



featuring local farms, stores, restaurants and other outlets

eat well personal guide



www.EatWellGuide.org



Personal Guide

Welcome to the Eat Well Guide!

Eat Well Guide® is a free online directory of thousands of family farms, restaurants, and other outlets for fresh, locally grown food. Originally a database of sustainably-raised meat and dairy producers, its listings have expanded to include farmers' markets, CSA programs, partner organizations, water-conscious ratings and vegetarian eateries. Visitors can search by location, keyword or category to find good food, download customized guides, or plan a trip with the innovative mapping tool [Eat Well Everywhere](#). Eat Well is also home to the free print and online book [Cultivating the Web: High Tech Tools for the Sustainable Food Movement](#).

For more information, or to suggest a listing to the Eat Well Guide, please call 212-991-1858 or email info@eatwellguide.org.

www.eatwellguide.org

Bakers

Down to Earth Natural Food Stores

So. King Street, Honolulu, Hamakua Rd, Kailua, HI, Honolulu, HI 96826

Tel: 808-947-7678

Fax: 808-943-8491

<http://downtoearth.org>

At Down to Earth, we care about your health and make every effort to ensure that you can find all that you need to live a healthy lifestyle. On our website you'll discover a vast array of useful articles, health tips, environmental info, and vegetarian recipes. We also invite you to visit any of our five Hawaii locations where we offer a broad selection of natural foods groceries, vitamins and supplements, bulk items, organic produce, fresh deli and bakery products, and much more...

Icing on the Cake

Kaua'i

4-901 Kuhio Hwy, Mailing: PO Box 397, Kapaa, HI 96746

Tel: 808-823-1210

icingonthecake.kauai@gmail.com

<http://www.icingonthecakekauai.com>

The patisserie, Icing on the Cake, is owned and operated by Patrick and Andrea Quinn. The Quinns make and deliver special-order cakes and desserts for weddings, birthdays and parties. They also supply wholesale cakes, cookies, candies and pastries to restaurants, cafes and caterers on Kaua'i.

The Quinns are committed to using only the finest ingredients available, organic when possible and always GMO free. Icing on the Cake supports sustainable agriculture and local farmers.

Maui Upcountry Jams and Jellies

Maui

67 Lower Kimo Drive, Kula, HI 96790

Tel: 808-878-8411

Fax: 808-878-8411

orders@mauiupcountryjamsandjellies.com

<http://www.mauiupcountryjamsandjellies.com>

Locally grown and handmade products such as jams, jellies, sauces, butters, chutneys, mustards, syrups and even breads. All made with fresh local fruits, no preservatives, and lots of love. Local fruits used include guava, passionfruit, black raspberries, mango, papaya, loquats, peaches, strawberries, starfruit, jaboticaba, bananas, and pineapple

The Peace Cafe

2239 So. King St., Honolulu, HI 96826

Tel: 808-951-7555

info@peacecafehawaii.com

<http://peacecafehawaii.com>

Vegan restaurant; uses in season organic produce from local, sustainable farms.

Bed and breakfasts

Cab Spates Bed and Breakfast

Oahu

66-403 Paalaa Rd, Haleiwa, HI 96712

Tel: 808-389-2227

cabspates@yahoo.com

<http://www.cabspates.com>

Cab Spates is a bed and breakfast and yoga retreat and farm that grows ice-cream bananas, tapioca, Tahitian spinach, sugar cane and more. Organic food is offered at the retreat.

Organic Personal Chef Cab Spates creates world class exotic fusion cuisine designed to nourish the mind, body and spirit, using the finest freshest locally organic grown produce.

Cab Spates caters not only for vegetarians and vegans, but also for non-vegetarians providing the best possible organic experience. We also provide a range of gluten free foods and raw food or any other special dietary request. Organic cuisine can be prepared and delivered to your home and venue of your choice. Menus can be customized to suit your specific needs and requirements.

