

PLANT A TREE OF LIFE - GROW 'ULU

No ka mahi 'ulu

No ke kanu 'ana

E nānā aku i kahi nui o ka pā 'ana mai o ka lā i wahi e kanu iho ai i ke kumu 'ulu. Ke pa'ipa'i pono 'ia ka lālā o ia kumu, mālama 'ia ke kapua'i he 15-20 o ka lō'ihi, a pēlā aku no ho'i ke kapua'i o ka laulā ā poepoe maika'i. Ma mua o ke kanu 'ana, e nānā a'ela iā luna. Inā paha, e ālai 'ia ana kona ulu 'ana i luna i kahi hale paha, a uea paha; inā lā, 'a'ole e kanu aku ma laila, a huli hou aku i kahi kūpono.

I mea e hō'olu ai o loko o ka hale, e kanu aku i ke kumu 'ulu ma ka 'ao'ao komohana o ka hale i ho'omalū 'ia ka hale i ka 'auinalā.

No ka ho'omākaukau 'ana

Aia nō ā koho 'ia kahi e kanu iho ai i ke kumu 'ulu, e waele aku i ka mau'u, pau pū me ka nāhelehele i 'ole e lawe 'ia ka momona o ka lepo mai ke kumu 'ōpiopio aku. E waele aku i kahi pō'ai he 2-3 kapua'i ka laulā. E hemo pono i ke a'a o ka mau'u pau pū me ka mole o ka nāhelehele, a i 'ole paha e po'ipo'i aku ā 'umi 'ia ke ola o ka mau'u i ka nūpepa pulu i ho'onu'a mānoanoa 'ia a'ela ma luna.

E kopekope i ka lau, a 'ānoni aku me ke kipi kumulā'au i mea e ho'omomona ai i ka lepo (kapa 'ia kēia mea 'ānoni, he "pulu"), a i 'ole paha e kū'ai aku i kahi mea ho'omomona lepo. E pu'epu'e aku i ka pulu a i 'ole i ka mea ho'omomona lepo ma luna pono o kahi o ke kanu 'ia ana. E ninini i ka wai ma luna o ia pu'e i kulu iho ka momona iā lalo a pa'a pono i loko o ka lepo. Inā pēlā, ma'alahi ke 'eli iho i ka lua kanu, a pau pono ka mau'u o lalo, pau pū me kona a'a.

Pono ka lepo ho'okahe no ke kumu 'ulu. I mea e nānā aku ai, he lepo ho'okahe paha, 'a'ole paha; e 'eli i kahi lua a ho'opiha i ka wai. Inā kani mai ka minuke ho'okahi, a 'o ia mau kū mai nō ka wai o loko, 'a'ole ia he lepo ho'okahe. Inā pēlā, e eli hou aku i ka lua, a ho'owali i ke lepo me ka pulu, ka lau weluwelu, a i 'o.

No ka lua kanu

E ho'āna i ka lepo o loko o ke kini meakanu. 'O ka lō'ihi o ia lepo, pēlā aku nō ka hohonu o ka lua kanu. 'O ka laulā o ia lepo, e ho'opālūa aku i ia laulā no ka laulā o ka lua kanu. Inā hohonu loa auane'i paha ka lua kanu, 'o ka "piholo" 'ia 'ana iho nō ia o ke kumu 'ulu. Inā pāpa'u loa auane'i ka lua kanu,

'o ke "kaula'i" 'ia 'ana aku nō ia o ke kumu 'ulu.

Aia a mākaukau ka lua kanu, e lomilomi o waho o ke kini meakanu a ho'ohemo aku i ke kumu 'ulu mai ia kini aku. E mālama pono i ka mole a me ka pa'i a'a.

E pu'epu'e i ka pulu ā puni ke kumu 'ulu me he lua pele lā. E waiho i ke kōwā he 6 'iniha ma waena o ke kumu a me ka pulu, i pā 'ole aku ka pulu i ke kumu o palahē auane'i ke kumu ā make.

'O ka pulu, he mea ia e mālama ai i ka wai o loko, a kulu ia wai i loko o ka lepo i mea e hānai aku ai i ke a'a e kupu mai nei ma lalo. He mea nō ho'i ia e pale aku ai i ka nāhelehele 'ino a me kō lākou mau a'a, a he mea ia e ho'omōmona ai i ka lepo.

No ka ninini 'ana aku i ka wai

E ninini pono i ka wai i kēia lā me kēlā lā i ke kakahiaka nui paha, a i 'ole ke ahiahi paha i pulu pono kahi o ka pa'i a'a a me kahi a nā a'a e puka 'ana aku ma lalo.

E nānā pono i ka mae 'ana mai o ka lau. Inā mae ka lau, e ho'onui aku i kāu wai o ka ninini 'ana aku. Aia a pa'a pono ke kumu 'ulu i loko o ka lepo, hiki ke hō'emi i ka wai o ka ninini 'ana aku. Ke 'o'o mai ke kumu, e ola ana nō i loko na'e o ka wā ua 'ole a mālo'o nō ho'i.

