

Big Web Institute

Kaiāulu Update

Latest information about our programs and events

October 2025



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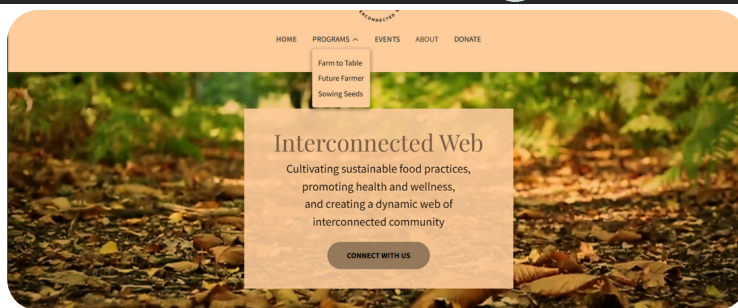
Insights from the Farm

Farm activity during our Farm to Table event on September 28, was macadamia nut harvesting.

Every step of the way from tree to bag with the macadamia nut process is important and requires special considerations to achieve the maximum amount of quality. This time, our focus was on harvesting the macadamia nut for processing. Since we do not have machinery to shake the nut off of the tree, we must wait for it to either be excised by the tree or helped along by wind or rain. Once the nut falls onto the ground, the time starts to tick. As the nut remains on the ground, it will start to go through a drying process. The nut will change color from a green, to a red, to a brown color. The middle line of the nut on most trees will split open. The nut in shell is now exposed. The glossy sheen of both the husk and shell will also be weathered dull in time. Here in Hawaii, we have a tropical nut borer that can also drill holes into the nut and compromise the kernel. Knowing that the nut grows in clusters can also help locate where the nuts have fallen. ~ Howard Ling



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



Check out the website!

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Recipe Recap

How to make 'Ulu and Kalo Fritters!

To make the fritters you'll need:

- 2 'Ulus (firm - steam them until soft)
- 4 Kalo Roots (boiled)
- 6 Kalo Leaves (Lau - steamed)
- 6 Ali'i Mushrooms
- 1 Maui Sweet Onion
- Fresh Herbs - we put in Cuban oregano, green onions, garlic chives
- Salt and pepper



Quarter 'ulus and steam until soft ([see video](#)). Box grate freshly steamed 'ulu into a large bowl (make sure these are just steamed to hold the fritters together - no need for eggs!). Peel kalo roots and box grate into the same large bowl as the 'ulu. Steam kalo leaves until very soft, mix this into the large bowl of 'ulu and kalo roots. Dice mushrooms and onion, mix this into the large bowl. Cut herbs of choice and add salt and pepper. Mix everything up and form these into patties. Heat up a cast iron griddle, medium heat and place the patties to cook, flipping after about 8-10 minutes. See other options to add below. Enjoy!

Farm to Table - From the Kitchen

The menu featured 'ulu and kalo fritters with many delicious sauces. Word of the day was fritters! Shout out to the sous chefs that helped in preparing the meal!



Farm to Table Meal



Preparing the Fall Menu

The fritters stick together because of the fresh steamed 'ulu. Check out the [video](#) we made to show you how to best steam up 'ulu.

https://www.youtube.com/shorts/a3Dar9_vhVU?feature=share

Fritters are a great go-to filling meal, and they freeze up nicely. You can add or swap out for variety! Try them with...

- Carrots
- Bell Peppers
- Kabocha Squash
- There really is no limit! Let us know what other veggies you put in these!

Farm to Table - Awaken & Ground

We started the Farm to Table event with awakening our bodies and minds by grounding in the moment with a QiGong session lead by Victoria Lynn.

QiGong is an ancient Chinese practice of mindful movement, breath, and energy awareness that helps restore balance to body and mind. Each session invites calm, vitality, and a deeper connection with your inner life force — your Qi. ~ Victoria Lynn



Farmer Howard Ling explains macadamia nut processing before the group went out to pick the nuts

Observing the lay of the land can also help in determining your approach to picking each tree. Making sure to be aware of body mechanics and movement to ensure your safety and longevity in the activity. In the end, what you bring in is what you work with. The better the pick, the less that needs to be sorted out. Saving time, being more efficient, and ensuring a quality product to provide for community. ~ Howard Ling



Chef Kerry Ling talks about the fall menu - Mahalo to all the farmers that provided food for this beautiful meal!

Upcoming Events - November 2025 through January 2026

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

Sunday, November 2 - Sowing Seeds - 9 a.m. to 1 p.m.

Sunday, December 14 - Farm to Table - 9 a.m. to 1 p.m.



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