



# KABATITI

Kanoa Dinwoodie

Feral Heart Farm

Companion Planting

Kanoa (He/Him) has been farming since 2004, getting his start on a ranch in coastal California, just South of Half Moon Bay. There, he learned how to raise dairy goats and laying hens, how to prune, graft and propagate fruit trees, and how to cultivate a wide variety of annual and perennial vegetables and herbs, in both garden and field settings. He believes that seed stewardship is integral to farming's sustainability. He wants to create an abundant and healing environment for all, and he loves to help make the land laugh and sing with fruits, roots, flowers and leaves.

Kabatiti, luffa, 絲瓜,  
へちま, mướp hương,  
patola, तोरई, गिल्ली,  
beerakaya, dodka,  
ridge gourd



**SECOND  
GENERATION  
SEEDS**

[secondgenerationseeds.com](http://secondgenerationseeds.com)

[feralheartfarm.com](http://feralheartfarm.com)

# Kabatiti

## What does this crop mean to you?

My grandfather grew kabatiti on his farm in Hawaii. There is a distinct musky smell the leaves have that I would catch sometimes as a child, and I would be reminded of his farm and my mom's family's land. I did not know what that aroma was throughout my youth, until my dad began growing it in his garden. A favorite recipe my mom makes is pinakbet, an Ilocano dish containing kabatiti, eggplant, bitter melon, and tomatoes.

## What's important to know about growing this crop?

Kabatiti likes hot weather and plenty of water. I start them indoors in mid to late spring and plant out with trellising when the soil has warmed up. Fruits should be picked young for food and the ridges peeled before slicing. Seeds are easily saved by allowing fruits to mature on the vine. They will cross with other luffas, including the bigger, bitter one. Their growth slows down with the cooler nights of fall and they die off with the first frost.

# Companion Planting

---

## What makes your preferred variety unique?

Kabatiti is a sweet luffa, and is smaller than the larger, bitter luffa usually grown for sponges. When cooked, they provide sweetness and their viscous juice adds to the body of the sauce. They're tender, while still retaining their shape.

The seed I have been growing comes from my dad, who has grown it for years in the San Joaquin Valley. I am now adapting it to the somewhat cooler inland East Bay of the San Francisco Bay Area.



pinakbet, a dish that uses kabatiti, eggplant, bitter melon and tomatoes