

NĀ 'ONO

An Interactive Workbook
for Hawai'i's Keiki

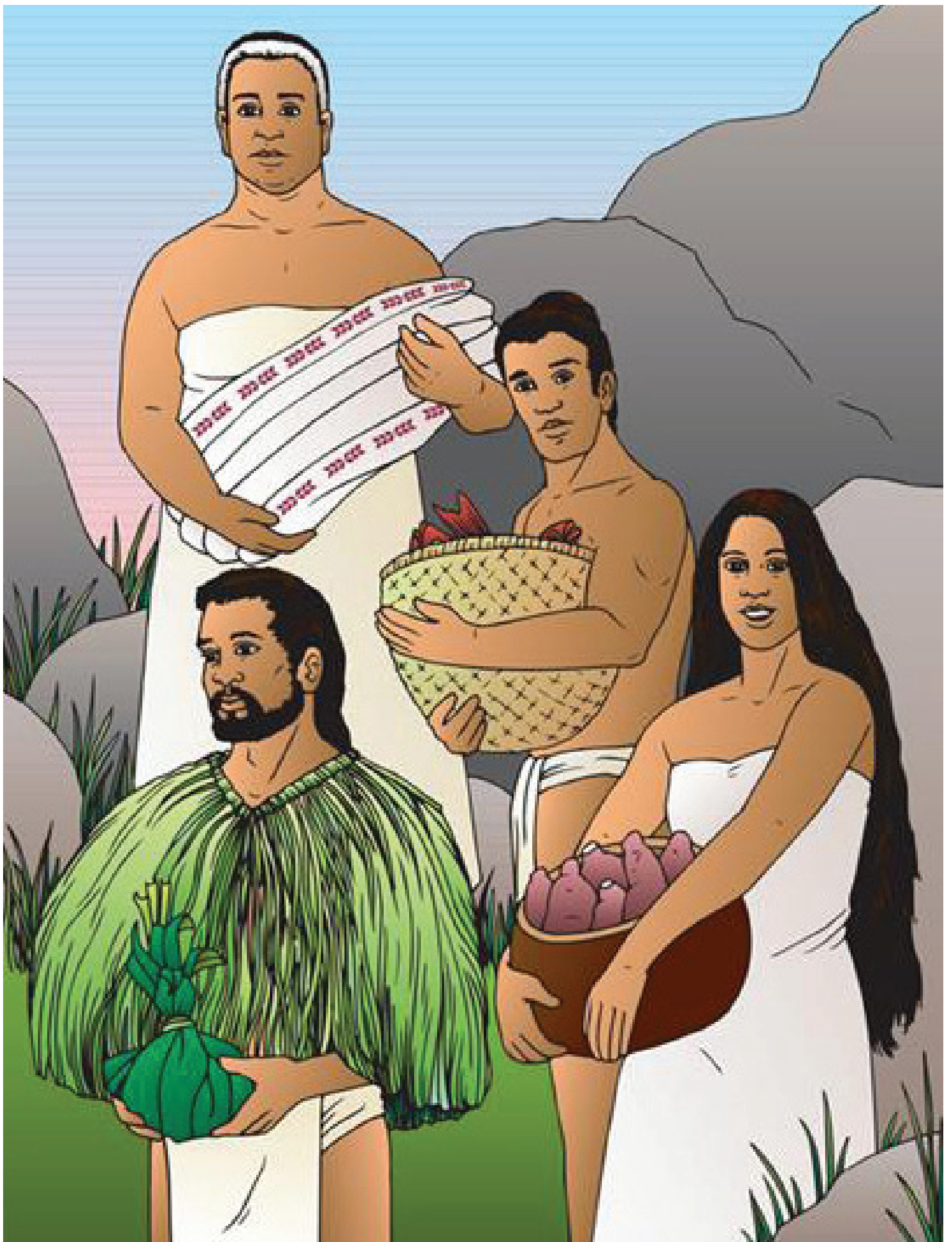


Kamehameha
Schools®

NĀ 'ONO

AN INTERACTIVE WORKBOOK
FOR HAWAI'I'S KEIKI

INOA (NAME)





‘ŌLELO HO‘OLAUNA INTRODUCTION

Aloha mai e nā pua a Pauahi!

Our kūpuna Hawai‘i defined ‘ono as: delicious, tasty, savory; to relish, crave; deliciousness, flavor, savor (nā makes it plural). This activity book is titled “Nā ‘Ono” with the intention for you to recognize and embrace some of the ‘ono things in your life (with yourself, your ‘ohana, and surroundings).

With “Nā ‘Ono”, you’ll also be able to learn more about and make meaning of the Hawaiian ways of kuleana, ‘ike kūpuna, and mahalo. These are cultural enrichment opportunities for you to be able to grow through self- discovery, reflection, and awareness. Approach these texts and tasks with a positive mindset, have fun with them, and utilize your kanaka lens (Hawaiian way of viewing, thinking, and explaining). These pages are filled with ‘ike and created with purpose. We intend for it to be a repository of knowledge and resources for you and your ‘ohana.

