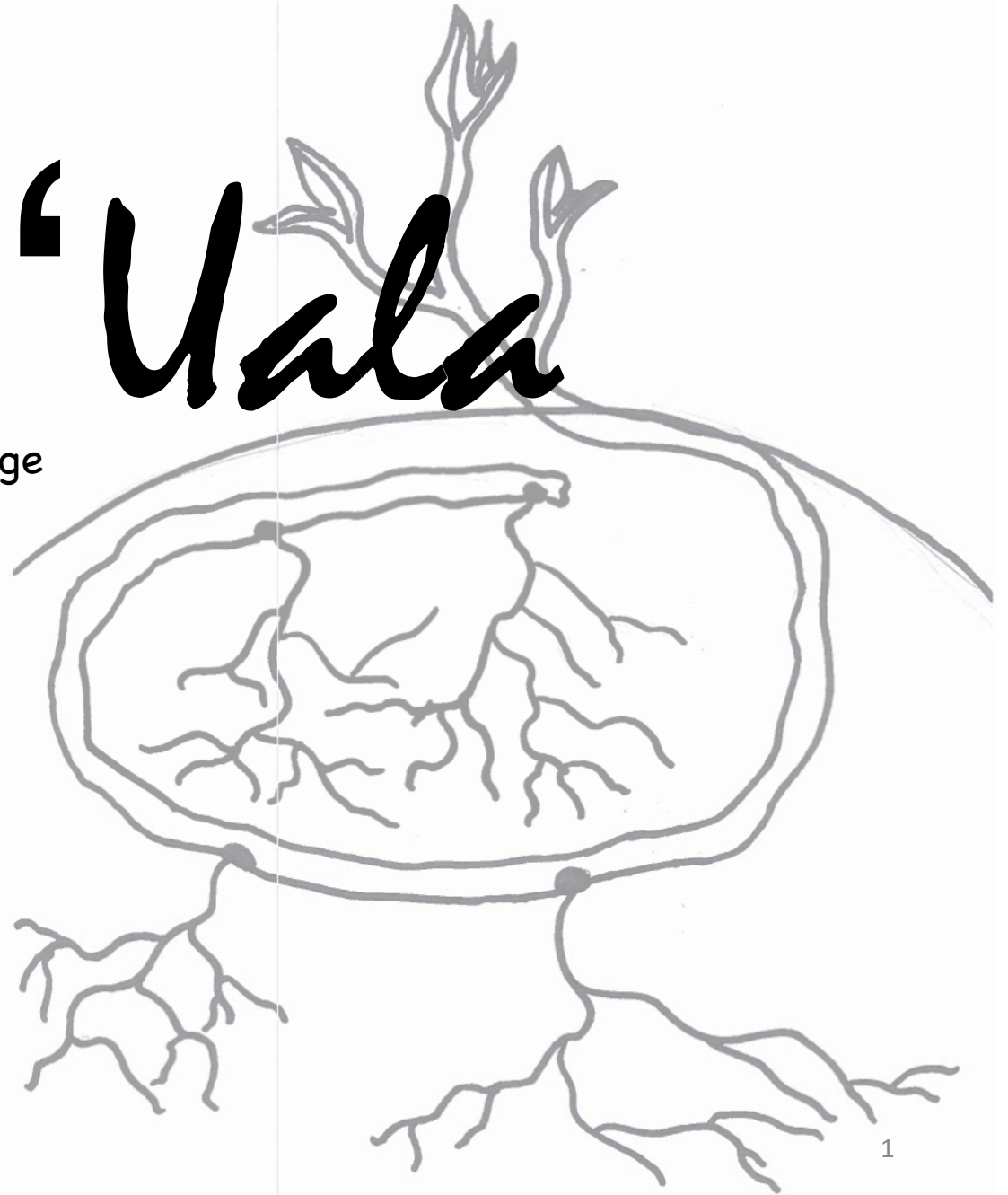


Hakea

weaving an 'umeke of knowledge

'Uala



Hokeo 'Uala

weaving an 'umeke of knowledge

Aloha e nā lālā o Mai Uka Ku'ū Wa'a:

The theme of our third week of summer programming is 'uala. There is an 'ōlelo no'ēau that speaks to the importance of 'uala as a food staple:

He 'uala ka 'ai ho'ōla koke i ka wī.

