



NEWS FROM

THE URBAN GARDEN CENTER

VOL 22



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UH Chancellor Visits The UGC

UH Chancellor Tom Apple visited The UGC on Jan. 30, 2014. Chan. Apple was accompanied by Ms. Leslie Lewis representing the UH Foundation and Mr. Thomas Lim representing the UH/CTAHR. Steve Nagano gave the orientation to the visitors and shared a folder containing UGC brochure, factsheet, and a summary of volunteer hours. In the folder there was a short summary of groups that volunteer at The UGC. Oahu County Administrator Ray Uchida and Jayme Grzebik, as well as M.G./ Ohana Member Bea Sailer, M.G. Bob Speer and M.G. Aubin Stremler toured with the group.



Chancellor Apple planting the
Tabebuia tree

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Starting Off the New Year @ The Urban Garden

Each January, all who volunteer at The UGC are invited to attend the Annual Work / Informational Day @ the garden. Volunteers are given guidelines for working in the garden and asked to submit updated volunteer forms to staff. These forms give emergency contact, among other information. Please submit yours to Steve

Nagano, if you have not yet done so.

This January 50 volunteers attended and after the brief meeting, broke up into various work crews. There is so much to do for a facility of this size, but the volunteers were undeterred. There were crews weeding and pruning and spreading mulch in various parts of The UGC.

Not to be neglected were the physical plant chores; both in the classroom and the rest rooms.

The Ohana then provided an ono lunch to all volunteers.

Mahalo to all who attended our volunteer meeting and workday. We hope you all noticed the fresh look @ The UGC!

A Remembrance Work Day

Fumio "Sandy" Takeshita, a former UGC volunteer, husband of M.G. Mary Takeshita, passed away on 4th Jan. 2014. A memorial service was held on the 23rd, which was attended by several UGC volunteers/M.G.s and where Dale Sato gave a eulogy.

Following her parents' tradition of volunteerism, Gail Takeshita Soto and her family (husband Frank & their daughters Megan & Marina) spent several hours on 1/25/14 spreading mulch along rows of the orchard along with M.G. Kathy Ano. Gail and her family were in



town for her father's memorial service. Our condolences go out to the Takeshita family and we also send a mahalo for their efforts in the orchard on the 25th.



‘ULU Workshop, Food For Thought

A workshop presenting information about 'ulu (breadfruit) was held on January 10 at the Bishop Museum. The primary organizer of the workshop was Dr. Diane Ragone, the Director of the Breadfruit Institute ('BI'), a division of the National Tropical Botanical Gardens ('NTBG'). Dr. Ragone and her staff from Kauai and Maui as well as John Cadman, owner of Pono Pies in Maui and a Bishop Museum storyteller were the presenters at the workshop. Two Oahu Master Gardeners, Nancy Schildt and Lana Brodziak attended and enjoyed the half-day event that was attended by more than 150 people. The workshop was divided into five sessions: varieties; harvesting; preparation; commercial production and

cultural aspects of 'ulu.

Like so many natively used fruits globally, breadfruit has lost its important role as a primary local food source due to a lack of common knowledge about when to pick it and how to prepare it. Each variety is different in its maturity characteristics, but general guidelines were repeated throughout the sessions. In general, a mature breadfruit has: smooth skin; a pale-green, not bright green skin color; brown lines between the scale-patterned skin; latex (whitish material) on the skin; a "thump-like" sound when tapped with one's knuckle and it can be pressed-in a bit with one's thumb. The fruit should not be allowed to fall to the ground, but caught into something soft, like a net or

blanket. The fruit should be placed in cold water or in an ice bath directly after picking. The fruit can be quartered, steamed and then frozen for long-term use. Many food products, including flour, can be made from 'ulu. Lana was pleasantly surprised by how tasty some of the food was, including the 'ulu humus. Yum, Yum!

The workshop also provided the opportunity to purchase mature breadfruit brought to the workshop by a commercial grower from Maui and young 'ulu trees of the compact ma'afala variety. The available 'ulu trees were propagated from tissue cultures by members of the Breadfruit Institute located at Kahanu Garden on Maui.

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ULU Cont'd from page 3

There are opportunities to learn much more about 'ulu and information about how to purchase young 'ulu trees by contacting the Breadfruit Insitute at, www.breadfruit.org <<http://www.breadfruit.org>> . Factsheets describing how to identify mature fruit, how to harvest it, recipes and nutritional comparisons to potatoes and rice are available at this website.

NOTE: A Plant Information Sheet on 'ulu is also available in The UGC Orchard Plant Info. Sheets Binder in the M.G. Helpline Office.

We Grow The Food, Then What?

Oahu M.G. and PhD. & Naturopathic Doctor ('ND'), Susanna Reid and her partner, Sandoval Melim, PhD, DrPH, ND, have written a book entitled IPSE, A Story of Woman. Susanna recently donated a copy to the M.G. library, located in the M.G. Helpline Office.