Remember, all things are possible though our faith in Ke Akua, our trust in the ways of our ancestors, and our hope for the future generations. Mahalo to you for contributing to the vision of a thriving lāhui!

Imua!

‘ŌLELO HO‘ĀKĀKA

FURTHER INSIGHT & CLARIFICATION

Here are some of the big learnings that will be happening in this book.

LEARNING TARGETS

- We will be learning that we each have kuleana that is essential to the total well-being of self and ‘ohana.
- We will be learning that our kūpuna were skilled at using available resources to sustain their health and well-being.
- We will be learning that expressing gratitude is an essential component of cultural practices.

WHAT IS TOTAL WELL-BEING?

Well-being is being and feeling well, physically, mentally, emotionally, socially, creatively, and spiritually. It’s the experience of health and happiness, social connection, engagement, and having a sense of purpose. These aspects of wellness work in tandem — a healthy mind is connected to a healthy body, and so forth. When you are well, life becomes most satisfying.

Pilikino: Physical Wellness

Na‘au: Emotional Wellness

Mana‘o: Intellectual Wellness

Kuleana: Responsibilities: work, school, and obligations

Pilina: Relationships/Connection/Bond

Pili ‘Uhane: Spiritual Wellness

‘Ōlelo No‘eau are proverbs and wise sayings that are used to teach lessons and remind us today of how our kūpuna lived and the values they lived by. They teach us about people, places, *mo‘olelo* (stories) and *hana ku‘una* (traditions/practices) that are particular to Hawai‘i. Through these ‘ōlelo no‘eau, we discover *ha‘awina* (tasks/lessons) and learn more about our Hawai‘i and the kūpuna that created and used them. We have also placed beautiful *momi* (treasures) within these pages that will add to your ‘ono for life and total well-being for you and your ‘ohana.



‘ŌLELO NO‘EAU, MO‘OLELO & ‘IKE KU‘UNA
WISDOM, STORIES & TRADITIONS

PALEKANA SAFETY

Top 7 Kitchen Safety Tips to Learn/Teach Keiki:

1. 'Ohana: Always ask an adult's permission before cooking in the kitchen.
2. E holo i lima: Wash your hands.
3. Ma'ema'e: The kitchen should always be kept clean.
4. Use a potholder or towel to carry and hold hot items.
5. Practice good knife safety habits.
6. E nīnau: Ask before you lick, taste, or eat.
7. E ho'olohe a e maka'ala: Listen and be alert!

'UALA SWEET POTATO

Ola i ka 'ōhulu.

There is substance in the sprouting tubers.

'Ōlelo No'eau #2481

Said when there is a poor growth of sweet potatoes during an excessively warm summer. The broken pieces of the sweet potato sprouting among the weeds produces a few potatoes that feed the farmer and his family until a new crop is started.

NĪNAU NANALU REFLECTION QUESTIONS

List some things you do to give yourself strength and energy, which leads to growth and feeling good.

How can you positively utilize and share your strengths?

MO'OLELO 'UALA SWEET POTATO STORY (“THE SWEET POTATO THIEF”)

Pueo was a farmer of Kohala. Every night he worked in his 'uala patch, for the light of day blinded his eyes. He dug, he planted, and in a dry time brought water to his growing kā. With pride he saw 'uala pushing from the earth.

Then one night he saw that some of his young 'uala had been pulled and eaten. “'Iole!” he thought. “That great 'Iole is too lazy to make a garden for himself and comes to steal my food. I'll watch for him.”

Though he watched every night, Pueo saw nothing of 'Iole. “He knows that I am watching and does his stealing somewhere else,” Pueo said at last and saw his many kā grow strong and green with great 'uala pushing from the earth.

So many big 'uala! “I wonder if my storehouse can hold them all,” thought Pueo happily as he came out to harvest them. He seized a big 'uala top and pulled. Up it came in a moment—a potato top but nothing more! The marks of gnawing teeth showed what had happened. Pueo pulled another potato top and still another. All the same! 'Iole had tunneled under the patch and eaten all.

Sadly, Pueo filled his gourd with 'uala tops. “One meal!” he sadly thought. “Or maybe two—two meals from my fine big māla!” He built a fire and heated stones. He washed and wrapped the pieces of 'uala, packed them in the imu with hot stones, covered the imu, and went about other work.

“There is enough for two good meals!” he thought as he uncovered the imu and sniffed the good smell of roasted 'uala. But there was little there besides the smell! 'Iole had come while Pueo was away. He had uncovered the imu, taken all the food but a few scraps, and carefully put back the covering. Wicked 'Iole!

Pueo ate a few bits of 'uala and put the rest away thinking, “I'll have one more small meal tomorrow.”

