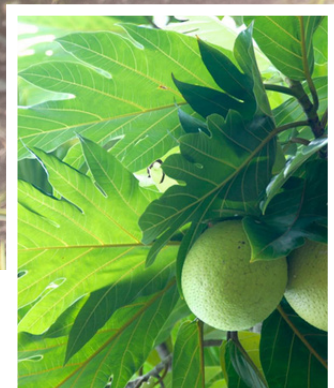


VOYAGING FOODS

WHERE YOUR JOURNEY BEGINS



HO'OILO WINTER SOLSTICE 2020
QUARTERLY



HAWAII LIFE

Welcome to Winter Solstice, where the sun appears to reach its most southernly excursion from the equator on the shortest day and longest night!

Voyaging Food's digital magazine is to highlight all the good in this season of new beginnings and to send an overview on what we have been up to, where we are exploring, what we are eating and what to plant this season!

Winter in Hawaii is a time of renewal. Ho'oilō means to germinate or sprout. Everything turns greener in Hawaii. Winter includes a four month long celebration called Makahiki with the first sighting of the Makali'i constellation otherwise known as the Pleiades rising in the East at dusk. Hawaii is experiencing several new beginnings with the collapse of Hawaii's tourism economy (which was not without warning).

In this time of growth, we are grateful to co-launch a new initiative called Canoe Plant Collective. Our mission is to bring like-minded businesses and individuals together to increase Hawai'i's food sovereignty through producing value-added products with canoe plants. I am feeling grateful for participating a host company through The Aloha Connects Innovation (ACI) which is a new initiative led by the Economic Development Alliance of Hawaii (EDAH) to nurture and grow knowledge-based work opportunities in Hawaii and fuel our emerging industries and innovation sectors. Please reach out with thoughts, ideas or collaborations to bfoster@voyagingfoods.com. I am grateful for all of you and this social regenerative enterprise that is Voyaging Foods.

X *Brynn*



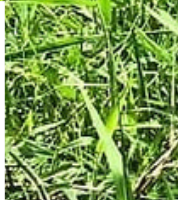
HAWAII LIFE

'ULU (BREADFRUIT)

Planting 'ulu is one of the ways to mitigate the climate crisis and feed our community. We donated several of our Hawaiian varieties of 'ulu (breadfruit) trees to one of our favorite organizations Malama Loko Ea Foundation. Nā Loko E'a "Hawaiian Fishponds", were built to be living refrigerators for the people who once lived solely from the land. Mahalo to Kupu Hawaii, Malama Learning Center and Malama Loko E'a for helping to make this a wonderful day!



The 30% By 30 Initiative: Hawai'i imports virtually 100% of our staple foods, yet ensuring long-term food security and resilience requires boosting local production and processing in this critical food category - of which flour and flour products are an integral part. To support this vision, the Hawai'i Farmers Union Foundation, Hawai'i 'Ulu Cooperative, and Voyaging Foods have partnered on an initiative to promote replacing up to 30% of flour use in home and commercial kitchens with that made from local starches by 2030. This survey is intended to gather preliminary data on consumer interest, experience, and knowledge regarding utilization of 'ulu (breadfruit) flour, specifically. As an indigenous tree crop, 'ulu offers unparalleled potential to mitigate climate change, increase food security, and perpetuate Native Hawaiian cultural traditions. We are now in the early planning stages of scaling 'ulu flour production and are looking for partners to join the movement, help test products, and assist with both product and market development. Take our [survey here](#) and please stay tuned for our webinar on the survey results!



HAWAII LIFE

KALO (TARO)

Na Mea Kuponono is one of our favorite lo'i kalo (taro farm). Their fresh water spring nourishes the land and plants and after a workday in the patch you might get to dip in if you are lucky! Ku'uipo grows Kalo while preserving the native knowledge and we are so grateful for this space! We begin in the Hawaiian Islands and feature sustainable living, the connectivity of food, 'ike (knowledge), experience based learning and an insight from some of the leaders in sustainability.

