

Sustainable Aloha

It's a Lifestyle...

Inside:

Farmer's Markets
Voluntourism Opportunities
Restaurants Featuring Locally
Sourced Ingredients
Candidate Profiles Election 2018

Research - Analysis - Insight - Advocacy - Solutions



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Cover photo by Alana Kay. This photo was taken at Kumu Farms on Hwy 30 in Waikapu, Maui, Hawaii

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A Note From the Publisher

The 2018 Election season is upon us!! Familiar faces are leaving office and new faces are stepping up to the plate. This, the summer issue of Sustainable Aloha (SA) features candidate profiles and a listing of all who are running for offices in Maui county. The good news is that the ballot is much greener than in earlier years.

Electing officials who care about the environment and the economy is only one part of the sustainability equation. Without the active participation of the constituency, the weight is too much to bear for a small group of officials and environmental groups.

Everybody has a role to play in keeping Maui County sustainable. As always, this issue of SA contains lots of juicy information that is easy to understand and critically important. We need to have tourists on board with conservation efforts as well.

While SA serves the purpose of arming the community with important information, we are also committed to helping facilitate the dialog between groups by talking to their leaders. We will continue to share their thoughts in this and future issues.

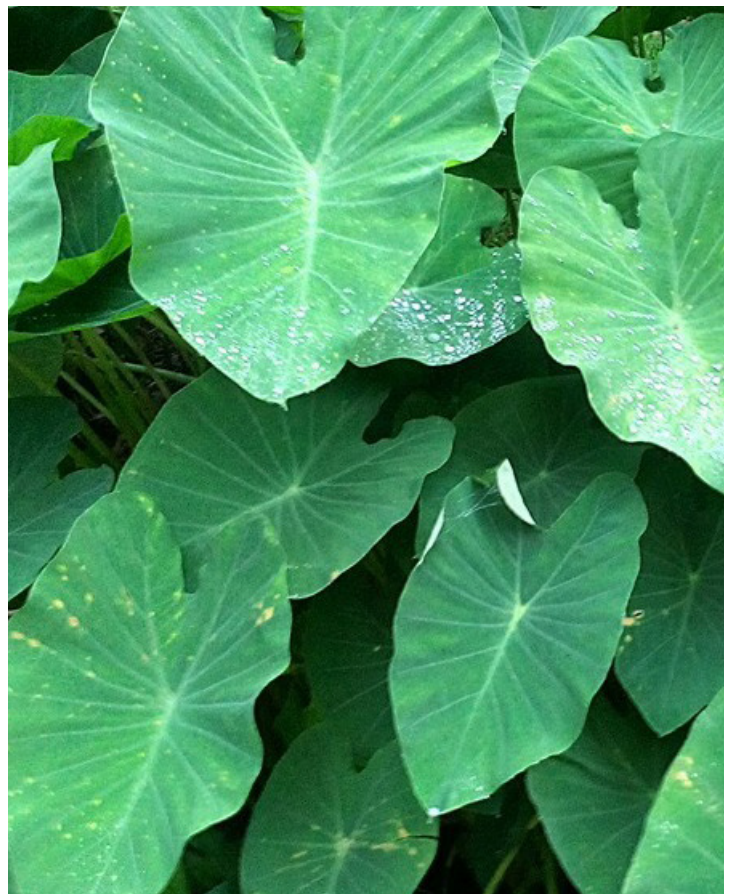
It is my hope that once my readers feel better informed, they will show up in greater numbers at the polls. Only then will we experience real progress.

As always, please send in your editorial



comments and questions and we will be sure to get them into the next issue.

A handwritten signature in black ink, appearing to read 'A. Kay'.



Ideas expressed in Sustainable Aloha (SA) by our variety of writers, advertisers and artists are not necessarily the views of the organization.

We vow to do our best to deliver honest and accurate information. If you find something in SA that you believe is inaccurate, please contact our staff at:

info@sustainablealoha.solutions
Mahalo

Mission Statement:

Seeing the need for a coordinated effort between residents, visitors and government to create/re-create a sustainable Maui Island, we are providing an information hub for expression, discovery, analysis and idea sharing with our on-line and in-print publications.

We believe that everybody has a role to play in sustaining our natural resources and believe that it is important to equip people with an abundance of information so they may make decisions and take necessary action.

We further emphasize that sustainability is an ever-evolving concept that requires a systems approach in order to be successful. All aspects of our lives are intertwined and inseparable - from natural resource services to the economy and everything in between.

Engaging in an open forum concept of problem solving, Sustainable Aloha is committed to being a beacon to that is always fertile, inspirational, life-giving and life affirming.



A

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with plot twists and turns.

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Doing Their Part Green Architectural Designer and Builder, Steve Joliceour and His Wife June are on a Mission.

How is the eruption of Kilauea impacting their journey? For a couple who has learned to expect the unexpected, this may seem to be just another adventure.

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Restaurants Featuring Locally Sourced Ingredients.

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Roundtable: Interviews

By Alana Kay

This column will be devoted to presenting the various perspectives on the many on-going stories in Maui County.

