

Plant Aloha ~ Sustainable Farming Series

Hawaiian Sanctuary

Thursday, January 12, 2017

Wade Bauer of Malama Aina Permaculture facilitating

This class is part 2 of a 24 part permaculture class series entitled:

How to Grow a Complete Diet with Permaculture Principles: Tropical Subsistence Gardening.

Part 2 Growing a Complete Diet Primer

Acknowledgements:

A special thanks to Hawaiian Sanctuary, County of Hawaii Research and Development (Plant Aloha's main grant funder) and all others involved for helping obtain grants providing the venue and support to make these classes a reality! We are still looking for support to complete and enhance this amazing FREE program. Please give what you can: <http://hawaiiansanctuary.com/donate>

Introduction: “Learn to love to eat, what loves to grow where you live” Craig Elevitch

What is a complete diet? While there is much debate on what is the ideal diet the USDA recommends 45-65% of our calories from carbohydrates, 20-35% from fats and 10-35% from protein. This is a wide range so let's just consider these numbers a rough estimate. To grow a complete diet it's helpful to know roughly how much of each type of food we will need to produce.

Eating locally grown organic food: Buying Local: Every dollar you spend on food is a vote, for imported food or for locally produced food. Buying locally grown food helps the environment, our health, our community, etc.

Local markets: Pahoehoe Farmer's Market, Sunday 8-2, Maku'u Market: Sunday 8-2, Green Lake Market: Friday afternoons, Uncle Roberts: Wednesday 5-9. There are local foods and produce sections in most markets. We are fortunate to also have The Locavore Store in Hilo <http://bigislandlocavorestore.com>

Some of the produce that is *usually locally grown* at farmers markets are pumpkins, sweet potato, breadfruit, banana, citrus, most tropical fruit, maui onions, most cucumbers, many types of cooking greens.

Growing your own: First “reach for the low hanging fruit.” Work where it counts, least effort for greatest effect, bananas, ulu, avocado, papaya, pumpkin, perennial vegetables are all a good place to get started. Along with a small kitchen garden of locally adapted annuals, perennial culinary herbs and spices.

Carbs: Breadfruit/"Ulu", cooked green bananas/plantains "Mai'a", air potato, pumpkin. Root crops (need pig protection): cassava, sweet potato "u'ala", taro "kalo", true yam"uhi." Hawaiian names in "" note the importance of these traditional "canoe crops"

Carb/Protein Mix: Peach Palm, Breadnut, Jackfruit & Malabar Chestnut

Protein Crops: Perennial Greens, Legumes, Nuts & Seeds. Leaf crops: moringa, chaya and katuk, legumes: perennial lima bean, long bean and pigeon pea, pumpkin seeds, etc.

Fat Crops: Avocado, coconut, macadamia nut, pili nut.

Vitamin and Mineral Crops: all the crops below are included in this loose category.

Perennial Vegetables: Green papaya, chayote squash, edible hibiscus, Okinawa spinach, Brazilian spinach, perennial collards, etc.

Locally Adapted Annuals: Long bean, amaranth, eggplant, turk's cap sweet pepper, cherry tomato, arugula, Bok choy, daikon, and more.

Sweet Tropical Fruits: Banana, papaya, lilikoi, citrus, pineapple,+ assorted tropical fruit.

Perennial Culinary Herbs: Perennial basil, Cuban oregano, culantro, green onions mitsuba.

Spices: Turmeric, ginger, black pepper, vanilla, cinnamon, nutmeg, allspice, cardamon.

Further Reading: "Can I grow a complete Diet? By Taylor Thornton Agroforestry.net 4 pages and has nutritional info for many of the plants discussed today "Brief Breadfruit Basics" fact sheet on how to use breadfruit. Links to both are on Malama Aina's website.

Homework: Buy more locally grown foods. Visit local farmer's market, try out a new vegetable that you have never tried. Cook green bananas, cut off ends, slit, boil whole.

See <http://hawaiiansanctuary.com/plantaloha/> to view and register for upcoming classes.

Contact ~ Malama Aina Permaculture: Edible Landscape Design, Education & Nursery

We provide consultation, design, install, maintenance, edible plants and on farm work-exchange.

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Next Thursday: January 19, 2017

Part 3. Guilds, Companion Planting & Polycultures:

How to group plants together to fill all available niches, overstory, understory, shrubs, emergent herbs, ground-covers and vines, obtain extra yields and promote synergy.