The sweet potato is the food that ends famine quickly.

'Uala was paramount for our kūpuna. Its leaves and stems were edible as palula. The potato itself was so important as a healthy starch because it matures in only a few months. It is a root that still has the capability to keep our lāhui fed and healthy. We are thrilled to share 'uala with you this week, as food, as a plant, and as an heirloom of our kūpuna's deep connection and 'ike with this 'āina.

In this week's Hokeo 'Uala is:

Hokeo Hanai 'Ohana – all of the ingredients to make chicken papaya, 'uala, and 'uala dessert (ko'elepala)

Hokeo Ho'oulu 'Ai – soil, nutrients, and 'uala kā (slips) for planting in 10-gal pots (or at home in da yahd).

Hokeo Hana No'ēau – hana kāpala. Materials to make stamps, as well as a few small tea towels to print with the stamps you make!

Mai Uka Ku'ū Wa'a connects the uplands and the ocean through the culture of the canoe. For the last several summers, Ho'oulu 'Āina has been our pu'uhonua 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'uhonua 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 to access Mai Uka activities, photos, and videos. To access page, go to Mai Uka Ku'ū 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

Can you name the parts of the 'uala plant?
Use your color pencils to color and label it.



Mo'ō 'Olelo

Sharing the stories of our home and our kupuna

"Plant the 'uala slips during the months of Ikuwā, Welehu, and Makali'i."

Mo'olelo 'Uala

Keone'ō'io is the name of a bay and a land section ma uka of Mākena on Maui. Its upland slopes on the southern flank of Haleakalā were well-known for growing 'uala. Ma kai, at the ocean, the reefs are fertile limu and fishing grounds (especially for the 'ō'io, bone-fish, which the bay is named after). Here at Keone'ō'io, there is a story of a man who struggled to feed his family. He worked hard in the māla, and tirelessly in the ocean, but for many seasons could not provide enough sustenance to feed his 'ohana.

Frustrated and discouraged the man decided to reach out for help. He had heard of an akua – Makali'i – who was known to provide bounty to his followers. He decided to pray to him, asking for fish. For many, many moons, the man prayed and presented offerings. For many moons he would go to the ocean, full of hope and determination. Yet no i'a would fill his nets. Just when the man was losing all hope, Makali'i appeared to him – in a dream.

"I have seen your work and dedication," Makali'i said, "And I am here to kōkua."

"Amazing!" rejoiced the man, "My prayers are answered! Will I catch fish tomorrow?" he asked.

"No, I cannot provide fish for you," replied Makali'i. The man was disappointed. He had so hoped to feed himself and his 'ohana for the coming seasons.

"Your pule for fish was a mistake," revealed Makali'i.

"However, I can still help to feed you. You must kanu 'uala – plant sweet potatoes."

"Ok..." responded the man reluctantly. He was so ma'a with planting 'uala, however, when it was time to harvest he had only a few, tiny potatoes – like a handful of marbles.

"But you must plant the 'uala slips during the month of Ikuwā, Welehu, and Makali'i," continued Makali'i. "If you do so, I promise you an abundant crop of exceptionally large potatoes."

"Hiki nō," said the man. This is the time of late October thru January.

When he awoke, his mission was clear. He knew that these months were usually reserved for Makahiki, when maka'āinana would celebrate and rigorous work was not expected. But he was determined to feed his family; giving up his time to engage in Makahiki festivities was well worth the effort.

Mo'ō 'Olelo

Sharing the stories of our home and our kupuna

Mo'olelo 'Uala

And so, the man planted as he was instructed by Makali'i. And when the vines were young and in the ground, the kona winds brought rain to his fields, giving life to the little shoots. In three months time, the 'uala was ready to harvest and Makali'i truly delivered – there was such a big crop of potatoes for the man and his 'ohana! Numerous potatoes bulged beneath the soil, and all of them were extraordinarily large – bigger than his head!

There was so much food for his 'ohana and for him to share with everyone in Keone'ō'io. He cried with joy and sent a big mahalo to his akua for the amazing harvest. He planned to save the biggest potato as a ho'okupu to Makali'i.

