



Featured Youth of the Month: Angelina Peritore

Angelina Peritore has been raised on the Big Island. The oldest of 5, Angelina's mother raised their family in Waipi'o Valley amongst other kalo farmers. Angelina's family recently moved to Kohala and the transition was seamless. Her natural and humble demeanor made it easy to make friends. Angelina's first hand experience growing up on sustainable living in Waipi'o Valley proved her ease in completing tasks at our mentorship at Ho'ea Farm. Angelina is flourishing in her new life in North Kohala as she joined the Hula Halau with the Lim Ohana, starts her first year in a public school as a freshman at Kohala High School and is a key player on the high school softball team. We are glad to have Angelina on board and look forward to seeing how we can help her excel on her journey.

Upcoming Events:

FEBRUARY

February 02, 2019: Animal Husbandry with David Fuertes

February 16, 2019: Crops & Plants with Ed Kawe

MARCH

March 02, 2019: Korean Natural Farming with Leslie Nugent

March 16, 2019: Crops & Plants with Bert Kanoa

March 30, 2019: Ho'ike #3 Fishing Tournament at Keokea Beach Park 8:00am

Green Papaya & Chicken Soup

INGREDIENTS:

- (6) Chicken Thighs, with or without bone
- (2) large garlic cloves, chopped
- (1/2) Onion, chopped
- (1/2) Teaspoon of salt
- (3) Large green papayas, chopped into large chunks (papaya should be totally green)
- (1) Tablespoon of Aloha Shoyu, to taste (optional)
- Salt & Pepper to taste
- Pinch of Cayenne pepper (optional)

DIRECTIONS:

1. Boil about 10 cups of water in a large pot.
2. Add chicken thighs, garlic, onion and salt.
3. Boil 10 minutes, then add green papaya to the pot.
4. Simmer for 45 minutes until papaya is tender. Add pepper and more salt if necessary.
5. Add Shoyu and cayenne if using.
6. Serve with rice, quinoa or just by itself. Enjoy