



A Container Garden for Every Home in Wai'anae

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With a welcoming *oli* (chant), *Na Keiki O Ka 'Aina*, the children attending Makaha Elementry School, are invited to enter a place that has become very special to them. Their next-door neighbor, Hoa 'Aina O Makaha, The Land Shared in Friendship, is a place where learning and sharing happen every day in the gardens. It is a place of safety--a refuge for body, mind and spirit. Hoa 'Aina O Makaha's mission is "*Creating peaceful communities in harmony with nature through the eyes, hands and hearts of the children.*"

Thanks to KGI's Sow It Forward mini-grant, Hoa 'Aina was able to expand their successful parent involvement and community outreach through The Container Garden Project. This project is designed to help families meet their need for fresh, healthy and affordable food; to provide support to families making positive life choices; to build and strengthen family connectedness; and to model giving back to those less fortunate in the community. Sixty-six multi-generational families (nearly 300 individuals) participated in the series of three container garden workshops, learning how to plant and nurture their gardens. As one family member shared, "All my family and I have learned tremendously about ourselves through the workshops provided by Hoa 'Aina. The experience has supported great attachment and bonding within our family. Now we are spiritual gardeners and enjoy the therapeutic benefits incorporated into our lifestyle. The program theme for the coming year has become, "A Container Garden in Every Home in Wai'anae: We produce our own food and feed our bodies and our souls." Plans are already in place for future workshops; schedules for the workshops are posted on our web page and on our Facebook page: www.hoaainaomakaha.org/container-garden [1] and www.facebook.com/Containergardenworkshop?fref=ts [2].

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