Our Ho‘okahua Ai Program finished the year strong. Being in an environment where one feels safe and loved helps people to think more freely and open their minds for more creativity. Our Ho‘okahua Ai Program wrapped up another year and now have an entire summer to reflect, switch gears, and realign goals for the next year.

Korean Natural Farming with Leslie remained consistent by repeating the various methods, as well as the recipes for all of the inputs. All of our inputs have been specifically designed for our specialty areas: animal husbandry, crops, and plants. The lessons were at just the right level for the young eager learners to grasp and remember.

Crops and plants continue to develop our haumana and help them to apply their mana through their hands-on care of the 'āina. Working directly in the lo‘i is a favorite activity of the haumana. The lo‘i is also a safe environment for talk-story sessions and open conversations about life.

Our team prides ourselves in viewing the world and its challenges with an open mind. It starts with our leaders who inspire each other to take on challenges and learning opportunities.

Like Papa Dave always says, “If you break em, fix em.” It is the mindset of looking for opportunities to grow while keeping the values of ‘ohana, self-respect, and care for one another breathing within us. This is how we CAN grow.
### FEATURED HAUMĀNA: SHELLY MALIA KEAWE

Shelly is our Kohala High School Senior. She has a passion for art, especially photography by taking pictures of local scenery and spends her time working at the local Art Gallery Co-op in Kapa‘au. In the fall, Shelly is planning to host her first hip-hop/jazz class. Her family upbringing continues to open her eyes into many new adventures. She aspires to teach dance at the local art studio with classes in the summer. She adores her Aunty Leslie (our KNF Mentor who also loves dancing) and shows her commitment and eagerness to learning new things by fully engaging in all the new teachings at the farm. Her dreams after high school are to travel to other countries, like Japan, and share her talents in dancing and how she takes care of the ‘āina.

### EDAMAME AVOCADO DIP

**Ingredients**
- 12 to 16 ounces shelled edamame, fresh or frozen
- 1/2 cup, packed, roughly chopped fresh cilantro, including stems
- 1/2 cup plain yogurt
- 1 avocado, peeled, pitted, roughly chopped
- 1/2 cup water
- 1/4 cup lime or lemon juice
- 1-2 teaspoons salt
- 5 shakes of Tabasco (less or more to taste)
- 3 drops of dark sesame oil (more to taste)

**Cook the edamame:** Bring 2 quarts of well salted water (2 tablespoons salt) to a boil. Add the shelled edamame. Return to a simmer and cook for 5 minutes, or until cooked through and tender. Drain with cold water.

**Blend the edamame with the remaining ingredients:** Place drained cooked edamame in a food processor. Pulse several times. Add the chopped cilantro. Pulse again.

**Add the remaining ingredients,** and pulse until well puréed. Add more water if you want a smoother consistency. Adjust seasonings (salt, Tabasco, lime, sesame oil).

Serve with pita, chips, crostini, or a vegetable platter.

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*We are thankful for our supporters, who help us grow; Hau‘oli Mau Loa, HACBED, Kahua Pa‘a Mua, our mentors and most of all our family & friends.*