

2016 June-August

Lyon Arboretum—University of Hawai`i at Mānoa

Lyon Classes

`Eke Lauhala Basket Weaving

Instructor: Wesley Sen

Join traditional lauhala weaver, kapa maker, and lomilomi practitioner Wesley Sen for this two-day class in which you will learn to weave a beautiful and functional lauhala basket. Learn about the hala, *Pandanus* spp., in its many forms and functions; how to harvest and prepare the lau, or leaves, and how to plait them to form a Hawaiian `eke lauhala.

Wednesday, June 8 and 15, 2016 10:30 – 1:00pm \$35, plus \$25 supply fee payable to instructor



Agroforestry Concepts and Practices

Instructor: Gerrit Evensen

In this fascinating introductory class, Lyon Arboretum horticulturalist Gerrit Evensen will cover the concepts and practices of agroforestry. Agroforestry: What is it? Why do it? How does it work? Relationships to the Hawaiian agricultural complex and the ahupua'a system. Basics of ecology and its relation to agroforestry, highlighting the concept of 'ecosystem services'. Is it possible to practice agroforestry on small amounts of land (esp. the small postage stamp yards of most Hawaii citizens)? Yes it is! Learn how! Examples of interesting agroforestry projects.... notably the Samboja Lestari project by Willie Smits in Borneo, Indonesia.

Friday, June 17, 2016

1:30pm-3:30pm

\$20

Kids Love Cooking Class

Instructor: Alyssa Moreau

Kids love to cook and be creative in the kitchen. Nurture their natural culinary talents in this healthful class with Alyssa Moreau. Recipes include: Furikake Tofu Nuggets with Dipping Sauce, Okinawan Sweet Potato Snack balls, Musubi, Breakfast cookies, and more. Class is open to children accompanied by their parents, ages 8-12.

Wednesday, June 22, 2016

1:30-3:00pm

\$20 adult, \$5 child (with adult), \$10 supply fee



Hawaiian Backyard Kalo Growing

Instructor: Dr. Carl Evensen

Discover the rich tradition of growing Hawaiian taro, or kalo (*Calocasia esculenta*) varieties, their different growing, cooking and eating characteristics, and how to cultivate them in home gardens dryland-style. Kalo varieties are easy to grow, and don't require too much care. We may be able to provide some taro huli to class members who want to get started.

Wednesday, June 29, 2016

1:30-3:30pm

\$25

Mindful Hike and Yoga

Instructor: Lizabeth Kashinsky

Science has documented that both being in nature and mindfulness practices such as yoga and meditation are good for your health. Experience these benefits yourself by joining us on a mindfulness based guided hike through Lyon Arboretum followed by yoga in a beautiful studio with stunning views of Manoa Valley.

Class meets on the second Saturday of each month. Class size is limited, so sign up early. Sign up for one or multiple classes; each session will focus on a different theme and expression. Meet at 12:00 in the classroom. Bring a yoga mat, water, and writing materials in case you should want to journal after class in a beautiful outdoor setting. Previous yoga experience not necessary.

MH Yoga 4: Saturday June 11, 12-2:45 \$20

MH Yoga 5: Saturday July 9, 12-2:45 \$20

Floral Lei/Wristlet Making Class

Instructor: Mona Miyamura & Hui Hana Lei

Learn to make your very own floral lei in this hands-on instructional class hosted by Lyon Arboretum's venerable Hui Hana Lei ladies. Our expert lei makers will teach you how to select the right floral and plant material to make your very own wristlet lei, or for the quick learners, a neck lei. Fee includes all supplies needed for one lei, but participants are encouraged to bring their own flower and plant materials of their choice to be used in the lei.



Thursday, July 7, 2016

9:30am-12:00pm

\$25



Animal Eating Plants!?!? An Intro to Carnivorous Plants and their Cultivation

Instructors: Tim Kroessig and Cindy Yamamoto

An introductory course that will cover the different types of carnivorous plants, the habitats they occur in, and the unique adaptations that allow these plants to attract and digest their prey. This course will also cover some basic propagation and cultivation techniques that can be used to grow these special plants in Hawaii. In addition, several different types of carnivorous plants will be on display as well as recommended literature for those who "catch the bug" of carnivorous plant cultivation. **Wednesday, July 13, 2016 1:30pm-3:30pm \$25**

Cooking with Mushrooms!

