

Ka Momona O Ka `Āina

The Bounty of the Land



The HAFA Farm: A Hub for Agricultural Innovation and Empowerment

The Hmong American Farmers Association (HAFA) Farm, located on 155 acres in Vermillion Township, Minnesota, is a groundbreaking initiative designed to empower immigrant farmers, particularly those of Hmong descent. Founded by Hmong farmers and advocates, HAFA emerged from a need to address the challenges faced by immigrant farmers in gaining access to land, markets, and resources. The organization provides a platform where farmers can cultivate their skills, access farmland, and thrive as independent agricultural entrepreneurs. The farm is divided into 25 plots,



each spanning five acres. Farmers can lease a plot for \$1,050 per year, with a maximum of two plots per farmer, under a 10-year lease.

This structure gives them stability to grow their operations while learning best practices in sustainable farming.

Today, the HAFA Farm is a flourishing community that cultivates over 160 different crops. The Food Hub aggregates and sells members' produce through community-supported agriculture (CSA) shares, schools, retailers and institutions, helping support local food systems and providing fresh produce to surrounding communities. The farm's mission is to advance economic prosperity, healthy living, and cultural preservation by leveraging sustainable agriculture and giving marginalized communities a chance to succeed.

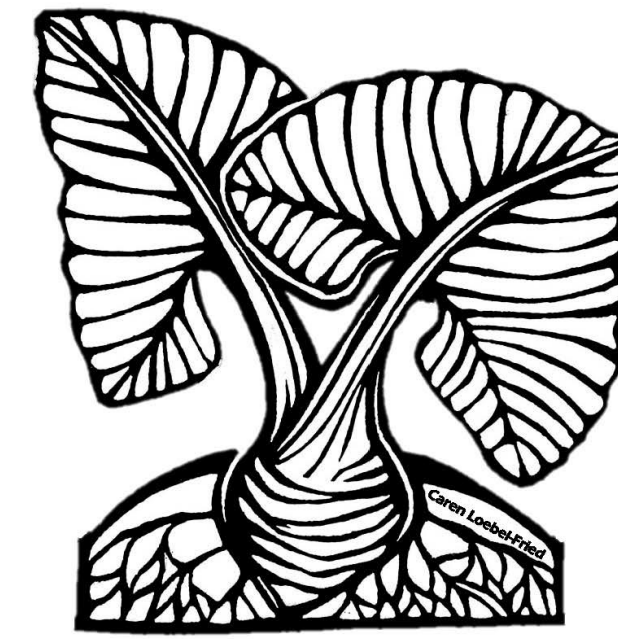


Buy Local, Eat Local, Stay Local



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**Hawaii
Child
Nutrition
Programs**

Hmong American Farmers: A Vital Part of Minnesota's Agricultural Legacy

"Hmong American farmers occupy a unique place in the history of Minnesota's local foods movement. Since Hmong refugees began resettling from Laos and Thailand to Minnesota in the 1970s as political refugees after the Vietnam War, many families have relied on their agricultural heritage to make a living growing produce and flowers for local farmers markets. By the late 1980s, Hmong farmers had revitalized the Saint Paul and Minneapolis Farmers Markets, transforming them into some of the most vibrant markets in the country, while also changing Minnesota's taste buds for Thai chili peppers and Chinese Bok Choy. As hard-working farmers, they provided the fresh produce that fueled the exponential growth of farmers markets into suburban communities and urban corridors, and greatly increased the supply of nutritious, affordable food.



Today, Hmong American farmers are leading the Twin Cities local food economy, making up more than 50% of all the farmers in metropolitan farmers markets. Hmong farmers are at the center of a Minnesota-based local foods economy that according to AgStar Financial Services generates over \$250 million in annual sales. Without Hmong farmers, this explosion of awareness and interest in local foods and small-scale farming in Minnesota would not be possible.

Still, Hmong farmers continue to face many barriers to accessing land, financing, training, research and markets and building sustainable family businesses."

The Hmong American Farmers Association, Our Story,

{<https://www.hmongfarmers.com/story/#>}.

Retrieved 2024-09-23.



Curried Kabocha Squash and Chicken Stew

Our Curried Kabocha Squash and Chicken Stew is prepared from local grown produce. It features chicken, coconut milk and garden-fresh vegetables from the fields.

Directions

Procedures-

1. Place cut kabocha in pot and steam or simmer in water until fork tender with (CCP) internal temperature of 135 F/57 C or higher for 15 seconds.
2. Heat skillet pan at medium heat with oil and cook onion until translucent then add garlic and continue the cooking process until garlic fragrance appears.
3. Add chicken and cook until light brown then add bok choy and continue cooking until tender.
4. Turn skillet pan heat down to low and add ginger, curry powder, coconut milk, water, and kabocha, then stir mixture until incorporated.
5. Add more water (as needed) and simmer until ingredients are fork tender with (CCP) internal temperature of 165 F/73 C or higher for 15 seconds. Season to taste with salt and pepper.
6. Turn heat off and place mixture into serving dish.

Note: (CCP) stands for Critical Control Point.

Ingredients

- 1 c. Light coconut milk
- 2 t. Curry powder
- 4 t. Ginger root
- 3 3/8 c. Kabocha squash
- 3 1/2 c. Chicken thigh
- 3 3/4 T. Garlic clove
- 1 c. White onion, medium
- 3 1/2 c. Bok Choy
- 1 3/4 c. Water
- 1 3/4 t. Canola oil
- to taste Salt and pepper

Bok Choy

Description:

Bok choy is one of two main types of leafy green vegetable known as Chinese cabbage. The cruciferous vegetable belongs to the mustard family along with cabbage, turnips, broccoli, and kale. It looks kind of like a celery and lettuce hybrid. The entire plant is edible, from its thick, clustered stalks to its dark green leaves. Bok choy tastes similar to cabbage. It has a mild, fresh, and grassy flavor with a slight peppery kick. The stalks have a celery-like crunch, while the leaves are soft and crisp.

Nutrition:

Bok choy raw is 95% water, 2% carbohydrate, 1% protein, and less than 1% fat. It is a rich source of vitamin A, vitamin C, vitamin K, while providing moderate amounts of folate (B9), vitamin B6, and calcium.



Culinary use:

Bok choy cooks in 2 to 3 minutes by steaming, stir-frying, or simmering in water (8 minutes if steamed whole). The leaves cook more quickly than the stem. It is used in similar ways to other leafy vegetables such as spinach and cabbage. It can also be eaten raw. They are commonly used in salads. Immature plants have the sweetest, tenderest stems and leaves. The entire plant is generally eaten (with the exception of the roots). Leaves, stalks, and even flowers are all edible.

Selecting Good Bok Choy:

Choose bok choy with firm, moist, unblemished stems, and bright green leaves. Avoid wilted or bruised leaves that have yellowing or browning, holes or tears.

Rockit Apples: The Perfect Snack

Looking for a healthy, convenient, and tasty snack? Rockit apples are the answer! Known for their miniature size and sweet flavor, these apples are naturally grown to be small, making them a perfect on-the-go option for busy individuals. Each apple is packed with nutrition, as two Rockit apples equal only 70 calories, making them a guilt-free choice for snacking.



Grown in the valleys of Central Washington by fourth- and fifth-generation farmers, Rockit apples are available year-round and sold in over 30 countries worldwide. They're non-GMO and naturally nutritious, and for those seeking organic options, you



can find organic Rockit apples in convenient 6/3 lb tubs. Whether you're packing a lunch or need a quick bite, Rockit apples are the delicious, perfectly

portioned snack for all ages!



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