

The GET Local Initiative is Growing and You Can Be Part of It!



The University of Hawai'i at Mānoa Cooperative Extension Service GET Local initiative recently celebrated its seventh year of programming and has been steadily growing to incorporate a large variety of applied research projects, practical tools, and other community programs. GET Local stands for **G**row, **E**at, **T**hink Local and was launched in 2016 to strengthen connections within the food system and to support local agriculture.

In addition to [videos from the field](#), local [commodity posters](#), and a [calendar](#) listing upcoming events, the website (<http://manoa.hawaii.edu/ctahr/getlocal/>) now houses programs including *Farm2School*, the *Home Garden Network*, *'Ohana Garden N Grindz*, the *4-H Video Cooking Contest*, *Seed Saving* projects, and the *Food System Forums*. More information about each of these programs is described below.

FARM2SCHOOL

The Hawai'i Farm to School Hui is a statewide network established to strengthen Hawaii's farm to school movement. Cooperative Extension faculty in the College of Tropical Agriculture and Human Resources (CTAHR) work at Farm to School Coordinators on O'ahu and Moloka'i to provide communities with curriculum, recipes, and training for educators on the Garden to Cafeteria program as part of the Farm to School Hui.

On the GET Local site, visitors can access the Hawai'i Farm to School Toolkit, which includes the [Harvest of the Month](#) calendar and the [Local Crops Library](#), school garden food safety guides, and leadership and service learning activities for youth.



HOME GARDEN NETWORK

The [Home Garden Network](#) (HGN) develops a network of families working together on a garden one at a time to create edible home gardens until all participants have their own garden.

The families share food they have made using items from the gardens, practice seed-saving for future networks, and include children in the gardening activities to both educate and familiarize them with the benefits of home gardening. Established networks work to support new networks to reach additional communities.



**HOME GARDEN
NETWORK**

'OHANA GARDEN & GRINDZ

The [‘Ohana Garden & Grindz](#) program started as a response to a need on the island of Moloka‘i and has grown to a statewide virtual cooking and gardening program for intergenerational families in Hawai‘i. In the program youth and older family members (parents, grandparents, aunties, or uncles) participate in hands-on activities to develop skills in the kitchen, garden, and household food security.

As participants in the project, families receive gardening and cooking kits, and participate in weekly online education sessions to learn how to grow plants and cook healthy meals at home. Currently families on Moloka‘i, Kaua‘i, and Hawai‘i Island with keiki ages 8 and up are eligible for the free program.



4-H VIDEO COOKING CONTEST

The purpose of this contest is to increase knowledge of food safety and preparation, enhance understanding of the farm-to-table concept, and strengthen understanding of the importance of buying locally grown products. Youth in grades 5-12 across the state can submit a 5-7 minute video that showcases a local commodity (plant or animal) and demonstrates the successful completion of a healthful recipe.

The [Video Cooking Contest](#) section includes videos and recipes from 2019 – 2023 featuring local sweet potato, Lāwa‘i prawns, palani fish, papayas, bananas, poke, kale, kalua pork, and venison among other produce and meats from around the state.



SEED SAVING PROJECTS

CTAHR faculty are currently working together to build a framework for community outreach and training to increase the knowledge and capacity around seeds through various [Seed Saving Projects](#). The need for local seed production was highlighted during the shortage of seeds during the COVID-19 pandemic but the goal of the seed saving projects is to also support an increasing the of seeds and the development and popularization of better adapted local crop varieties, with resistance to modern pest and disease problems.

This area of the website also showcases the findings from a recent survey of experienced Hawai‘i seed savers that focused on the types of crops of interest, the purpose for local seed saving, and how CTAHR could help local seed producers. The site also includes a guide to local [Seed Saving Resources](#).



FOOD SYSTEM FORUMS

The [CTAHR Food Systems Working Group Forums](#) provide a place for project leaders from many different fields connected to the food system to share their ideas and have meaningful discussions around collaboration, identifying strengths and gaps in food systems, and developing outcomes to track changes over time.

The quarterly forums started in spring 2022 and have generated focused presentations and lively conversations around ways to create a greater impact and innovation to address some of the many challenges facing the food systems in Hawai‘i.

A new forum is planned for Fall 2023 but videos from the previous five sessions are currently available at the website or on the GET Local [YouTube Channel](#)

- **FORUM 1: *Promoting Local Food Sustainability*** featured current CTAHR food sustainability projects.
- **FORUM 2: *Farm to Table: The CTAHR Connection*** focused on CTAHR’s connection to the creation, production, and marketing of local food production.
- **FORUM 3: *Nutrition and Food Security*** featured projects around cooking, child health, food security, and indigenous food systems.
- **FORUM 4: *Indigenous Food Systems*** featured CTAHR leaders of projects around indigenous agriculture systems, crops, food, and resource management.
- **FORUM 5: *Growing Together: Farmers, Food Hubs, & Community Perspectives*** highlighted projects connecting members of the community to the local food system.

HOW TO PARTICPATE IN GET Local

The GET Local initiative welcomes participation from all members of the food system in Hawai‘i. Suggestions to get started and become more familiar with the initiative include:

- Reading other Hanai Articles about the GET Local program to learn more
 - [Grow, Eat, Think Local](#) - Volume 41 April | May | June 2021
 - [GET Local Initiative](#) – Volume 30 September | October | November 2017
- Attending our quarterly [Local Food System Forums](#) and view [previous forums online](#)
- Visiting our [Food Systems Resources](#) and let us know if you have suggestions
- Providing feedback on how we’re doing or reach out with any questions.

Program Contacts

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