

Hokea Lau Nabele

growing a forest of greens to feed community



Mo'ō 'Olelo

Sharing the stories of our home and our kupuna

Ha'auku 'Ai



Hokeo Lau Nahele

growing a forest of greens to feed community

Aloha e na 'ohana,

Our last hokeo for this summer is themed "Lau Nahele." It is focused on herbs and herb plants. We chose "lau nahele" because it is one phrase ma ka 'olelo makuahine to describe herbs, but it also refers to where most of our herbs come from - the forest. At another level, several herbs growing together create their own little forest - where basil and rosemary stand as tiny "trees," and mint fills the understory as small "ferns."

Although the herbs we are featuring this week are not native to Hawai'i, they have been adopted as hanai plants for food and medicine here and around the world. In the cultures they are native to, these herbs are sacred. They are so important for physical ailments, as well as spiritual cleansing. We, too, find these plants to be so beneficial for our happiness and health. So grow, eat, and enjoy!

In this week's Hokeo Lau Nahele is:

Hokeo Hanai 'Ohana - all of the ingredients to cook scrumptious herb chicken dinner!

Hokeo Ho'oulu 'Ai - plant your own herb garden at home!

Hokeo Hana No'eau - 'ulu maika set. De-bark and sand your guava posts, finish your pohaku with some sanding, then play some 'ulu maika with your friends and family!

Mai Uka Ku'u Wa'a connects the uplands and the ocean through the culture of the canoe. For the last several summers, Ho'oulu 'Aina has been our pu'uhonua to share mo'olelo, to carve together, to cook together, to plant together, to sail together, to eat together and to birth canoes and communities together. This summer, each home and each 'ohana must become a pu'uhonua to perpetuate our culture.

To help perpetuate our cultural practices, we have prepared these hokeo as gifts for 'ohana to cook, plant, share mo'olelo, and carve at home! You will also receive a weekly packet with instructions, recipes, and activities for 'ohana to do together. **Everything is optional.** This is not like school, where the work can feel meaningless and is required, but it's for sharing 'ike kupuna and perpetuating our culture (and for fun too!).

Finally, we are inviting 'ohana to photograph or videotape their keiki and family engaged in their hokeo activities. You can post your images to social media with a special hashtag for Mai Uka families.

- IG/FB hashtag - #kuuhokeo
- tag line - @hoouluaina
- go to www.hoouluaina.com/moolelo to access Mai Uka activities, photos, and videos. To access page, go to Mai Uka Ku'u Wa'a icon. This page is password protected and only accessible to Mai Uka families. Password: kuuhokeo20

Mo'ō 'Olelo

Sharing the stories of our home and our kupuna

Ha'aulu 'Ai

What kind of herb is this? Add more herbs to this drawing so you have a forest of happy herbs. Then color using your pencils.



Mo'ō 'Olelo

Sharing the stories of our home and our kupuna

"Basil is also known as a powerful aphrodisiac."

The Story of Minthe

Many, many moons ago in the country of Greece lived a water nymph named Minthe. Minthe was a woman of immense beauty and everyone who laid eyes upon her admired her greatly, including the God Hades.

Hades – the great God of the underworld – wooed the beautiful Minthe, bringing her bouquet after bouquet of sweet-scented basil. (Basil seeds are known for its curative properties, but it is also known as a powerful aphrodisiac.) Armed with this knowledge, Hades took full advantage of the situation and created a space near the water's edge where he and Minthe could live.

One day Minthe was walking through her water garden and came upon an old woman with long gray hair and a scraggly face.

"You have dishonored me," the old woman said accusingly, pointing a withered finger at Minthe. "Do you know who I am?"

Minthe shook her head. She had never met the old woman.

"I am the Goddess Persephone – woman of Hades. You have wronged me. You will forever be destined to live on the soil – never to return to your watery home."

With that pronouncement, Persephone immediately transformed the water nymph into a low-lying plant forever bound to the land where she could be easily trampled on by passersby.

Unable to return Minthe to her original water nymph form, Hades experienced a great sense of loss. To honor his beloved, he sprinkled the plant with a sparkling, citrus smelling fragrance.

And to this day, when you crush the leaves of the mint an explosion of aromatic smells permeate the air, reminding us of the true beauty of the water nymph, Minthe.