But when the next day came, the gourd was empty. That thieving 'Iole had made a hole and stolen the last bits of 'uala! For Pueo nothing was left except starvation. He grew weak and hollow-eyed, too weak to hunt for roots and fern shoots. “Soon I shall die,” he muttered.

It was then that 'Ilo visited him. “What's the matter, Pueo?” 'Ilo asked surprised. “You look sick.”

“I am,” the other answered sadly, “sick with hunger.”

“Hunger? I thought you were a farmer!”

“I was. There was no better farmer in all Kohala. I had a big patch of 'uala. But who ate them all? 'Iole! That thief gnawed every 'uala. Then he opened the imu and ate. He gnawed a hole in my gourd bowl and took the last scraps.



Nothing is left for me but death.”

“Why don’t you kill ‘Iole?” ‘Io asked.

“How can I, now I am so weak?”

“Come along with me,” said ‘Io. “I’ll do the killing. You will only have to help a little.” His friend’s words gave Pueo new strength, so that he managed to hop along to ‘Iole’s house.

‘Iole saw them and came out to welcome them. He thought his stealing was so clever that Pueo had not suspected him. Before he could say, “Aloha!” ‘Io had pounced and was ready to eat him.

“Don’t eat him!” Pueo shouted. “Tear him to pieces.”

Hawk tore ‘Iole into small pieces. That is why ‘iole, today, are small and why they have no love for pueo and ‘io. But, they are the same thieving fellows as the big ‘iole who ate Pueo’s ‘uala. As for Pueo, he is no longer a farmer, but a hunter of ‘iole.

“The Sweet Potato Thief” adapted from a Hawaiian newspaper translated by Mary Kawena Pukui and “Folk Tales from Hawai’i” by Green.

HA‘AWINA LESSONS & ACTIVITIES

Create a few hashtags about this mo‘olelo. Write them below.

For example: #uala #sweetpotato

COOL RESOURCE!

Checkout **www.ulumaupuanui.org** and follow them on Instagram to learn more about ‘uala.

‘UALA RECIPE

‘Anakala’s Saleta ‘Uala (Uncle’s Sweet Potato Salad)

Serves about 4 people, prep time: 10 min, cook time: 20 min

Ingredients

- 8-10 small - medium size ‘uala (skin on or off is based on preference)
- 4 large eggs
- 1 ½ cups mayonnaise
- 1 ½ tablespoons salt and pepper
- Optional additions: finely chopped celery, shredded carrots, onions, or bacon

*Please practice and refer to **Kitchen Safety Tips under Palekana** (Safety).*

Directions

1. Boil or steam ‘uala until soft (use skewer to check). Cut into ¾ inch cubes.
2. Boil eggs, peel, and grate.
3. In a large bowl, gently mix ‘uala, eggs, and mayonnaise.
4. Season with salt and pepper to taste.
5. Add in any desired additions.

Keep refrigerated for up to 3 days.

RECIPE WRAP UP

How did the recipe preparation go?

Who was the dish prepared for?

Did you add additional or special ingredients?

Did you use any substitutions or make any tweaks?

Post a picture of your Saleta ‘Uala with #UALA and the hashtags you created from the mo‘olelo, “The Sweet Potato Thief.” Be sure to tag @KamehamehaSchools in your post!

KALO TARO

I komo ka ‘ai i ka pa‘akai.

It is the salt that makes the poi go in.

‘Ōlelo No‘eau #1216

Poi tastes much better with salted meats. If there is no meat, one can make a meal of poi and salt. Mahalo i ka mea loa‘a. Be thankful for what you have.

NĪNAU NANALU REFLECTION QUESTIONS

We are learning that our kūpuna were skilled at using available resources to sustain their health and well-being.

What does “be thankful for what you have” mean to you?

How do you show that you are thankful?

MO'OLELO KALO KALO STORY

“Hui, Gramma I’m home,” Kahiapo announced as he walked into the house. His grandma doesn’t like it when Kahiapo just barges in, so he makes sure to call out for her upon entering. That way she said, she won’t have to start hitting him with her cane if he frightens her when he walks in. “Aia nō au ma ka lumi ‘ai!”¹ his grandma sang back.

Kahiapo makes his way to the kitchen where his grandma is sitting at the table and picking out all of the ‘ōpala² from the limu in front of her. “Pehea kou lā?”³ she asked. “Oh, my day was fine gramma. I helped Kahale today pick hau for his ‘ohana. They are making cordage for some demonstration at the museum.”

“Ae, ‘ae, ka hana me ka hau,”⁴ she laughs. “O ia nō kekahi o nā lā‘au Hawai‘i waiwai o nā kūpuna.”⁵ Kahiapo listens as his grandma explains all she knows of the hau plant, until his stomach starts growling. “Auē nō ho‘i ‘oe!”⁶ She exclaims. “You hungry?” she asked and before he could answer she brings out the bowl of poi, some poke that she had prepared earlier, some pa‘akai⁷ onions and gives him a handful of limu that she had been preparing. “‘Ai! ‘Ai ‘oe i ka mea‘ai a mā‘ona.”⁸ Oh, how Kahiapo loved his grandma.

