

HAWAI'I ISLAND HOMEGROWN: FOOD SELF-RELIANCE WORKSHOP

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.



Abundant garden in Kapoho. Photo: C. Elevitch

WORKSHOP HIGHLIGHTS

- Sustainable traditional Hawaiian and 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
- Water catchment
- Growing taro, ginger, and many other crops

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—\$50

PREREGISTRATION REQUIRED

Contact: Craig Elevitch, 324-4427

E-mail: craig@agroforestry.net

Web: agroforestry.net/events



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



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Pāhoa Community Center

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

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. **Pre-senters:** Shekinah Carrillo and Britton Price (farm stewards)

Sponsorship

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

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Registration form—preregistration required

Due to space constraints on field tour, participant number is 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, March 13, 2009. Participants will be required to sign a liability waiver in order to attend the field tour. 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? _____

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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