Adapted from: <https://gardentherapy.ca/herbal-histories/> and <https://www.ancient-origins.net/history-ancient-traditions/sacred-plant-eternal-love-and-healing-mythology-and-magic-basil-009395>

Guiding Questions

- Can you think of a Hawaiian plant with similar aphrodisiac powers?
- Are there any songs, stories, or oli that name that plant?
- Think of a fragrant plant you are familiar with. Create a poem, song, or story that tells the mo'olelo of that plant. Be creative!



Let your imagination soar. Draw a picture from the **The Story of Minthe** OR write a poem or reflection about the mo'olelo.

Mo'ō 'Olelo

Sharing the stories of our home and our kupuna

Ha'auku 'Ai

Holy Basil!

Holy basil is a variety of the basil plant. It is revered in many religions particularly Hinduism. Holy Basil is considered sacred and is an earthly form of the goddess Tulsi.

Tulsi basil grows in India and other places in the world. In Hindu homes, it is placed prominently in the center of the family's courtyard.

Tree worship is not uncommon in Hindu religion. The Tulsi plant is one of the holiest plants. It is regarded as the threshold between heaven and earth.

In a traditional prayer, it states that the creator-god Brahma resides in its branches. All Hindu pilgrimages and the Ganges river flows in its roots. All deities are the stems and leaves of the Tulsi plant. The most sacred Hindu texts are found in the upper parts of it.

The Tulsi herb is the center of household religion and devotion particularly for women. It is the symbol of "wifehood and motherhood." A person who waters the plant everyday is believed to gain salvation.

Rituals involve watering the Tulsi basil and cleaning the area near the plant with water and cow dung, and making offerings of flowers, food, and incense.

"Holy basil is considered sacred."

Similarly sacred to Tulsi basil are cows in Hindu religion. That is why cow dung is used to fertilize the Tulsi plant. Cows are seen to be caregivers and represent the maternal figure. Hindus respect cows for their gentle nature but also for their strength. Every year a festival is held to thank cows and any agricultural implements that serves farmers.

Honoring the cows inspires people to be gentle and connects them to nature. The milk of the cow is believed to refine a person. The ghee (clarified butter) is used for religious ceremony and food. Cow dung is used as fertilizer, fuel, and to disinfect homes.

Both Holy Basil and Holy Cows are revered in Hindu religion.

Adapted from: https://en.wikipedia.org/wiki/Tulsi_in_Hinduism

Guiding Questions

- Can you think of a Hawaiian plant or a Pacific Island plant that is considered sacred?
- Do you know of any rituals associated with that plant?
- Is there a song, story, poem, or oli you can think of that tells the story of your plant?
- Do you know of any other religions that worship plants? Who are they?
- Are there any festivals you know of that honor plants or animals in your homeland?



Draw a picture. Write a poem, song, or story of a plant that is considered sacred in your homeland.

Hanai Kaiaulu

Feeding soil. Feeding our community.

Hanai Kaiaulu 'Ai

Growing Herbs

Instructions

Materials

- 1 herb bin with holes
- An assortment of no more than 4 herbs
- Soil
- Amendments

Preparation

- Fill the herb bin halfway with soil and amendments.
- Mix thoroughly.
- Make a small lua (hole) for each herb.
- Place each herb in a hole and cover with soil so the roots are no longer exposed.
- Say your pule, "E ola 'oe. E ola makou nei."
- Place your herb forest in a sunny spot.
- Water it daily and continue to offer pule and good vibrations.