According to one reviewer, “IPSE - a modern parable, steeped in science, brings a revolutionary message of self-determination and hope to women and, ultimately, to everyone”.

Susanna is a mentor for a current M.G. class project, involving the existing medicinal garden.

Mahalo, Susanna

New O.M.G.A Officers

The Oahu Master Gardeners' Association ('O.M.G.A.') held its 1st General Meeting of 2014 on the 29th of January. We are pleased to announce the new slate of officers for the O.M.G.A.:

President

Terri Langley

Vice-Presidents

Jessie Kojiro

Bob Clark

Treasurer

Anna Yorba

Secretary

Joan Larcom

Welcome and mahalo to all.

First SSAG for 2014 Draws Nice Crowd

The initial SSAG of 2014 was held in February. This was a big plant sale event; with grafted fruit trees donated by Dr. Ken Taketa and the Grafting Hui, roses sold by the Honolulu Rose Society, and many other plants including the plant of the month, the Amiee Yoshioka gardenia. 238 people

attended this event.

In addition to the plant sale, the Rose Society presented a workshop “Growing Roses in Hawaii”. And, as always, there were demonstrations on composting.

Consider getting involved in future SSAG events. In April, M.G. Ann Tanaka will be presenting Seed

Saving Workshops & Demonstrations: “Seed Saving Techniques”.

There will be a seed exchange tent; do you have seeds to share? Begin saving now and plan to participate in this interesting event.



Boy Scout Troop
#326



Boy Scout Troop
#326

Working From The Ground Up

The Xeriscape Hui has had a plan for a “Xeriscape Display Garden” supported by the O.M.G.A Board and partially funded with a gift from the Friends of Halawa Xeriscape Garden. This plan is now beginning to become a reality.

Volunteers suggested a site and the area has now been designated as “Loulu Landing” since it is graced by several fairly mature Loulu trees. The site is beyond the orchard and before one crosses the culvert to reach the Hula Mound.

UGC staff has cleared the area of weeds over time and Dale Sato dumped mulch in the area earlier this year. On 25th January, members of Boy Scout Troop #326 & their leaders (including M.G. Brian Cyr) spread the mulch.

They were briefed on the benefits of using mulch in a garden. They were also encouraged in their efforts by Brian in knowing that they had a hand (and some strong backs!) in helping establish a garden from the ground up.

The Xeriscape Hui sends a big mahalo to Troop #326 for their morning of community service.

Stay tuned for the further development of this display garden.

Chancellor visit, cont'd from page 1

The HRS group was present and explained their project. Chan. Apple found our UGC to be an interesting site.

A tabebuia tree was planted by Chan. Apple with Bea Sailer explaining the purpose and history of the tree. Ag. Techs. Richard Fisher and Lito Cacho helped prepare the planting hole & finished up the planting.

Lunch was served in the gazebo and the visitors continued their day's tour with a visit to the Poamoho facility.

UGC Volunteers Meet To Plan

On 1 March 2014, a UGC Long-Term Planning Meeting was held in the Classroom. Steve Nagano lead the meeting which was attended by @ 2-1/2 dozen volunteers (M.G., Ohana, HRS, other volunteers & Ag. Tech. Richard Fisher). Ray Uchida was there to answer questions and he also commented on The UGC's Ag. Tech. staffing future and The UGC funding. This was the 2nd “brainstorming” session held over the last several months.

This meeting had the attendees break into smaller groups with each group addressing major aspects of future planning.

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UGC Volunteers Meet To Plan Cont'd from page 5

Group

Communications (internal & external)

Education

Funding

Grounds

Infrastructure

Personnel

Group Coordinator

M.G. Brian Cyr

M.G. Amy Teves

M.G./ Bea Sailer

M.G. Aubin Stremmler

Steve Nagano

M.G. Jessie Kojiro

After each group met, all reconvened in the classroom. Each group coordinator presented a summary of the group's recommendations/ideas to all and took some questions. This session got into more details of the groups' ideas.



F.Y.I.

There will be a pre-meeting among staff and coordinators later this month to plan for the next general/all-volunteer meeting. The open meeting is to be held on SA, 5th April 2014. At that time the goal is to come up with definite commitments and action plans for the many ideas and focus on action items that can be accomplished within the next year.

Please check the VMS, Short Takes and the Field Office bulletin board to sign up to attend the 5th April meeting.

Your input is valued. Please plan to attend. The UGC is a living organism and we all can make it grow and flourish!

Thanks to all who submitted photos, articles & information. We appreciate all who contribute to sharing their volunteer activities with other volunteers at The UGC.

Barbara Alexander ba@ladybuglan.com & Catherine Ano kthy_sahli@yahoo.com

Newsletter Coordinators

NOTE: PLEASE SEND ARTICLES/PHOTOS/INFORMATION FOR NEXT NEWSLETTER TO THE ABOVE INDIVIDUALS BY APR 25th.