



Breadfruit Day Comes to Kahului

By: Tamara Sherrill



What to do with all that 'ulu?

We are excited to announce that this August, during the height of 'ulu season, MNBG will be hosting a new event: Lā 'Ulu (Breadfruit Day!). Long ago, 'ulu (breadfruit) plantations managed by complex Hawaiian hierarchies stretched from Lahaina to Wailuku¹. This is expressed in the 'ōlelo no'eau "*Halau Lahaina, malu i ka 'ulu.*" "Lahaina is like a large house shaded by breadfruit trees"². Many people on Maui today have no idea how delicious and versatile this ancient Pacific staple can be. Thanks to people like John Cadman, owner of Maui Breadfruit Company, 'ulu is making a comeback. In partnership with the Maui Breadfruit Company and Ulupono Initiative, the Lā 'Ulu celebration will be held at

Maui Nui Botanical Gardens on Saturday, August 26. Activities will include food booths, cooking demonstrations, Pacific 'ulu varieties for sale, research updates and horticultural information. Our traditional August multi-grower Native Hawaiian plant sale will be held at this event, along with entertainment, free cultural activities, and Hawaiian games.

'Ulu is two different foods depending on ripeness – at the firm stage, it's a starch that substitutes beautifully for potato; at the ripe stage, a sweet, creamy custard. Besides food, traditional uses include using fruits to feed pigs, dogs, and fish; wood for poi boards and surfboards; a rough kapa (*po'ulu*) from the bark; dye and sandpaper from the male flower parts; and a widely used adhesive from the latex⁸. A single 'ulu tree is fast-growing and can produce from 350 to 1,000 pounds of fruit per year! It's non-invasive, grows from sea level to 5,100 feet elevation, and provides deep shade³. Joseph Banks wrote in 1769, "regarding food, if a man plant 10 (breadfruit) trees in his life he would completely fulfill his duty to his own as well as future generations..." Banks was a botanist who, on Captain Cook's first voyage on the HMS Endeavor, first encountered 'ulu in Tahiti⁴. European explorers to the South Pacific in the

18th century were the ones who gave 'ulu its English name, "breadfruit", because they thought that the roasting fruit smelled like freshly baked bread⁵. Banks had an oversimplified romantic view of life in Tahiti commonly held by Europeans of that time. He wrote, "scarcely can it be said that they earn their bread with the sweat of their brow when their chiefest substance Breadfruit is procur'd with no more trouble than that of climbing a tree and pulling it down." Later Banks fostered the voyage of Captain Bligh to procure breadfruit trees to plant to feed British - owned slaves in the Caribbean, on which the famous "mutiny on the Bounty" took place⁴.

The history of 'ulu in Hawai'i is complex. In spite of taking a secondary place to *kalo* and *'uala*, 'ulu is deeply intertwined in the culture, from the uniquely

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Layout Editor, U'i Naho'olewa

Hawaiian ‘ulu maika bowling game, to the Nā ‘Ulu cloud that was first named on the Big Island for the cloud that forms every afternoon over Kona at the elevation where the Kona field system ‘ulu plantations extended for miles⁷. ‘Ulu is a primary staple in much of the Pacific, especially in the Marquesas, Samoa, Tonga, Tahiti, and Fiji, where more than 100 cultivars are named. Only one pre-contact Hawaiian cultivar has been recognized, a variety which corresponds to the Samoan ‘ulu e ‘a and is widespread on other island groups^{1, 6}. There are only inconclusive ideas about why this may be so, including the shorter fruiting season (6 months in Hawai‘i versus 10 months in other parts of Polynesia)⁶, and the possibility of a later introduction by Hawaiian voyagers^{1, 6}. Various similar Hawaiian legends attribute the origin of ‘ulu in Hawai‘i to a man or god buried; from his body grew the first ‘ulu tree to provide his family with food. ‘Ulu is one of the *kinolau* (body forms) of Kū, god of war, as well as his mother Haumea, patron of child-birth, and is sacred to Kāne, the god who introduced cultivated plants^{1, 8}. Planting an ‘ulu tree near the home at the birth of a child is common elsewhere in Polynesia to metaphorically and sometimes literally ensure a life-long food supply⁸.



