

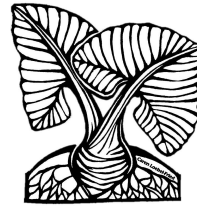
# Ka Momona O Ka `Āina

*The Bounty of the Land*



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**Hawaii  
Child  
Nutrition  
Programs**

## Farm Visits

Written by TJO

On April 29th, we had the opportunity to visit two farms spanning four generations of farmers.

### KAHUKU FARM

Kahuku Farm is owned and operated by two farming families - Fukuyama and Matsuda. The farm sits on 140 acres growing such crops as apple bananas, papayas, cacao, açai, liliko'i, starfruit, dragonfruit, long eggplant and lu'au leaves.

The owners believe in diversity and innovation not just in what they grow but with their whole farming operations.

Farm Tours - to get connected and curious about farming and take another look at the effort required in order to produce the ingredients necessary for the farm to survive. The Cafe. The Cocoa House and Smoothie Bar - farm to table concept where their not so perfect or pretty produces are not wasted and are used the their farm fave menu.

Innovation - solar powering the processing plant and refrigerated shipping containers in the middle of the fields.

Sustainability - through worker's benefits for their employees

In the Kahuku neighborhood? - Stop, shop and get a bite from their farm fave to table menu.

## Cattle Industry in Hawaii

Cattle first arrived in Hawaii in 1793, when Captain George Vancouver presented King Kamehameha with six cows and a bull. King Kamehameha created 400 acres pasture and placed a kapu on killing the cattle so that they could grow in numbers. By the mid 1800's, approximately 25,000 wild cattle roamed the landscape. King Kamehameha III lifted the kapu during his reign and in the following years, ranches were established. Spanish vaqueros were brought to Hawaii to teach local ranch hands (Paniolos) to manage the cattle. Beef became a staple in the local diets ever since.

In 2018, studies showed that the average Hawaii resident consumes about 57.2 lbs. of beef per year. Annual demand for beef in Hawaii is 81.2 million lbs. or the equivalent of 161,124 market animals. Local ranchers produced 54,600 head of cattle. Approximately 22.9% of the state's total demand. By 1992, due to market conditions and better prices on the mainland, Hawaii exported most of the calves for finishing on the mainland. Thirty-five years ago, approximately 90% of the beef raised in Hawaii was consumed locally however, only about 6% beef is consumed in Hawaii today.

### NOZAWA FARM

Just next door is Nozawa Farm known for their famous Kahuku Super Sweet Corn. The 70-acre farm grows a hybrid non-gmo corn. You can tell non-gmo corn because the top is trimmed to rid the ear worm hiding just under the silk.

Each corn stalk produces only two ears. When the corn is ripe it is at its sweetest. We got to taste the corn right off the stalk. So when in Kahuku, bring your cooler with ice to chill your field fresh cut corn. Get them home to steam in the microwave and slather them with butter. Mahalo to Regina Touguchi for the invite and arranging this event. Kudos to Kahuku Farms, Nozawa Farm for their hospitality and taking time out to talk to us.

Support your Local Farmer today!



"Take a step away from the daily grind  
Come and get a little sunshine  
If you wanna feel wild and free  
Take a walk...in the country and visit a farm."



**Buy Local, Eat Local, Stay Local**





## Enchilada Casserole Recipe

Serves 12. This Enchilada Casserole is a combination of beef, beans, cheddar cheese, fresh assorted garden vegetables, and aromatic spices served with flour tortillas. It features Hawaii grown beef and vegetables. If desired, substitute white flour tortillas for the wheat.

### Ingredients

1 c. carrots  
 1 c. green bell pepper  
 1 ½ c. white onions  
 ½ c. green onions, ½ inch pieces  
 3 cloves garlic, chopped fine  
 ¾ c. cilantro, chopped with stems  
 1 Tbsp. lime juice  
 1 tbsp. Canola oil  
 14 oz. ground beef, Hawaii local grown  
 ¾ c. sour cream, fat-free  
 1 ¾ tsp. Enchilada seasoning powder  
 1 ⅔ c. water  
 1 - 13 oz. can pinto beans, low sodium, drained & rinsed  
 2 ¾ c. shredded cheddar cheese, low sodium  
 6 - 10 inch wheat flour tortillas

### Directions

Wash and pre-cut all vegetables to ½ inch diced pieces. Heat a large skillet, add oil. Add beef and cook for 6 minutes, add garlic and cook until garlic is fragrant, add carrots, green pepper, and white onions. Continue to cook until the beef and vegetables are cooked thoroughly. Add enchilada seasoning and water, stir well to blend. Reduce heat to low, add sour cream, pinto beans, cilantro, green onions, and lime juice. Bring for simmer for 5 minutes. Remove from heat.

Preheat oven to 400F. Spray a 9X13X2 baking pan with cooking spray. Place 2 tortilla on the bottom of the pan, folding edges inward. Layer 1/3 of grated cheese and ½ of the meat-vegetable mixture over the tortilla. Repeat layers ending with the last 2 tortillas and top with the last 1/3 of shredded cheese. Cut into desired portions then cover with foil. Bake for 40-45 and the casserole is heated through and the cheese is light brown.

## Outcome of Recipe at Connections Charter School

In April, Connections Public Charter School made the Team Nutrition enchilada casserole. They are a Kindergarten to 12th Grade school with 348 students. The students enjoyed the casserole and would eat it again. It received a positive rating of 77% of the students consuming the full portion. The younger students had difficulty cutting the casserole with their fork. Nineteen students found it unfamiliar and didn't try it. The casserole was easy to assemble, however, the gooey cheese made it difficult to serve and messy, but very flavorful and it tasted good. Jason Schwerdtfeger, cafeteria Manager, suggested turning the casserole into a burrito. The shape is more familiar with the students, making it easier to serve and eat since younger students like to use their hands. My suggestion is serving the burrito for the lower grades only. Keep the recipe as original as possible, perhaps cut the tortillas into strips and layer for easier cutting and eating.



Enchilada casserole is being prepped for serving.



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