

Hawaiian Food Material

From Mr. and Mrs. C. C. Conradt, Wailuku, Maui.

Limu eleele is still eaten. Usually ate least once a day if it was available. Not more than a tablespoonful at a time as a rule. As a condiment. Best eleele comes from Molokai.

Exercise chewing sugar cane and dried squid, should have given them plenty of exercise for the teeth.

Feeding babies Baked sweet potatoes given to babies one of first things.

Fresh poi thinned.

Nursed babies more than a year. Sometimes to 3 years old. They were always nursed even when adopted.

By a year old eating sweet potatoe and poi. A year old luau also given with a little salt and sweet potato.

According to Mrs. Conradt, coconut milk and soft coconut not used for infant feeding.

Mr. Conradt pointed out that there were so few groved of trees so that enough coconut could not possibly have been available.

Sides of Halekala used for cultivation.

Food for babies or children was chewed by the mother or some one else until it was two or three years old.

Fish cooked was given to babies about 1 year of age. Pig might be given at a year but rarely.

Breadfruit was given to babies in the form of poi at about 1 year if available.

Breadfruit was available only a few months in the year and the amount of breadfruit was little in proportion to the population.

Sour poi was probably given after other foods given. Poi was never allowed to get very sour not left more than three days.

To the question were the babies allowed in the sun, she replied that they might be taken out quite young if the mothers were out in the sun. The babies of course, wore no clothes.

p 2. Conradt continued.

Babies might be given banana, chewed by the mother and given.

Were bananas plentiful? Yes, both uncooked and cooking kinds. They were in the mountains and also planted in taro patches in mounds. with sweet potatoes and sugar cane.

They felt that the restrictions as to the things women could not eat were very strictly kept. And the baby girls were not allowed food tabu to women.

Why didn't they eat more chicken? Not many raised, no place for them.

Children of common and poor Hawaiians fed in same way as chiefs.

How did the food of the poor natives compare with the chiefs? Quantity varied, not quality so much. Poor might not always have had enough.

Was there ever a lack of fish? Probably not, conserved fish by restrictions.

How often did common people have pig? Rarely. Pig not very plentiful, chiefs not every day.

When pig was killed they wasted absolutely nothing, nothing thrown away. Blood was saved after sticking, put into a calabash. Heart, liver, lungs and intestine after cleaning, etc. all cooked in ti leaves and blood added while hot to coagulate and all eaten.

Red salt was used because they liked the taste probably. Mrs. C did not seem to think because they thought it was healthful.

Mr. Conradt stated that 1 acre of taro was needed for a family.

Luau was cooked in ti leaves or in large taro leaves on coals. Always used uncurled leaves.

Mr. Conradt stated that he could get real uncurled leaves.

What time did they eat? No set time. More than once a day if they had the food. On Molokai now twice a day in the morning and in the afternoon about 3 or 4 o'clock.

When asked if they ever heard of thin or sickly children being fed some mixture like a medicine and being made to gain very rapidly they said yes. The children were fed apu. An apu is a mixture of food and mineral substances.

One apu was as follows: Sweet potato (a certain kind), a certain kind of sugar cane, ripe hala fruit, ihi (a green plant) all pounded together and strained and just juice or liquid used.

Different apus for different things. Some of them in liquid forms. Others not. Used for various kind of sickness. (Mrs. C. had used an apu for her asthma but it did not good.)

(Miss Lucy Peabody in Honolulu knows of apus. also Mrs. Webb)