In order to reach environmental goals on a personal level, we all share responsibility.

We brought E'o Sustainability television show over to film a segment about food security since there is no better place to invest in food sovereignty than a kalo farm. [See the tv show here.](#)

TASTE

GLUTEN-FREE STUFFING

There are many ways to integrate 'ulu and kalo into meals. One of our favorite holiday recipe this gluten-free stuffing. It is made extra special by adding in cooked taro and breadfruit!

Ingredients:

- 3 1/2 cups gf vegetable broth
- 1 loaf gf bread, or 6-8 heels of leftover gf bread, cut into 1/2 inch cubes
- 1 large onion-we like Maui, diced
- 5 oz cooked, cubed 'ulu chopped into 1/2 inch cubes
- 5 oz cooked, cubed taro chopped into 1/2 inch cubes
- 2 eggs, beaten
- 4 Tbsp. butter
- 1/4 cup fresh parsley, finely chopped
- 1 Tbsp minced fresh thyme
- 1 Tbsp minced fresh sage
- 1/4 tsp. Hawaiian salt
- 1/4 tsp. pepper

Directions:

Heat oven to 350° F. Spread bread cubes in one layer on 2 large baking sheets. Bake for about 15 minutes or until cubes are dry, but not browned. Allow bread cubes to cool. Place cooled cubes in a large food processor or divide up into smaller cups and chop until crumbly. Meanwhile, melt the butter in a large skillet over medium heat. Add the onions, sea salt and pepper; cook for 5 minutes, then add the cooked 'ulu, taro, herbs and vegetable broth. Simmer for about 10 minutes then transfer to a large bowl. Add remaining ingredients; gently toss to combine. Transfer mixture to a prepared baking dish. Bake for 30 minutes or until golden brown. Remove from oven; set aside to cool before serving.





UNIQUE FLOURS IN HAWAI'I

photo by: Edible Hawaii

TASTE

There are numerous descriptions of what "Canoe Plant Flours" are.

These flours are considered unique, gluten-free, alternative, grain-free and even paleo.

We consider them a missing ingredient to a healthy diet.

What is your favorite way to eat taro, breadfruit and sweet potato?

VOYAGING ON

The first people to reach the islands that would one day be known as Hawai'i did not come alone. They brought with them the seeds of the plants which sustained them, plants that would eventually become known as canoe crops. Kalo, or taro is perhaps the most notable of them all. Rich in fiber, iron and B Vitamins, taro is a superfood and a culturally cherished staple in Hawai'i.

Brynn Foster is the mind behind Voyaging Foods, an artisan milling company based on O'ahu. She produces canoe-crop flours made of taro as well as breadfruit and sweet potato.

One of Voyaging Foods' core values is to support farmers and food-growing land in Hawai'i. "We believe working with local farmers involves an interdependent relationship rather than purely transactional. We want to see more examples of partnerships that provide a livable and thriving system for our farmers," Brynn says. "Sourcing Hawaiian-grown taro is a non-negotiable for us."

As with any taro product, cooking should always be involved, as the plant is toxic in its raw form due to calcium oxalate, which is also a natural pesticide.



[see the article here:](https://www.voyagingfoods.com/)