John Cadman of Maui Breadfruit Company will share recipes August 26



‘Ulu can be sweet, here as a chocolate pudding base

Like each of Maui County’s native and canoe plants, the story of ‘ulu runs deep. Come to Breadfruit Day on August 26 and taste a bit of Hawaiian heritage. You may be inspired to find the perfect spot to plant your own ‘ulu tree for future generations.

1. CTAHR, 2004. Hawaiian Breadfruit: Ethnobotany, Nutrition, and Human Ecology.
2. Bishop Museum ethnobotany database, 2017. <http://data.bishopmuseum.org/ethnobotanydb/ethnobotany.php?b=list&o=1>
3. Ragone, 2006 in Elevitch, 2006. Traditional trees of Pacific Islands.
4. McKay, April 1974. Banks, Bligh, And Breadfruit.
5. Cadman, 2015. Breadfruit is making a comeback. In Living Aloha Magazine, July-Aug.
6. Whistler, 2009. Plants of the Canoe People
7. Hobdy, pers. comm., 3/29/17.
8. Handy, 2004. Native Planters in Old Hawai‘i.



‘Ulu can be savory, sautéed here with herbs in coconut oil

Upcoming Workshops

Saturday, May 27, from 9:00 AM to 3:00 PM: Kapa Making Workshop with Lisa & Lei

In this in-depth, hands-on workshop, students will learn special techniques regarding the cultivation and maintenance of wauke plants, the harvesting and processing of the fiber, proper tool design and use, and traditional practices for making cloth with skilled kapa makers, Lisa Schattenburg-Raymond & Lei Ishikawa. Workshop fee includes all materials. Cost: \$125, or \$100 for current garden members. Email info@mnbg.org for reservations.

Saturday, June 10, from 9:00 AM to 3:00 PM: Dye Making Workshop with Lisa & Lei

Participants will learn innovative processing techniques of many Hawaiian plants, and other materials, to produce traditional natural dyes used on kapa cloth! Lisa Schattenburg-Raymond and Lei Ishikawa will share information on identifying, collecting, preparing dyes, and the use of natural additives to manipulate color. Cost: \$125, or \$100 for current garden members. Call 249-2798 or email info@mnbg.org for reservations.

Saturday, August 5, from 9:00 AM to 12:00 PM: Kalo ‘Āi A Ko‘u Makua with Namea Hoshino

Participants will learn to huki kalo (harvest taro), understand the differences between ‘āina wai (wetland) and ‘āina malo‘o (dryland) varieties, and ku‘i kalo (pounding taro). A tasting of various kalo cultivars will also be included. Cost: \$50, or \$25 for current garden members. Email info@mnbg.org for reservations.

With Gratitude from Our Garden:

Ulupono Initiative for sponsorship of upcoming Lā 'Ulu event, Vanessa Medeiros for yard sign stakes, Malafu Contractors LLC. for wood chips, Maui Eko Compost for multiple compost and mulch donations, arborist Jeff Gray for dump truck services, Tom Takeuchi for garden gloves, Anna Mae Shishido for volunteer drinks, Cindy Singer for volunteer drinks, Shirley Miyasaki for towels and rags, Maggie Sniffen for gardening gloves and rags, plates and work horses, Connie Luk for garden gloves, Anne & Bill Ripperger for 5-gallon buckets, Janet Allan for volunteer drinks, Native Nursery for donation of 'ohe makai, Kaiser Permanente Hawaii for paint and tools, and Maui Forest Bird Recovery Project for kanawao, kōlea, 'a'ali'i, and 'ōhi'a lehua seeds.