There are always many facets to a story, notwithstanding the shadows, or not so obvious components. Viewpoints or perspectives are wrought of a combination of wisdom, experience, intention, and exposure to name a few. That said, it stands to reason that each person involved in solving a problem is going to bring unique ingredients to the table.

In a Forbes Magazine article entitled *Why Understanding Other Perspectives is a Key Leadership Skill*, author Steffan Surdek suggests that "...the biggest trap of perspective-seeking is reaching out to people who have the same point of view as you as a way to validate a hard decision you want to make. The richness of using this skill is actually hearing from the people who may have a different point of view than you and discovering potential blind spots or new things to consider."

When concerned parties become polarized, the result is gridlock. We are experiencing this on Maui Island and if you watch the news, you will see it on the national level as well.

The most important story at this time is likely the future of the central valley, which had been home to Hawai'i Commercial and Sugar (HC&S) for 145 years. Water and stream diversions are probably a close second, with housing shortages and injection wells running but a few steps behind.

Making Progress

Of the many issues involved in moving forward with the resurrection of the central valley, water is paramount. Water rights have been hotly debated and litigated in recent decades, with a significant court case returning full stream flow to 17 East Maui streams that have been diverted for sugar cane farming since the 1800's.

In an effort to further resolve differences with regard to water distribution and use, in June of this year, Sustainable Living Institute of Maui (SLIM) co-sponsored the East Maui H2O Roundtable event which brought together a wide variety of people to discuss the future of freshwater resource management from the East Maui Watershed. Those in attendance included representatives from Alexander and Baldwin (A&B) and East Maui Irrigation (EMI), water resource management professionals, environmentalists, non-governmental organizations (NGOs), conservation professionals, as well as Native Hawaiian farmers and practitioners. Different points of view were shared openly and discussed

KULEANA

OPPORTUNITIES TO
VOLUNTEER

Leilani Farm Sanctuary www.leilanifarmsanctuary.org

Join us on Monday and Wednesday mornings at 9:00 a.m. to help out at the farm. Projects may include cleaning the barn, gardening, carpentry, spreading wood chips, animal grooming, handyman jobs, deck cleaning, tree trimming, manure collection, weed whacking, mulching, window washing, cleaning rabbit pen, grass cutting, chain sawing, chipping, painting, concrete work, trail maintenance, invasive plant removal, fence installation/repair, and more. Your help will make a meaningful difference to the animals and visitors at Leilani Farm Sanctuary. To participate, please email your RSVP to info@leilanifarmsanctuary.org

Auwahi Forest Restoration Project www.auwahi.org

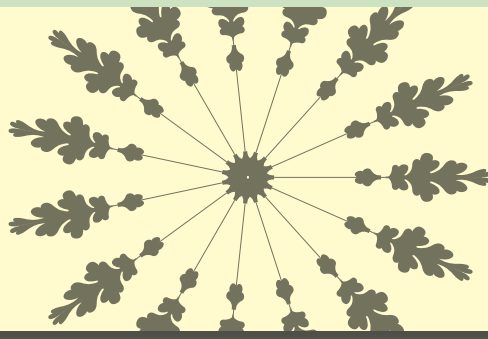
Disproportionately impacted by grazing, wildfire, and displacement by agriculture and human settlements, tropical leeward forests are among the most critically threatened of ecosystems in Hawai'i and worldwide. Despite their degraded state, Hawaiian leeward forests remain important refugia harboring high numbers of threatened species including over 25% of Endangered Hawaiian plant species.

Auwahi leeward forest was previously known to be among the most diverse of Hawaiian ecosystems. Currently, Auwahi is among the world's most endangered tropical dry forests with 9 species listed as Endangered with USFWS and 7 listed as endangered with IUCN Red List status. Culturally, leeward forests are highly valued by native Hawaiians for ethnobotanical source materials, especially durable hardwoods for tools and weapons, and species with utilitarian, medicinal or religious significance. Please go to their website to sign up to be a volunteer and to see the schedule.

Pacific Whale Foundation www.volunteersonvacation.org

Volunteering on Vacation is a free program that makes it easy for Maui visitors and residents to help protect Maui's unique and fragile forests, shorelines, beaches and open lands. These programs are offered as a community service by the Pacific Whale Foundation.

Haleakala National Park Project: There's no other place on earth like this unique ecosystem! Project includes free transportation from two convenient locations, free park admission, hiking, removing invasive plants and a visit to the summit. (Continued on next page)



Pacific Whale Foundation continued...

Hawaiian Islands Land Trust: Visit Waihee Coastal Dunes and Wetlands Refuge, a remarkable coastal area rich in Hawaiian history and bird watching. Help clear invasive weeds in this unique area.

Malama Honokawai: Among Hawaiian archaeological sites in beautiful Honokowai Valley, learn about Hawaiian culture as you help remove invasive weeds and possibly plant native species.

Hoaloha'aina: Work along South Maui's scenic coast, maintaining an ocean-side trail, restoring sand dunes, picking up litter and removing invasive species.

O'o Farm: Lend a hand with farm chores at an exquisite organic farm in the misting forest of Waipoli in Upcountry Maui.

