

IMPROVE EDUCATION  
PROTECT THE ENVIRONMENT  
ADDRESS INFRASTRUCTURE CHALLENGES  
ADOPT SUSTAINABLE ECONOMIC STRATEGIES  
MEET HUMAN NEEDS & PRESERVE LOCAL CULTURE

FOCUS OUR  
MAUI ISLANDS  
NUI OUR FUTURE

Own it!

# TARO



Believed by Hawaiians to be the greatest life force of all foods.

Maui County produced close to 20% of Hawaii's 4.5 million pound crop in 2006. It is the 14<sup>th</sup> most cultivated crop on earth. The traditional Hawaiian name is "kalo" and its cultivation was associated with the god Kane, procreator and life giver, provider of water and sun. Taro is eaten around the world but only Hawaiians make poi. Low in calories it is one of the most nutritious foods, often described as a "miracle food." You can find taro recipes dating back to ancient Egypt.



### Chicken and Taro

Six servings:

- 1 chicken
- 2 medium-sized taro
- 2 large onions, chopped
- 2 cups chopped green leaves (e.g. taro leaves, pumpkin leaves, sweet potato leaves)
- 3 tomatoes
- 1 cup coconut cream
- 1 cup water
- 2 tablespoons lemon juice



1. Peel taro, cut into thin slices and place in the bottom of a large pot.
2. Cut the chicken into serving portions and place on top of the taro.
3. Add the chopped onions, green leaves and tomatoes.
4. Sprinkle lemon juice.
5. Add the coconut cream and water and cook over a gentle heat for about 1-1½ hours, or until the chicken is cooked.
6. Serve hot.

This dish can be varied by adding curry powder (about 2 teaspoons) mixed with the coconut cream and water.

The bowl of poi was such a sacred part of Hawaiian life that when it was uncovered at the dinner table all conflict ceased. People were not to argue or speak in anger.



FOCUS MAUI NUI is a community-driven vision for the future of our islands, spearheaded by Maui Economic Development Board, Inc., a nonprofit organization dedicated to the economic well-being of Maui County. VISIT OUR WEBSITE AT [www.focusmauinui.com](http://www.focusmauinui.com) or CALL 808.270.6801