Pomaika'i Lucky Farm Bed and Breakfast

Big Island

83-5465 Mamalahoa Hwy, Captain Cook, HI 96704

Tel: 808-328-2112

Fax: 808-328-2112

Contact: Johnsie Sumner, Innkeeper

innkeeper@hawaii.rr.com

<http://www.luckyfarm.com/>

Experience living on a century-old working macadamia nut/Kona coffee farm, surrounded by birds, tropical fruit, and exotic flowers. Eat all the mac nuts you can pick up, plus a hearty farm breakfast.



Co-ops

Kokua Market Natural Foods Co-op

Oahu

2643 South King Street, Honolulu, HI 96826

Tel: 808-941-1922

Contact: Brad Salmon

owners@kokua.coop

<http://www.kokua.coop/>

Kokua continues to be unique in the local business community in that we are owned by our customers; no one person may hold more than one share of stock; the return on investment in the business is directly related to the volume of business which the owner conducts with the store; each owner has the same number of votes in the annual board of directors election. Our products are quality, minimally processed, natural foods with a strong emphasis on organically grown foods. We are an equal opportunity employer with a staff of 40+. Our board of directors are elected to three-year terms. The board terms are staggered to maintain continuity and the board consists of nine owners. We currently have an owner database of over 2,700 people, 1,500 of which are fully invested owners. Our owners reflect the wonderfully diverse culture of Hawai'i and the greater Honolulu area.

Coffee shops

LBD Coffee

6200B Kawaihau Rd., Kapaa, HI 96746

Tel: 808-822-4495

Contact: Les Drent

les@lbdcoffee.com

<http://lbdcoffee.com/index.html>

In 2006 we decided to aggressively counteract our reliance on imported fertilizer and high water dependence at our organic coffee farm. Because coffee is a natural shade grown tree, many commercial coffee farms in the world depend exclusively on the use of fertilizer, water and direct sunlight to produce high yielding coffee crops. While this heavy use of petroleum based fertilizer, and water coupled with direct sunlight definitely yields more coffee, it also strips the natural environment of key growing elements that are important to a balanced eco-system and healthy living environment. However, we have proven at Blair Estate that organically grown, slow ripening, hand picked coffee produces a far superior bean to those grown on non-organic farms.

Lions Gate Farms

Big Island

P.O. Box 761, Honaunau, HI 96726

Tel: 808-328-2335

Contact: Diane and Bill

innkeeper@coffeeofkona.com

<http://www.coffeeofkona.com/>

Since 1993, we have proudly offered Kona coffee direct from our family farm. Lions Gate has ten acres of heirloom trees that are over seventy years old. Deep roots and rich soil produce a wonderful bean. Kona coffee is prized the world over as a gourmet coffee - rich, smooth, and delicious. Our Kona is hand-picked, processed and sun-dried right here on the slopes of Mauna Loa volcano. We take the beans from tree to roast and guarantee a cup of coffee you will love. Come, taste Paradise in a cup! And while you are here, check out our farm-grown Macadamia Nuts, chocolates and mac nut oil too. We hope you enjoy our coffee and macadamias as much as our guests do!



Community gardens

Ma'o Organic Farms

Oahu

86-210 Puhawai Rd, Waianae, HI 96792

Tel: 808-696-5569

Fax: 808-696-5568

info@maoorganicfarms.org

<http://www.maoorganicfarms.org/index.php>

A social entrepreneurship growing organic food and young leaders working for a sustainable Hawaii. It is a 5-acre certified organic farm, producing and selling over twenty-five different varieties of high-quality organic fruits and vegetables.



Csa

Ailani Gardens CSA

Oahu

85-1373 A Waianae Valley Rd, Waianae, HI 96792

Tel: 808-696-7616

Contact: Jason Leue

inhousecc@gmail.com

<http://www.ailanigardens.com>

If you're looking for REAL local farm fresh vegetables and fruits, you absolutely MUST join Ailani Gardens CSA!

Aloha!