No ka mālama 'ana, ke kī'o'e 'ana, a me ka pa'ipa'i 'ana i ka lālā

'O ke kumu 'ulu 'ōpiopio, "pōloli" loa lākou, a he waiwai nui ka mea ho'omōmona lepo i kō lākou makahiki mua. 'Āpono mākou i ka mea ho'omomona holo'oko'a (N-P-K) pau pū me ka hunehune mōmona. Mai ho'onu'a aku i ka mea mōmona, akā he kōkua nui ia 'oi 'ōpiopio ke kumu 'ulu. Ke pono, e ho'onui aku i ka pō'ai pulu e ka'apuni ana i ke kumu i mālama 'ia kona mānoanoa kūpono.

E ho'ohua mai ana kāu kumu 'ulu i loko o 2 ½ - 3 makahiki. Inā 'a'ole nui kāu māla, hiki ke pa'ipa'i i ka lālā o ke kumu. E mālama i nā lālā o lalo i ma'alahi ke kī'o'e 'ana. Mai nō a 'oki pau i nā lālā he hapa kolu a 'oi aku. Inā kāmālua aku ka no'ono'o i ka pono e pa'ipa'i ai, e noi aku i kekahi kanaka nōna ka 'oihana pa'ipa'i lālā.

E kī'o'e i ka hua me kahi lou, ho'omo'a aku, a pā'ina!

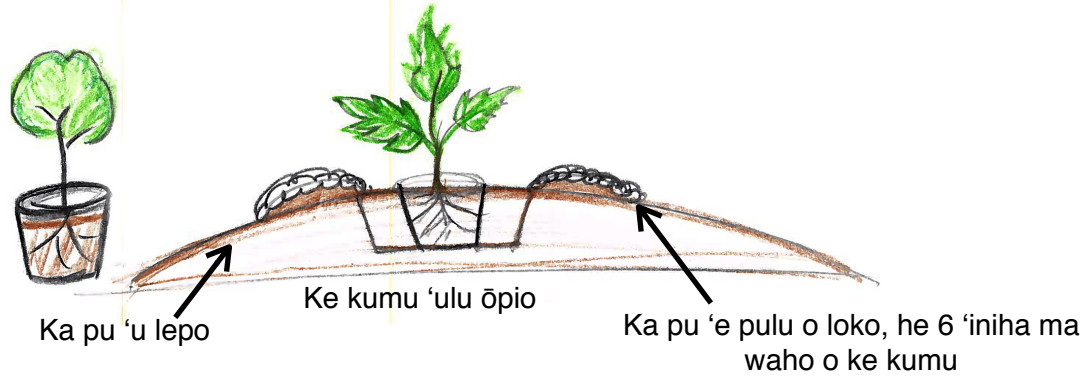
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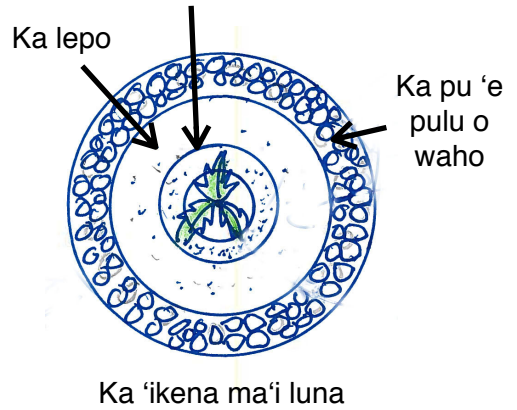
No ka mahi 'ulu

Ki'i 1



'O ka lua kanu: 'o ka lō'ihī o ke kini meakanu, 'o 'ia ka hohonu o ka lua a ho'opālua aku no ka laula'a o ka lua

Ki'i 2



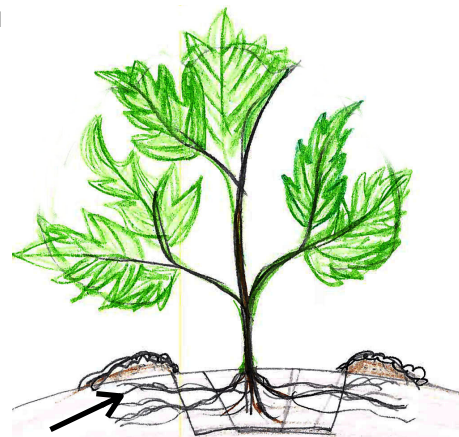
Ki'i 3



E ho'opulu i kēia wahi ā pa'a pono ke kumu 'ulu

Kaha ki'i na: Heidi Leianueanue Bornhorst
'Unuhi 'ia e: Kawika Winter

Ki'i 4



Ho'oa'a a'e ka pa'i a'a, kōhu heleuma lā a ke kumu 'ulu

Plant a Tree of Life - Grow 'Ulu is supported by a grant from the Ceres Trust



The Ho'oulu ka 'Ulu project of the Breadfruit Institute of the National Tropical Botanical Garden and the Hawaii Homegrown Food Network aims to revitalize 'ulu (breadfruit) as an attractive, delicious, nutritious, abundant, affordable, and culturally appropriate food which addresses Hawaii's food security issues.

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