“Gramma, we have been learning about our genealogy today.” “O ia nō?”⁹ she asked and continued, “You know, my kūkū¹⁰ Napua, used to sit all us mo‘opuna¹¹ in front of her in a half-circle and feed us all poi from the ‘umeke¹² when we were growing up. She would teach us all about the lā‘au Hawai‘i and how to prepare them. How to pick limu and kēia poi,”¹³ she exclaimed.

“This kalo plant we use for poi. You can cook with the whole thing.” As she talks she uses her hands to show the parts she is talking about. “Kēia lau, ka lū‘au. You can use it to make laulau, or lū‘au stew. ‘O ka hā, ‘o ka pua, you can chop it up and add it to any meal like a vegetable.¹⁴ But make sure you cook the entire plant well or your throat comes all māne‘o,”¹⁵ she says scratching at her throat.

“O ka mākua, ke kalo nō ho‘i you can make pa‘i‘ai, ka poi a me . . .” She smiles as she walks to the countertop and then turns around, “ke kūlolo.” She puts a few slices of the dessert in front of Kahiapo. Oh, how he loved his grandma. Kahiapo eats heartily and laughs with his grandma over his meal. She imitates her kūkū wahine by pretending to scoop up poi from her ‘umeke and feeding it to Kahiapo and begins to tell him stories of his ‘ohana and their talents for the rest of the evening.

¹ “I am in the kitchen!”

² Literally meaning trash, however in this scenario she is picking out the non-edible pieces.

³ “How was your day?”

⁴ “Yes, yes, working with hau.”

⁵ “That is one of the valuable Hawaiian plants of our ancestors.”

⁶ “Oh, poor thing you!”

⁷ Salt

⁸ “Eat! Eat the food until you are full.”

⁹ “Really?”

¹⁰ Same as tūtū or grandmother.

¹¹ Grandchildren

¹² Bowl

¹³ This poi.

¹⁴ Stem

¹⁵ Itchy

Mo'olelo adapted from *Lā'au Hawai'i, Part 2 A Teachers Resource Guide, Volume Two* Kamehameha Publishing, 2012

HA'AWINA LESSONS & ACTIVITIES

What is a syllable and why should haumāna learn about it?

A syllable is also called a 'beat' and teachers often teach haumāna to identify syllables by clapping the 'beats' in words. Another way to describe a syllable is a 'mouthful' of a word. You can often find the syllables in a word if you notice when you open and close your mouth as you pronounce the word.

Haiku are short poems composed of only 3 lines. There are no more than 17 syllables. Typically, line 1: 5 syllables, line 2: 7 syllables, line 3: 5 syllables. Haiku are a creative way to share out information.

Compose a haiku that shares how kalo contributes to the total well-being of your 'ohana.

A Sample Haiku:

Pa-'i-'ai, lū-'au (5 syllables)

Lau-lau, Ka-lo po-ke too (7 syllables)

Kū-lo-lo my fave! (5 syllables)

Your Haiku:

(5 syllables) _____

(7 syllables) _____

(5 syllables) _____

Your Haiku:

(5 syllables) _____

(7 syllables) _____

(5 syllables) _____

A tanka is similar to a haiku with an additional two lines each with 7 syllables.

Use the table below to create your tanka about kūpuna, kalo and your total well-being.

Your Tanka:

(5 syllables) _____

(7 syllables) _____

(5 syllables) _____

(7 syllables) _____

(7 syllables) _____

Your Tanka:

(5 syllables) _____

(7 syllables) _____

(5 syllables) _____

(7 syllables) _____

(7 syllables) _____

KALO RECIPE

Fried Kalo Recipe courtesy of <http://www.kaukaukitchen.com/pages/recipes-kalo.htm>

Ingredients

- Kalo
- Butter
- Salt and pepper to taste

Please practice and refer to **Kitchen Safety Tips under Palekana (Safety)**.

Directions

1. Boil/Steam the kalo until you can pierce it with a fork.
2. Peel off the 'ili (skin), being careful to keep the flesh clean.
3. Using a sharp knife, wet the blade, then slice the corm into ½ inch thick rounds.
4. Sprinkle with ground black pepper and a little salt. Fry in butter until a crispy shell forms on the outside, and the inside is tender.
5. Enjoy!

RECIPE WRAP UP

How did the recipe preparation go?

Who was the dish prepared for?

Did you add additional or special ingredients?

Did you use any substitutions or make any tweaks?

Post a picture of your Fried Kalo plated along with your Kalo Haiku that was created. Be sure to tag @KamehamehaSchools in your post!

'ULU BREADFRUIT

'A'ohē 'ulu e loa'a i ka pōkole o ka lou.

No breadfruit can be reached when the picking stick is too short.