If you love fresh green leafy salad mixes, the zing of arugula, and you crave that wonderful zesty taste of kale sprinkled with lemon juice, if you revel in the tenderness of fresh steamed chard, if you have dreams of making wonderful aromatic dishes with fresh basil, dill, fennel, marjoram, oregano. If you love FOOD, REAL food, this is where you want to start your cooking ideas!

We have many vegetables in our garden, seasonally - varieties of squash, eggplant, okra, kale, chard, arugula, micro-green mix, bok choy, green onions, etc.

We also have a variety of fresh herbs - basil, marjoram, dill, oregano, sage, etc. Then, of course, we also have fruits as well, seasonally - mangoes, starfruit, oranges, lemons, etc.

Every week we harvest our garden and divide up the spoils between our members. It's amazing how much there is to share!

Dragon's Eye Learning Center

Pahoa, HI 96778

Tel: 808-965-9371

dragonseyecenter@earthlink.net

<http://dragonseyecenter.org>

DELC's purpose is to provide educational experiences of cooperative and sustainable agricultural and economic systems. To meet this purpose, the Center has for seven years offered local children an assortment of environmental, fine arts, and tutoring programs at its rural site in Kapoho, Hawaii.

DELC is currently focused on two programs: the Dragonfly 4-H Club and Dragon's Eye Community Supported Agriculture.

Just Add Water

Oahu

41-851C Waikupanaha Street, Waimanalo, HI 96795

Tel: 808-259-5635

Fax: 808-259-5746

Contact: Kimberly Clark

kdc@lava.net

Personal Guide: Csa



<http://www.just-add-water.biz/>

Just Add Water provides organic produce from our gardens and community supported farms in Hawaii. We distribute weekly boxes of organic produce to you, and to health food stores and restaurants on Oahu. We also sell organic vegetables, fruits, and other organic products (e.g., coffee) by the pound.

Our children's garden program, Mala Laulima, allows children to learn about our way of love and sustainability, and to experience the gifts of nature.

Ma'o Organic Farms

Oahu

86-210 Puhawai Rd, Waianae, HI 96792

Tel: 808-696-5569

Fax: 808-696-5568

info@maoorganicfarms.org

<http://www.maoorganicfarms.org/index.php>

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South Shoreorganics Farm CSA

P.O. Box 708, Kalaheo, HI 96741 Contact: Jeremy Inman

info@southshoreorganics.com

<http://www.southshoreorganics.com>

South Shoreorganics is a family run farm in Kalaheo that grows organic produce available directly to Kauai residents. It is run as a CSA (Community Supported Agriculture), meaning that we depend on a partnership with the local community rather than growing our produce for export, markets, etc. Our produce is grown using sustainable and beyond organic practices and is hand picked on or right before delivery pick up days. It's organic, it's local, it's fresh. This is the good stuff, folks.



Educational centers

Down to Earth Natural Food Stores

So. King Street, Honolulu, Hamakua Rd, Kailua, HI, Honolulu, HI 96826

Tel: 808-947-7678

Fax: 808-943-8491

<http://downtoearth.org>

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Dragon's Eye Learning Center

Pahoa, HI 96778

Tel: 808-965-9371

dragonseyecenter@earthlink.net

<http://dragonseyecenter.org>

DELIC's purpose is to provide educational experiences of cooperative and sustainable agricultural and economic systems. To meet this purpose, the Center has for seven years offered local children an assortment of environmental, fine arts, and tutoring programs at its rural site in Kapoho, Hawaii.

DELIC is currently focused on two programs: the Dragonfly 4-H Club and Dragon's Eye Community Supported Agriculture.

Friendly Aquaponics, Inc.

PO Box 1196, Honokaa, HI 96727

Tel: 808-775-7745

<http://www.friendlyaquaponics.com>

In addition to running our commercial aquaponics farm, Friendly Aquaponics has been sharing what we've learned by teaching commercial aquaponics for three years now, with a 30-40% "hit rate". In other words, thirty to forty percent of our students have successfully built and are operating commercial and home aquaponics systems. This is because our courses are developed from our real-world experience, and are tailored to give you useful and practical aquaponics knowledge rather than simply "book learning" and formulas (although those ARE included also in our trainings, based again on our real-world experience making money with aquaponics). Both our live Hawaii aquaponics trainings and our D0-It-Myself aquaponics instruction packages are a wild success, based on the number of people who have successfully built and operated aquaponics systems using them as the foundation. And that's what we're basing the measurement of OUR success on, the number of aquaponics systems getting built and operated; rather than the number of students in our courses and packages sold.

