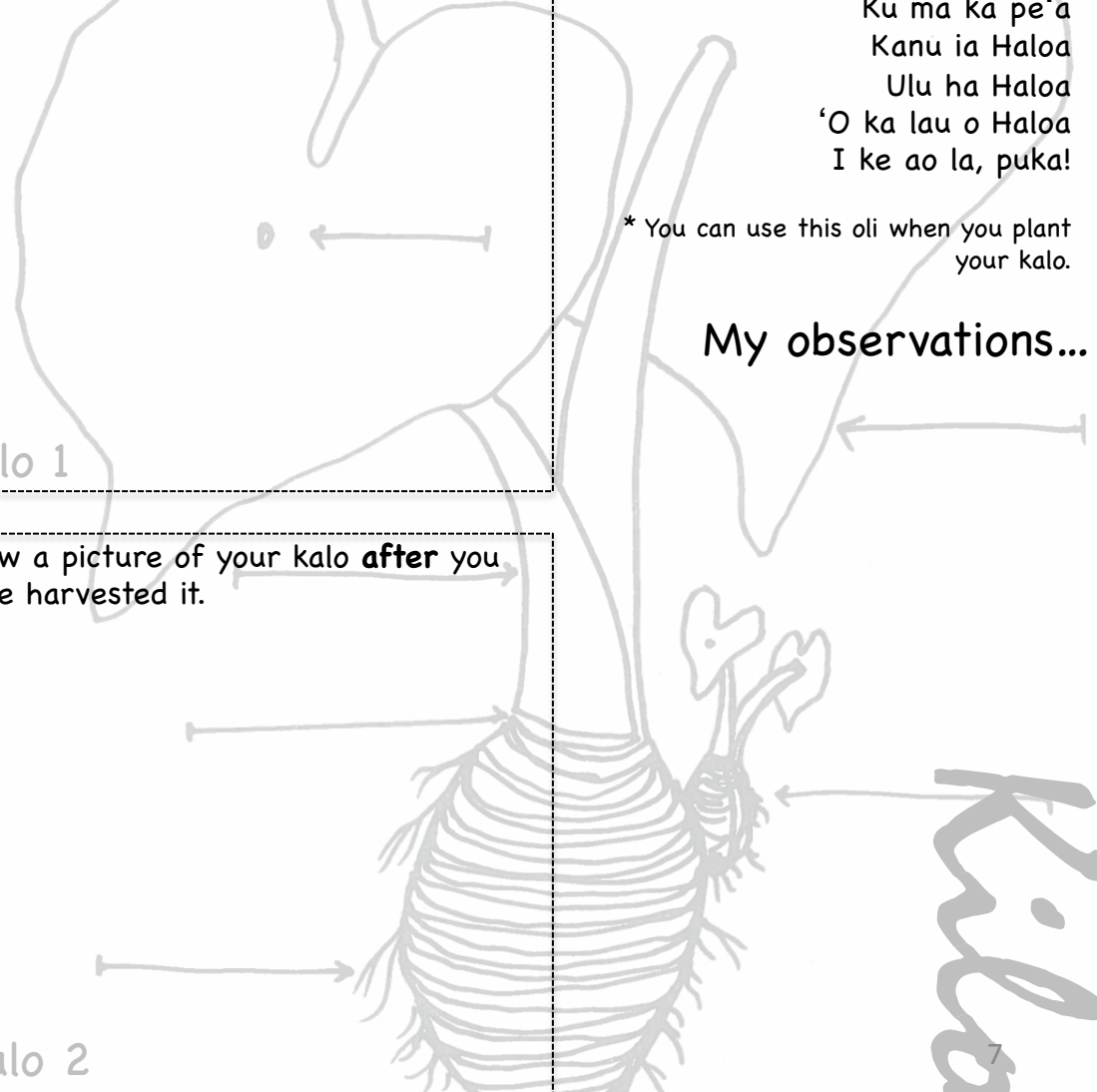
Kalo 1

Draw a picture of your huli **before** you plant it.

Huli 2

Draw a picture of your kalo **after** you have harvested it.

Kalo 2



# Ho'okele

Knowing where we are, envisioning where we need to be, pulling up the island.

## Kilo Reflection



# Ho'okele

Knowing where we are, envisioning where we need to be, pulling up the island.

