

“Hands Turned to the Soil” Workshops

Please Note: 3-4 Haku or Expert Resource People are being added to each workshop

Workshops will be run once each day so participants will be able to choose a total of two workshops over the 2-days.

Farm to (Healthy) Table

The food we grow in Hawai`i is unsurpassed for freshness and flavor. Exotic tropical fruits, fresh-caught fish, and savory herbs are uniquely local and ono-delicious. Then why as a community have we become so reliant on a diet of imported products high in saturated fats and salt -- harmful to the health of our families and ourselves? This workshop will focus on FRESH and LOCAL. Workshop participants will work together to harvest MA`O's fruits and vegetables, combining this bounty with other locally-grown products to prepare, cook and eat the best meal that O`ahu has to offer.

Alaka'i: Ed Kenney, Chef/Owner, Town Restaurant (*confirmed*)

Alaka'i: Paul Onishi, Former Chef, Castle Medical Center

Growing Local, Sustainable Agriculture in Hawai`i

Hawai`i has incredible year-round growing conditions suitable for local diversified farming. What does it take to make a successful farm operation and how can we use sustainable agricultural practices to ensure a healthy ecosystem, growing safe and nutritious food while building healthy people and communities? What role can farms and local agriculture play in the creation of healthy community food systems? Workshop participants will learn the methods and techniques used by local organic farmers by working on-site at MA`O farms, using certified organic methods that will lead to planting MA`O's regular rotation.

Alaka'i: Jonathan Deenik, PhD (*confirmed*)

Alaka'i: Hugh Smith, PhD. (*confirmed*)

The Garden Classroom

For Wai`anae and rural youth, the road to college and post-secondary training is a bumpy with numerous factors that impact youth taking the next step. What can families, schools, and communities do to help kids enjoy learning and get to college? School-community gardens are being used around Hawai`i and the U.S., to inspire and motivate youth to love learning and continue into higher education. Participants will travel to Wai`anae High School's organic garden to discuss the opportunities for youth to pursue diverse career tracks (sciences, entrepreneurship, culinary programs). Participants will work (and play) in an Eden of organic fruits and vegetables developed by youth from Wai`anae High School and MA`O Organic Farm.

Alaka'i: Tom Kuhn, LCC

Alaka'i: Lei Aken, WHS Ag Class (*confirmed*)

Edible School Gardens

Do you know what your keiki (children) are eating? While a school lunch menu will be nutritionally balanced according to the USDA requirements, the food is not sourced locally – so it’s probably not fresh or organic. Young people are fed – both literally and figuratively – food that is cheap, fast, and convenient. Edible school gardens are a way that healthy, fresh, local, and organic food can be served in school cafeterias. Edible school gardens are also being used to invigorate curriculum, motivate young people with hands-on experiential learning, offer stepping points to college agriculture (or other programs), as well as to grow new farmers. Workshop participants will travel to the edible organic garden at Wai’anae Intermediate School to work and play in an Eden of organic fruits and vegetables developed by Wai’anae Intermediate’s Special Cultivation Class and MA’O youth.

Alaka’i: Vincent Dodge, Kumu, ‘Ai Pohaku Workshop

Alaka’i: Rick Winslow, WIS/SMC Teacher (*confirmed*)

How many miles does your food travel?

Over 70% of our food supply is imported from outside Hawai’i. Food travels long distances before it reaches your table. Think about it...by increasing the amount of locally-grown food on our plates, we can reduce the harmful economic, social, and environmental impact of these ‘food miles’ on our health, on our land, and on our pocketbooks. Participants will visit local grocery outlets to identify the source of some well-shopped products. In particular, we will look at foods that make up some popular local-style dishes. A world map will then be used to trace their origin and calculate the ‘food miles’ for each plate. Participants will also calculate the ‘food miles’ (or yards!) for one of the meals prepared at the workshop from locally produced food.

Alaka’i: Nicky Davison, CTAHR (*confirmed*)

‘Farmer’s Market’: Opportunities in Local Agriculture

There has been a radical growth in “grown locally” farmer’s markets. O’ahu has finally taken the lead in coordinating ‘buy fresh, buy local’ markets such as Hawaii Farm Bureau Federation’s markets at Kapiolani Community College, Kailua, and Mililani. Small local farmers are reaping the financial benefits, while consumers are forming long lines for local strawberries, grass-fed beef, and organic eggs. This workshop will take a look at farmer’s markets from harvest through to sales. On Friday participants experience the harvest -- packing vegetables with the MA’O Organic Farm youth crew, and on Saturday participants will go to a local outlet to stage a community farmer’s market.

Alaka’i: Joan Namkoong, Food Guru (*confirmed*)

Alaka’i: Gene Higashi, KCC Farmer’s Market (*confirmed*)

Growing “Growers” – Empowering New Leaders

No matter where you live -- Wai’anae, Waiahole, Hilo or Boston -- the growth and stability of any community hinges on the successful development of our youth and their transition into leadership positions. How do we develop youth leaders within the context of community development and sustainable agriculture? In this session, workshop participants will be exposed to various teaching and interactive learning strategies, current best practices, national and local perspectives, evaluation tools, and team-building games as presented by The Food Project (Boston, MA), a national leader in youth development for over 14-years.

Alaka’i: Greg Gale, Program Director (*confirmed*)

Alaka’i: Anim Steel, Program Coordinator (*confirmed*)

Value(s)-Added Production

Farmers are tending more and more to develop value-added products: transforming flowers into lei; into poi.... Processing it in some way, so that the item accumulates value. Direct marketing at farmer's markets has also allowed farmers to set retail value for their product. However, the key to a successful product is ultimately the business philosophy and values that you employ in your day-to-day operations. Conference participants will engage in the making of poi, 'pounding' out through discussion and sharing of work and food, what relevance 'values' can have in your farm and in a community food system.

Alaka'i: Vince Kana'i Dodge, 'Ai Pohaku Workshop (*confirmed*)

Alaka'i: Ali'i Chan, Ali'i Lavender

Mapping the Community Food Shed

While diversified agriculture in Hawai'i is on the improve, much in our "food-shed" is in unhealthy shape – producers of chickens, milk, and eggs have recently closed their operations, and rural lands are being gobbled up by owners not interested in farming. Coupled with the loss of our community's rural values is our dependence on imported foods and goods. What is the current state of Wai`anae's "food-shed"? In this workshop participants will investigate "Wassup in Wai`anae" – looking at the problems of our local food system and what's being done to improve things. Join us as we map our community food sources, creating a visual record of where our food comes from.

Alaka'i: MA'O Youth Leadership Team (*confirmed*)

Community Imu: Hawaiian Slow Food

Sharing food is essential to life. Sharing slow *imu* food will be our way of taking all the *mana* (power) from this gathering back to our communities so that we are rejuvenated to build sustainable community food systems. On day one, participants will gather the ingredients and prepare the imu...on day two out comes the goodies! But this workshop will also be a metaphor to ask the tough questions and to brainstorm and put into action the radical solutions: What are root causes of our unhealthy community food systems and what can we do to make them healthy again?

Alaka'i: William Aila Jr. (*confirmed*)

Alaka'i: MA'O Youth Leadership Team (*confirmed*)