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The Bounty of the Land



PUBLISHED BY



**Hawaii
Child
Nutrition
Programs**

Breadfruit is life.

Written by TJO

The breadfruit tree is amazing.

- Cultivated in some 90 countries such as Asia, Africa, Northern Australia, Brazil, Caribbean, and the Pacific Islands of Oceania.
- Doesn't have to be replanted as it is a perennial.
- Matured (in 5 years) is more heat and drought tolerant than other grain crop.
- Produced fruits up to 50 years or longer.
- Can live up to 80 years or longer.
- Produced 50 to 150 fruits per year making it of the highest-yielding tree.



Why 'Ulu?

'Ulu is a farm to school produce that represents the concept of Aloha Āina by being a bountiful crop, conserve water during drought and the ability to contribute to sustainability.

The Hawaiians call breadfruit 'ulu. It is a fruit but culinarily it's a vegetable much like cucumbers, eggplant, tomatoes and other similar fruit used as vegetables.

'Ulu is amazing.

- Can weigh as much as 12 pounds depending on variety
- Can be eaten ripe or unripe.
- Can be baked, boiled, fried and roasted.
- Can be ground into flour.

How is whole grain breadfruit flour is made?

- Process in a certified kitchen.
- Made from the best starchy, firm mature stage 'ulu.
- Clean and sanitized to meet food safety requirements.
- Whole fruit is quartered, and placed in a citric acid bath to prevent oxidation.
- Dehydrated until crisp to touch.
- Milled and sized to provide the grain used for flour production.
- Has a shelf-life of 6-12 months when properly stored especially when refrigerated.

Also...

On April 25, 2024, FNS published the final rule with regards to: NSLP, SBP, SFSP, and CACFP: Allows all schools, sponsors, institutions, and facilities in Guam and Hawaii to serve vegetables to meet the grains or breads requirement. All programs in American Samoa, Puerto Rico, and the U.S. Virgin Islands may continue to implement this option

(7 CFR 210.10(c)(3), 220.8(c)(3), 225.16(f)(3), and 226.20(f)) *

This ruling makes it possible to use USDA approved vegetables to meet the grains or breads requirements.

Example:100% 'Ulu Flour to meet the whole grains requirement.

*SP 19-2024, CACFP 07-2024, SFSP 12-2024

Subject: Initial Implementation Memorandum: Child Nutrition

Programs: Meal Patterns Consistent With the 2020-2025

Dietary Guidelines for Americans



For more information on breadfruit go to <https://eatbreadfruit.com>



Okinawan Sweet Potato - Uala

Okinawan sweet potatoes, sometimes known as Hawaiian Sweet Potatoes, are a part of the native menu in Hawaii. Okinawan sweet potatoes have beige outer skin and deep, blue-purple flesh. They have a mildly sweet flavor, and a very dry, starchy texture. The purple color is completely natural. It comes as a result of an antioxidant called anthocyanin the same antioxidant responsible for the color of red cabbage, red wine, and purple cauliflower. **Nutrition:** Okinawan sweet potatoes, are rich in antioxidants, fiber, vitamin C and potassium, which can help with weight loss,

immunity and heart health. Eating Okinawan sweet potatoes may also reduce inflammation that can lead to chronic diseases, such as heart disease and cancer. The Okinawan sweet potato actually has 150 percent more antioxidants than blueberries.



Buy Local, Eat Local, Stay Local



Okinawan Sweet Potato Filling Recipe

Our Okinawan Sweet Potato Filling is prepared from local grown produce. It features garden fresh sweet potatoes from the fields

Ingredients

1 1/2 c. (1/2 Lb.) Okinawan sweet potato	1/8 c. Granulated Sugar
2 T. Light brown sugar	to taste Salt
2 T. Nonfat instant milk powder	2 1/4 t. Milk, whole

Directions

1. Wash, peel and cut sweet potatoes into 1-inch pieces. Place in pot and steam or simmer in water until fork tender with internal temperature of 135 F/57 C or higher for 15
2. In a mixing bowl combine the white and brown sugars, salt, nonfat milk powder, and whole milk. Then place mixture in a pot.
3. Warm the mixture on low heat stirring constantly until sugar is dissolved. Then turn heat off.
4. Add cooked potatoes into the pot. Mash and stir together until incorporated.
5. To properly cool, place the mixture in a food safe container that is not more than 2 inches tall. Store mixture in the refrigerator or freezer.
6. Use the mixture as a filling in your favorite bread/roll recipe.



Local Food for Schools Grant

Hawaii Child Nutrition Programs H.C.N.P. was awarded two federal grants from the United States Department of Agriculture Marketing Service (AMS). The Team Nutrition Standardized Recipe grant (TN), and the Local Food for Schools grant

(LFS). The Team Nutrition grant involved develops new menu items and training on using locally sourced ingredient. Bok Choy, Kabocha, Sweet Potato, and Ground Beef was chosen for its available year-round. Recipes will be added to the USDA database and used by schools nationwide. During the past two school years Chef Chad Nakamura and Chef Tiffanie Masutani from Kapiolani Community College conducted nine in person culinary sessions involving 122 school cafeteria personnel from 48 department of education and public charter schools. Schools that have completed the recipe training will now the access to \$650,000.00 through the Local Food for Schools grant.

The Local Food for Schools grant program supports local, regional, small, and socially disadvantaged Farmers. The grant will pay for the locally sourced ingredient bok choy, kabocha, sweet potato, and ground beef when preparing the team nutrition recipes. What a great opportunity to boost Hawaii's economy and increase local ingredient to our keiki's diet.

Team Nutrition Recipe Training Class

Written by JM

My experience in the Team Nutrition class was thoroughly enjoyable, and I learned a lot of beneficial information and skills from it. Chef Chad from Kapi'olani Community College (KCC) led the class in a two-day training session filled with insights on kitchen and food safety, along with cooking demonstrations. One aspect I found particularly helpful was Chef Chad Nakamura's demonstrations of different knife techniques, from holding positions to cutting methods. While cutting ingredients may seem straightforward, learning the best ways to handle a knife and cut various ingredients taught me how to be quicker and more efficient in food preparation. Another highlight of the class was the opportunity to meet and cook alongside kitchen managers and cooks from schools across the island. Collaborating with them was both enjoyable and insightful. I appreciated how they assessed and tasted the final dishes, sharing their thoughts on which recipes would appeal most to their school kids. It was heartwarming to see their dedication to testing these recipes for the student's meals. Overall, I thoroughly enjoyed the class and believe it was well worth participating in!



Manju: A traditional Japanese confection

Ingredients

Dough

2 2/3 cup all-purpose flour	2 Tbsp granulated sugar
1/2 tsp salt	1 1/2 cup unsalted butter
6 Tbsp Milk	4 egg yolks

Egg Wash

1 egg	2tsp water
1 pinch Salt	

Directions

Dough

1. Cut up unsalted butter; keep very cold.
2. Cut butter into dry ingredients: until it resembles coarse sand.
3. Combine egg yolk and whole milk in a separate container.
4. Add wet ingredients into butter-flour mixture.
5. Mix until combined. Knead a few times bring together.
6. Wrap in plastic wrap and refrigerate at least an hour; overnight is best
7. Divide into 16 portions

Assembly:

Flatten each portion of dough into a circle by hand; thinner on the edges. Place 1 T of sweet potato filling into middle of the dough. Bring edges and crimp together. Round nicely. Arrange on a tray lined with parchment paper.

Glaze each Manju with egg wash. Bake at 350F for 18-25 minutes; or until golden brown.



Buy Local, Eat Local, Stay Local