Ho'okele

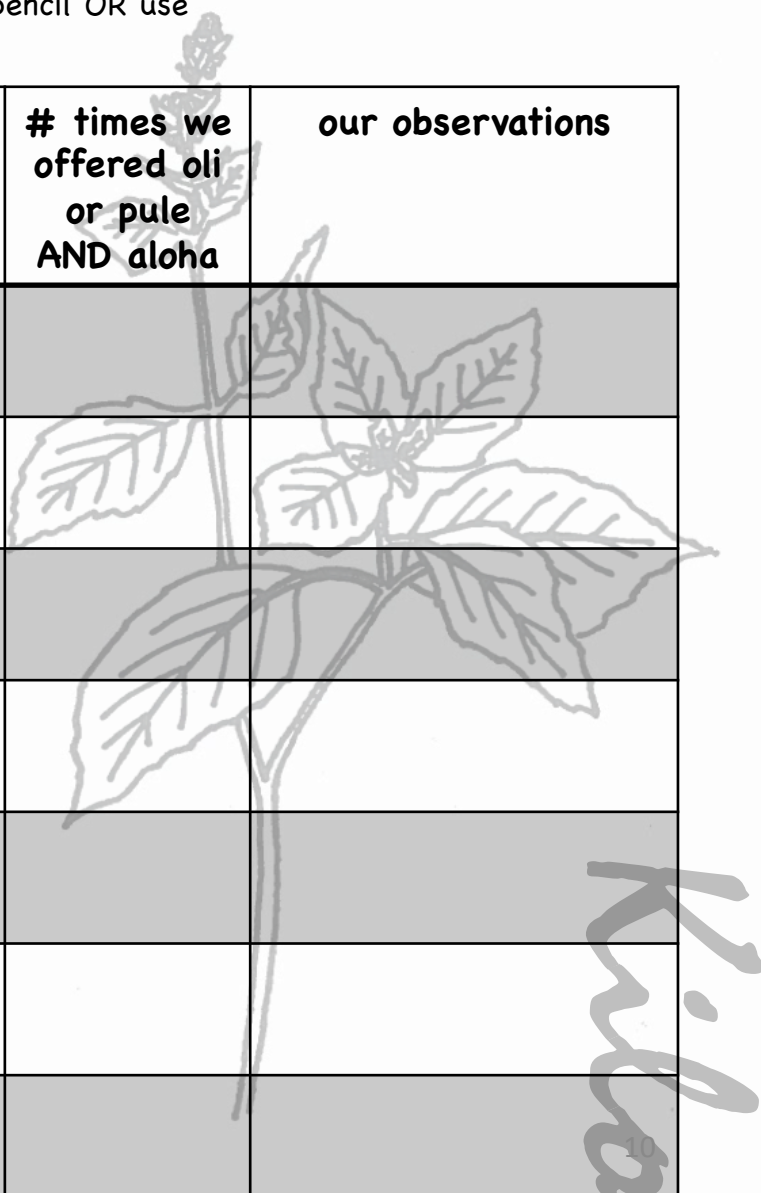
Knowing where we are, envisioning where we need to be, pulling up the island.

Herb #1 Name _____

Kilo Reflection

Observe and track the growth of your herbs. You will need a ruler and pencil OR use your kupuna's method of measurement, using your hands! Be creative!

date	herb name	how tall?	# times we watered	# times we offered oli or pule AND aloha	our observations