MNBG Contributions to the Community:

Hawaiian Islands Land Trust ('ihi, 'ohai, wiliwili, hame, keahi, kāwelu, hunakai), DLNR Natural Area Reserve System (*V. o-wahuensis*, *B. menziesii*, *V. marina*), Hālau Pā'ū o Hi'iaka ('ohai, 'ōhi'a 'ai, 'ahu'awa, pā'ū o hi'iaka, pōhinahina, 'ipu, 'ōhelo kai), Hālau Wehiwehi o Leilehua (wauke), Hālau Na Lei Kaumaka O Uka ('olena, pia, awapuhi), Kula Elementary School (kalo, 'ākulikuli, nehe, 'ōhelo kai, pōhinahina), Ha'ikū Elementary School ('ilie'e, 'ōhelo kai, 'ohai, 'ākulikuli, mau'u 'aki'aki, pōhuehue), Seabury Hall (kalo), Kealia Pond National Wildlife Refuge (*I. byrone*, nehe, *P. molokiniensis*, nanea, 'ākulikuli, 'ōhelo kai, *K. littoralis*, naio, aweoweo), NTBKG/Kahanu Garden (*K. littoralis*, nānū) and Kamehameha Schools Maui (wauke).

Mahalo to our Interns & Volunteers:

Justin Lee, Charleston Mahi'ai Jr., Lance Okrasinski, Eldaine Gojoneira, Jenver Aguinaldo, Tamulei & Kui Ross, Justin Santiago, Cherlyn Cordero, Dustin Wright, Kaipō Park, Kevin Carvalho, Joshua Frick, Karen Pollard, Ivy Luedtke, Eric Burgess, Erika Magarifuji, Keiki O Ka 'Aina/Pauahi Scholar volunteers, and the employees of Hawaii Permanente Medical Group and Maui Memorial Medical Center.

Wish List

- Garden gloves (all sizes)
- Rakes (leaf or landscaping)
- Medium sized picks
- Shovels
- Sickles
- Hand pruners (clippers)
- Outdoor tables & chairs
- Hawaiian Miles (for interisland travel for staff training)
- Handicapable gardening tools: for ideas, visit <http://disabilityworktools.com> and click "Gardening"

**If you would like to contribute to the purchase of one or more of these items please call 808-249-2798.*

Pots: We are no longer accepting drop offs of used plastic pots. If you have new or used cement or ceramic pots to donate, please give us a call and we will be happy to arrange a pick up.

NEW! Check out MNBG's wish list on AMAZON by visiting this link: <http://a.co/eWBZKw3>



MAUI NUI
BOTANICAL GARDENS

MISSION STATEMENT

The mission of the Maui Nui Botanical Gardens is to foster appreciation and understanding of Maui Nui's plants and their role in Hawaiian cultural expression by providing a gathering place for discovery, education, and conservation.



Give Online! Make a donation, pledge or renew your membership by visiting www.mnbg.org and clicking on "make a donation".

Garden News

Mahalo e Kaiser Permanente Hawai‘i!

On Monday, January 16, while many had the day off to celebrate Martin Luther King Day, 170 volunteers reported to Maui Nui Botanical Gardens for the 2017 Kaiser Permanente Hawaii Annual Day of Service. Maui Nui Botanical Gardens is deeply grateful to Hawaii Permanente Medical Group, who coordinated the event, and Kaiser Permanente Hawaii, which provided a \$2,300 grant to MNBG for new tools.

The physicians, providers, staff, and their family members who participated, including several leaders from Maui Memorial Medical Center – helped MNBG significantly by planting a new Hawaiian medicinal garden, taking on painting projects, improving the sugarcane collection, moving gravel, and preparing plant materials for future school visits.

Mahalo nui to these volunteers and to MNBG’s “Weed and Pot Club” volunteers for helping us lead the projects. We also wish to thank Jeff Gray, Arborist, for trucking, Maui Eko Compost for donation of mulch, and Grow Some Good for loaning garden tools.



