

Saturday's Wala'au and Hana Series Description

WALA'AU SERIES: 9:15-10:30am

These workshops focus on the ideas and programs that are driving the local food movement globally and in Hawai'i. Hear from presenters who are passionately engaged in projects that grow and provide access to great food for our community.

Climate Change and Food Security. What will climate change mean for food availability in the islands? What does energy independence for Hawai'i look like? How is the food movement connected to other environmental and social justice issues? Learn from two of Hawai'i's prominent experts about the challenges Hawai'i and other Pacific Islanders will face as the climate warms, connections between what we eat and this global phenomenon, and what we – especially youth – can do to get more involved. *Presenters: Maxine Burkett, Center for Island Climate Adaptation and Policy – UH-Mānoa; Jeff Mikulina, Blue Planet Foundation.*

College Campuses – Revolutionizing Food & Farming at the University of Hawai'i. Meet students and faculty at the University of Hawai'i at Mānoa who are working to renegotiate the University's Food Services contract, increase the level of recycling and composting on campus, grow food organically and continue to keep indigenous way of knowing and growing alive. *Presenters: Ashley Lukens, Dept. of Political Science; Brooke Moreno, SOFT Garden; Kalei Kawa'a, Ka Papa Lo'i o Kanewai.*

Farm to Cafeteria in our Primary and Secondary Schools. Learn about how our school lunches are currently determined, the movement to source locally at campuses across the country, national/state initiatives and the exciting changes that are occurring in some schools on O'ahu. *Presenters: Suanne Miyata, Aikahi Elementary Cafeteria; Kaliko Amona, 'Aina Is; Senator Carol Fukunaga*

Youth Mobilizing: School Curriculum, the Market and Community. Hear from project coordinators who have created garden programs and integrated them into school curriculum. Meet intermediate and high school students involved in growing, cooking and selling food in their schools and communities. *Presenters: Wai'anae Intermediate 'Ai Pobaku, Wai'anae High School, Ka'aibonua, Paula Nagao, Malama Learning Center.*

Restoring our Food System: Viability. Interested in what it takes to become a farmer on O'ahu? Learn how you can gain access to agricultural land and hear from a successful farmer about the process of joining the market economy. *Presenters: Neil Hannabs, Kamehameha Schools; Lea Hong, Trust for Public Land; Duane Okamoto, Dept of Ag; Neil Ho, Ho Farms.*

Public Advocacy 101. How much of our food system can realistically be sourced locally and what impact could this change have on our local economy? How can we influence public policy at the legislative level? This workshop will highlight research, legislation and public policy initiatives that pertain to the area of food sustainability. *Presenters: Senator Gary Hooser; Matthew Loke, Department of Agriculture.*

HANA SERIES: 10:45am-11pm, 1:45-3pm

These workshops focus on practical skills that will enable us to take immediate steps to integrate local food into our diets. Expect fun, hands on learning opportunities that teach you how to enjoy growing and eating local food every day.

Awakening Your Taste buds. Come learn how to support sustainable agriculture by rediscovering the pleasures of the table! Participants will dine with one of Slow Food O'ahu's working chefs, Karen Miyano, who will introduce you to some of Hawai'i's finest regional and seasonal foods. *Presenter: Karen Miyano, Slow Food O'ahu.*

Building Your Organic Garden From the Ground Up. The most important factor in an organic garden is healthy soil. Learn how to build excellent organic soil using sheet mulch techniques as well as the important role of permaculture and vermiculture in healthy soil building and maintenance. *Presenters: Tara Compehos, 'Aina In Schools Program and 'Ai Pobaku; Poco Compehos, Lyon Arboretum, Hawaiian Garden.*

Canning & Pickling. Ever wonder what to do with all those extra mangoes in your yard when they're in season? Explore a variety of ways to preserving food from the garden for future use with local chef extraordinaire Participants will learn to make preserved lemons, dried bananas, lilikoi jelly and pickled radishes. *Presenter: Kathy Maddux, Great Life Cuisine.*

I'a Preparation. Learn how to identify, prepare and eat some of Hawai'i's most ono fishes. *Presenter: Hi'ilei Kavelo, Paepae O He'eia*

La'au Lapa'au is one of the many disciplines in Hawaiian healing that is passed through the generations. Learn the old ways to maintain optimal health using medicinal Hawaiian plants. *Presenter: Mary Correa, Instructor of La'au Lapa'au and HWST 107 – Kapi'olani Community College.*

Limu. Learn about the important role of limu (seaweed) in our diet and our marine ecosystems, the impact of development on its health, and how we can work to save this important resource. *Presenter: Uncle Henry Chang Wo, Ewa Limu Beach Project; Wally Ito, DLNR – Anuenue Fishpond*

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