

# HAWAI'I ISLAND HOMEGROWN: FOOD SELF-RELIANCE WORKSHOP

KOHALA INTERGENERATIONAL CENTER, KAPA'AU, SUNDAY, MARCH 8, 2009, 8 AM-6 PM

PĀHOA COMMUNITY CENTER, PĀHOA, SUNDAY, MARCH 22, 2009, 8:30 AM-6 PM

With more than 85% of our food imported from off-island, many Hawai'i Island residents are concerned about our community's food security. This workshop will empower you to reduce your food budget, increase consumption of fresher, more nutritious food, decrease the impact of spiraling fuel costs, and help create an abundance of food for sharing or sale. This workshop is for gardeners, farmers, homeowners, landscapers, teachers, extension professionals—anyone interested in growing Hawai'i community food self-reliance.



Margaret Krimm's abundant garden in Napo'opo'o. Photo: C. Elevitch

## WORKSHOP HIGHLIGHTS

- Sustainable traditional Pacific island methods
- Abundant, easy-to-grow garden crops
- Homesteading the small family farm
- Animals and their feed
- On-farm methods of building soil fertility
- Landscaping with edibles
- Food plants with staying power
- Community and network building

## PRESENTERS— HĀWĪ/KAPA'AU

Tom Baldwin, Jim Channon, Andrea Dean, Nelson Denman, Craig Elevitch, Dash Kuhr, Evan Short

## PRESENTERS— PĀHOA

Shekinah Carrillo, Craig Elevitch, Hugh Johnson, Keiki Kekipi, Biko Long, Tracy Matfin, Pua Mendonca, Scott Middlekauff, Britton Price, Geoff Rauch, John Schinnerer

## REGISTRATION

See last page for registration info or contact:



Craig Elevitch  
Permanent Agriculture  
Resources  
PO Box 428  
Hōlualoa, Hawai'i 96725

Tel: 808-324-4427; Fax: -4129  
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Sponsored by the Hawai'i County  
Resource Center and Department of  
Research and Development

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**Hāwi/Kapa'au agenda (subject to change), Sunday, March 8, 2009, 8:00 am–6:00 pm**

7:15–8:00 am	Registration, Kohala Intergenerational Center, Kapa'au
8:00–8:20	Welcome—workshop overview, Craig Elevitch and Nelson Denman
8:20–8:40	Sustainable Kohala vision, Jim Channon
8:40–9:15	Pacific traditions in food security, Craig Elevitch
9:15–9:30	Field trip orientation, Craig Elevitch
9:30–10:00	Snack break and drive to field trip
10:00–12:00	Field tour #1 (break into sub-groups)
12:00–1:00	Lunch (please bring a brown bag lunch) and drive to field tour #2
1:00–3:00	Field tour #2 (break into sub-groups)
3:00–3:15	Reconvene at Kohala Intergenerational Center
3:30–4:15	Bringing it all together, facilitated by Craig Elevitch
4:15–5:00	Community and network building, Andrea Dean
5:00–5:15	Closing—the essential plants, Nelson Denman
5:15–6:00 pm	Information exchange

**Pāhoa agenda (subject to change), Sunday, March 22, 2009, 8:30 am–6:00 pm**

7:45–8:30 am	Registration, Pāhoa Community Center
8:30–9:00	Opening pule and welcome
9:00–9:45	Hawaiian traditional agriculture, Keiki Kekipi
9:45–10:30	Pacific traditions in food security, Craig Elevitch
10:30–11:00	Break
11:00–12:00	Introduction to the permaculture homestead, Biko Long and Scott Middlekauff
12:00–12:30	Water catchment systems, John Schinnerer
12:30–1:15	Lunch (please bring a brown bag lunch), drive to field tour
1:15–3:15	Field tour, Milk and Honey Farm Creating an abundant garden, Shekinah Carrillo, and integrating farm animals, Britton Price
3:15–3:30	Break
3:30–4:15	Growing kalo and uala, Pua Mendonca
4:15–4:45	Preparing local foods, Tracy Matfin
4:45–5:15	Growing the beloved ginger organically, Hugh Johnson
5:15–5:45	Community and network building, Geoff Rauch
5:45–6:00 pm	Closing

## **Sponsorship**

This workshop is presented with the generous support of the Hawai'i County Resource Center ([www.hcrc.info](http://www.hcrc.info)) and Hawai'i County Department of Research and Development. Many thanks to Know Your Farmer Alliance and Uluwehi Farm for supportive input and guidance.