Legacy Tree Planted at Arbor Day 2016

With the help of Maui Electric Company, MNBG gifted more than 1,000 Hawaiian trees to the community at the annual Arbor Day 1,000 Hawaiian Tree Giveaway held in November 2016. Event sponsors commemorated the occasion with a ceremonial planting of an ‘ohe makai (*Polyscias sandwicensis*). ‘Ohe makai is one of the few native Hawaiian trees that seasonally sheds all of its leaves. Although it has become rare in its natural habitat, it can still be seen in Maui, on leeward Haleakalā. Mahalo nui to the County of Maui and the entire team at Maui Electric Company!

Pictured Left to Right: David Sakoda (Maui County Arborist), Tamara Sherrill (MNBG Executive Director), Jesse Joao (Maui Electric Company Field Operations Supervisor), Norman Nagata (Arbor Day 2016 Honorary Chair), and Rob Parsons (County of Maui Environmental Coordinator).



Guided Tours & Activities

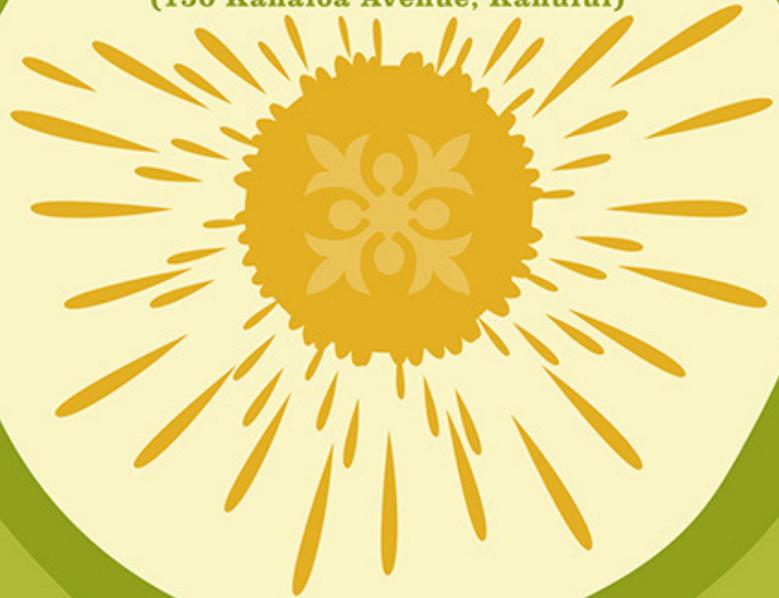
MNBG’s staff and volunteers led guided tours and cultural activities for many residents, visitors and schools this season. Visiting schools and programs included MEO preschool, Imua Family Service Preschool, Tutu & Me Traveling Preschools, Kahului Elementary School Kindergarten, Waihe‘e Elementary School 5th Grade, Lāna‘i High & Middle School 8th Grade Band, Baldwin High School’s Workplace Readiness Program, Maui High School Students, Kamehameha Schools Maui Staff Huaka‘i Program, UH-MC’s student leadership conference participants, UH-MC’s Hawaiian Ethnobotany classes, UH-MC’s Photography class, UH-MC Biology 101, UH-MC’s Mu‘o A‘e Program Participants, UH-MC Environment & Ecology Class, UH-MC Maui Language Institute, Maui Family Support Services, Travel for Teens, and Kaunoa Senior Center Lahaina.

Group tours and cultural activities at MNBG are available by appointment only. Call 808-249-2798 or email info@mnbg.org for reservations at least 2 weeks in advance. Contact the Gardens office for student and nonprofit rates.