'Ōlelo No'eau #213

There is no success without preparation.

NĪNAU NANALU REFLECTION QUESTION

Describe a situation you have experienced where this 'ōlelo no'eau had held true.

**Mai nānā i ka 'ulu o waho, 'a'ole ia nāu;
e nānā nō i ka 'ulu i ke alo, nāu ia.**

Never mind looking for the breadfruit a ways out, that is not for you;
look at the breadfruit in front of you, that is yours.

'Ōlelo No'eau #2080

Be satisfied with what you have.

NĪNAU NANALU REFLECTION QUESTION

Define the words *satisfied*, 'olu'olu and 'ono and circle similarities across each definition.

Satisfied _____

'Olu'olu _____

'Ono _____

'ULU CHIPS RECIPE

Ingredients

- Hawaiian 'ulu¹ (half ripe)
- Coconut oil
- Sea salt

Please practice and refer to **Kitchen Safety Tips under Palekana (Safety)**.

Directions

1. Parcook² 'ulu (cut, clean, and add to boiling water just to blanch³, drain, and dry completely).
2. Preheat oven to 400°F.
3. Slice 'ulu to about 2mm thick.
4. In a small bowl, dip 'ulu slices in coconut oil to coat and place on a baking pan lined with parchment paper.
5. Bake for 10-12 min or until golden brown.
6. Remove from parchment paper and sprinkle immediately with sea salt.

¹ 'Ulu can be used as a substitute for potatoes in virtually any recipe. Dice and use in salads, stews, and stir-frys. Mash and serve like mashed potatoes or fry up as patties. Cut into wedges or strips and make delicious 'ulu fries. Think of 'ulu like a locally grown, healthier substitute for potato.

² Parcook means to partially cook a food that will finish cooking at a later stage.

³ Blanching is a cooking process in which a food, usually a vegetable or fruit, is immersed briefly in boiling water for a short, timed interval, removed quickly, and finally plunged into iced water, or placed under cold running water to halt the cooking process. Blanching foods helps reduce quality loss over time.

RECIPE WRAP UP

How did the recipe preparation go?

Who was the dish prepared for?

Did you add additional or special ingredients?

Did you use any substitutions or make any tweaks?



HA'AWINA LESSONS & ACTIVITIES

NĀ 'ONO O KE OLA WELLNESS WHEEL

Pahuhopu (Objective)

- Explore the idea of total well-being
- Identify what contributes to personal well-being
- Self-discovery: What are my individual needs?
- Personal reflection

Nā Pono (Materials)

- Writing utensil (pen, pencil)
- Art supplies

Ka'ina Hana (Procedure)

1. Read the descriptions below of each element of the wellness wheel.
2. Copy one element below into each section of the blank wheel on the next page.
3. Fill each section with words or images that describe ways that you could satisfy that specific element of wellness.
4. Think about your life. Are you in balance? Do you do something from each element regularly, so that you can live well?
5. Refer to your wheel regularly as a reminder to seek balance and be well.



