

Kupuna (*Elder*): Nona Beamer

Lā (*Date*): Original footage captured July 4, 2001. Edited tutorial created in 2022

Nā Helu Wikiō (*Tape #s*): HPS 0150

Wahi (*Location*): Kāne‘ohe, Ko‘olaupoko, O‘ahu

Ke ‘Ano Wikiō (*Type*): Edited tutorial

[ONSCREEN GRAPHICS]

Supplies: Ti Leaf, Scissors/Blade, Small Cloth, Your Hands

Step 1: Clean Your Leaf

NB: Now, the first ... I think after you've picked the leaf is to wipe it off to make sure that -that you're gonna handle it with ease. Just to make sure. Sometimes lately too, you find white fly. [CHUCKLES]

[ONSCREEN GRAPHIC]

Step 2: Nick the Rib

NB: And then I use a little knife. This is the hard part. Just to figure where to start removing it. See, this is ... too weak. Now, the rib is a little too soft and a little immature. So wait 'til you feel it a little more firm, then that would be about the place. And just a little-little tick like that. So you barely see it. [NICKS LEAF RIB WITH SMALL KNIFE] Uh-huh.

[ONSCREEN GRAPHIC]

Step 3: Push Up

NB: And then I put my finger under it, and push it up, push it up, like that. M-hm. With the finger under it like that. And push it up, and then push down on your thumb. Kind of simultaneously. [CHUCKLES]

[ONSCREEN GRAPHIC]

Step 4: Remove The Rib

NB: And then when you get to the top of the leaf ... [CHUCKLES] I like to pull it with my teeth. [CHUCKLES] I don't know how else you would do it. You could just do it straight, I guess. Just like that. But I always [CHUCKLES] pull it with my teeth. And this is very soft. See how soft that is?

[ONSCREEN GRAPHIC]

TIP: Make sure your leaves have long stems and practice practice practice!

Nā Loina Ho‘ohana

(Access & Use)

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