Beach Clean-ups: Clean up your favorite Maui beach! Gloves, bags and marine debris data sheets provided.

Learn more about volunteer projects.

Sign up for one that fits your schedule and interests.

Call Pacific Whale Foundation at:

(808) 249-8811 ext. 1

Daily, 6am - 9pm HST

Waihe'e Coastal Dunes and Wetlands Refuge www.hilt.org

The Land Trust took fee ownership of this very sensitive 277-acre site in 2004. Active restoration programs have enhanced critical native wildlife habitat, while preserving the area's rich archaeological and cultural resources. Once populated with two thriving ancient Hawaiian villages, an extensive inland fishpond and several heiau, the Waihe'e Refuge is among the most significant cultural sites in the state.

As a testament to the returning health of the ecosystem, eight different endangered species have taken up residence at the Refuge in recent years. With the wetlands primarily cleared and habitat-appropriate plants now thriving, the area is host to many





Hosmer's Grove Upcountry Maui

**Maui County Farmer's Markets...

Re
Locally S

Maui Island:

Farmer's Market of Maui-Kihei
61 S. Kihei Rd., Kihei
Mon-Thurs 8 a.m. - 4 p.m.
Fri 8 a.m. - 5 p.m.
808-875-0949

Upcountry Farmer's Market
Kula Malu Town Center
55 Kiopaa St., Pukalani
Sat 7 a.m. - 11 a.m.

Ono Farms Farmstand
Hana Town Center
Daily 10 a.m. - 6 p.m.

Hana Fresh Farmer's Market
4590 Hana Hwy., Hana
Mon - Fri 10 a.m. - 2 p.m.

Napili Farmer's Market
4900 Honoapiilani Hwy., Lahaina
Wed & Sat 8 a.m. - 12 p.m.

Kula Country Farms
6240 Kula Hwy., Kula
Tues - Fri 10 a.m. - 5 p.m.
Sat & Sun 10 a.m. - 4 p.m.

Lipoa Farmer's Market
95 E. Lipoa St., Kihei
Sat 8:30 a.m. - 10:30 a.m.

Kumu Farms at Maui Tropical Plantation
1670 Honoapiilani Hwy., Wailuku
Tues - Sat 10 a.m. - 4 p.m.

Launiupoko Farmer's Market
Launiupoko Beach Park, Lahaina
Honoapiilani Hwy. at Kai Hele Ku St.
Sat 8 a.m. - 12 p.m.

Molokai:

Kumu Farms
551 Huaai Rd., Kualapuu
Tues - Fri 10 a.m. - 4 p.m.

**Not all produce is locally grown and organic. Some produce is grown on Maui Island and some comes from other Hawaiian Islands. Please consult individual farmer's markets for accurate information.

Restaurants Featuring Locally
Sourced
Ingredients:

Upcountry
Colleen's
810 Haiku Rd. Haiku 96708
Colleensinhaiku.com
808-575-9211

Maui Kombucha
810 Haiku Rd. #202, Haiku, HI 96708
Mauikombucha.com
808-575-5233

Haili'imaile General Store
900 Hali'imaile Rd., Makawao, HI 96768
Hgsmaui.com
808-572-2666

Restaurants Featuring Sourced Ingredients

North Shore Maui

Hana Ranch Provisions
71 Baldwin Ave, Paia, 96779
808-863-368
Facebook.com – hanaranchprovisions

Paia Fish Market
100 Baldwin Ave, Paia 96779
Paiafishmarket.com
808-579-8030

Mama's Fish House
799 Poho Place, Paia 96779
Mamasfishhouse.com
808-579-8488

Flatbread Pizza Company
89 Hana Hwy, Paia 96779
Flatbreadcompany.com
808-579-8989

Maka by Mana
49 Baldwin Ave., Paia, 96779
Makabymana.com
808-579-9620

East Side Maui

The Preserve Kitchen and Bar
5031 Hana Hwy, Hana 96713
Travaasa.com/hana/hana-dining
808-248-8211

West Side Maui

Leoda's Kitchen and Pie Shop
820 Olowalu Village Rd., Honoapi'ilani Hwy
Lahaina, HI 96761
808-662-3600

Taverna
2000 Village Rd in the Kapalua Resort, Kapa-
lua HI 96761
Tavernamaui.com
808-667-2426

Pi Artisan Pizzeria
900 Front Street, Lahaina, 96761
Pi808.com
808-667-0791

South Side Maui

Fork and Salad
1279 S. Kihei Rd. Unit 204, Kihei. HI 96753
Forkandsalad.com
808-879-3675

Humuhumunukunukuapua's
3850 Wailea Alanui Dr., Wailea, HI 96753
Grandwailea.com – humuhumu...
808-875-1234

Monkeypod Restaurant
10 Wailea Gateway Pl, Ste b-201, Kihei, HI
96753
Monkeypodkitchen.com
808-891-2322

Nalu's Maui
1280S. Kihei Rd, Kihei, 96753
Nalusmaui.com
808-891-8650

Central Maui

Mill House Maui
16 Honoapi'ilani Hwy, Waikapu HI 96793
Millhousemaui.com
808-270-0333 (Continued on next pg.)

