

Highlights from Hoolehua

2012 Quarterly Report
January-March

University of Hawaii, College of Tropical Agriculture & Human Resources, Molokai Extension Service and DHHL working together

It is to our advantage to farm! We have two crucial elements needed to farm:

1. The Land

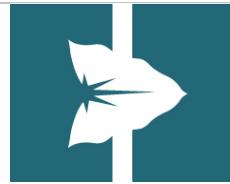
2. The Water

They were set aside for our Homesteaders years ago which means you have already overcome two of the three major obstacles!



College of Tropical Agriculture and Human Resources

University of Hawai'i at Mānoa



Extension & DHHL working together to support Hawaii's Agriculture on the Homestead – *Diabetes Awareness*

Got Diabetes? Know someone who does? Be on the road to living well with Diabetes was the theme for March at the UH CTAHR/DHHL booth at the Prince Kuhio Festival March 24, 2012.

When approached by UH State Health and Nutrition Program Specialist Julia Zee if I was interested in working on a project to help screen residents for diabetes, one might have thought this was outside the agriculture technician realm of work. Not me, I saw this as a way to promote good health amongst our farmers and also promote healthy eating to the remainder of the homestead.

A series of articles were run in the Molokai Dispatch on Diabetes Awareness from January to March leading up to the big event.

It was a great event and an even bigger success. Over 80 farmers and Hawaiian Home lessees stopped by to talk story and have their A1C levels checked. The A1C is a test that shows the average of your blood sugar for the last 2-4 months. Of the over 80

participants, five had A1C levels over 9. A healthy level is 6-7. Of the five with high levels, two were unaware that they were at risk and have met with the nurse and plan to follow up with their doctors.

So, what does Diabetes awareness have to do with healthy farmers? A LOT! Healthy farmers produce more food. The healthy food they are eating comes from the homestead. Healthy farmers producing healthy food for their community should mean a healthier community. For those who aren't on the homestead, what does a healthy farmer mean to you? It means MORE FOOD. Yes, fresh healthy food from the homestead, found at the local roadside stand, your Saturday market, or even at the local grocer. Support a healthy farm community. To find local produce just look for the "Grown on Molokai" label where ever you shop.

The Diabetes Detection & Prevention Project is an educational research project supported by the U.S. Department of Agriculture, National

Institute of Food and Agriculture, under Agreement No. 2010-45043-20898.

A special thanks to Julia Zee, Project Leader, University of Hawai'i at Manoa • Department of Human Nutrition, Food and Animal Sciences Cooperative Extension Service and her staff for bringing this program to Molokai.,

For more information on the partnership or other information listed in this newsletter, feel free to contact Jennifer Hawkins, UH CTAHR Molokai Extension Agent-DHHL at (808) 567-6935 or by e-mail at hawkinsj@ctahr.hawaii.edu.



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"Hoolehua is getting its BUZZ back!"

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On March 7, 2012, eleven homesteaders from Hoolehua graduated from the Molokai Native Hawaiian Beginning Beekeeping Class. The class, started in August of 2011, is a part of the Molokai Native Hawaiian Beginning Farmer Program. Sessions were based on teaching beekeeping for pollination rather than for honey production. Over the years, the number of feral hives on the homestead have decline, however, the planting of crops that require pollination is on the rise. To meet the demands of the local farmers, this class was



developed with the assistance of Dr. Ethel Villalobos and Scott Nikaido of the UH Honeybee Lab on the Manoa campus. For six months, producers attended in depth training sessions which utilized both classroom and hands-on field training. From class one, these producers were handling bees. The week after graduation, those producers ready to manage bees were provided the opportunity to conduct 6 local bee removals under the supervision of instructor/ agent-Jennifer Hawkins, CTAHR Molokai, and Molokai Beekeepers Brenda and Dennis Kaneshiro.

Round 2 of the Beekeeping program began on March 28 with an additional 11 producers enrolled. Graduates of Round 1 (below from left to right) Jorgen Busby, Ron Joao, Malia Busby, Tony Lauifi, Brenda Kaneshiro (Instructor), John Freeman, Jennifer Hawkins (Instructor), Faith Tuipulotu, Tanya Joao, Kyle Kaiama, and Marshall Joy. Not pictured are: Nani Kawaa and Cora Schanckenburg.