NĀ 'ONO O KE OLA WELLNESS WHEEL

Pili 'Uhane: Spiritual/Soul

Na'au: Emotions/Feelings

Kuleana: Responsibilities at work, school, or home

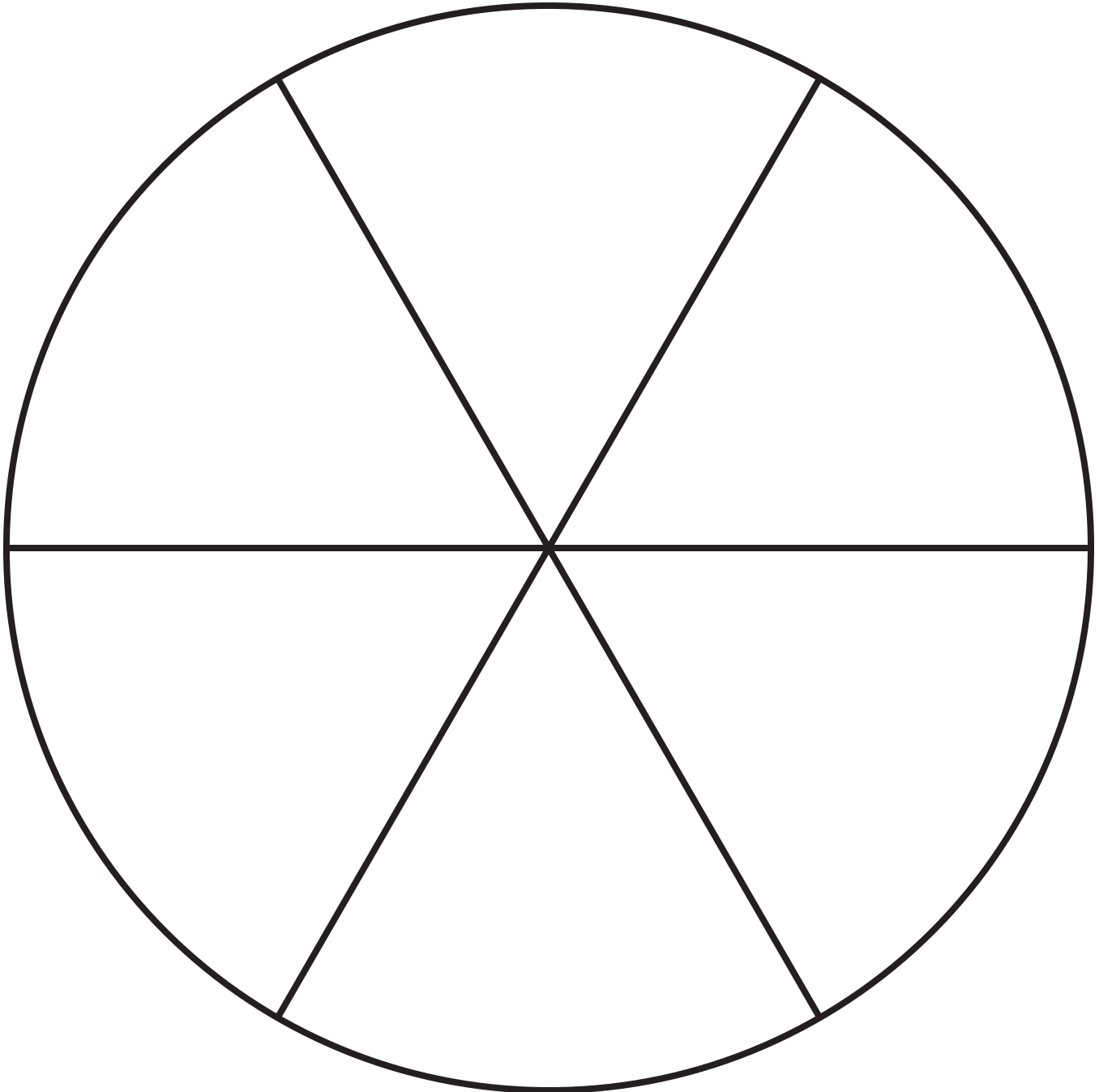
Pilikino: Physical/Body

Mana'o: Thinking/Mind

Pilina: Relationships with 'ohana and friends

NĀ 'ONO O KE OLA WELLNESS WHEEL

Complete the wellness wheel below (see instructions on previous page). This will serve as a tool to periodically self-assess your total well-being.



KA'U MAU 'ONO MY FAVORITE THINGS

Pahuhopu (Objective)

- Personal reflection
- Identify things (people, places, ideas, actions, skills, abilities, and feelings) that you value as an individual
- Mahalo (gratitude) as a MINDSET

Nā Pono (Materials)

- Writing utensil (pen, pencil)
- Reflective attitude

Ka'ina Hana (Procedure)

1. Complete the Nā Mea Punahale table on the next page by filling in your favorite things in each box. Once all answers have been filled, cross check your list and see where within the Nā 'Ono O Ke Ola - Wellness Wheel do each of your 'ono fit in.
2. Complete the Nā Nīnau Nanalu (Reflection Questions).

NĀ MEA PUNAHELE

Fill in your Favorite Things below:

| | | | | |
|---------------|--|-------------------------|---------------------|-------------------------|
| Sight | Sound | Smell | Taste/Flavor | Feeling |
| Color | Season | Moon Phase | Texture | Time of Day |
| Flower | Favorite Lyrics from a Song | Art/Craft | Animal | Expression/Slang |
| Place | Task/Chore | Physical Feature | Ability | Personal Trait |

NĀ NĪNAU NANALU REFLECTION QUESTIONS

What makes you happy?

Who are your favorite people and why?

What do you like to do?

What is/are something(s) you're good at?

3 things you think everyone should ALWAYS be grateful for...

1. _____

2. _____

3. _____

MAHALO MASTERPIECE

Pahuhopu (Objective)

- Personal reflection
- Mahalo (Gratitude) as a MINDSET
- Explore personal creativity and design

Nā Pono (Materials)

- Writing utensil (pen, pencil)
- Reflective attitude
- Miscellaneous recycled items
- Art supplies
- Open workspace
- A canvas for your art (paper, computer, etc.)
- Music (optional)

Ka'ina Hana (Procedure)

1. Refer back to your self-reflections about your favorite things, people, and places from the Ka'u Mau 'Ono/Nā Mea Punahеле section to create an artistic or creative piece on gratitude.
2. Select your medium. This could be a drawing, collage, 3D art piece, poem, short story, song, or dance, etc.
3. Make sure to use as many of the 'ono you identified in the previous pages as you can as inspiration for your art.
4. Let your creativity flow!