Restaurants Continued:

Central

Maui Fresh Streatery
137 E. Kaahumau Ave, Kahului, HI
96732
Mauifreshstreatery.com
808-344-7929

Fatt Chicks Burgers Brews and Grill
200 Halewau Rd, Wailuku, HI 96793
Fattchicksburgers.com
808-242-6666

Saltimbocca
300 Maalaea Rd, Wailuku, 96793
Saltimboccamau.com
808-243-3463

West Side

Leoda's Kitchen and Pie Shop
820 Olowalu Village Rd., Honoapi'ilani
Hwy
Lahaina, HI 96761
808-662-3600

Taverna

2000 Village Rd in the Kapalua Resort,
Kapalua HI 96761
Tavernamaui.com
808-667-2426

Pi Artisan Pizzeria

900 Front Street, Lahaina, 96761
Pi808.com
808-667-0791



Sustainable Aloha invites members of the community to submit definitions of sustainability. We will post those that are original and concise. When we feel we have received a wide variety of responses, we will use them to create a working definition for the magazine. When ideas are submitted, they become the property of Sustainable Aloha. Please send your thoughts to info@sustainablealoha.solutions.

native Hawaiian bird species, including ae'ō (stilt) and 'ālae ke'ōke'ō (coot). Native plants such as naupaka, 'ulei, 'akia, 'a'ali'i, pohinahina, and loulu are located on the Refuge. Additionally, 'uhaloa (used in Hawaiian medicine practice) and pili (grass used for the roof of traditional hale) are found here.

Quiet and pristine, the Waihe'e shoreline is a favorite retreat for endangered Hawaiian monk seals and nesting green sea turtles. Off the coast, the extensive reef is one of the longest and widest on Maui. It's believed that this reef system provided excellent fishing in ancient times and it is, in fact, still a favorite among local fishermen today.

The public is encouraged to get involved by participating in future volunteer days or free guided tours through our Talk Story on the Land environmental education series.

The Hawaiian Islands Land Trust ensures that this rich cultural site, once slated for development as a destination golf resort, will be forever protected.







GET INVOLVED

MAUI COUNTY GOVERNMENT:

UNDERSTANDING THE STRUCTURE

DEPARTMENTS, COMMITTEES
BOARDS & COMMISSIONS

The County Charter establishes the structure and organization of the government of the County of Maui. It is a constitutional document which defines the responsibilities of our local government including the following areas:

- Incorporation and Geographical Limits
- Powers of the County
- County Council
- Ordinances and Resolutions
- County Clerk
- Executive Branch
- Office of the Mayor
- County Departments
- Financial Procedures
- Code of Ethics
- Initiative
- Recall
- General Provisions
- Charter Amendment
- Transitional Provisions

The Office of the Mayor:

The Administration Program within the Office of the Mayor establishes and directs basic management guidelines for all executive departments of the County and serves as a liaison between the County Council and executive departments and agencies.

The program staff prepares and oversees the County's operating and capital improvement program budgets, provides support services to County boards and commissions, responds to citizen concerns, organizes the County's legislative agenda, and coordinates internal County communications and the dissemination of information to the public.

Our laws are referred to as county codes (as opposed to state level laws being referred to as statutes). All of the county codes are accessible on the internet at www.maui-county.us.

Boards and Commissions assist and advise departments and special groups within the County of Maui, some working more closely with various departments than others. The County of Maui is always looking for people interested in serving on a Board or Commission.

Council Committees are comprised of elected council members and they serve specific purposes to include:

- Budget and Finance Committee
- Housing, Human Services, and Transportation Committee
- Infrastructure and Environmental Management Committee
- Land Use Committee
- Parks, Recreation, Energy and Legal Affairs Committee
- Planning Committee
- Policy, Economic Development, and Agriculture Committee
- Water Resources Committee

Amendments to the charter may only be made by an action initiated by the county council and a subsequent vote by the constituency. The constituents may initiate a proposed charter amendment by obtaining the required number of signatures.

It is very important to study the meaning of an amendment to the charter prior to voting and it is equally important to register a vote on said amendment/s.

Ads are 1/8, 1/4, 1/2, 1/3 and Full Page.
Contact us at info@sustainablealoha.solutions
for more information.



Some of our favorite plants and animals in Hawai'i may not "play well with others." Introduced species that do not adapt to the ancient ecosystem are called invasive species. Michelle Gould, environment and ecology instructor at UH Maui College explains...

By Michelle Gould

Invasive species is a hot topic here in Hawaii. Today we are aware of species such as the Little Fire Ant (*Wasmania auropunctata*), Coqui Frog (*Elutherodactylus coqui*), and Rapid 'O'hia Death (*Ceratocystis lukuohia* and *Ceratocystis huliohia*). While these relatively new invasive species are not yet established they are spreading and will displace native species. Organizations such as Maui Invasive Species Committee (MISC), Invasive Species Committees of the other Hawaiian Islands, and other non-profit organizations are doing what they can with limited resources to prevent the further spread of these organisms.

