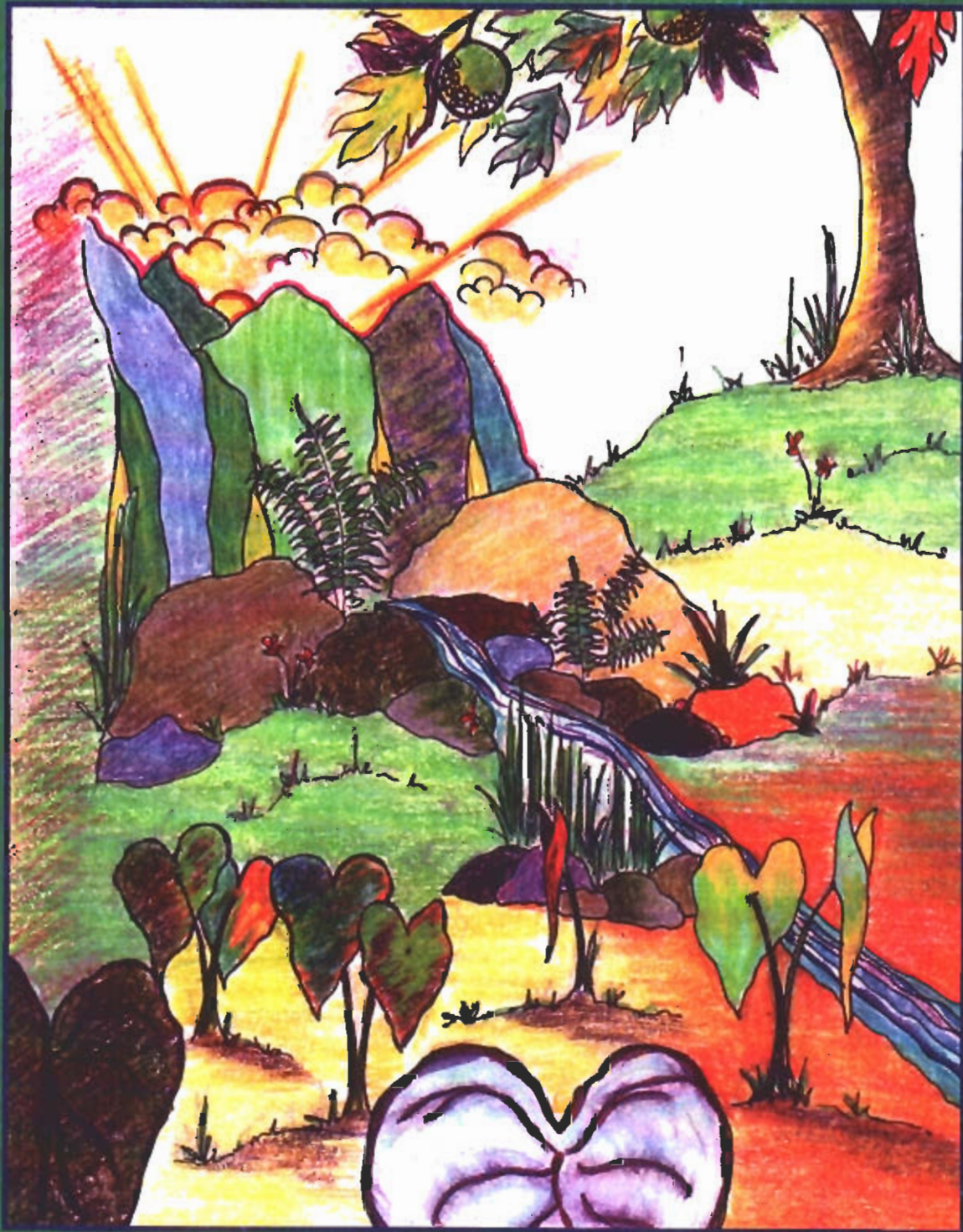


Māla Laulima

HANDBOOK



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Māla Laulima Handbook



A Hands-on After School Program Teaching Native Hawaiian Values and the Ahupua'a

Made possible by Kailua Bay Advisory Council and
the University of Hawai'i at Mānoa

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for Just Add Water

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HOW TO BENEFIT FROM THIS BOOK

Mala Laulima Handbook is a guide to anyone who would like to teach basic methods of organic gardening and activities developed and performed in a garden. It provides a foundation for building an organic garden in the context of Native Hawaiian cultural values in relationship to topics studied by students in accordance with the State of Hawai'i Department of Education curriculum standards.

Teachers will gain insight into the requirements for setting up an organic garden. It should be noted that students may not be maintaining the garden on a daily basis; someone must water and care for the plants in order for them to grow well until harvest. Someone other than students may also be preparing for activities in the garden. For this reason, we emphasize cooperation, and technical support is always available from the authors upon request. See the next page for information on visiting Mala Laulima in Waimanalo for a field trip.