Instructor: Alyssa Moreau

Explore the wonderful world of culinary mushrooms! In this course you will learn to use several types of edible fungi in delicious recipes such as: Marinated Portabello Stirfry over Bed of Sautéed Garlicky Greens, Shiitake Asparagus Black Bean Sauce over crispy polenta slices, Roasted Cauliflower slices with Mushroom Picatta Sauce, Taro Sukiyaki.



Wednesday, July 20, 2016

1:30pm-3:30pm

\$25

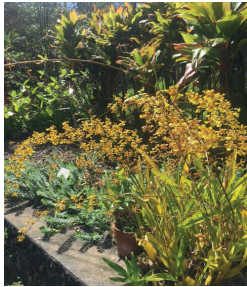
Sweet and Savory Fruit Dishes Instructor: Alyssa Moreau

Can't stand the heat? Get in the kitchen! Cool off from the summer heat with sweet and savory dishes made from fresh fruits! Learn to make simple, healthy recipes, including: Avocado Mango Red Bell Lime Salsa served w/ Soft Tacos, Quinoa Salad w/ Garden Greens, Fresh Apricot (or local fruit), Ginger and Lime Vinaigrette Vegan Cheesecake w/ Lillikoi Glaze, Hibiscus Watermelon Cooler, Berry Bisque!

Wednesday, August 3, 2016

1:30-3:30pm

\$25



Orchids: Cultivation, Care and Re-potting Instructor: Peter Wiggin

Orchids are a very popular choice for home gardens in Hawai'i, both indoors and outdoors. Learn the nuances of different cultivars, how to properly care for them during the winter and summer months, and how to successfully propagate and re-pot plants. Peter Wiggin is a PhD Candidate who works in Lyon's Hawaii Rare Plant Program micropropagation lab, and has years of experience working with orchids on his family farm on the Big Island.

Friday, August 26, 2016

1:30pm-3:30pm

\$25

Cool Down and Enjoy the Summer with Cold Asian Noodle Dishes!

Instructor: Ryan Murakami

Nothing is better to cool you down on a hot August day than a bowl of nice cold noodles! Ryan "Jah Gumby" Murakami brings his culinary genius to Lyon for this lesson in making delicious, savory noodle dishes. Recipes include: Cold Jajangmyun, Tan Tan Mien, Cold Soba with Kochujang and Tahini Miso Drizzle, and more!

Class to be held in August, date and time to be announced!



**Watch Lyon Arboretum's website postings for updates and new class listings:
manoa.hawaii.edu/lyonarboretum**

Download the Lyon Arboretum's mobile app to instantly follow all events and classes at Lyon!

Call 988-0456 to sign up for Lyon Arboretum's list of events and classes

Help support `ohi`a lehua conservation at Lyon: [#OhiaLove](https://twitter.com/OhiaLove) Help Save Hawai'i Forests

All classes require preregistration
Call 988-0456 to register for classes

For information about upcoming classes, please call our Education Department at 988-0461

Registration is required for all classes. You will be enrolled in the class the day your payment is received. Class size is limited, and classes fill quickly. To avoid disappointment, register early.

Payment may be made by check, cash or credit card. To register, call the Arboretum's business office at: (808) 988-0456, or drop off or mail your registration to the business office: c/o Class registration: Lyon Arboretum, 3860 Mānoa Road, Honolulu, HI. 96822.

Class Cancellation and Refund Policy

If it is necessary to cancel your registration, please notify Lyon Arboretum at (808) 988-0456. A full refund, (less a \$5.00 handling charge) will be issued with a minimum 7-day advance notification before the class date. No refunds will be made if you fail to show up for the class. The Arboretum reserves the right to cancel a class. A full refund will be issued if the class is cancelled by the Arboretum.

ADULT CLASS REGISTRATION FORM

Please register me for: _____
(Print title of class, date of class)

My name is: _____
(Please print)

My address is: _____
Street City State ZIP

Daytime phone #: _____
(Please print)

Email address: _____
(Please Print)

Total class fees enclosed: _____



Please sign me up to receive an email notification of upcoming classes and events at Lyon. Yes ____ (make sure you have included you email address above if yes) No thanks ____

**See our website at manoa.hawaii.edu/lyonarboretum
for event and class updates**