As he harvested the potato, he came across an unusually large 'uala. He dug and dug and noticed it was as big as a kanaka! But there was more 'uala to dig out. So he continued to dig and discovered that the 'uala was as big as a wa'a. Still, there was more potato under the loose soil. So he dug and dug, and lo and behold the 'uala was the size of a hale!

No matter how much he pulled away the dirt, he could not uncover the potato. He worked at that 'uala for several days, until the lua that he had dug was the size of a small crater, and the 'uala still would not budge. He decided that this was a message from Makali'i, to leave this 'uala in the lepo for the akua who answered his prayer. And so he did.

From then on, there was plenty of mea'ai for the man, his 'ohana, and all of the people of Keone'ō'io.

And, if you go to Keone'ō'io today (also known as La Perouse Bay), and look ma uka, there stands a dirt hill that was formed by all of the earth the man flung from the hole, trying to dig up that 'uala.

Pipi holo ka'ao.

Guiding Questions

- What lessons can we learn from this mo'olelo?
- Have you had any really clear dreams like the man in this story? Tell us about your dream.
- What do you think the message meant in your dream?
- The man of Keone'ō'io was informed to plant during certain months, which he normally would not. What were the benefits of changing his practice?
- If Makali'i came to you, what would he tell you to change in your own life?



Let your imagination soar. Draw a picture from the **Mo'olelo 'Uala** story OR write a poem or reflection about the mo'olelo.

Mo'ō 'Olelo

Sharing the stories of our home and our kupuna

Ha'auku 'Ai

Talking Story

Only a Memory

'O 'Uala, let us remember your names:

'Ae 'a-hauka'e. 'Apo. 'Aumakiki. 'Awapuhi.
 'Ele'ele. Ha'ae. Ha'ele-lepo. Ha-loa. Halona-ipu.
 Ha'ule-land. Ha-wai. He'i. Hekili. Hi'i-aka.
 Hilo. Hina-pu. Hokeo. Holei. Holule. Ho'ohamo.
 Ho'omanamana. Ho-mana. Ho'omau. Hua-lani.
 Huamoa. Hua'ono. Ka'e-umu. Kahului. Kakaka.
 Kake. Kakonakona. Kala. Kalia. Kalika.
 Kalika-lau-ke-'oke'o. Kalika-'ula'ula. Kamalino.
 Kamau. Kane-'ohe. Kapena-Keoe, Kauaheae.
 Kawao. Kawelo, Kawelo-kupa. Keau-nui. Ki'i-
 hekeke. Kipapa. Kipawale. Koa'e. Koali.
 Kokoko'oha. Koko-o-Keawe. Kome-'ula'ula.
 Kona-pakeke. Ko'oka. Ku'i-popo. Kupala.
 La'ela'e. Lahina. Lahalile. La'ila'i. La'i-o-Kona.
 Lalo-loa. Lana'i. Lapa. Lau-manamana. Lau-
 'ula'ula. Lehelehenui. Lihau. Lihilihi. Liko-
 lehua. Lima-wiwi. Mahina. Mahina-kehau.
 Ma'ihu'ike'oke'o. Ma'ihu'i-'ula'ula. Ma-'i'o.
 Maka'a. Maka-kila. Maka-koali. Maka-nui.
 Manini. Maoli. Maui. Moe-ahua. Mohihi. Moi.
 Mokiawe. Molina. Moloka'i. Nakulehu. Nanani-
 'ele'ele. Nani-ke'oke'o. Na'u. Naue-wai.
 Ne'ene'e. Nenewai. Nihopopo. Nika. Nukukau.
 Nukulehu. 'Ohe'ohe. 'Oki-lipi. 'O-kohola.
 'Omea-lani. Onohi-nohi. Pa'apa'a'aina.
 Pa'auhau. Pa'ele. Pa'ele-hili-manoanoa. Paha.
 Paiowea. Pakeke. Pala. Palakaia. Pala-mahiki.

Palani. Pali-kea. Panini. Pani-'ole. Papa'a-koali.
 Pa'u-o-Hi'iaka. Pa'u'u. Pehu. Pia. Piapia. Pili-
 mail. Poe. Pohina. Pohue-hue. Poni. Pu. Pua-
 Kawai-hae. Pula-kamaka. Punana. Pu'u. Uahi-a-
 Pele. Uhahi-uhu. Wai-aniani. Wailua. Wai
 palupalu. Wehiwa.

