

# Ka Momona O Ka 'Āina

*The Bounty of the Land*



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## Hawai'i Harvest of the Month: 'Ohana 'Ālani (Citrus)

### Citrus in Hawai'i

Citrus fruits, including oranges, lemons, limes, grapefruits, pomelos, mandarins, and more, have flourished in Hawai'i for well over a century. Historical records note that citrus plants were introduced to the islands as early as the late 18th century. Today they continue to thrive in home gardens and orchards and play an important role in Hawai'i's agricultural industry, local food systems, and schools.



### Growing Citrus Trees

Citrus trees grow best in Hawai'i from near sea level up to elevations of about 2,000 feet. Sweet varieties are generally best grown below 1,000 feet elevation, and lemons and limes above 1,000 feet. Full sunlight, well-drained soil, protection from strong winds, and temperatures between 65° and 90°F provide optimal growing conditions. Each citrus tree should be planted 15-20 feet away from other trees or structures, and be provided regular pruning and application of nutrients. Deep and less frequent irrigation is preferable to more frequent, shallow watering. Most citrus varieties do not produce "true to type" when grown from seed, making grafting the preferred method of propagation. (Source: [UH CTAHR](#))

### Additional Resources

- The [Hawai'i Seasonality Chart](#) shows peak and moderate availability of several types of Hawai'i-grown citrus and many other fruits and vegetables.
- The [Hawai'i Farm to School Toolkit](#) can be searched by "Citrus" to access many free educational resources including recipes, tree care and harvesting information, and lesson plans for schools!
- [Hawai'i Tropical Fruit Growers](#) is a non-profit organization and community dedicated to expanding and perpetuating the diversity, production, and legacy of Hawai'i-grown tropical fruit to its full potential. HTFG's 36th annual conference will take place October 2-4, 2026 on Kaua'i.



A wide variety of locally-grown citrus fruits on display at an annual conference of the Hawai'i Tropical Fruit Growers.



### [Tropical Swirl Yogurt Bowls](#)

#### **Ingredients (6 servings):**

- 4 ½ cups yogurt
- 1 ½ cups dragon fruit puree
- 3 cups seasonal fruit
- ¾ cup granola
- 2 Tbsp. shredded coconut (optional)

#### **Directions:**

1. Lightly toast coconut in a pan over low heat with nothing added.
2. Blend dragon fruit, then mix with yogurt; pour 1 cup into each bowl.
3. Cut seasonal fruits (e.g. citrus) into keiki size bites. Top each bowl with ½ cup fruit, ⅓ cup granola, and 1 tsp. toasted coconut shreds.
4. Serve with ¾ cup milk for a complete and creditable [CACFP](#) breakfast!

Source: [Mālama Kaua‘i’s](#) “Garden to Grindz” Recipe Guidebook for CACFP (USDA Child and Adult Care Food Program), a Farm to Early Care & Education (ECE) resource!

### **“KALO as KUMU” (“Taro as Teacher”) WORKSHOPS**

**WHAT & WHO:** Free, one-day, experiential in-person workshops on various islands for HIDOE teachers and staff that are NEW to Hawai‘i (and others as space allows). Lunch will be provided.

#### **WHEN & WHERE:**

- March 31 on Hawai‘i Island (register by March 23)
- April 2 on Maui (register by March 24)
- April 9 on O‘ahu (register by April 1)

**HOW TO REGISTER:** Visit [tinyurl.com/kaloaskumuPD2026](https://tinyurl.com/kaloaskumuPD2026)

**SPONSORS:** Hawai‘i Department of Education (HIDOE) Office of Hawaiian Education (OHE) and Office of Curriculum and Instructional Design (OCID), Center for Getting Things Started, and Hawai‘i Farm to School Network.

**CONTACT:** [mingwei@c4gts.org](mailto:mingwei@c4gts.org)



### **NEW [Food 4 Keiki School Pantry Toolkit](#)**

Published in January 2026, the Food 4 Keiki School Pantry Toolkit aims to increase access to healthy food for children and their families by providing schools with step-by-step guidance on setting up their own school pantry that is tailored to meet the needs of their school community. The toolkit was developed by the Hawai‘i State Department of Health - Chronic Disease Prevention and Health Promotion Division, Hawai‘i Public Health Institute, and Hawai‘i Foodbank. Contact [laura@hawaiiifoodbank.org](mailto:laura@hawaiiifoodbank.org) for more information.



### **REGISTER TODAY!**

**2026 We Grow Hawai‘i: A Youth Food Summit**

“We Grow Youth for Farm to School”

**Saturday, March 7 @ Punahou School (9am-2:30pm)**



Attend youth-led workshops, hear student presentations about their food-related projects, and enjoy ‘ono locally-grown foods at the 2026 We Grow Hawai‘i event!

**Register today on the [Hawai‘i Youth Food Council](#) website.**

*Sign up for this newsletter by emailing: [hcnp@k12.hi.us](mailto:hcnp@k12.hi.us)*

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