## Kilo Reflection

Observe and track how much your kalo has grown. You will need a ruler and pencil OR use your kupuna's method of measurement, using your hands! Be creative!

Our kalo's name is \_\_\_\_\_.  
We used \_\_\_\_\_ to mulch our kalo.  
We planted our kalo on \_\_\_\_\_ moon.

date	how tall is our makua?	# leaves	# ha	# oha	# times we watered	# times we offered oli or pule AND aloha

Kilo

# Ho'okele

Knowing where we are, envisioning where we need to be, pulling up the island.

## Kilo Reflection

### F R E E S T Y L E   K I L O

Our space to draw, write a poem, reflect our kalo observations...

(What is the weather like? sunny? rainy? windy? cloudy?)

Kilo

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Kilo

# Ho'ola 'Ulu La'au

Restoring healthy relationship with our forest.

## Malama i ke Kalo

Tips to care for my kalo!

- **How do we keep our kalo happy and healthy?** By mulching around the kalo and adding compost when needed. Weeding it regularly. Talking to your kalo everyday and sharing your aloha, will make it flourish.
- **How often should we water our kalo?** Just as we need to drink water everyday to stay hydrated and healthy, our kalo needs water too. Check the soil by feeling it with your fingers. If the soil feels dry, water it. The best water for your kalo is rain water just like what it would drink if it were growing in the mala (garden) outside. If you are in an area that does not have a lot of rain, then tap water is the next best solution.
- **What kind of food is good for our kalo?** Compost is the best food for your kalo. Compost is decomposed organic matter that can be made by combining recycled organic materials such as leaves and food scraps for nutrient-rich food. Check out our website at [www.hoouluaina.com](http://www.hoouluaina.com) for information on how to build your own backyard compost pile.
- **How long will it take for our kalo to grow?** Under normal conditions, it takes anywhere from 9-12 months before kalo can be harvested.

"We promise to share huli."

## 'Ohana Pledge

Our Kuleana

- We promise to care for our kalo everyday.
  - We promise to grow food no matter what! (Even if we do not have much space, we can still grow food.)
  - We promise to remember and retell the story of Haloa and Hinanalo so that we will remember what our kuleana is to our 'ohana, our community, the honua (world).
  - We promise to share our kalo (once we harvest it) with a kupuna in our community.
  - We promise to share our huli with others so they can perpetuate the mo'olelo of Haloa.
- **How can I tell when our kalo is ready to be harvested?** The leaves of your kalo plant will grow exceptionally large and stay like that for a couple of months. Then they will start to shrink. Once this happens, your kalo is ready to harvest.

# Ho'ola 'Ulu La'au

Restoring healthy relationship with our forest.

"Growing food. Growing farmers."

## Chicken Lu'au Recipe Instructions

### Materials

- 3 lbs. of lu'au leaf
- 4-6 chicken thighs
- 1 onion
- 1 box chicken broth
- 1 brick or can coconut milk (optional)
- Salt to taste
- 1 6-8 gallon pot
- 1 Instapot or crockpot
- \* This meal will feed an 'ohana of 5-6 people.

### Preparation

#### Pre-cook lu'au leaves

- There are many versions of cooking lu'au leaf. We suggest you pre-cook it, but if your 'ohana has their own version, please follow your family's recipe.
- Fill pot 2/3 with water and heat on stove.
- While water is heating, wash lu'au leaves thoroughly, removing all dirt.
- Detach leaf from stem. Roughly chop leaves. Chop stems about 1" in size.
- Place leaves and stems in the pot. The water does not need to be boiling.
- Once water begins to boil, cook lu'au leaves for 45 minutes. Then drain.
- By pre-cooking your lu'au leaf, you will help remove any excess dirt and reduce the size of leaves so they can fit easily in your Instapot or regular pot.

### Cook

- Place cooked, drained lu'au leaves into Instapot.
- Chop onion and add to lu'au leaves.
- Place uncooked chicken on top of lu'au leaves. Salt both sides of meat.
- Add chicken broth so that it covers about 2/3 of the lu'au leaf.
- Cook for 90 minutes in Instapot.
- Once timer goes off, release steam from Instapot.
- Carefully remove cover from Instapot and stir in coconut milk.
- Turn off heat to prevent coconut milk from curdling.

\* If you decide to use the crockpot, cook lu'au leaves for 6-8 hours. Add chicken in the 4<sup>th</sup> hour of cooking leaves.