U L U

Breadfruit Day
MAUI NUI BOTANICAL GARDEN
(150 Kanaloa Avenue, Kahului)



**HAWAIIAN
PLANT +
VARIETIES
SALE!**

**FREE
COMMUNITY
EVENT!!!**

Come learn, share & try 'Ulu (Breadfruit)!
SATURDAY, AUGUST 26TH · 9AM-3PM

LIVE ENTERTAINMENT - HAWAIIAN CULTURAL ACTIVITIES
COOKING DEMONSTRATIONS - EXPERT INFORMATION ON 'ULU

For more information and full schedule of events visit,



WWW.MNBG.ORG



Dedicated to restoring Breadfruit as a major food crop in the Hawaiian Islands.

**Presented by: Maui Breadfruit Company, Maui Nui Botanical Gardens,
Ulupono Initiative, and the Maui Office of Economic Development**

The Garden View

Banana kāhuli (mutants) in the Garden by Kaulana Pu'u



This *mai 'a* (banana) is a *keiki* (offspring) of a variegated *Manini* cultivar. It is normal for *Manini keiki* to have some white stripes along the green leaves, but to be completely lacking of chlorophyll, the cells in plants that give them their green color and produce nutrients through photosynthesis, makes this *keiki* a freak of nature.

This offspring will either die of malnutrition or become a parasite on the other *mai 'a* that is attached to the same root clump. However, the chances of becoming a parasite are very slim and will not stop the *mai 'a* from producing more *keiki* and continuing its lifecycle.

Kalo 'Āi A Ko'u Makua

by Namea Hoshino



From the origin of *Hāloanakalaukapalili* a stillborn child of *Wakea* (Father Sky) & *Ho'ohokukalani* manifest into the first *Kalo* (taro) plant. Later, a second child was born named *Hāloakanaka* who became the first human. For centuries, Native Hawaiians have continued to share the oral history of *Hāloa* and the ancestral knowledge of *kalo* cultivation in Hawai'i.

It was estimated that 325 *kalo* varieties once existed in Hawai'i before western arrival. Today, approximately 80-90 remain. I will be conducting a workshop on Saturday, August 5th, called "*Kalo 'Āi A Ko'u Makua*" (Kalo that feeds me is my parent). For more details, see page 2.

Seed Banking

by Joshua Frick

Hello. My name is Joshua Frick and I serve with Maui Economic Opportunity AmeriCorps program at MNBG as the Seed Banking Assistant. At first glance the work I do doesn't seem too exciting. I sit at a desk and count out individual seeds from many species of plants. Some are large and easy to count (such as *Canavalia pubescens* or 'Āwikiwiki). Others are so small you may want a microscope. I then take the seeds and plant a sample to see if the seeds are viable. Then I wait...and wait. For weeks I may have to wait before they start to germinate. Then I start counting seedlings. In one day I could be counting 1000 or more seeds and plants! However, there is more to



it that makes it more interesting and enjoyable. I'm working with many native endangered plants! Being a biologist, I am constantly concerned with the preservation of ecosystems for future generations to enjoy. The most exciting thing I see which gives me the drive to continue each day is looking at an endangered plant that's starting to germinate and thinking "I am preserving this species!"

Volunteer Central



Welcome to Americorps members Joshua Frick and Erika Magarifuji, MNBG's seed storage technicians for 2017.



W&P Members, Paul & Gloria, planting Kadua in the pollinator garden at Kealia National Wildlife Refuge.



YMCA future gardeners enjoy a rainy tour of our Native plant collection.



If you love working with native plants, you'll love the Weed & Pot Club! This volunteer gardening group meets every Wednesday morning, from 8:30 AM to 10:30 AM. Spend your morning helping the Gardens thrive through weeding and propagation. Come prepared to work with covered shoes and gardening attire.