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## Hāwī/Kapa'au field tours



**Uluwehi Farm and Nursery** ([www.uluwehi.com](http://www.uluwehi.com)) includes 25 acres spanning wet to dry, with heavily diversified food forests including many varieties of mango, banana, papaya, durian, and cactus fruits. Uluwehi Farm strives to develop design solutions including plant, animal, and water systems, and to foster educational opportunities in diversified agroforestry. **Presenter: Tom Baldwin** (Uluwehi Farm and Nursery steward and co-crafter)



**Niuli'i Youth Farm Project** encourages youth and their families to grow edible plants and trees, to teach respect for and knowledge of traditional Hawaiian food crops, and to teach techniques for maintaining and developing sustainable agriculture in Hawai'i. **Presenter: Dash Kuhr** (Uluwehi Farm and nursery manager and program head for Niuli'i Youth Farm Project)



**Evan Short's garden** exemplifies how an urban lawn can be transformed into an abundant garden. With a very high diversity of food and medicinal plants, this garden shows how a family can replace a resource-consuming landscape with one that fosters homegrown nutrition and health. If time allows, we will also visit a project Evan manages to turn a pasture into a food and timber forest. **Presenter: Evan Short** (gardener and farm manager)

## Pāhoa field tour



**Milk and Honey Farm** is a diversified family run farm in Pāhoa. It includes biointensive vegetable gardens, a 5 acre fruit orchard, and a growing farm animal component (chickens, ducks, goats, dairy and meat cows, sheep, and horses) based on rotational grazing and pasture management. **Presenters: Shekinah Carrillo and Britton Price** (farm stewards)

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## Registration form—preregistration required

Due to space constraints on field tours, participant numbers are limited. Please register early.

Registration is only confirmed by receipt of your payment. The registration fee is \$50 per person. A \$15 scholarship (see below) is available for those who bring fruit to share at the breaks. We are offering this option to keep the cost down and so that abundant fruit is available at breaks. Fees are non-refundable for cancellations after Friday, Feb. 27, 2009 for Kapa'au and Friday, March 13, 2009 for Pāhoa. Participants will be required to sign a liability waiver in order to attend the field tours. Contact Ngaire Gilmour at [ngaire@agroforestry.net](mailto:ngaire@agroforestry.net) or 322-5647 for further information.

Name(s) \_\_\_\_\_

Organization \_\_\_\_\_

Mailing address \_\_\_\_\_

City, State, Zip, Country \_\_\_\_\_

E-mail (please print clearly) \_\_\_\_\_ Tel. \_\_\_\_\_

To help us tailor the workshop to your needs, please let us know:

Your interests in home food production (family use, commercial, etc.): \_\_\_\_\_

What you wish to learn from this workshop: \_\_\_\_\_

How did you learn about this workshop? \_\_\_\_\_

Hāwī/Kapa'au registration for \_\_\_\_\_ person(s) @\$50 each \$ \_\_\_\_\_

Pāhoa registration for \_\_\_\_\_ person(s) @\$50 each \$ \_\_\_\_\_

Yes! I/We will bring fruit to share at breaks for a scholarship @\$15 each -\$ \_\_\_\_\_

Couples discount @\$5 each -\$ \_\_\_\_\_

Total \$ \_\_\_\_\_

Please make check or money order payable to "Permanent Agriculture Resources", or pay by Visa, Mastercard, or American Express:

Name on card \_\_\_\_\_

Card number \_\_\_\_\_ Expiration date \_\_\_\_\_

Amount to charge on card \_\_\_\_\_ Billing zip code \_\_\_\_\_

Signature \_\_\_\_\_



Print this page, fill in, and fax to 324-4129 if paying by credit card or mail with registration fee to:

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