Hawaiian Homes Agriculture Education Program E-Newsletters Unveiled

Winter 2012 has been an exciting time for the program with the release of 3 e-newsletters. The e-newsletters include: ***Growing*** focusing on fruits, vegetables, and healthy living, ***Home on the Homestead Range*** focusing on livestock and forage production, and ***The BUZZ on MOLOKAI!*** focusing on farming for pollinators.

As the first newsletter was rolled out, I hit send and called it a day. To my surprise I arrived at work the next day to find my in box full of e-mails complementing the newsletter. Due to funds, only e-newsletters are available at this time, however, if there is someone interested in a copy of one of the newsletters, I am happy to print upon request and have you pick your copy up at the office. At this time most publications are print on request to save on both ink and paper.

 <p>College of Tropical Agriculture and Human Resources University of Hawai'i at Mānoa</p>	<h2>Growing Food, Growing Smart: Growing Healthy</h2>
	
A Newsletter of the Hawaii Cooperative Extension Service	
<i>July/August 2013</i>	
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INDEX THIS EDITION: <ul style="list-style-type: none"> Page 2 <i>How to grow cool season crops</i> Page 3 <i>How to grow cool season vegetables</i> Page 4 <i>How to build a raised garden bed</i> Page 5 <i>Understanding compost: How to make it and how to use it to reduce production costs</i> Page 6 <i>Organic growing: Fund, Smart, Healthy</i> Page 7 <i>Growing healthy flower</i> 	
	
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Melons: <ul style="list-style-type: none"> Gilian Teves <i>County Extension Agent</i> Arlan Arakaki <i>County Extension Agent</i> Sherrie Hawakau <i>EDEN Agent</i> 	
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A Newsletter of the Hawaii Cooperative Extension Service	
<i>July/August 2013</i>	

Risk Management

Risk Management was the topic of the Beginning Farmer Meeting on February 16. A powerpoint presentation was presented on Risk and Risk Management. After the presentation and a lengthy discussion about What is Risk? The class was asked to make a "Risk List" for Farming. The top 10 issues the class identified for farmers in Hoolehua include in no particular order:

- | | |
|---|--|
| 1. Lack of Market
2. Deer
3. Water
4. Insects/Diseases/Weeds
5. Theft | 6. Access to Equipment
7. Shipping
8. Weather
9. Organic Control
10. Competition |
|---|--|

When asked to prioritize the top 5 the results are as follows:

1. Pests (Insects/Diseases/Weeds/Deer)
2. Water
3. Access to Equipment
4. Community Marketing (ex. Salad- each producer raises a different component of the salad, they come together and build the salad and sell the finished, value-added item- "The Salad".
5. Shipping & Marketing

These gentlemen were willing to risk it all instead of playing it safe and both received farm tools in the Risk : Reward Activity.



START2FARM visits Molokai

On January 12, Jorie Porter of the National Ag Library in Washington D.C. landed in Molokai. Jorie was in Hawaii for the National Farm Bureau Conference. While at a conference in Denver last year, Jorie learned about the Molokai Native Hawaiian Beginning Farmer Program. She was so interested, that when she was here for the conference she flew over to spend the day. During her visit, Jorie met with several producers, toured several farms and met with the Beginning Farmer Participants. Since her visit she has kept in touch. Jorie continues to send updates on the latest deer management information that is being sent to the National Ag Library which serves as a clearing house for such information. Please visit the Start2Farm website at start2farm.gov. Our Molokai program should be a feature in summer 2012



Farm Planning

Eight producers have developed their production maps and eleven more are in the process of completing their production map. This is the first step in beginning the farm plan. Once the production map is complete, the producers have a better understanding of what they can produce in a given amount of time, on a set amount of land and can then begin building a budget and determining a market.

Molokai Native Hawaiian Beginning Farmer Program⁴

The Goal: To create 22 new farmers. We are now 11 farmers closer to completing this goal.

Objective 1: Conduct agriculture educational program to develop skills of beginning farmers by applying predominantly experiential and “learn by doing” teaching techniques to train participants in crop production and business management.

Objective 2: Conduct training on utilizing rental services for farm equipment needs and develop management notebook and equipment rental cooperative for homesteaders.

