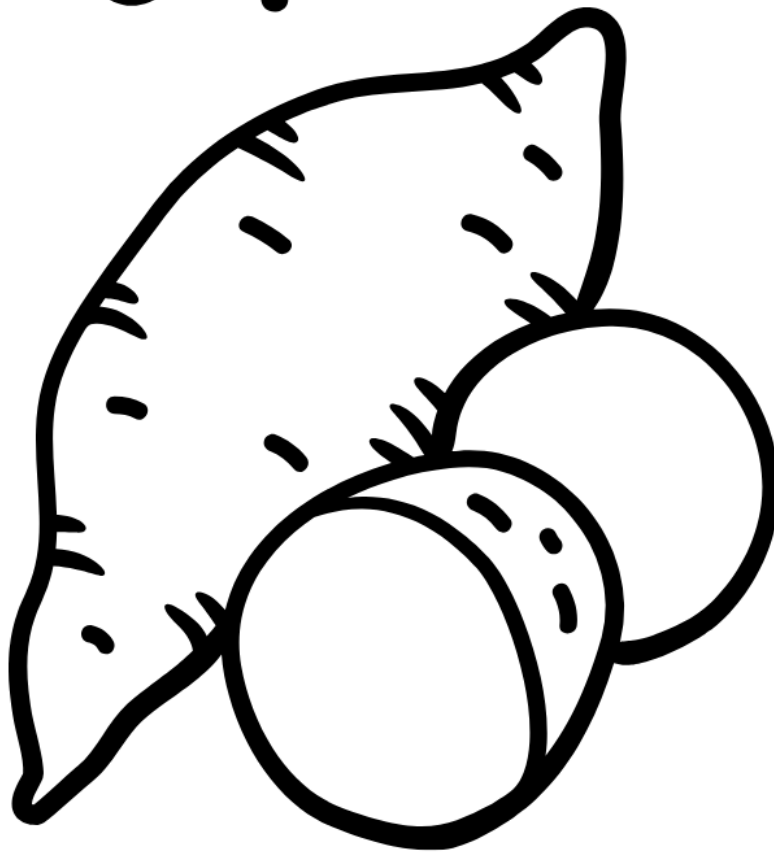


My Guide to

'Uala



For:

Created By: Kamalei Brandon

Let's Grow 'Uala!

'Uala needs to be started from slips. Slips are cuttings grown from mature (already grown) 'uala.

Starting Your 'Uala Slips

1. Gather your healthy, clean 'uala.
2. Carefully wash your 'uala.
3. Cut the 'uala in half or in large sections.
4. Place each 'uala piece in a cup of water with half of the 'uala above the water and half of the 'uala below the water.
5. Use toothpicks to hold the 'uala in its place.
6. Place the cup in a place where it can stay warm and get some sunlight. After a few weeks, your 'uala piece will be covered in leafy sprouts and roots.
7. Take each sprout and carefully twist them off of the 'uala piece.
8. Put each sprout in a shallow bowl with the bottom half of the stem in water and the leaves hanging out over the rim of the bowl.

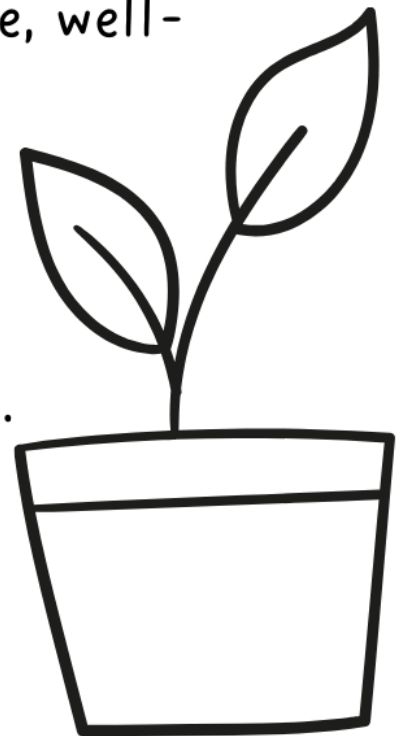


Within a few days, roots will grow from the bottom of each new plant. The new 'uala slips are ready to plant when the roots are about 1-inch long.

Planting Your 'Uala

Once your 'uala slips are ready to plant, there are some things you need to do:

- *Prepare the Soil:* 'Uala need loose, well-drained soil to grow. You want the roots to be able to grow & not be blocked by packed soil.
- *Plant the Slips:* Plant your 'uala slips with the roots facing down. Position it so that the bottom half will be covered with dirt and the top half with the new leaves is above the dirt.
- *Be Gentle:* New 'uala do not like to be bumped or bruised.
- *Space the Slips Out:* Space the 'uala slips about 12-18 inches apart.

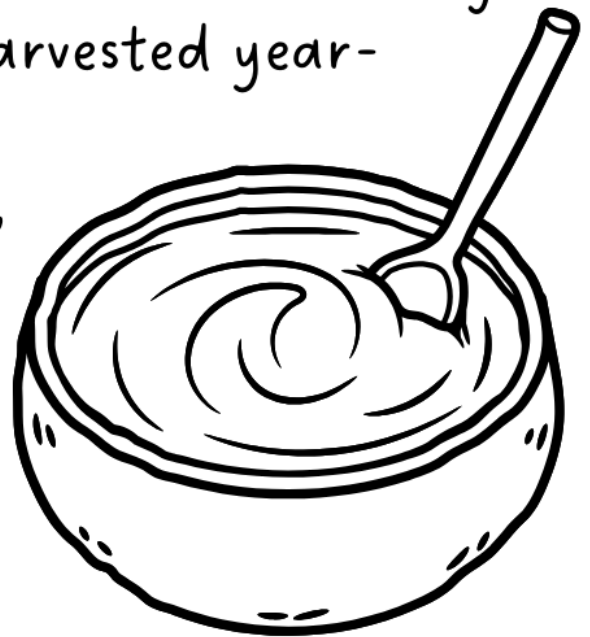


Once you have planted it, make sure to water 'uala well, especially within the first couple weeks.

Information About: 'Uala

'Uala is the 'Ōlelo Hawai'i word for sweet potato. It is also the name for the specific local-favorite sweet potato that has a tan outer skin and beautiful deep-purple flesh. This is the Okinawa Sweet Potato that was introduced to Hawai'i in the early 1900s.

For centuries, 'uala has been a staple crop in Hawai'i. It is popular because it is a drought-resistant crop and can be harvested year-round. Many 'ono (delicious) dishes are made out of 'uala, such as 'uala ho'omalamala (a poi-like dish). It has been used as medicine and in our rituals as Kānaka Maoli (Native Hawaiians).



Sources

- Hawai'i 'Ulu Cooperative. Meet 'Uala: Hawaii Sweet Potato. www.eatbreadfruit.com/pages/meet-uala.
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