Auhea 'oukou? (Where are all of you?)

And let us remember the colors of your skin: from white to yellow, light cream, brown, buff, to pink and red.

Auhea 'oukou? (Where are all of you?)

And let us remember the colors of your flesh: from white, yellow, light cream, to lavender to the smokey-grey-of-Pele.

Auhea 'oukou? (Where are all of you?)

And what of the shape of your body? Flat and round like a swollen Piko; small and round like an egg; long ----- short; and everything in between

Auhea 'oukou? (Where are all of you?)

And what of the sweet taste of your flesh -each of you different, yet part of the same. We have tasted but one, or two, or even three ----

Auhea 'oukou?

Auhea 'oukou?

Auhea 'oukou?

Source: Ka'ala Farm Inc.. Fourth reprint 2016. From *Then to Now: A Manual for Doing Things Hawaiian Style*. p. 20-21.



Let your imagination soar. Draw a picture from the **Mo'olelo 'Uala** story OR write a poem or reflection about the mo'olelo.

Hanai Kaiaulu

Feeding soil. Feeding our community.

Hanai Kaiaulu 'Ai

Growing 'Uala

Instructions

Materials

- 10 gallon pot or other large container
if you have garden space, follow the same steps except you will plant in the ground instead of the pot
- 1 'uala ka that is at least 1 ha'ilima (about 16-24 inches long)
- 1 bag of soil/compost
- ½ lb. bokashi
- ½ lb. bone and fish meal
- ½ lb. sustane (organic fertilizer)

Preparation

- Fill pot $\frac{3}{4}$ full with soil (the remaining soil can be saved and added to the pot as needed over the life cycle of the 'uala)
- Add each bag of nutrients to the soil and mix thoroughly
- Make a lua in the soil in the middle of the pot big enough for your 'uala ka to fit in a circle
- Plant the 'uala ka in the lua by making a circle with the vine and covering it with soil (see diagram 1)
- Cover the entire vine, leaving just the tip with the leaves above the soil
- You may need to hold the vine in place while someone else covers it with soil so that it will remain in a circle
- An alternative way of planting the ka is to plant it straight up and down like a kalo huli (see diagram 2)
- Our kupuna believe that planting the 'uala ka in a circle will grow more and larger potatoes