MAU NŌ KA 'ONO MĀLA

GARDEN OF RECULTIVATED INGREDIENTS

Pahuhopu (Objective)

- Create a garden of seasoning ingredients ('ono)
- Regrow food from scraps
- Self-sufficiency and contribution
- Foster a practice of 'ike kūpuna (Keō mau: sustainability) with the intention of maximizing and preserving available resources

*These are also forms of the Hawaiian practices of kuleana and mahalo.

Nā Pono (Materials)

- Shallow cup, bottle, or dish
- Food scraps (Examples: garlic cloves, onion bottoms, green onion bottoms, ginger fingers, chili peppers, etc.)
- Water
- Container in a variety of sizes and depths (Examples: pakini (bucket), pot/planter, juice/milk cartons)
- Potting soil

Ka'ina Hana (Procedure)

1. Find a place at home (inside or outside) that has lots of indirect sunlight most of the day.
2. Sprout scraps by placing in shallow dish of water. This may take a few days depending on the plant.
3. Once sprouted, fill $\frac{3}{4}$ of a container with potting soil and plant the sprouted plant.
4. Continue to water and care for your māla.



NĀ 'ONO 'OHANA & LEKAPĪ
FAMILY WISDOM & RECIPES

Pahuhopu (Objective)

- Strengthen relationships and connections with 'ohana
- Strengthen your sense of kuleana (responsibility)
- Compile family favorite recipes, memories/mo'olelo, and capture 'ohana wisdom

Nā Pono (Materials)

- Writing utensil (pen, pencil)
- Someone from your 'ohana to interview

Ka'ina Hana (Procedure)

1. Reach out to an 'ohana member. This could be a kūpuna or mākua (includes aunties, uncles, cousins, hānai, etc.).
 - This may be done via an in-person visit, a phone call, or through a video chat.
 - Start with someone from the older generation, and work your way down to younger mākua, etc.
2. Talk to them about what you have learned about well-being and the concept of 'ono.
3. Ask if they would be willing to answer a few questions and share a recipe with you.
4. Ask them questions on pages 29, 31, and 33 and capture their responses.
5. Use the 'Ohana Recipe pages on pages 30, 32, and 34 to capture their recipes.
6. Family knowledge is precious. Save these to share with future generations.

LA 'ANA EXAMPLE #1

| | |
|---|---|
| Wahi a Aunty Kauai Age 68 | Place of Birth Kohala Pilina Grand-Aunt (Dad's side/Tutu's sister) |
| <ul style="list-style-type: none">• Good for when you busy, just throw in the kine oven and let 'um go (quickie recipe).• Great for beginners.• Your kids should be helping with kuleana of the hale, doing chores and preparing meals. Life skills people! Oh, you no like make hopeless kids. And if you do; don't bring 'um here. <p>What is something you know now, that you wish you had learned sooner in life? That wanting something is not the same as seeing it's waiwai.</p> <p>Mana'o a ka Imi (Recorder's Note): Mic. drop!!!!!!</p> | |
| Recipe Name: Moa Moloā Serves: Family Prep time: 5 min Cook time: Till pau | |
| Ingredients <ul style="list-style-type: none">• Chicken thighs (bone-in, skin-on)• Garlic salt | |
| Directions <ol style="list-style-type: none">1. Preheat oven to 350°F.2. Line a pan with foil and put the chicken skin side up (chicken pieces can be overlapped because the chicken pieces will shrink).3. Season both sides of the chicken pieces with a generous amount of garlic salt.4. Cook till all the oil and liquid is pau and chicken is golden and crispy. | |

LA 'ANA EXAMPLE #2

| | |
|--|---|
| Wahi a Kumu Fabulous Age 25 | Place of Birth Kaua'i Pilina Favorite Kumu @ Ke Kula o ke kuana 'Ike Hawai'i |
| <ul style="list-style-type: none">• Budget friendly, pā'ina/potluck winner• Interchangeable: 'uala, 'ulu and kalo (pa'i'ai) <p>What is something you know now, that you wish you had learned sooner in life?</p> <p>There's a criteria to becoming a critic; one must first master the ability to create and contribute before one is qualified to critique... and always carry extra pareo and a pair of underwear.</p> | |
| Recipe Name: Laniali'i Fritters Serves: Tribe Prep time: 30 min Cook time: Till GOLDEN | |
| Ingredients <ul style="list-style-type: none">• 'I'o (tuber) - interchangeable ('uala, 'ulu, and kalo (pa'i'ai))• 1 can corned beef (vegetarian substitute: roasted veggies)• 1 egg• 1 packet garlic butter instant mashed potatoes• 1 cup fine panko (white bread crumbs)• Onion (optional)• Oil to fry | |
| Directions <ol style="list-style-type: none">1. Boil 'i'o until soft but not too mushy.2. Mix 'i'o with corned beef and egg (same as making corned beef hash patties).3. Instead of making patties with the mix, shape mixture into small pūpū-sized balls.4. Coat lightly in panko and contents of instant mashed potato packet.5. Fry in wok till golden brown; drain excess oil. | |

NĀ 'ONO 'OHANA #1

Wahi a _____ Age _____ Place of Birth _____
(According to: name of 'ohana member)

Pilina _____
(Connection/relation to seeker. Example: Grandparent, aunt/uncle, cousin, hānai, etc.)