Classes & Workshops Conducted:

- START2FARM
- Effects of Environment on Yield
- World of Orchids
- Risk Management
- Do you have what it takes to farm?
- Soil & Soil Fertility
- You Really Want to Farm?
- Fundamental Concepts
- Production Mapping
- Seeds & Seeder
- Radish Patch Production Model

Successes

Class 1:

- 14 participants in class and field training: 42.8 % female
- 6 implemented Production Map
- 42% started farming
- Over 4.25 new acres of crops from participants, including eggs, butternut squash, bitter melon, eggplant, long beans, okra, wing beans, papaya, kabocha, watermelon, cantaloupe, sweet corn, and micro greens
- Mentoring of class 2 and 3 by class 1 participants
- 2 new markets developed from class 1

Successes

Class 2:

- 16 participants in classes and field demonstrations: 37% female
- 60% completed production map and have started production
- Mentoring from agents and class 1 participants
- Crops consisting of watermelon, papaya, kalo, herbal tea, bell peppers, corn, lots of varieties of lettuce and greens. We will soon have an ipu farm from class 2

Introducing Class 3:

- 14 participants enrolled, 3 dropped because of ag water issues
- 11 participants with 55% completion of production map in March
- Ground breaking of fields set for April

Round 2 Feature

2 Families ~ 2 Generations ~ Starting 2 Farms



Farming is about more than just food, it's
also about FAMILY!

Extending the Pollination Period- Part 2

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Pollinator seems to be a buzz word anywhere you go in the world these days. Many areas of the country are finding themselves with fewer and fewer pollinators. Here on Molokai, we are striving to keep the number of pollinators on the home lands on the increase. As we plant more and more crops that require pollination, the demand for the pollinators increases. Many are still asking, where did they go? Well, the answer may simply be, away to find food. As we clear more and more land, the natural habitat for our pollinators disappears and so do the sources for food and nectar that feed the pollinators when the crops are not in bloom. Yes, pollinators, such as our bees need a year round supply of pollen and nectar. Through our research we are trying to find ways to maintain the pollinators in the field for an extended period. In areas where the kiawe and christmas berry have been cleared, new plantings must be implemented to meet the needs of these insects that are so high in demand.

Lucky for Molokai, the Plant Material Center of the Pacific has a collection of plants that may just fit the bill for the pollinators. As major stakeholders in the area of Agriculture, the Natural Resource and Conservation Service PMC has teamed up with the Hawaiian Home Lands Agriculture Extension Program to conduct a pollinator study entitled: Increasing Crop Pollination Through the Establishment of On-Farm Pollinator Friendly Habitat Using Native Hawaiian Plants on the Hoolehua Homestead. Four plants have been identified to be studied for 2012-13. These plants are native to Hoolehua, and have proven to be great attractants to the honeybee and other pollinators.

Pictured above are additional plantings that have proven to be beneficial in providing food for pollinators and also acting as a cover crop or green manure crop for the farm (photos taken by Glenn Sakamoto/Jennifer Hawkins). On March 7, the PMC opened its gates for the Molokai Native Hawaiian Beginning Beekeeping Class and their guests for a tour of the plants and the work they have underway.

Sunn Hemp plots have also been planted at the UH CTAHR Applied Research and Demonstration Farm to determine the peak time for pollinator visits to determine how it can be used to extend the pollinators stay in the field.

Breaking New Ground



Securing the Future of the Hoolehua Farmer

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"I like that there are three instructors, with three different teaching styles. Glenn's teaching style is one that I am very receptive to because I really like absorbing the knowledge that he throws out there and he throws it out there at a fast rate. Alton is really hands-on...the kinesthetics. He wants us to get out and work in the field. Then there is the female perspective which is very important. Most of the farmers in the community have been male so it's good to have a different perspective. In the end, I want to pass this experience down to generations and they will see that the land is the same, but this will be a map of success. Through this I want to build up the community, talk to other farmers who can pass on their best practices while taking care of each other, the land, the water and using this class as a foundation for building the success of the homestead for generation and for the future of the farms."

-Marshall

"The best thing for me has been identifying and researching crops as a baseline and learning to make the decisions and how it all works together. The thing that sticks in my mind is the statement (made in class), "If it (the program) can bring in new farmers... bring it on! Because we can use such programs and then farming will be number one on Molokai!" Also, even though I missed a class, I met with the teacher at the radish patch and it was great to see all the steps taken in the production map just right there laid out. It brought it all together."

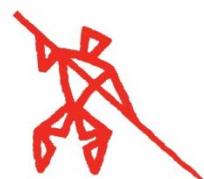
-Nyree

What makes a successful farmer? "Knowing what you like grow; focus and determination. Just keep moving forward and Go To Class! It's kind of like an athlete. You can be in good shape and not train and not get through the game. It's (farming) hands-on, his crops are new to him (the farmer), and it would be hard to start without the assistance and backup (resources) he has now."

