

# Story of Hāloa (Part 1)

## Video Description

Joey shares the story of Hāloa and our beginnings as kanaka.

## Guiding Questions

- Why should we know the story of Hāloa?
- Who was Hāloa?
- What is the story behind Hāloanakalaukapalili?
- How are Hawaiians connected to kalo?
- What is the kuleana (responsibility) of Hawaiians to the land?



## Thinking Beyond

- Do you have a creation story in your culture?
- What is your kuleana (responsibility) to your family?
- Is there someone in your family who you believe holds a lot of kuleana?

## Potting Kalo (Part 2)

### Video Description

No lo'i, no māla, no problem! Joey guides us in selecting the proper pot and soil mix to grow our own kalo at home.

### Guiding Questions

- Why would we want to plant kalo?
- What is huli?
- What are some ways to plant huli?
- What are the main ingredients used in potting kalo?
- How do these ingredients help the kalo grow?



### Thinking Beyond

- Why does Joey say, "We need to have love in our hearts when we plant our huli?"
- Joey uses the word maiau, which means "neat and careful in work." Can you think of a time when you were extra careful when you did something?

# Planting Kalo (Part 3)

## Video Description

Joey shows us two methods of planting kalo in the māla.



## Guiding Questions

- What are the two different methods of planting kalo?
- What Hawaiian tool does Joey use to make the hole?
- Can you think of another tool that might function similar to the Hawaiian tool?
- What is the process in planting kalo?
- What is the difference of growing kalo in a mound or kalo in a crater?

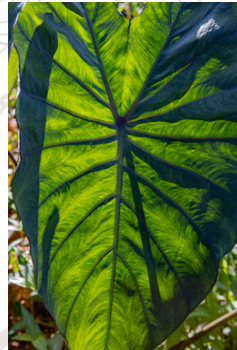
## Thinking Beyond

- Joey covers the kalo with soil and talks about tucking it in its home. Do you have a family tradition of creating a safe space for your plants to grow?
- How does your family grow kalo or a traditional plant from your community?

# Caring for Kalo (Part 4)

## Video Description

Joey shows us how to care for our kalo through mulch, watering, and aloha.



## Guiding Questions

- What is mulch?
- Identify three (3) different types of mulch.
- What is an 'āina lasagne?
- What is the difference between weed mat and other organic mulch?
- What is akua irrigation?
- Joey shares way to care for kalo. What are some of those ways?

## Thinking Beyond

- Are there special songs, prayers, or sayings that your family does when caring for your plants?
- Kilo (observation) is an important responsibility in the care and maintenance of kalo. Do you know someone who uses kilo in their practice?

## Kalo Harvest (Part 5)

### Video Description

Joey demonstrates a typical kalo harvest from a māla at Ho'oulu 'Āina including the tools and techniques to use.



### Guiding Questions

- What are two indicators to know your kalo is ready to harvest?
- About how long does it take for kalo to grow until it's ready to be harvested?
- What is Joey's process to harvest kalo?
- What does Joey mean when he says kalo grows as an 'ohana?

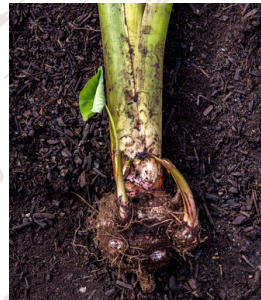
### Thinking Beyond

- If you were to dream about a space to grow food, what would that look like?
- Are there plants in your community that grow as a family?

# Huli Replanting Prep (Part 6)

## Video Description

Joey shows us the next steps in how to care for the huli after a kalo harvest.



## Guiding Questions

- What is the process in caring for the kalo plant after a harvest?
- What parts of the kalo plant are edible?
- Why does Joey cut the stalk just above the māwae?
- Moi is the variety of kalo Joey is working with. What happens to the stalk sometimes when it's cut?
- What does Joey do to ensure that the huli will grow?

## Thinking Beyond

- Does your family have any recipes around kalo or other traditional starches?
- Do you have any traditional stories from your culture around growing native foods?

# Feeding Our Community (Part 7)

## Video Description

‘Ānela and Kanoa explain how the Māluawai Kalo Patch Crew work to provide free food for kūpuna.



## Guiding Questions

- Why would we want to plant kalo in a space where ancient walls currently stand?
- What are the names of the two ‘ili (land divisions) that make up Ho‘oulu ‘Āina?
- How is the kalo harvest being distributed at KKV?
- What is the FoodRX program?

## Thinking Beyond

- Can you think of a program in your community that feeds your elders?
- What can you do to share healthy food with someone in need?
- If you were to create your own food system, what kinds of foods would you grow?

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