Ho'okele

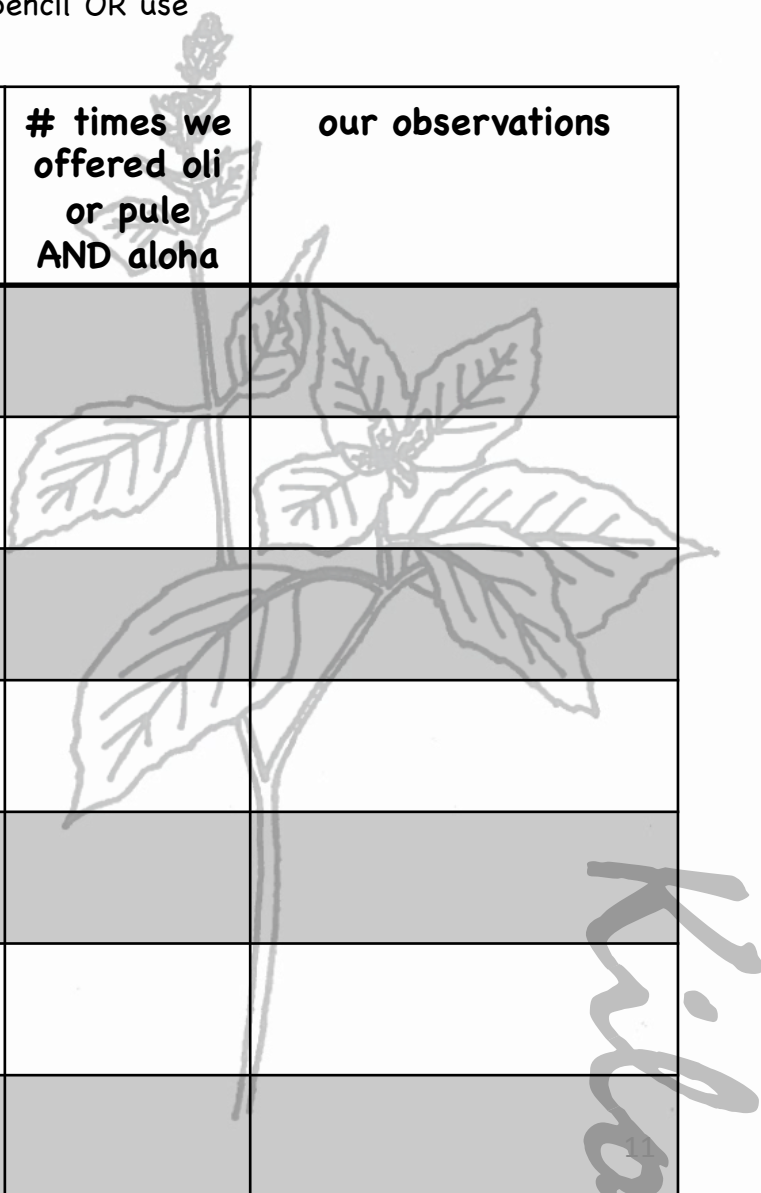
Knowing where we are, envisioning where we need to be, pulling up the island.

Herb #2 Name _____

Kilo Reflection

Observe and track the growth of your herbs. You will need a ruler and pencil OR use your kupuna's method of measurement, using your hands! Be creative!

date	herb name	how tall?	# times we watered	# times we offered oli or pule AND aloha	our observations



Ho'okele

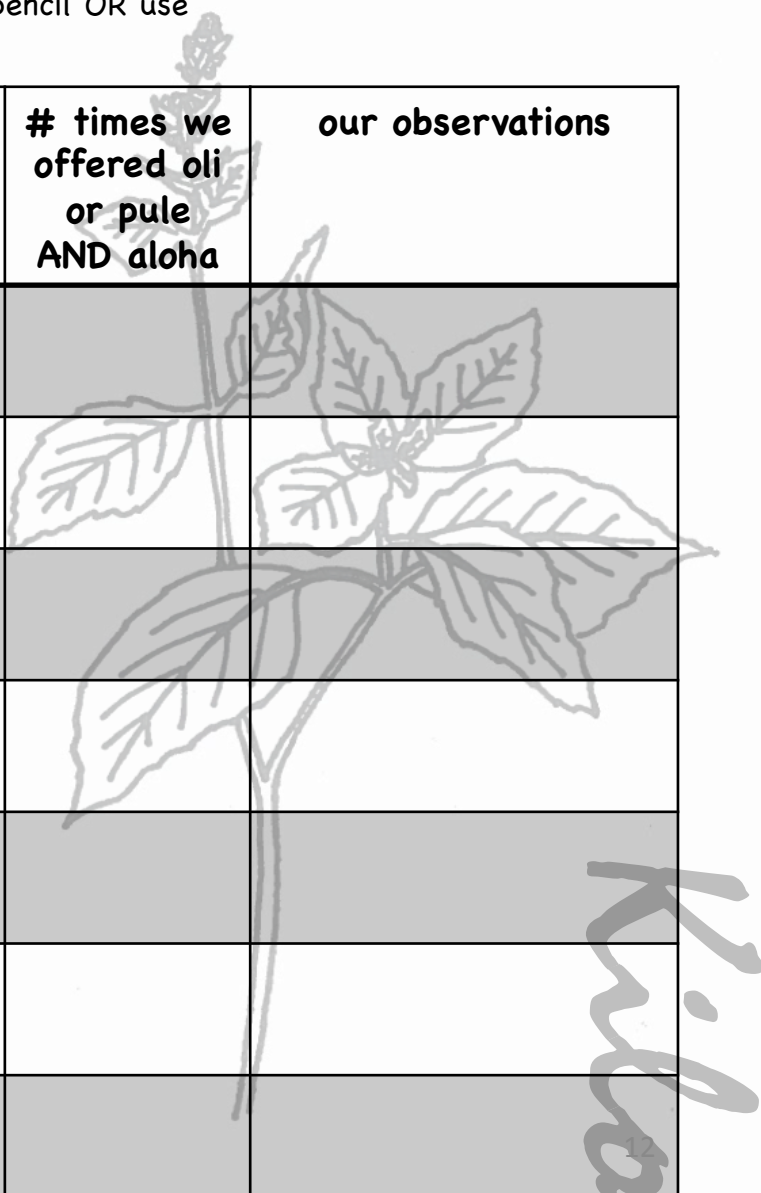
Knowing where we are, envisioning where we need to be, pulling up the island.