-John

Presentations, Demonstrations, and Printed Materials Developed on behalf of Homesteaders.

- Developed power point presentations on the following topics:
 - Pollinators
 - Marketing
 - Risk Management
 - Biology of Honey Bees
- Began development:
 - Molokai Native Hawaiian Beginning Farmer Manual
 - Hawaii Beekeeping Manual
 - Ohana Homesteading Series
 - Small Farmer Gardening Series
 - Hawaiian Homes Agriculture Extension Program Logo
 - Hawaiian Homes Agriculture Extension Program Brochure
- Implemented the following demonstrations:
 - Teaching Garden
 - New Vermicomposting for By Product Fertilizer Demonstration
 - Pollinator Survey
 - Native Habitat for Pollinators Trial



Hawaiian Home Lands Agricultural Extension Program



College of Tropical Agriculture
and Human Resources
University of Hawai'i at Mānoa

Department of Hawaiian Home Lands



MOLOKAI
Native Hawaiian
Beginning Farmer
PROGRAM



HO'OLEHUA
Ohana Homesteading
PROGRAM

Calendar for 2012 April- June

Every Monday May-June- Small Farmer -Ohana Gardening Series

Every 2nd & 4th Tuesday- Molokai Native Hawaiian Beginning Beekeeping Class

Every Thursday- 4:15 p.m. Beginning Farmer Program Class

April 6

Educational Booth at Molokai Green & White Festival

April 18-19

Attend Western SARE Beneficial Pollinator Conference on Oahu with 1 Homesteader/2 PMC staff

April 23

Meet with HHC

April 25

Gardening with ALL Abilities Booth for Molokai Disability Fair

April 28

Molokai Swine Production Workshop/Field Day

May 2

Small Farmer- Ohana Gardening Orientation

Seed starting workshop

May 23

Molokai Beekeeping Field Day on West End

May (date TBA)

Poultry Workshop/Field Day

May 30-31

Possible Grazing Academy

June (TBA)

Beginning Farmer 2-day conference

Molokai Extension Service
69-1 Puupeeua Avenue
P.O. Box 394
Hoolehua, HI 96729

Phone
(808) 567-6935

Fax
(808) 567-6933

E-mail
hawkinsj@ctahr.hawaii.edu

*Helping Molokai become
more sustainable one
Homesteader at a time!*



We're on the Web!
See us at:
www.ctahr.hawaii.edu

DHHL Project Report
January-March 2012
Jennifer A. Hawkins/Glenn Teves/Alton Arakaki
Hoolehua, Hawaii

Department/County: CTAHR-Maui County
Source of Funding: Department of Hawaiian Home Lands
Project Title: Hawaiian Home Lands Agriculture Extension Program
% Time on This Project: 100%
Number of DHHL Farmers Enrolled in ONGOING Farm Training: 41

Homesteader Contacts by Hawkins

Hawkins strives to assist producers with field questions, identifying pest and disease problems, and providing the latest non-bias research based recommendations as needed. The Extension Agents provided practical knowledge, education, and assistance to homesteaders that can be applied on their farms, by means of phone calls, office and farm visits, and educational workshops.

- 313+ calls
- 47 office visits
- Responded to over101 incoming emails (does not include other email related to program)
- Conducted 24 farm visits
- Conducted 17 workshops for producers with a total of 163 in attendance.
- Mailed Highlights from Hoolehua newsletter to approximately 600 homesteaders with their water bill.
- Sent 4 e-Newsletters
 - The BUZZ on Molokai- Pollination newsletter- 17
 - Growing- Fruit/Vegetable newsletter-20
 - Home on the Homestead Range- Livestock Pasture Newsletter-5 emailed/16 hand delivered to Molokai Homestead Farmers Alliance Meeting
 - The Bee Buzz- Molokai Native Hawaiian Beginning Beekeeping Newsletter-11

Additional efforts:

- Worked with NRCS Plant Material Center to implement native Hawaiian habitat for pollinators study.
- Scheduled tour of Plant Material Center for producers.
- Worked with 4-H leader and farmer Viola Wichman to obtain new vermi-composter for demonstration and have referred 3 producers to her program.
- Attended Risk Management Seminar on Oahu.
- Spent two days at UH Manoa Honeybee Lab and Apiary in training for detection of Small Hive Beetle and Varroa Mite- joined by 1Hoolehua Homesteader
- Conducted Diabetes Awareness Booth with over 80 individuals screened