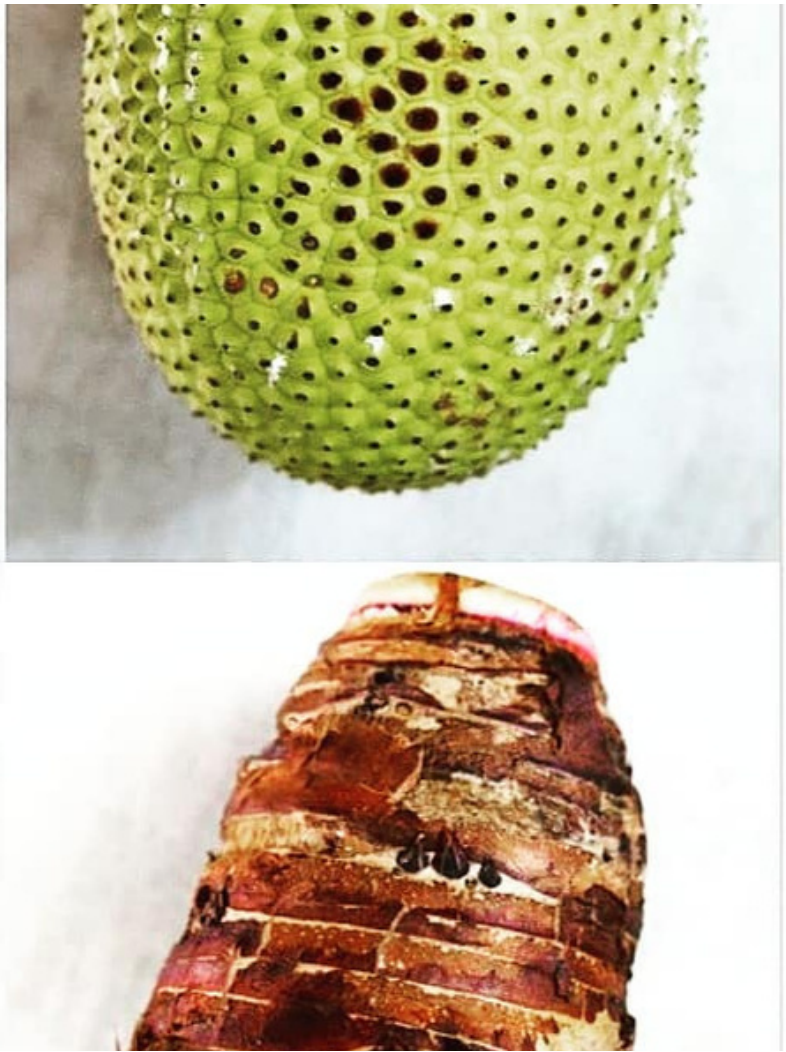


photo by: Edible Hawaii

TASTE

Store-bought gluten-free flour mixes are usually filled with fillers and ingredients you don't necessarily want in your cookie or quick bread recipe. This ratio recipe comes from our new book ***Native Flour Ancient Starch, Gluten-Free Recipes using Hawaiian Taro Powder.*** Part historical homage, part cookbook, Voyaging Foods offers a variety of allergy-free meals and treat ideas for the home chef. This cookbook offers an alternative view of taro, the beloved heritage crop, while empowering the home chef to utilize beneficial starches, such as Ancestral Taro Powder, in meals today.

Here is our approach to a wholesome gluten-free mix:.

This breakdown includes protein, whole-grain fiber and beneficial starches as part of a wholesome gluten free mix:.

40% protein
40% whole-grain fiber
20% fiber/beneficial starch

Try some of these flours"

40% Plant Protein: coconut flour x 140 gram = 56 grams

40% Complex Carb: Whole grain brown rice flour x 140 gram = 56 grams

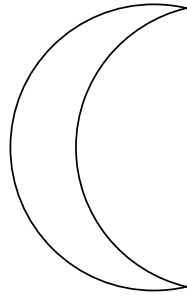
20% Fiber/Beneficial Starch: Ancestral Taro Powder x 140 gram = 28 grams=Total 140 grams or @ 1 cup

see the "how-to" here:

PLANTING NOW

WHERE YOUR JOURNEY BEGINS

KAULANA MAHINA



new moon

Dec 14, Jan 24, Feb 23

PLANTING

bell peppers, celery, oregano,
rosemary, thyme

artwork by Susanna Cromwell

PLANTING NOW

WHERE YOUR JOURNEY BEGINS

KAULANA MAHINA



full moon

January 10, February 8, March 9

PLANTING BELOW GROUND ROOT PLANTS

Potatoes, taro, sweet potato, carrots &
onions.

Time to rest, celebrate and meditate.

artwork by Susanna Cromwell