Herb #3 Name _____

Kilo Reflection

Observe and track the growth of your herbs. You will need a ruler and pencil OR use your kupuna's method of measurement, using your hands! Be creative!

date	herb name	how tall?	# times we watered	# times we offered oli or pule AND aloha	our observations



Ho'okele

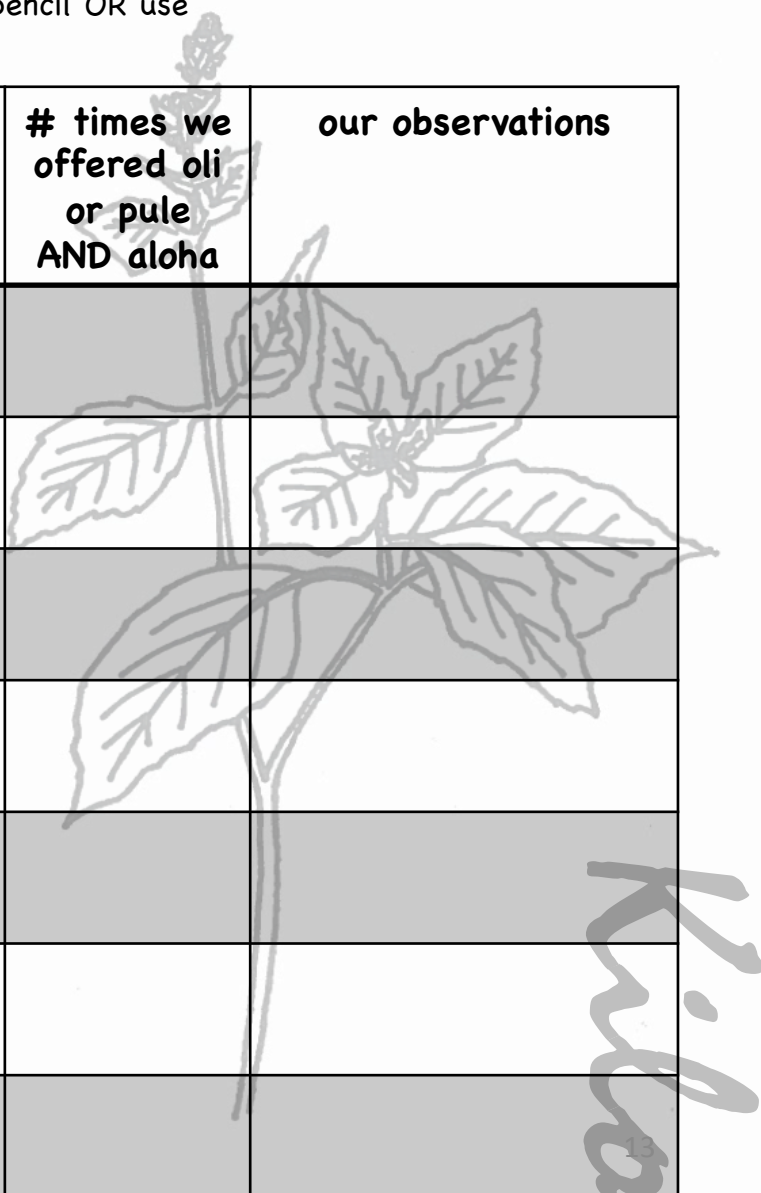
Knowing where we are, envisioning where we need to be, pulling up the island.