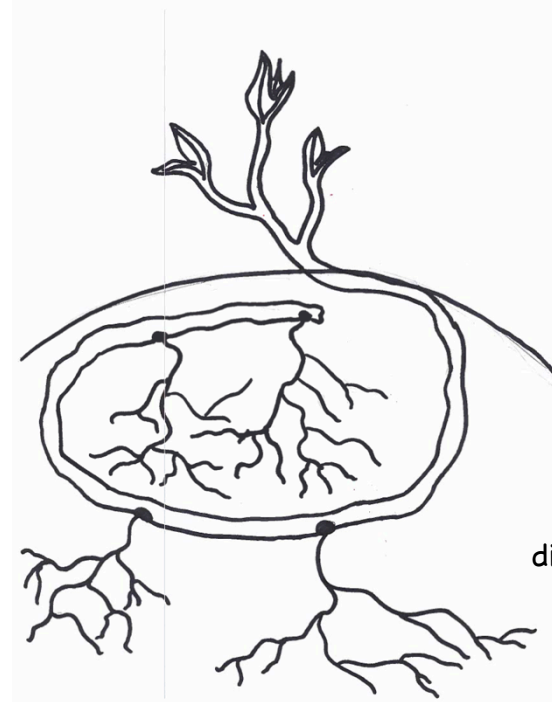


diagram 1

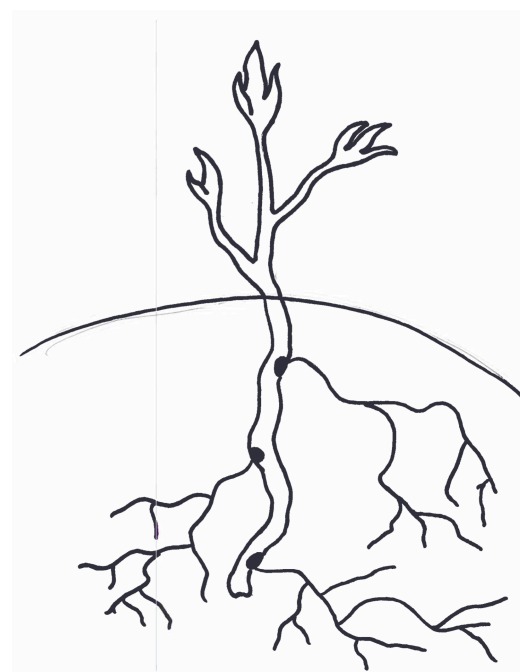


diagram 2

Hanai Kaiaulu

Feeding soil. Feeding our community.

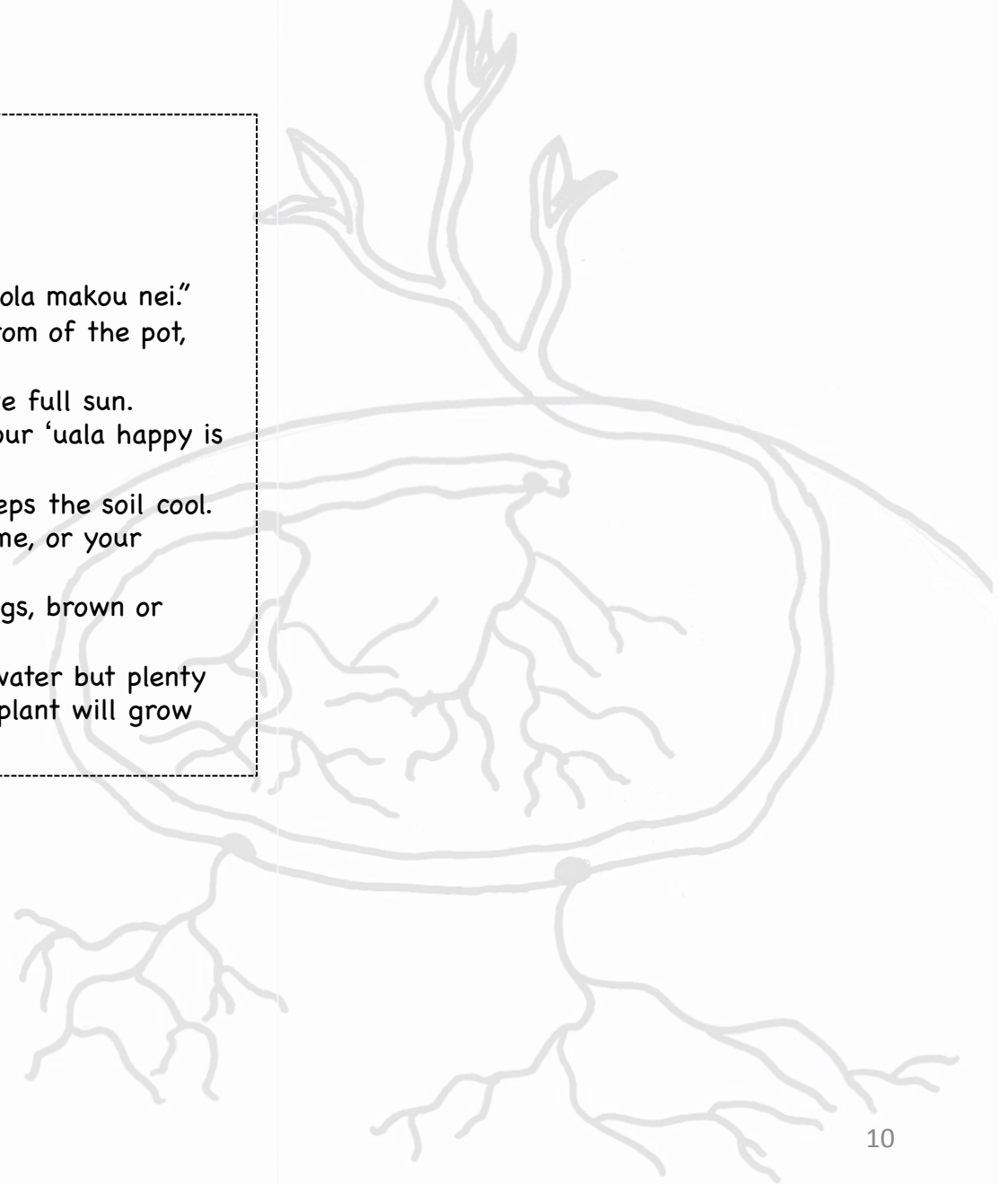
"E ola 'oe. E ola makou nei."