These organisms are not the only invasive species the Hawaiian Islands are facing. There is an extensive list of introduced, invasive plant and animal species on Maui and the other populated Hawaiian Islands lands and surrounding seas. Many of these species were purposefully introduced during the plantation era in the 19th century in order to provide resources for building materials, raising cattle, fishing, or use in exotic ornamental gardens. Awareness and knowledge of how these invasive species came to the islands has significantly diminished over just a few generations.

Eucalyptus was one of these plantation era introductions. At the time of introduction, Eucalyptus was considered to be a beautiful and revered source of hardwood for building material as well as shelter and shade for cattle. According to the U.S. Department of Agriculture "Common Forest Trees of Hawaii" there are 13 different species of Eucalyptus in the Hawaiian Islands of which the title of tallest tree in Hawaii goes to *Eucalyptus saligna*. Their range extends up to about 3,000 feet in elevation on Maui. What our 19th century predecessors did not realize was that this beautiful tree would grow unchecked in our watersheds. Eucalyptus is a fast growing and very tall tree compared to native tree species. The root system extends into groundwater aquifers and quickly uses this water resource. In its' current range, cloud drip is not common so water is being used but not replaced. These trees do not provide the same ecosystem services as the native tree species for our watersheds.

Today Eucalyptus is being removed, albeit slowly, near homes and power lines. During storms the large tree limbs break and cause property damage and sometimes threatens human life. It is considered established on our island of Maui and is not being systematically removed as this would be costly. Without native tree replacement, other environmental conse-

Continued on page 45

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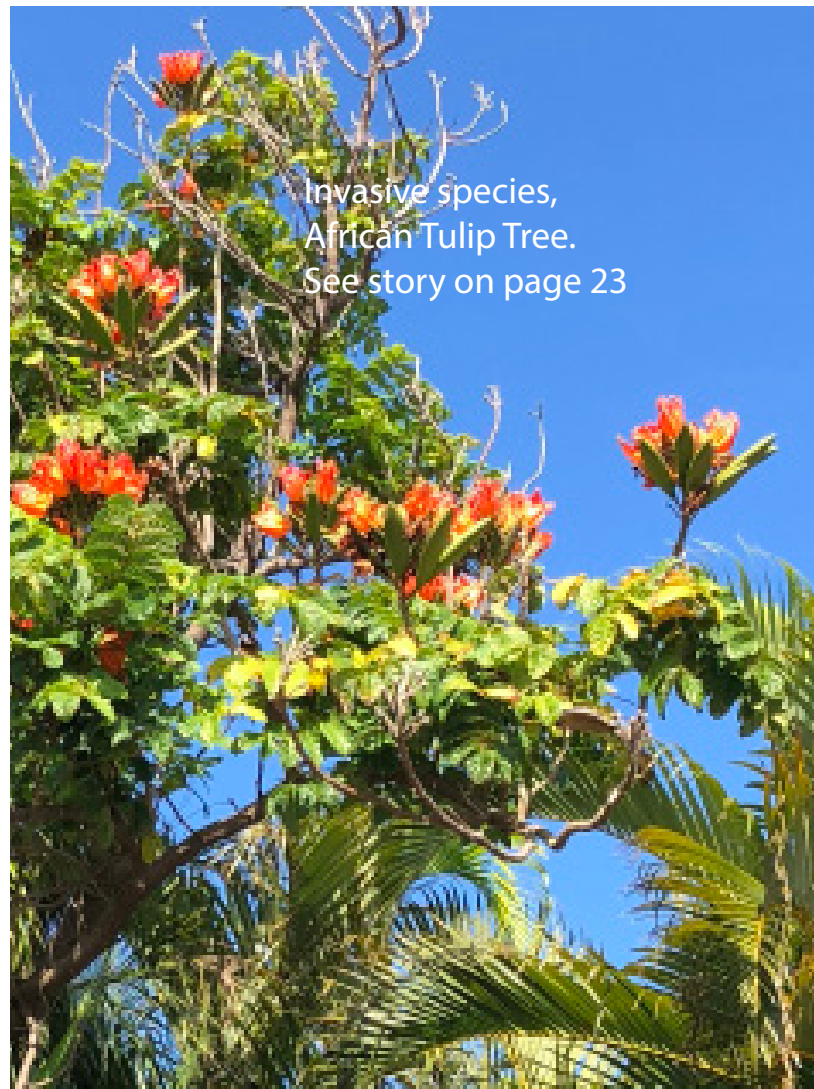
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Sustainable Aloha Outreach

If you would like Sustainable Aloha to speak or do a presentation at your event or classroom, please contact us at info@sustainablealoha.solutions. Mahalo

SA will be adopting a highway.
Please stay tuned for details.



Invasive species,
African Tulip Tree.
See story on page 23



Banyan Tree at I'ao Valley
Photo by Alana Kay

Doing Their Part, Part II

In the first of our series on the adventures of Steve and June Jolicoeur, we shared their vision of designing and building two eco-friendly homes on Hawai'i Island. Land on Hawaii Island is cheaper, so it would seem more suited to a prototype than similar plots on Maui. They intended to bring the design back home if everything went well with these prototypes.