We emphasize that the book is merely a guide, since we believe that the best way to teach children in a garden setting is with lots of leeway for expression and experimentation by both the teachers and students. To force learning into a molded curriculum is to lose much of the intention and value of not only the garden setting, but also the indigenous values in which the topics are embedded. The authors are also available for suggestions and guiding a program suited to specific situations.

Activities in the garden are as abundant as the species that inhabit the planet. It is our creativity that has enabled us to survive, and our indigenous ancestors created these cultural values to maintain balance in relating to Nature and each other. For this reason, the health of the garden mirrors the health of the people and culture.

"Ua mau ke ea o ka aina I ka pono (The life of the land is perpetuated in righteousness)".

Although Native Hawaiian values are the basis for each lesson, it is important to reference other indigenous cultures to show how similar we are from living close to Nature and listening to Her wonder. The hope is that we understand better that even though we may look different, we are all the same and our differences are just in ways of interpreting the same basic qualities of life on different parts of the same planet. The relationship between the different plants and animals living in ecologically similar places are so much alike. Humans are no different.

As we look at our lives clearly in the new millenium, we can look to future generations to create a better world *only if they have the time and a place to experience what we have lost in Nature and ourselves.* The hope is that through programs based on our suggestions of garden topics, students will experience that part of themselves that will always know how to be rooted, grow and generate their own food, supply their needs and relate to their *community in their own special way, just like plants do.*

Most of all, enjoy the book. We sure did, through receiving the wisdom and courage to be free enough to trust our feelings about what we believe to be true and to be guided by our ancestors and those who have gone before us on the path to create a garden that will live on in the hearts and minds of all who have contributed to its beauty in every way. We know that if you let your imagination travel back to a time when you experienced the wonder of Nature, you will do Her well to communicate that inspiration in action to every student you connect with. We appreciate the opportunity to share our experience with you and wish you well on your journey through the garden of life. May your path be blessed.

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Appendix of Handouts

Lesson 1

- Pre-test
- Hawaiian Ahupua`a (optional worksheet)
- Our garden grows (garden diagram)

Lesson 2

- In the garden (preparing the land)
- Color chart: shades of green

Lesson 3

- In the garden (Three Sisters worksheet)
- My plant...a diary record
- In the garden (seedling growth record)

Lesson 4

Planting

Lesson 5

At the beach (sea turtle and beach clean up worksheet)

Lesson 6

Post-test

In our garden (planting and harvesting)

Color chart: shades of green, yellow, brown

Overview

This educational program consists of six lessons that focus on non-point source pollution. Learning about the ahupua`a system, impacts of modern and traditional methods of agriculture on streams and the ocean, and traditional Hawaiian plants and crops will provide children with an understanding of the importance of our land and water resources and what each of us can do to protect them. Hands-on sessions, in an organic garden setting, are used as a means of teaching these topics. Although there is an emphasis on Hawaiian cultural practices and use of Hawaiian plants, this is a model that could be modified for other indigenous cultures. As “stewards of some of the most sensitive ecosystems on this planet” (Balick and Cox, 1996) there is much to learn from indigenous peoples and their values. Indigenous knowledge systems, according to Balick and Cox, “can inform current debate concerning the conservation of natural resources” as such systems have developed in the habitats over many centuries.

We have included relevant content standards for each lesson to demonstrate how the program can fit educational needs. Additional information about content standards can be found at www.k12.hi.us.

Goals

To have children develop an understanding about the ahupua`a, its zones and the types of vegetation found in the various zones.

To provide children with real-life opportunities to plant a garden, develop observational skills as they monitor the progress of the garden plants and to learn environmentally friendly techniques to enhance the growth of the plants.

To provide opportunities for children to practice decision-making skills and to work cooperatively in teams as well as in a large group.

To gain an understanding of individuals’ and communities’ actions/choices and their effects on the health of the land and ocean.

To promote pride in the community and encourage advocacy for reducing/eliminating pollution.

Objectives

The children will be able to:

- Understand the historical and cultural significance of the ahupua`a

- Understand the significance of certain plants

- Explain how to plant an environmentally friendly garden and maintain it

Explain the connection between the health of the garden and the quality of the ocean waters along with the health of its inhabitants.

Resources

Balick, M.J. and P.A. Cox. 1996. *Plants, People, and Culture. The Science of Ethnobotany*. New York: Scientific American Library.

Kamehameha Schools Bernice Pauahi Bishop Estate. 1994. *Life in Early Hawai'i. The Ahupua`a*. 3rd ed. Honolulu: Kamehameha Schools Press.