

"Feeding the world; Caring for the Earth"

enviroed4all[®] 2015 Family Farm Snapshots in the IY Soils at <u>http://familyfarms.enviroed4all.com.au/</u>



Growing food as a family for our family,

Sa'anapu Uta, Samoa

Our Family

Malo! (Hello!) from our family garden on the island of Upolu, in beautiful Samoa in the south Pacific!

I am a 10-year old Samoan boy (photo below right). I live with my parents, grandparents, brothers and

sisters and **extended family** on our farm in the **village of Sa'anapu Uta.** Some of my family members live at home in our community, some in the Apia (Samoa's capital, about an hour's drive away) and some have moved overseas to New Zealand and Australia.

I like to know how to do the Samoan work and help my **father**, who **taught me**, to plant bananas, taros (photo right), yams, coconuts and other work. I can do this for my family and my parents. We do the **planting, weeding and harvesting work together** in our family garden.

Older boys and **youths** in our family look after our **cattle**. They also cook the food on the spit or in the

umu, a hot rock oven on the ground, on Sunday or for a feast. (Women do all the rest!)

Our Farm

Our family farm is in the hills on the southern side of the island of Upolu. It covers about 100 acres, which is a **huge size farm** here. It is enough to supply most of our needs. We

buy some foods, like fish from neighbouring families and milk from the community shop.

Upolu was built from lava flows of a shield volcano. *The photos right show* that the land can be very steep, where lava flows end, and flatter below this.







The basaltic volcanic origin gives our farmland **black rocky ground** and **soils**. Foods

grow easily here. There are many sizes of black rocks on the surface (*eg in the photo right and below right*). As you can see, some plants can grow directly in this. Old plants rot down and help create a thin **dark soil** over the rocks (*photo far right*).

The volcanic **rocks** are very useful. They mark where a new seedling has been planted in the garden (*photo page 3*). Bigger rocks are used in the **umu** (*photo right and page 4*) – as they hold heat for cooking. Other rocks may be used in fences.

We have great weather for growing things. It is warm all year with lots of rain – about 3 feet- with

a bit less rain in the "dry" middle of the year! Being on the south side of the island, we also get the cooling breeze of the **south easterly trade winds**, especially in the 'dry' season.

Our produce - 'Feeding the world' is feeding our family, village and visitors

We **grow** lots of different foods on our farm, for our needs, **both plants and meat**. While the plants are native, the food animals are introduced: cattle (*photo page 1*), pigs (*photo right*) and chooks.

The *niu* (coconuts) mostly grow up the slope above the house (*photo page 1*). The cattle graze under

the *niu* and on the flat near the house (photo page 1). We sell our cattle.

The *niu* are a food for us and the **pigs**. We also have lots of **chickens**, which wander freely

around. We mainly use them when we have big meals for our family or guests. The pigs taste great when they have been roasted (*photo above right*) over an **open spit** fired with *niu* coconut shell charcoal (see photo page 4).

The food garden is at the bottom of the slope, behind the house. We grow many things, like: **talo** (taro) (photo right), **fa'i** (bananas) (see photo page 3), bamboo, **esi** (pawpaw), yams and **ulu** (bread fruit).











enviroed4all @

Planting is easy as we take a **shoot** from the bottom of a plant (eg **talo** shown in photo right). The photos below show me planting a new **fa'i** (banana) shoot. From the left, Carefully **take the shoot off** the mature **fa'i** palm, and **prepare** it for planting. Make a **hole** in the soil with a digging stick. Carefully put the **plant in**. Surround it with a **ring of small rocks**. The rocks are removed when the plant trunk has grown to the size of those rocks.









Fa'i (bananas) grow really quickly. We **harvest** them from above the ground and their **peel** is easy to take off. The big bundles of bananas – often about 100 bananas in a bundle - grow high up the trunk under the big green leaf fronds. These are **cut down** with a bush knife. *Can you see some in the photo right?*

Talo (taro) grows really quickly too. It has red stalks and huge leaves (see photo page 2). The food part is underground. It takes more work to prepare to eat, as shown in the photos below, from left. When it is ready to collect, I dig it out of the ground, then pull off the leaves and break off the stem. Next I need a scraper- like the top of a used tin - to take off the rough brown skin and leave an oval shaped ball of



white root for us to cook and eat.







enviroed4all @

2014 IYFF family farm snapshots food for our family, Sa'anupu uta, Samoa page 3 page 3 http://familyfarms.enviroed4all.com.au/family-farms-snapshots/wp-content/uploads/2014/02/Sa'anapuSamoa.pdf

Sustainability - 'Caring for the Earth'

Using natural materials

We use many natural and recycled materials found on our land for our needs. Cooking is a great example of this. We use our wood or coconut shells to make a fire to heat our black rocks for the *umu* and spit (photo right). We use our fa'i (banana) palm leaves to hold the heat in the *umu* (photos page 2 and below right). We layer the foods so that the ones needing the least heat, e.g. crayfish are at the top (photo below right) and the ones needing the most , e.g. taro, are at the bottom (photo far right) closest to the hot rocks. The *umu* cooks it all in an hour!

Renewing soil nutrients

The **waste** from our food and gardens goes back into the soils to **rot down into more nutrients for the soil** (*e.g. photo right of fa'i palm trunk*). The **manure** from our pigs, chickens and cattle also returns nutrients to our soils. So, we keep adding to our soils as we use them, looking after the future of our land at the same time as growing today's foods.

Low Food Miles

We produce most of the food we need from our family farm. We buy some other food fresh too, like seafood from our extended family, as the coast is closeby. So we have low food miles, as well as low wastes. We are proud to be able to share our yummy, fresh and healthy food from our family farm with our family and visitors in feasts (photos right). (cc) No third party uses are allowed for this snapshot. Permission has been given for educational use of these photos and information on the familyfarms.enviroed4all.com.au website only by Anapu MatiuAiali'iga Anapu, Paramount Chief of Sa'anapu and Head of the Anapu Family.

Photos, map and text by J. Clark, from discussion and demonstrations by H. Anapu. Edited J. Clark, T. Ioelu and the Anapu family

For more information about family farming and the FF+10 go to: <u>http://familyfarms.enviroed4all.com.au/family-farm-snapshots/</u> for more in this series of snapshots <u>http://www.familyfarmingcampaign.net</u> for the official IYFF sites









enviroed4all @