Herb #4 Name _____

Kilo Reflection

Observe and track the growth of your herbs. You will need a ruler and pencil OR use your kupuna's method of measurement, using your hands! Be creative!

date	herb name	how tall?	# times we watered	# times we offered oli or pule AND aloha	our observations



Ho'okele

Knowing where we are, envisioning where we need to be, pulling up the island.

Kilo Reflection

FREESTYLE KILO

Our space to draw, write a poem, reflect our herb observations...

(What is the weather like? sunny? rainy? windy? cloudy?)

Kilo

Ho'ola 'Ulu La'au

Restoring healthy relationship with our forest.

"Growing food. Growing farmers."

Herb Chicken

Recipe

Ingredients

- 2 lbs. boneless skinless thighs
- 4 T. rosemary
- 4 T. thyme
- 4 T. oregano
- 4 T. sage
- 5 cloves of garlic
- 2 tsp. salt
- 2 tsp. pepper
- 1/2 cup olive or avocado oil

Preparation

- Combine ingredients in a pan.
- Place chicken in pan.
- Marinate 1-2 days.
- Grill, bake, or fry chicken until thoroughly cooked.

Our notes...



Ho'ola 'Ulu La'au

Restoring healthy relationship with our forest.

Hana Ohana

'U L U

M A I K A

“'Ulu maika tests strength
and accuracy.”

The game of 'ulu maika tests the strength and accuracy of the player. Keiki to kupuna will love this outdoor, friendly competition where opponents challenge each other by rolling their stones between a pair of stakes.

Your 'ohana has received an 'ulu maika set. The stone or 'ulu was collected from Kalihi, and the stakes are made from guava wood harvested at Ho'oulu 'Āina.

Guava is invasive, but Ho'oulu 'Āina repurposes the wood producing beautiful implements such as walking and lomi sticks and 'ulu maika stakes.

If the bark of your guava is still intact, you can remove it by beating the bark (as you would beat kapa). You can use one of the stakes as a beater. The bark will easily peel away from the stake, leaving the wood exposed. This will only work if the guava stake has recently been harvested and the wood is still green.

If you receive your 'ulu maika set with the stakes debarked, you can choose to sand the wood, using sandpaper or simply pound the stakes into the ground and you're ready to play!

There are different ways to play 'ulu maika. Your 'ohana can choose, which option is best for your family.

Set Up

- Find a relatively flat surface in your yard or in a large grassy area.
- Pound the two stakes into the ground about 1 ha'ilima (12"-18") apart. More advanced players can shorten the distance between the two stakes as their skill level develops.
- The distance between the players and the stakes is relative and depends on each player's skill set. Beginners may wish to start standing 10 feet from the stakes while an advanced player will increase the distance.
- The idea is to set up the 'ulu maika set so everyone will feel excited about playing.

Ho'ola 'Ulu La'au

Restoring healthy relationship with our forest.

Hana Ohana

Playing the Game

- There are many ways to play 'ulu maika, and we have included a few options recommended by our resident 'ulu maika expert (among many things) – Uncle Maka.
- Option #1 – For younger children, pound 1 stake into the ground. Challenge your keiki to roll the 'ulu towards the stake to strike it. Count how many times they can do it!
- Option #2 – Have players stand opposite of each other as they roll their 'ulu between the stakes. The first person to roll his/her stone between the stakes 10 times is deemed the winner.
- Option #3 – Have players stand on the same side of each other. Take turns rolling your 'ulu between the two stakes. The player who rolls his 'ulu the furthest is deemed the winner.
- Option #4 – This option requires the players to dig a long trench. (This is not an option for many, but important to share.) During traditional times, players would stand in the trench and roll their 'ulu as far as they could. The player who rolled his stone the furthest was deemed the winner. This game did not involve the set up of stakes, but it did require strength.
- The main takeaway is to have fun! Create your own 'ulu maika course and share your photos with us!

"The half-grown bread-fruit, which is generally of a globular shape was much used in playing this game, and undoubtedly gave its name, 'ulu, both to the thing itself and to the sport."

- David Malo, Hawaiian Antiquities, 1903

Ho'ola 'Ulu La'au

Restoring healthy relationship with our forest.

Hana'au Ohana



Ho'ola 'Ulu La'au

Restoring healthy relationship with our forest.

Hana'au Ohana