'Imi a 'ohi 'ia e _____ Age _____
(Sought out and gathered/collected
by: name of person recording)

NĀ MOMI 'ONO DELICIOUS PEARLS

Favorite food from the 'āina? Mauka (uplands)? Makai (ocean/shoreline)?

What is something you ate a lot of growing up that you don't eat much of now? Why?

What is something you know now, that you wish you had learned sooner in life?

What is a home remedy you grew up using?

'OHANA RECIPE #1

RECIPE NAME:

Serves:

Prep time:

Cook time:

Ingredients:

Please practice and refer to **Kitchen Safety Tips under Palekana** (Safety).

Directions:

RECIPE WRAP UP

How did the recipe preparation go?

Who was the dish prepared for?

Did you add additional or special ingredients?

Did you use any substitutions or make any tweaks?

Other mana'o?

NĀ 'ONO 'OHANA #2

Wahi a _____ Age _____ Place of Birth _____
(According to: name of 'ohana member)

Pilina _____
(Connection/relation to seeker. Example: Grandparent, aunt/uncle, cousin, hānai, etc.)

'Imi a 'ohi 'ia e _____ Age _____
(Sought out and gathered/collected
by: name of person recording)

NĀ MOMI 'ONO DELICIOUS PEARLS

Favorite food from the 'āina? Mauka (uplands)? Makai (ocean/shoreline)?

What is something you ate a lot of growing up that you don't eat much of now? Why?

What is something you know now, that you wish you had learned sooner in life?

What is a home remedy you grew up using?

'OHANA RECIPE #2

RECIPE NAME:

Serves:

Prep time:

Cook time:

Ingredients:

Please practice and refer to **Kitchen Safety Tips under Palekana** (Safety).

Directions:

RECIPE WRAP UP

How did the recipe preparation go?

Who was the dish prepared for?

Did you add additional or special ingredients?

Did you use any substitutions or make any tweaks?

Other mana'o?

NĀ 'ONO 'OHANA #3

Wahi a _____ Age _____ Place of Birth _____
(According to: name of 'ohana member)

Pilina _____
(Connection/relation to seeker. Example: Grandparent, aunt/uncle, cousin, hānai, etc.)

'Imi a 'ohi 'ia e _____ Age _____
(Sought out and gathered/collected
by: name of person recording)

NĀ MOMI 'ONO DELICIOUS PEARLS

Favorite food from the 'āina? Mauka (uplands)? Makai (ocean/shoreline)?

What is something you ate a lot of growing up that you don't eat much of now? Why?

What is something you know now, that you wish you had learned sooner in life?

What is a home remedy you grew up using?

‘OHANA RECIPE #3

RECIPE NAME:

Serves:

Prep time:

Cook time:

Ingredients:

*Please practice and refer to **Kitchen Safety Tips under Palekana** (Safety).*

Directions:

RECIPE WRAP UP

How did the recipe preparation go?

Who was the dish prepared for?

Did you add additional or special ingredients?

Did you use any substitutions or make any tweaks?

Other mana‘o?

‘ONO KAONA PLAYLIST

| | |
|----------|--|
| Track 1 | All Around – Surface |
| Track 2 | For The Lāhui - Josh Tatofi |
| Track 3 | E Ala Ē- IZ |
| Track 4 | Hi‘ilawe - Gabby Pahinui - |
| Track 5 | Keiki’s Eye- Randy Lorenzo |
| Track 6 | Black Pot- Liko Martin |
| Track 7 | Fish & Poi -Sean Na‘auao |
| Track 8 | Kaulana Nā Pua - Hawai‘i All Star Band |
| Track 9 | E Nā Kini – Dennis Kamakahi |
| Track 10 | Hōlei - Cody Pueo Pata |
| Track 11 | Proud As The Sun – Kimie Miner |
| Track 12 | I Call Him Lord - Nā Palapalai |
| Track 13 | Eia Ke Aloha – Kainani Kahaunaele |
| Track 14 | Hawaiian Lands – Bruddah Waltah & Island Afternoon |
| Track 15 | Aloha Hawai‘i Ku‘u One Hānau Ē - Natalie Ai Kamau‘u |
| Track 16 | Huki ‘Ia - ‘Ai Pōhaku |
| Track 17 | Ahulili – Willie K & the Makaha Sons |
| Track 18 | Ka ‘Uluwehi O Ke Kai – Kekuhi |
| Track 19 | The Best Thing That Ever Happened To Me – Kaleo O Kalani |
| Track 20 | Take Me Back – Ata Damasco |

PAPA KŪMOLE WORK CITED

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