

Meet Pala'ai!

(Kabocha Pumpkin or Winter Squash)



HISTORY IN HAWAI'I

- Pala'ai comes from the Americas. Native Americans grow it alongside beans and corn, a combo called the Three Sisters.
- Portuguese traders brought it to Japan and the Philippines, from where plantation immigrants brought it to Hawai'i in the mid-1800s.
- Pala'ai is a **staple food crop** that has fed civilizations for millennia.



NUTRITION

- **Vitamin A** helps make your skin, eyes, and immune system super strong.
- **Beta-carotene** protects your body from inflammation and makes pala'ai orange — like carrots!



FUN FACTS

- While commonly considered a vegetable, pala'ai **is actually a fruit!**
- Farmers “co-crop” pala'ai with 'ulu (breadfruit) trees. Co-cropping is when two or more crops are planted in the same area to help each other grow. Pala'ai keeps the soil cool and moist while preventing weeds so other crops can thrive!



Sweet and savory, rich in vitamins and nutrients, good for you and the earth!



UNIVERSITY of HAWAI'I at MĀNOA
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