

# Big Web Institute

## Kaiāulu Update

Latest information about our programs and events

April 2026



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### Recipe Recap

#### How to make Green Papaya Salad & Pickled 'Ulu Gỏi Cuốn (salad rolls)!

##### Spring Rolls:

- 12 rice paper wrappers
- Butter lettuce leaves
- 2 cups julienned green papaya
  - [See video about how to prepare green papaya!](#)
- 1 cup cucumber, quartered
- ½ cup fresh chopped mint leaves
- ½ cup fresh chopped cilantro leaves
- 1 cup pickled 'ulu (breadfruit), thinly sliced - [See video](#)
- 2 ripe avocados, sliced



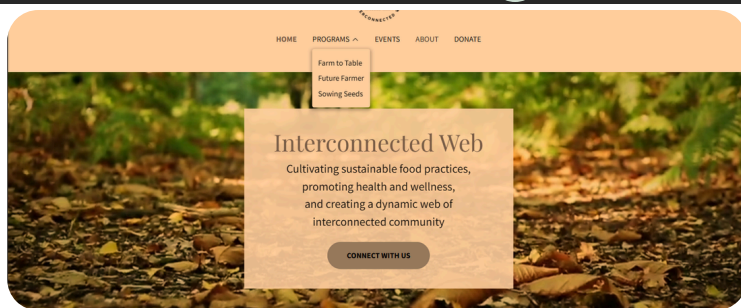
#### Green Papaya Salad

##### Ingredients:

- 3 cups green papaya, peeled and julienned
- ½ cup carrots, julienned (optional)
- 2 tbsp lime juice
- 1-2 tbsp fish sauce or shoyu/tamari for a vegetarian option
- 1 tbsp Kō syrup (or coconut sugar)
- 1-2 cloves garlic, minced
- 1-2 Thai chili peppers, finely sliced (optional)
- 2 tbsp chopped cilantro
- 1 tbsp chopped mint

##### Instructions:

1. In a bowl, combine lime juice, fish sauce (or shoyu), and Kō syrup. Stir until combined.
2. Add garlic and chili, gently mixing to infuse the dressing.
3. Toss in the green papaya (and carrots if using), coating well.
4. Lightly massage the salad for 1-2 minutes to soften the papaya and help it absorb the flavors.
5. Fold in fresh herbs just before serving.
6. Taste and adjust—balancing salty, sour, and sweet as needed. Enjoy!



Check out the website!

[www.bigwebinstitute.com](http://www.bigwebinstitute.com)

### Insights from the Farm

Farm activity during our Farm to Table event on Marh 22, was planting out Kō (sugarcane) stand #10.

Kō is grown in carefully tended rows that support soil health, water flow, and long-term productivity.

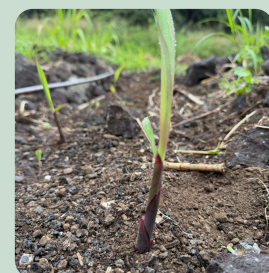
After harvest and pressing, the remaining fiber—bagasse—is returned to the field as a natural mulch. This practice builds organic matter, retains moisture, suppresses weeds, and feeds the soil, closing the loop between cultivation and production. By cycling nutrients back into the land, our approach reflects a regenerative model rooted in Hawai'i's agricultural traditions.



The Kō is starting to sprout!



Mahalo to those in the field



Keiki Kō

### Farm to Table - From the Kitchen

The menu featured Pickled 'Ulu Spring Rolls & Green Papaya Salad.

Shout out to the sous chefs that helped in preparing the meal!



Farm to Table Meal!



Mahalo to the sous chefs



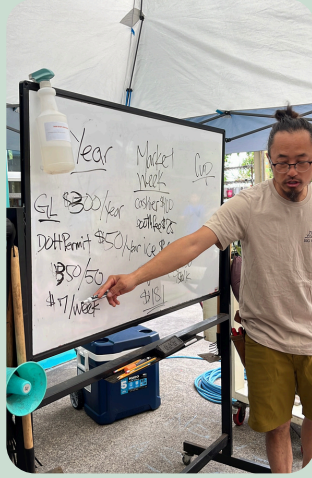
Farm to Table Participants - Mahalo to everyone who shared the day!

## Future Farmer

We visited Kuleana Education (<https://www.kuleanaeducation.com/>) on April 6, bringing Kō education directly into the classroom. With grades 6 through 8, we explored the business side of farming—planning for market, preparing products, and what it takes to sell at a local farmer’s market. For grades 3 through 5 we focused on the plant itself, learning the parts of the Kō and practicing kilo (careful observation) to better understand how Kō grows.



Farmer Howard talking Kō to grades 3-5



Farmer Howard talking entrepreneurship to grades 6-8



Garden Teacher Mr. Davide Foti & Farmer Howard



Students learning about Kō

## Collaboration - Root & Rise

Root & Rise (<https://www.rootandrisehawaii.org/>) collaborated with the institute on April 1 for Farm Day. Participants began with an Awake & Grounding session, focusing on acceptance and awareness of the body’s natural sensations. From there, the group walked to one of the Kō stands at The Big Web Farm (<https://www.thebigwebfarm.com/>), where we explored the plant’s remarkable qualities and cultural significance. Along the way, we were visited by an ‘Ō, a powerful reminder of our deep connection to the natural world. The experience concluded with Farmer Howard pressing fresh Kō juice for everyone to enjoy.



Farm walk and a visit by an ‘Ō



Learning about Kō



Farmer Howard pouring fresh pressed Kō juice



Farm Day Participants! Looking forward to future Farm Days!

## Upcoming Events - April 2026 through August 2026

Make sure to check our website for all upcoming events; address to be provided upon confirmation of attendance.

Sunday, July 19 - Farm to Table - 9 a.m. to 1 p.m.