Growing 'Uala

Instructions

Preparation

- Offer the planting oli to your 'uala: "E ola 'oe. E ola makou nei."
- Water it. If you see water escaping from the bottom of the pot, you have given your 'uala enough water
- Find a good home for your 'uala to grow. They love full sun.
- The final thing to add to your pot to help keep your 'uala happy is mulch!
- Mulch retains moisture, suppresses weeds, and keeps the soil cool.
- Collect mulch material around your yard, your home, or your community garden.
- You can use grass clippings, newspapers, paper bags, brown or green leaves, or wood chips.
- Try to water your 'uala daily. It needs not only water but plenty of aloha. Talk to your 'uala plant. A happy 'uala plant will grow big, beautiful 'uala for you and your 'ohana!



Ho'okele

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

Our 'uala's name is _____.
We used _____ to mulch our 'uala.
We planted our 'uala on _____ moon.

Kilo Reflection

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

date	how long is our 'uala?	# leaves	# times we watered	# times we offered oli or pule AND aloha	our observations

Kilo

Ho'okele

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

Kilo Reflection

FREESTYLE KILO

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

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

Kilo

Ho'ola 'Ulu La'au

Restoring healthy relationship with our forest.

"Growing food. Growing farmers."

Hana Ohana

Chicken Papaya

Recipe

Ingredients

- 4 T. of oil
- 4-5 cloves of garlic
- 1 onion
- 6 chicken thighs (bone-in) OR 4-5 pieces of boneless skinless breasts
- 2-3 green papaya
- 4-5 slices of ginger
- 4-5 slices of 'olena (turmeric)
- 1 package dried shiitake mushrooms
- Salt to taste
- Chicken broth

* This meal will feed an 'ohana of 5-6 people.

Preparation

- Soak mushrooms in water about 5 minutes
- Dice garlic and chop onion.
- Cut chicken into bite-size pieces.
- Peel papaya, remove seeds, and cut into bite-size pieces.
- Add 4 T. of oil to a large soup pot and heat on medium fire.
- Place garlic and onion into pot and brown. Stir frequently (you don't want it to burn).
- Once onions are translucent, add chicken. Salt to taste.

Preparation

- Add ginger slices to pot.
- Add mushrooms, including water mushrooms were soaking in.
- Add enough chicken broth to cover chicken. Let simmer for 20-30 minutes.
- Add papaya. Let simmer until papaya is firm but soft enough so that it can be easily pierced with a fork. You don't want it mushy.

Our notes...

Ho'ola 'Ulu La'au

Restoring healthy relationship with our forest.

