Big Web Institute

Kaiāulu Update

Latest information about our programs and events

Fall 2026

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Recipe Recap

How to make Kabocha Squash Brownies!

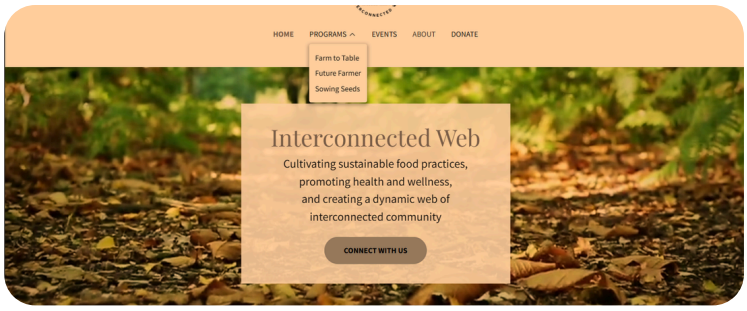


Ingredients:

- 1 cup pureed kabocha squash
- ⅔ cup all purpose flour
- ½ cup unsweetened cocoa powder
- ½ tsp baking soda
- ½ tsp salt
- 2 eggs
- ¾ cup coconut sugar
- 1 tsp vanilla
- 1 cup chocolate chips

Instructions:

1. *Day before OR 3 hours before - Puree the kabocha squash.* Quarter and peel a kabocha squash. Cut the squash quarters into cubes (for 1 cup you will only need a couple of quarters of cubed squash). Next, bring a pot of water to a boil and add the cubed squash. This takes about 10 minutes, check they are fork tender. Once tender, transfer to a blender and puree. Place the pureed squash in a refrigerator for at least 3 hours or overnight.
2. *Preheat the oven.* Bake at 350 degrees and oil an 8x8 pan.
3. *Mix the dry ingredients.* In one bowl mix flour, cocoa powder, baking soda, and salt.
4. *Mix the wet ingredients.* In another bowl mix the cold kabocha squash puree, eggs, vanilla, and coconut sugar.
5. *Combine dry and wet.* Add the dry mix to the wet mix and stir until combined. Stir in the chocolate chips. Pour the batter into the prepared pan and bake for 25 minutes.
6. *Cool & Serve.* Cool for 5-10 minutes in the pan then cut and Enjoy!



Check out the website! www.bigwebinstitute.com

Insights from the Farm

-Finding Stillness, Gratitude, and Connection Beneath the Macadamia Trees -

Sometimes, the most profound healing happens when we stop searching for it and simply return to nature.

There is something magical about walking beneath a canopy of macadamia nut trees. The sunlight dances through the branches, birds sing in the distance, and the earth beneath our feet reminds us to slow down.

At The Big Web Farm, gathering macadamia nuts is more than a harvest. It is an opportunity to reconnect—with nature, with ourselves, and with the simple beauty of being alive.

What may appear to be an ordinary farm chore can become a deeply restorative experience, offering moments of mindfulness, gratitude, and inner peace. (*continued on next page*)





September 27, 2026 - pickin' macnuts!

Farm to Table - From the Kitchen

The menu featured Kalo and ʻUlu Burgers.

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!

Insights from the Farm (*continued*)

A Simple Practice of Mindfulness

There is a beautiful rhythm to gathering macadamia nuts. We walk, bend down, pick up a nut, and continue. One nut at a time. One breath at a time. One moment at a time.

This simple activity can become a form of moving meditation. As our minds wander to yesterday's worries or tomorrow's responsibilities, the act of gathering gently brings us back to the present.

In Buddhist teachings, mindfulness and equanimity remind us to observe life's experiences without attachment or resistance. Just as the trees move through seasons of abundance and rest, we too can learn to embrace life's natural rhythms.







Annoucing a New Program! Aʻo Moa

Big Web Institute is excited to announce that our Aʻo Moa (Learning About Chickens) project has been awarded a $10,000 grant through the Hawaiʻi Department of Agriculture's Micro-Grants for Food Security Program!

This funding will help us establish a sustainable chicken-raising and vermicomposting system while creating opportunities for our community to learn how to raise and care for backyard flocks.

Over the next year, we'll be offering hands-on workshops covering chicken care, flock management, egg production, and how chickens and vermicomposting work together to build healthy soil and sustainable food systems.

🥚 And here's the egg-citing part! Come learn how to raise happy, healthy chickens—and take home some farm-fresh eggs!

Our goal is simple: Empower families to raise their own food, build self-sufficiency, and strengthen community food security—one egg at a time!

Stay tuned for workshop dates and registration details. We can't wait to learn, grow, and share the abundance with you!

Mahalo for supporting a more sustainable Hawaiʻi!

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Upcoming Events - October 2026 through December 2026

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

Sunday, December 13 - Farm to Table - 9 a.m. to 2 p.m.