Kilauea has been erupting since early May of 2018 and they have been able to remain on their property despite the activity of the volcano. The land where they purchased two parcels is in the Nanawale Estates in Pahoia, which is in lava zone 2 (see lava zone map on page 28), within 1.5 miles west of fissure 8 – one of the most prolific of the 24 fissures that are part of this eruption. You can just imagine what has happened since they arrived on Hawaii Island from Maui in 2017 – or maybe not.

By Alana Kay

I checked in with Steve Jolicoeur a few times since their arrival and find that his journey has been anything but predictable...

In addition to working on his project, life has also been long on local style, small town adventures. Days are filled with neighborly musical gatherings, work, problem solving and sharing ideas with others.

One day, while searching for the corner boundary of his lot, he encountered the neighbor's 150-pound goat, Goaty. Not thinking much of the encounter initially, he noticed in his peripheral vision that Goaty was preparing to charge him. He managed to grab both of Goaty's horns and tried to control her. After a minute, he let go of one horn and scratched behind her in an effort to calm her. After he let go, she head butted him and tried to

gorge him. According to Jolicoeur, "When I didn't think I could fight much more, I mustered up a final dose adrenaline, twisted the goat's head skyward and like some kind of mad man, I looked into its eyes and said, "I am not going to tolerate this anymore, and dragged her out of the bushes into the street yelling for help, just in time for the neighbors kids and friends to see me fighting with it." They screamed frantically, "What are you doing to our goat?" Eventually the neighbor's nephew came

Continued on page 52



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Private Chef *Services*



Hilary Barsby
808.212.5090

hilary@healthymauchef.com



[@healthymauchef](https://www.instagram.com/healthymauchef)

Locally Sourced

Jackfruit

Served savory or sweet, Jack tree, also known as fenne, jakfruit and sometimes simply jack or jak is a species of tree in the fig, mulberry and breadfruit family and is native to southwest India. Although not indigenous to Hawaii, it grows abundantly in our backyards and is extremely versatile.

Jackfruit Carnitas Procedure and Recipe

Provided By: Hilary Barsby, Healthy Maui Chef

Ingredients:

Green Jackfruit (can be done with a ripe jackfruit but it will be sweeter at the end)
Jalapenos: 5-6 (depending on size of jackfruit and how much heat is desired)
Onions: 5-6
Ground Cumin
Ground Coriander
Chili Powder
Garlic: 3 heads
Limes: 5-6
Chicken stock, vegetable stock or water
Sea Salt
Pepper

Equipment:

2 large white cutting boards
Chef's Knife
Olive or Canola Oil
Disposable Gloves
Large Crock Pot (may need 2 depending on size of jackfruit, or cook in batches)
2-3 large bowls

Procedure:

Jackfruit has latex under the skin, I recommend wiping the knife and your gloves with a thin layer of oil before beginning to help keep the knife and gloves clean. Eventually it will be covered, but it's nice to start with a smooth, clean surface.

Depending on the size of the jackfruit you may need to cut it half or thirds. I cut the ends so there is a even surface to place it on to make a base. Stand up your section of jack-

fruit and peel the skin away using the knife, like a pineapple. Once peeled, cut into quarters and remove the core. From here you want to start removing the seeds, save for later. You can rough chop the jackfruit meat into chunks as it will cook down nicely in the crockpot. Continue this process until entire jackfruit has been broken down.

You will be left with a sticky mess on your cutting board and knife after break down. To help with clean up I put a fair amount of oil on a paper towel and vigorously scrub the knife to help remove the latex. From there I soap up and using a scour pad complete cleaning. It does take a while to come off.

Now to make the carnitas!

Peel and rough chop your onions, garlic and jalapenos.

(continued on page 44)

Chef Hilary Barsby is a 10-year Maui resident and graduate of the local Maui Culinary Academy, as well as holding a secondary certificate in plant-based cuisine. She has been serving families and individuals island wide for the last 2 years through her private chef company; Healthy Maui Chef. She has held numerous positions in the food service industry including front of the house and back of the house, from retreat centers, catering companies to most recently high-end hotels.

Hilary has a passion for creating food that is good for you without compromising on flavor. She was diagnosed with Celiac's disease 2 years ago and this was a pivotal moment in her career. Not wanting to change her path, she decided to embrace her allergy head on, learning more about it and other food allergies and restrictions on the way. Through her exploration of different food allergies she discovered she feels best when eating a mostly plant based diet with limited amounts of dairy and animal protein.



