



**CULTURAL & WELLNESS ENRICHMENT SERIES:
FOOD, FELLOWSHIP, FUN & FAMILY
7/12/18 – Food Demonstration**

POI PARFAIT

- * 1/2 cup
- * 2 tablespoons **cold water** (optional)
- * 2 teaspoons **honey** (or other natural sweetener – i.e. agave)
- * 1/2 cup coconut milk or yogurt of choice
- * **granola**
- * **banana**
- * **strawberries**
- * **blueberries**

Mix poi and water. Add honey or agave, blend well. Pour 1/2 poi mixture into bottom of serving container (i.e. mason jar)

Layer with 1/2 of coconut milk, granola and fruit of choice. Repeat – poi, coconut milk, granola and fruit.

Makes 1 serving

The Story of Hāloa

Mai ho'omāuna i ka 'ai o huli mai auane'i 'o Hāloa e nānā.
Do not be wasteful of food lest Hāloa turn around and stare [at you].

The story of Hāloa takes us back to the beginning of the Hawaiian people. So, to learn about Hāloa, we need to first learn some basics of Hawaiian genealogy. Hāloa's father is Wākea. He is the expanse of the heavens. Hāloa's mother is Ho'ohōkūkalani. Her name means to adorn the heavens with stars. Ho'ohōkūkalani's mother is Papa, the foundation that is earth. Ho'ohōkūkalani gave birth to a baby boy. But the baby was stillborn. The parents buried the baby on the eastern side of their house, the side of the morning sunrise. Before long, a plant started growing from the same spot where the baby was buried. This plant had a long stalk and a large, heart-shaped leaf. The leaves quivered and fluttered in the wind. This plant was named Hāloanakalaukapalili. It was the first kalo plant. Ho'ohōkūkalani became pregnant again. This time, a healthy baby boy was born. He was given the name "Hāloa" in honor of his older brother, the kalo.



Hāloa was the first Hawaiian person. It is said that all Hawaiians trace their roots back to Hāloa. This means that we are all “mamo na Hāloa,” or descendants of Hāloa. Through our relationship to Hāloa, we are related to the kalo, the ‘āina, and the rest of the natural world. The story of Hāloa reminds Hawaiians that we are part of nature. The plants, animals, and islands are our ancestors, our kūpuna. We need to acknowledge and mālama these important connections.

Kalo and kanaka are siblings. Kalo is the firstborn, and kanaka, or Hāloa, is the second born. In a family, everyone has to pitch in and take care of each other. For example, the older sibling takes care of the younger sibling. Kalo is the staple food of the Hawaiian people. Kalo, as the elder sibling, takes care of the younger sibling (Hāloa the man) by providing food and nourishment. The younger sibling also has kuleana, or responsibility, to take care of his older sibling. As the younger sibling, Hāloa the man takes care of his older sibling—Hāloanakalaukapalili—by growing kalo, caring for it and the land it grows on, eating kalo, and not wasting kalo. Because all Hawaiians descend from Hāloa the man, we continue carrying out his kuleana. We grow healthy kalo. And in order for kalo to be healthy, we need to care for the land and the water that feeds the kalo. When these are healthy, we as a people are healthy. And our entire ‘ohana is healthy—Papa and Wākea (Earth Mother and Sky Father), Hāloanakalaukapalili the kalo, and Hāloa the man. The relationship between Hawaiians (farmer) and the kalo (the crop) serves a practical purpose of feeding people. Besides sustaining life, this connection also demonstrates that the link between kalo and kanaka is a family relationship.