



## **How to Grow a Complete Diet with Permaculture Principles: Tropical Subsistence Gardening.** 24 part class series

### **Cooking With Locally Grown Food:** part 24 of 24

**Acknowledgements:** A special thanks to all involved to make these classes a reality! We are still looking for support to complete and enhance this amazing FREE program. <http://hawaiiansanctuary.com/donate>

**Introduction:** Growing your own food is important, but if it doesn't make it to your table what is the point? "**It is easier to change a man's religion than to change his diet.**" **Margaret Mead.** Our dietary preferences are not necessarily an easy thing to change, but this change needs to occur to some extent in order to adopt a local diet. Local ingredients can be used in place of imported ones for many of our favorite dishes, so the tastes can be similar, and many local crops are delicious in their own right. Get creative. Try new things. Try and try again. Buy locally grown foods. Every dollar you spend on food is a vote. What are you voting for? The status quo where 80-90% of our food is imported. OR... A resilient, regenerative, local and secure organic food system for Hawaii.

**Some key Local Crops for Growing a Complete Diet:** Carbohydrates, fats, protein, and vitamins and minerals can all be sourced from locally grown foods.

**The staple crops for a locally grown diet in Hawaii can be -** Ulu, green bananas/plantains, cassava, taro, uhi, sweet potato. These can all be used like a potato, steamed, boiled, mashed, fried, scalloped, etc. Many of our local carb crops can be substituted into recipes calling for other starches.

**The main fat crops for Hawaii are avocados, coconuts and macadamia nuts.** Avocados are a very easy to prepare high oil food. Coconuts are often made into coconut milk which can be used in various savory and sweet dishes.

**Some of the protein rich crops well suited for Hawaii are,** perennial lima beans, cowpeas, pigeon pea, and the leaf crops moringa, chaya and katuk.

**Recipe Ideas:** Here are some suggestions, recipes are not exact, I seldom use measuring spoons when I cook, you can use recipes found online calling for similar ingredients and adapt them to our local ingredients.

#### **Breakfast:**

Ulu French Toast, thinly sliced steamed firm ulu, dipped in egg and sprinkled with cinnamon

Ulu Pancakes, ripe ulu straight or mixed with flour, pan fried in coconut oil.

Sweet Potato Hash Browns, grated ulu, or sweet potato, pan fried with onions and garlic chives

#### **Starchy(Carb) Dishes:**

Steamed Ulu- wash ulu, slice into wedges, remove core, can leave peel on or remove, steam 20-30 min till fork tender, top with butter, sour cream, pesto, etc...

Ulu Potato Salad- steamed ulu, chopped, celery or chayote, maui onion, avocado, mustard, dill, salt, pepper and vinegar.

Taro with Coconut and Maui onion, taro, coconut milk, onion and salt, boiled 30-60 min

Ulu lasagna, slice raw ulu thin and use in place of noodles in your favorite lasagna recipe!

Green Banana or Plantain or Ulu Fries, peel green bananas, slice and fry in oil till golden brown add salt

Roasted Cassava, steam for 1 hr or pressure cook for 30 min, then season and bake till crispy  
Baked pumpkin, bake whole in oven, or slice and rub with oil and seasonings.  
Poi, taro or ulu

### **Vegetables:**

Stir Fried Greens (perennial collards, chaya,  
Black pepper long bean, long bean, garlic chives, maui onion stirfried with black pepper and shoyu.  
Steamed Chayote, chayote are delicious steamed whole with skin on, after steaming halve and scoop out tender interior.  
Luau Leaf- taro leaf can  
Green Papaya Salad- remove peel then grate green papaya, add garlic, lime juice, honey, hot chili pepper, salt, and shredded turmeric.  
Cucumber salad. Local greenhouse grown cucumbers, turks cap sweet peppers, banana vinegar or apple cider vinegar, mac-nut or olive oil.

### **Dressings/Dips:**

Turmeric/Ginger Dressing- turmeric, ginger, garlic, macadamia nuts, mac nut oil, lemon or lime juice, vinegar, salt, pepper, chili pepper, blend until smooth, use on salad and other dishes.  
Guacamole- avocado, maui onion, lime juice, culantro, chili pepper, salt, great dip for ulu or banana fries!  
Pineapple or mango or papaya salsa, in season fruit, plus maui onion, garlic, culantro, chili pepper, lime  
Jackfruit seed or Breadnut Humus, boil jackfruit seed, peel and mash, add garlic, lime juice and mac nut oil.

### **Deserts:**

Chocolate Avocado Pudding, avocado, vanilla, honey, cacao powder.  
Coconut "Cheesecake", coconut, vanilla, honey, cardamom, blend and refrigerate.

### **Sourcing Locally Grown Foods East Hawaii:**

**Locavore Hilo:** All Local Selection of fruits, vegetables, meats, value added products, oils, preserves, flours etc.  
Makuu Market- Sunday 8am-2pm between Pahoa and Keaau  
Pahoa Farmers Market(Currently at Nanawale) Sundays at Nawale long house.  
Keau Farmers market, open daily in Keaau town  
Island Naturals Pahoa and Hilo  
Abundant Life Hilo

### **Local food recipes online:**

**Kumu Aina Farm Blog:** A great source for local food recipes! Thanks Terry!

### **Series Closure:**

I hope that you have enjoyed this series of classes and found it educational. I hope to see you at more classes starting in the future. Mahalo for your attendance and interest! Best of luck eating local and growing your own!

**If you would like help with your home food production please contact me at...**

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