Mahalo Weed & Pot Club

Anna Mae Shishido	Gloria Adlawan	Maggie Sniffen	Robert Pitts
Becky Lau	Janet Allan	Paul Kastner	Robin Yamashita
Cindy Singer	Jennifer Rose	Perrisa Kilmer	Tom Takeuchi
Connie Luk	Linda Tesar-Amimoto	Phyllis Sato	Enid Sands
Darryl Amaral	Málie Unabia-Verkerke	Raymond Higashi	Stephanie
Diane Carr	Mikki Clark	Renee Leiter	Seidman-Czar
			Vilma Seiler



MNBG appreciates Kaunoa's RSVP partnership for its support of MNBG volunteers. Like MNBG, Kaunoa provides opportunities for people 55 and better to learn and grow through a variety of programs throughout Maui Nui.

Call (808) 270-7986 for more information.

Check Out What's Blooming!

Hinano

Hinano is the Hawaiian name for the male flower of the hala tree (*Pandanus tectorius*). In ancient Hawai'i, it was used as an aphrodisiac. A person would pick the entire stem of flowers and chase their love interest with it. Upon catching them, the pursuer would beat the chased on the head with it. The pollen freed by this action, covered the head and would cause the pursued to fall in love. The sweet smelling pollen was also used to preserve feather cloaks and lei.



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Charlie Lamoureux
Bob Wagstaff

We are extremely grateful to all who have made donations to the Gardens over the years.
We make every effort to assure an accurate membership list; however, if your name was omitted or misspelled, please contact us at info@mnbg.org and we will be happy to update our records.

Shop at AmazonSmile
and Amazon will make a donation to:
Maui Nui Botanical Gardens
Get started at
www.smile.amazon.com/ch/99-0320418


 **Become a friend of Maui Nui Botanical Gardens on Facebook!**
Receive updates on upcoming events, volunteer opportunities, and learn more about Hawai'i's unique plants within 'MNBG's Hawaiian plant of the day' photo album!
www.facebook.com/mauinuibotanicalgardens

SAVE A TREE!
If you would like to receive your newsletters via email, please email us at info@mnbg.org.
You may also view them on our website at : www.mnbg.org



LOCATION & HOURS

150 Kanaloa Avenue
Keōpūolani Park, Kahului
Across from the
War Memorial Sports Complex
Monday-Saturday
8:00 am - 4:00 pm*
Closed Sundays & Major Holidays
*Weather permitting

GROUP RESERVATIONS

Reservations are required for group activities.

CONTACT INFORMATION

Mailing: P.O. Box 6040
Kahului, HI 96733
TEL: (808) 249-2798 FAX: (808) 249-0325
Email: info@mnbg.org
Website: www.mnbg.org

MAUI NUI BOTANICAL GARDENS
P.O. Box 6040
Kahului, HI 96733

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Visit us on the web at: www.mnbg.org



**Summer Kapa & Dye Making Workshops
scheduled! See Page 2 for details.**

SUPPORT THE GARDENS & HELP NATIVE PLANTS THRIVE

Kupu means to sprout or grow. Just like the kupukupu ferns, you can help the Gardens grow through donations, memberships, bequests or by volunteering. Your contribution helps to ensure the survival and perpetuation of native Hawaiian plants and culture.

DONATE

Donations of monetary or in-kind contributions are greatly appreciated.

To contribute, please fill out the enclosed donation envelope, call 249-2798 or visit www.mnbg.org to donate online.

MEMBERSHIP

Yearly memberships help to fund important botanical and educational programs, research and conservation efforts. Fill out the enclosed donation envelope or call 249-2798 to become a member.

LEAVE A LEGACY

Play a lasting part in protecting Hawai'i's native plants through planned giving. Consider making a bequest to the Maui Nui Botanical Gardens in your will or trust. Call 249-2798.

VOLUNTEER

Give a gift of time. Volunteering at MNBG helps the Gardens accomplish many projects and also gives you an opportunity to learn about and work with native plants.

Join our Weed & Pot Club every Wednesday morning from 8:30 am - 10:30 am.

Call 249-2798 or visit www.mnbg.org for more information.