

# HO'OUU I KA 'ULU

*Let the breadfruit flourish*

**Saturday, August 6<sup>th</sup>, 2011**

**9:00 a.m. to 3:00 p.m.**

at the

**Lahaina Jodo Mission**

12 Ala Moana Street, Lahaina, HI 96761

Plenty of FREE parking on site!

'Ulu trees available for sale

*culture and history. propagation. planting. pruning. fertilizing. harvesting. preparing and eating.*

Sponsored by **The Breadfruit Institute** of the **National Tropical Botanical Garden** and **Lahaina Restoration Foundation**

Workshop Registration Fee:

**\$15.00**

(fee does not include lunch)

**SPACE IS LIMITED**

**REGISTRATION FEE MUST BE PAID IN ADVANCE**

Revitalizing 'Ulu (Breadfruit) from Root to Fruit is a program of Ho'oulu ka 'Ulu—a project of the Breadfruit Institute of the National Tropical Botanical Garden and Hawaii Homegrown Food Network to revitalize 'ulu as an attractive, delicious, nutritious, abundant, affordable, and culturally appropriate food that addresses Hawai'i's food security issues.

***For additional information or to register:***

Call the Lahaina Restoration Foundation's office

**(808) 661-3262**

or visit our website

**[www.lahainarestoration.org](http://www.lahainarestoration.org)**

Mail Registration to:

Lahaina Restoration Foundation, 12 Dickenson Street, Lahaina, HI 96761



The Breadfruit Institute  
[www.breadfruit.org](http://www.breadfruit.org)



For information on the Big Island's Breadfruit Festival please visit <http://breadfruit.info>

## **BREADFRUIT WORKSHOP PROGRAM:**

### **Welcome**

Theo Morrison of the Lahaina Restoration Foundation

### **Hawaiian Cultural Presentation**

with Cliff Pali Ahue and hālau hula  
Nā Maile Kū Honua

### **Ian Cole of The Breadfruit Institute**

Propagation, planting, pruning, fertilizing,  
harvesting, preparing and eating

### **Live Cooking Demos & Sampling**

with Chef James McDonald of I'o Restaurant,  
O'o Farm, pacific'O, 'Aina Gourmet Market  
and Feast at Lele

### **Q & A Session**

### **'Ulu Tree Sales**

**\*\*Includes 1/2 hour lunch break\*\*  
(lunch not provided)**