

HAWAI'I ISLAND HOMEGROWN: FOOD SELF-RELIANCE WORKSHOP

OCEAN VIEW COMMUNITY CENTER, OCEAN VIEW, KA'Ū
SATURDAY, JUNE 6, 2009, 8:30 AM–5:00 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.



Photo: C. Elevitch

WORKSHOP HIGHLIGHTS

- Sustainable traditional Hawaiian and Pacific island methods
- Abundant, easy-to-grow garden crops
- Growing food on lava and in containers
- Soil, plants, and human health
- Water conservation in the garden
- On-farm methods of building soil fertility
- Storing food in the landscape
- Starting a garden from scratch

PRESENTERS

Cher Capps, Craig Elevitch, Nick Francisco, Renee Gronwall, Rev. Jetton, Gene Nolan

FARM TOURS

Earth Matters Farm, West Hawaii Farms

REGISTRATION—\$50

PREREGISTRATION REQUIRED



Sponsored by the Hawai'i County
Resource Center and Department of
Research and Development



Contact: Craig Elevitch, 324-4427

E-mail: craig@agroforestry.net

Web: agroforestry.net/events

HAWAI'I ISLAND HOMEGROWN: FOOD SELF-RELIANCE WORKSHOP

Ocean View Community Center, Ocean View, Ka'ū

Agenda, Saturday, June 6, 2009, 8:30 am–5:00 pm

7:45–8:30 am	Registration, Ocean View Community Center
8:30–9:00	Opening pule and workshop introduction
9:00–9:45	Hawaiian arid land cultivation, Nick Francisco
9:45–10:30	Pacific traditions in food security, Craig Elevitch
10:30–11:00	Break
11:00–11:30	Container gardens, Renee Gronwall
11:30–12:00	Reclamation of degraded lands in the Marshall Islands, Rev. Jetton
12:00–12:45	Drive to first field tour, eat lunch (please bring a brown bag lunch)
12:45–2:00	Field tour #1 (break into sub-groups)
2:00–2:15	Drive to second field tour
2:15–3:30	Field tour #2 (in sub-groups)
3:30–3:45	Reconvene at Ocean View Community Center
3:45–4:05	Perennial leaf vegetables, nutritious beauties, Craig Elevitch
4:05–4:45	Community and network building, Nālani Parlin
4:45–5:00 pm	Closing and perennial vegetable giveaway

Field tours



Earth Matters Farm, stewarded by Gail and Greg Smith, is a certified organic farm in Ocean View with 150 beds of lettuce, kale, collards, chard, and many other vegetables. With a passion for growing food, Earth Matters is interested in educating its community about growing more of its own food. Presenter: Gene Nolan

West Hawai'i Farms, operated by Cher Capps, is a certified organic production farm in Ocean View that has been active for 12 years. All fertilizer is produced from plants growing on the farm. Water saving techniques developed by trial and error over the years have reduced water consumption by over 50%. Presenter: Cher Capps



Sponsorship

This workshop is presented with support from the Hawai'i County Resource Center (www.hcrc.info) and Hawai'i County Department of Research and Development. Many thanks to Nālani Parlin for supportive input and guidance.

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Registration form—preregistration required

Due to space constraints on field tours, participant number is limited. Please register early.

Registration is only confirmed by receipt of your payment. The registration fee is \$50 (\$40 before May 20, 2009) per person. A \$10 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, May 29, 2009. Participants will be required to sign a liability waiver in order to attend the field tours. Contact Ngaire Gilmour at 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? _____

Registration for _____ person(s) @\$50 each	\$ _____
Early registration (postmarked by May 20) discount @\$10 each	-\$ _____
Yes! I/We will bring fruit to share at breaks for a scholarship @\$10 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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