Hana Ohana

'Uala Dessert

Recipe

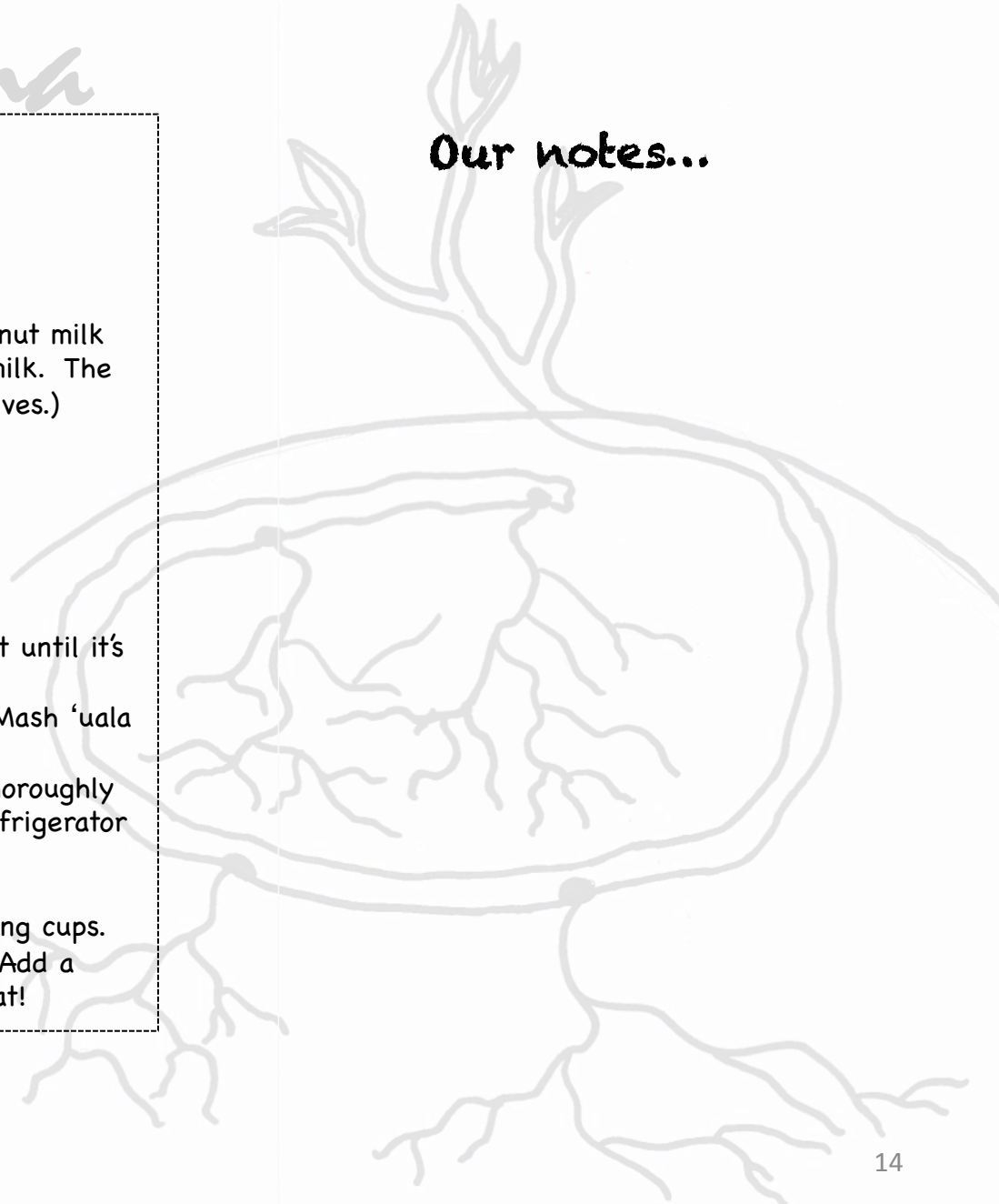
Ingredients and Equipment

- 5-6 'uala
- 1-12 oz. package of Profood Hawaii frozen coconut milk (You can also substitute using canned coconut milk. The frozen coconut milk recommended has no additives.)
- Vegetable peeler
- Instapot or steamer
- 9x13 pan or foil tray

Preparation

- Peel 'uala, using a vegetable peeler.
- Place it in an Instapot (for 10 min.) or steam it until it's very soft.
- Place warm 'uala in a 9x13 dish or foil pan. Mash 'uala until most of the lumps are removed.
- Add coconut milk to the 'uala dish and mix thoroughly
- Place in freezer for quick cooling or in the refrigerator to be served later.
- This 'uala dish makes a delicious dessert.
- Optional: Scoop 'uala dessert into small pudding cups. Top with a sprinkle of pa'akai and cinnamon. Add a drizzle of coconut milk for a scrumptious treat!

Our notes...



Ho'ola 'Ulu La'au

Restoring healthy relationship with our forest.

