



SUMMER NEWSLETTER

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AN ONO CASSAVA RECIPE

NOW RECRUITING VOLUNTEERS & APPRENTICES!



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Farmer of the year!

MauiTimes recently revealed their **Best of Maui** series and awarded "Best Farmer" to Ryan Earehart of 'Oko'a Farms - Fresh UpCountry Produce! This could not be timed any better since the opening of his new storefront in Kula!

Here's what was written in The Maui Times: Ryan Earehart is steadfast about delicious, locally grown food. 'Oko'a Farms celebrates full-circle farming and grows over 80 organic crops in Kula. The sun-kissed and smiley sustainable farmer remained resilient during quarantine by providing produce deliveries to keep residents eating healthy. Thanks to their enthusiastic fans, Earehart and partner Sal Coca recently opened a walk-in shop Upcountry with 'ohana after 11 years of weekly farmers markets — which **also** earned them the title of Best Farmers Market Booth. (www.okoafarms.com)

Congratulations Ryan!

DID YOU KNOW...



As an organically managed farm, 'Oko'a applies the use of organic pesticides from time to time. In case you were wondering, here is a list of what they use when needed:

- 1-BT-Dipel
A biological insecticide to help prevent Cabbage Moths
- 2-PyGanic
For protection against Chinese Rose Beetles
- 3-Entrust
To help with Bagrada Stinkbugs
- 4-Neem
An organic pesticide to suppress a broad range of pests



PARAGENIUS PROJECT



Volunteer & Apprenticeship Program

'Okō'a's transition from four farmers' markets per week to one Tuesday morning Wailea Village Farmer's Market and our new storefront, open every day (7am-7pm), is an ambitious commitment to our community!!

To ensure our Maui 'Ohana can continue to receive incredible local and organically-grown produce, ParaGenius Foundation is here to help support 'Okō'a Farms with additional resources.

We have two initiatives in the works that can benefit both our best farmer on Maui, along with interested members in our community:

A volunteer program and a hands-on apprenticeship program!
Please reach out if you'd like to take part in these opportunities!

To make a tax-deductible contribution to support our initiatives, please click on the **DONATE** button on www.ParaGeniusFoundation.org

Mahalo for your consideration!

DID YOU KNOW...

'Okō'a Farms stewards 46 acres of farmland across 3 Kula properties

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Cassava Hash Brown Recipe

Ingredients

Shredded Cassava

Coconut Oil

Sea Salt

Balsamic Vinegar



USING A SMALL FRYING PAN, HEAT UP ABOUT 2 TSP COCONUT OIL ON MEDIUM HEAT, AND ADD A HALF-INCH LAYER OF SHREDDED CASSAVA.

AFTER ABOUT 3 MINUTES, YOU'LL NOTICE SOME BROWNING APPEARING THROUGHOUT "THE BIRD'S NEST" OF COOKING CASSAVA. AS IT COOKS, IT ALMOST BINDS TOGETHER, MAKING IT RELATIVELY EASY TO USE A BIG SPATULA TO FLIP OVER THE "PATTY."

COOK THE OTHER SIDE FOR ANOTHER 2-3 MINUTES. SLIP THE BIRD'S NEST ONTO A PLATE.

ADD SALT, BALSAMIC VINEGAR AND 'OKO'A FARMS EGGS - SCRAMBLED OR OVEREASY- ON THE CASSAVA HASH BROWNS FOR A TASTY TOUCH!

AND VOILA!