Sustainability Word Search

G H W T H U O P Q C D S P O N T W R T Y N H B V R U B D F F
I X C W S D Q A L K F J K N C V B C A T C H M E N T R B W I
K N V C X D F C A N D P Y F G L P D O W S R S S C Z E U I Z
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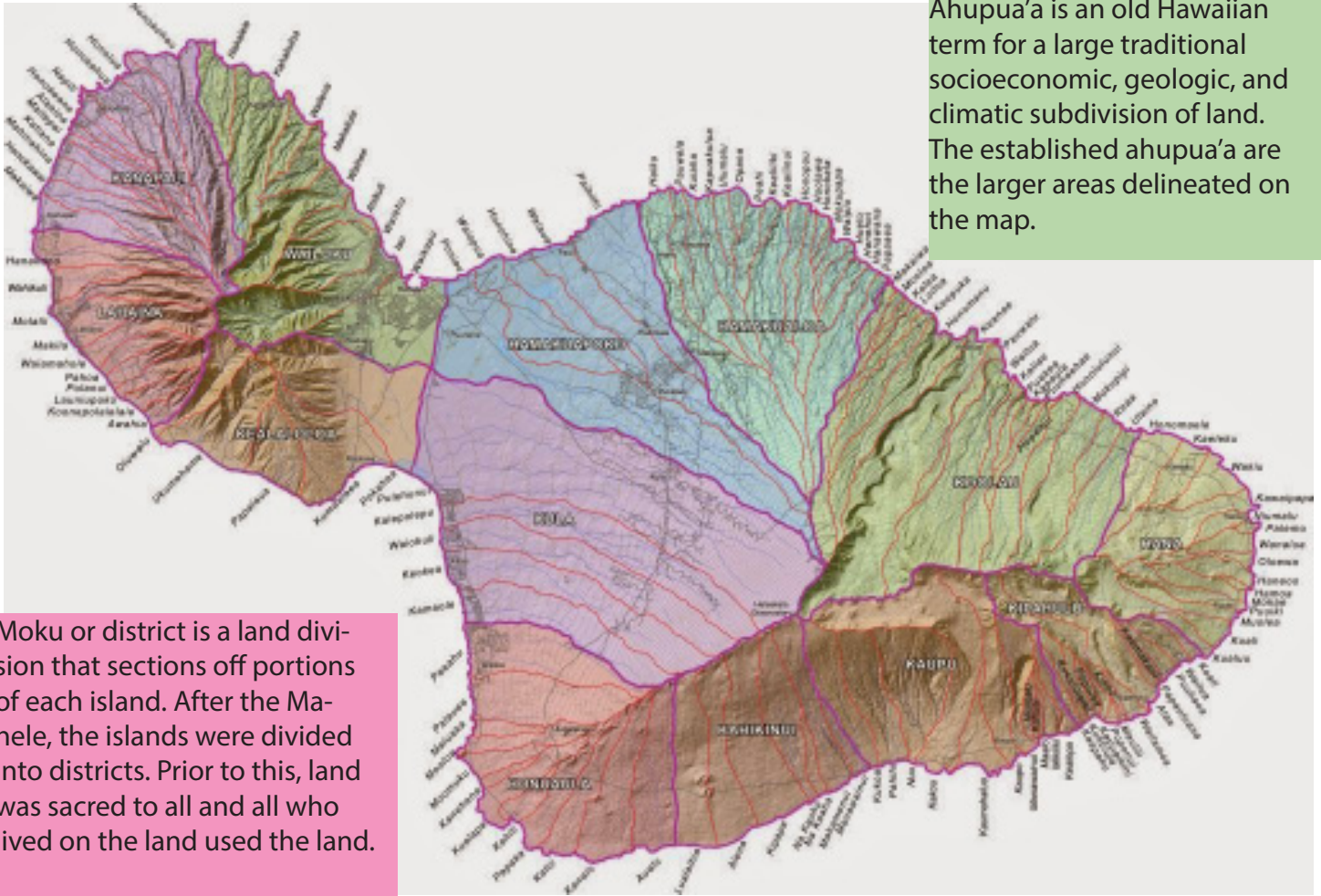
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nitrogen

Keiki Section Continued



Ahupua'a is an old Hawaiian term for a large traditional socioeconomic, geologic, and climatic subdivision of land. The established ahupua'a are the larger areas delineated on the map.

Moku or district is a land division that sections off portions of each island. After the Mahele, the islands were divided into districts. Prior to this, land was sacred to all and all who lived on the land used the land.

Jackfruit Carnitas Continued from page 39

Remember to start slow or omit the jalapeños if you aren't fond of spicy food! You can always add more later if needed.

Juice 1-2 limes per batch, I throw one half in the cooking liquid as well. Add stock or water to about $\frac{3}{4}$ up the jackfruit meat.

Cook on high for 1-2 hours, then low 5 or on the keep warm setting overnight.

Once cooked, taste and adjust seasonings to your liking. Using tongs transfer the carnitas to a storage container. Be sure to try a some inside your favorite tortilla with avocado, cilantro, salsa, etc!

To place an ad, please email
info@sustainablealoha.solutions
or call 808-633-1366

Freezes well and will last in the fridge for about a week.

If packing for freezing, use ziplocks or vacuum sealer and freeze in 1-2 pound sections.



Writer's guidelines for Contributing Writers and Commentaries:

We want to publish stories that inform, educate and inspire. We don't want to publish stories that terrify and depress people. When a reader opens our magazine, we want them to get excited about caring about sustainability.