Hana Ohana

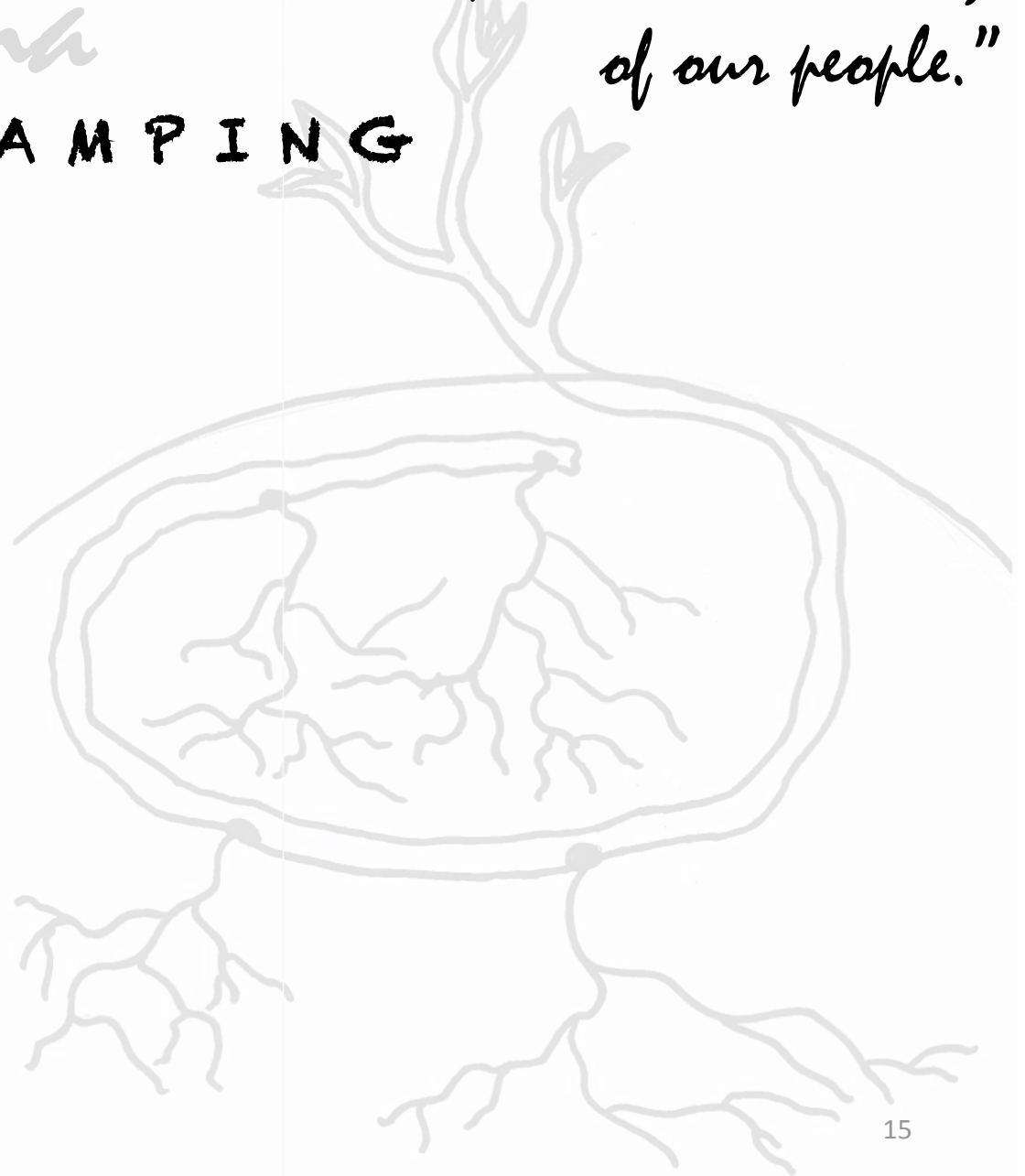
“‘Ohe kapala tells the story
of our people.”

STAMPING

‘Ohe kapala or stamping is an art form of Hawaiian culture. Our kūpuna created patterns that replicated what they observed on the land and in the ocean – the bones of a fish, the patterns of a hala trunk, the teeth of a shark, or the feathers of birds. From their observations, designs were created and shaped from bamboo into a pattern that told a mo‘olelo.

We still practice the tradition of ‘ohe kapala and encourage our ‘ohana to perpetuate its legacy.

Using the stamps you received in this hōkeo kit, can you create a mo‘olelo? You may also wish to design your own patterns using the materials we provided you. Be creative! Take a moment to kilo your surroundings. Then create your own design!



Ho'ola 'Ulu La'au

Restoring healthy relationship with our forest.

Hanaa Ohana



Ho'ola 'Ulu La'au

Restoring healthy relationship with our forest.

Hanaa Ohana