Writing should be original and innovative. Many things have been written about sustainability, so we want to put a new and interesting twist on common issues as well as present new issues and their respective solutions.

Articles should be well organized and contain as much factual information as possible. The script should either state the source of facts presented or have the source stated in the footnotes. If entirely factual information is not available, generalizations should be noted as such and appropriate language used to describe such information.

In the absence of entirely accurate and supported data, use phrases such as, "It is generally believed that", or "Some feel that". Please avoid exaggerations. The main point is we want to provide accurate information and be known for our honesty and reliability.

When a problem or issue is presented in the article, a solution or option should be closely tied in. As a matter of fact, the main point of any article should be to provide positive thoughts and solutions.

It is okay to mention businesses, but it is

important not to come across as an advertisement for a business entity. Sustainable Aloha's editorial staff will make these determinations. As our publication brings many things to light, it is natural that green businesses and initiatives will receive exposure.

Writers maintain ownership of their material, and authorize Sustainable Aloha to use the article one time, unless otherwise mutually agreed upon. Sustainable Aloha will determine the timing and placement of the article and will edit if necessary, but will not make substantive changes to the material without the permission of the author.

Stories that require too much editing may be sent back to the writer for corrections before being reconsidered.

Authors may publish their articles in other publications, but not within 60 days of publication with Sustainable Aloha unless otherwise approved by our editorial staff.

Letters to the Editor

Letters to the Editor should be submitted to info@sustainable-aloha.solutions and be 300 words or less. Larger submissions may be considered as an article or a commentary.

Here is what you have to look forward to in upcoming issues of Sustainable Aloha:

This is the second issue of Sustainable Aloha (SA). Our goal by the end of 2018 is to circulate at least 10,000 “flyer” versions of SA at various locations on Maui island including the airport. These flyers will be four pages long and will contain highlights of the current issue, leading readers to the online version at www.ISSUU.com. Because we are about sustainability, we don't want to be hypocritical and waste paper and valuable resources.

In order for us to print and distribute the flyer version of SA, we need your support!!

Readers may subscribe or donate on our website: www.sustainablealoha.solutions. Your subscription is considered an ongoing donation, payable monthly. In future issues, we will be adding the following features and columns:

Outer Islands Farming Updates
Important Meeting Schedules
Land Use Report
List and Descriptions of Green Initiatives
Opinions and Ideas Section

ALSO...Sustainable Aloha is adopting a highway section on the Pi'ilani Hwy. Stay in tuned for further details.

quences such as erosion will occur.

Although the African Tulip Tree (*Spathodea campanulata*) has been on Maui since the late 1800's, this invasive is now moving into the spotlight of the conservation community. (See photo on page 24)

According to MISC and the nonprofit organization Island Conservation, the African Tulip Tree (*Spathodea campanulata*) was introduced by a botanist and later planted by foresters in East Maui by dropping seeds out of airplanes. It is a large, fast growing tree with brilliant orange flowers that can be found in elevations up to 3,200 feet. The vibrant flowers give this tree the name "Flame of the Forest" and can be commonly seen while driving the "road to Hana". This species is highly competitive as the seeds are able to sprout and quickly grow in the shade, eventually preventing the growth of native saplings around it. Mature seeds spread quickly furthering the spread of this invasive species. Unfortunately this tree is still being purposefully planted as an ornamental shade tree.

The slow and steady spread of invasive species has displaced native species and changed the ecosystem of our watersheds. These changes have reduced the ground-water available in our aquifers as invasive species use more water than native species, reduced the habitat area for endemic Honeycreepers and other organisms, enhances erosion, and the list goes on and on.

The path to a sustainable watershed or

back to the ahupua'a system is long and daunting. This is why continued support for conservation organizations is so important. These conservationists and volunteers perform a labor out of love for our ecosystem and the species living within it. The accomplishments are amazing considering what little resources these organizations have to work with.

As the island of Maui changes with the end of the sugar cane era, we should be aware that invasive species will continue to spread. If land is not cultivated or managed it may become a breeding ground for invasive species. The path toward sustainability and the prevention of rampant extinction is not easy but through awareness and support we can reverse mistakes from our past and build a better future.



Endemic: A species being unique to a defined geographic location, such as an island, nation, country or other defined zone, or habitat type; organisms that are indigenous to a place are not endemic to it if they are also found elsewhere.

Indigenous: In biogeography, a species is defined as indigenous to a given region or ecosystem if its presence in that region is the result of only natural process, with no human intervention.

Invasive: A species that is non-native (or alien) to the ecosystem under consideration, whose introduction causes or is likely to cause economic or environmental harm or harm to human health.

Lana'i Cat Sanctuary



Lana'i's Hawaiian Lions

More than 500 spayed/neutered cats call Lana'i Cat Sanctuary home.

As a 501(c)3 nonprofit, the sanctuary relies on donations to make lifelong care possible from kittens to kupuna. They believe that cats deserve the highest quality of life and aim to end the suffering of cats struggling to survive on the streets and in the wild. The care of feral cats serves to protect other species as well, including endangered birds.

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