Garden Island Chocolate

PO Box 998, Kilauea, HI 96754

Tel: 808-634-6812

Contact: koa kahili

Personal Guide: Educational Centers



koa@gardenislandchocolate.com
<http://www.gardenislandchocolate.com>

Garden Island Chocolate's goals are to bring to the visitors and local residents of Kauai an organic chocolate bar made from locally grown cacao. This will greatly stimulate the local economy by providing jobs and a viable and sustainable agricultural crop. As an avid farmer and father I had a dream of sustainability and always looked to the land and sea to support my wife and children. We plant organic gardens to feed our bodies and enrich our souls. Clean healthy organic food, pure untreated water, and pristine ocean air in our opinion is true wealth.

Premium, organic 80% dark chocolate bars made on Kauai from locally grown Kauai cacao. We offer 4 flavors: Kauai Macadamia Nut and Coconut, Hemp Seed and Mint, Vegan Coconut Milk Chocolate, Mayan Spice.

Garden Island Chocolate is sold at local Kauai stores and farmer's markets.

Check the website for an updated list. Currently available at the following locations:

Papayas Natural Foods
Kapa'a - 4-831 Kuhio Highway Kapa'a, HI 96746
Phone: (808) 823-0190
Hanalei - 5-5161 Kuhio Highway, P.O. Box 219, Hanalei, HI 96714
Phone: (808) 826-0089
www.papayasnaturalfoods.com/

Healthy Hut Natural Foods
4270 Kilauea Lighthouse Rd
Kilauea, HI 96754
(808) 828-6626

Kilauea Town Market
2474 Keneke St
Kilauea, HI 96754
(808) 828-1512

Hanalei Dolphin Restaurant
and Fish Market
5-5016 Kuhio Hwy
Hanalei, HI 96714
(808) 826-6113
www.hanaleidolphin.com

Vim 'n Vigor
3-3122 Kuhio Hwy # A9
Lihue, HI 96766
(808) 245-9053
www.vimnvigor.com

Papalani Gelato
2360 Kiahuna Plantation Road

Personal Guide: Educational Centers



Koloa, Kauai, Hawaii 96756
(808) 742-CONE (2663)
www.papalanigelato.com

The Wine Garden
4495 Puhi Rd # B
Lihue, HI 96766
(808) 245-5766

Java Kai in Kapaa
4-1384 Kuhio Hwy, #105
Kapaa, HI 96746
808-823-6887
kapaa@javakai.com
www.javakai.com

Moloa'a Sunrise Fruit Stand
Kuhio Hwy & Koolau Rd.

Banana Joe's Fruitstand
Kilauea HI
www.bananajoekauai.com

Hale Akua Garden Farms

Door of Faith Rd, Huelo, HI 96708
Tel: 808-572-9300
Fax: 808-572-6666
contact@haleakuagardenfarm.com
<http://haleakuagardenfarm.com/>

Here at Hale Akua Garden Farm our mission is to promote action that restores and maintains the health of our planet through sustainable gardening practices.

In cooperation with Om Shanti Gardens, a certified organic farm, Honopo Farms and the Launa I'o Eco-Education Center in Huelo, we run classes in various aspects of organic gardening. All our instructors are qualified organic farmers with specialized knowledge of the farming requirements in the East Maui area. Our classes cover a variety of topics including composting, pruning, pest control, and soil testing.

La'akea Community

Big Island
P.O 1071, Paho, HI 96778
Tel: 808-443-4076
info@permaculture-hawaii.com
<http://www.permaculture-hawaii.com/>

Educational intentional community offering educational workshops on sustainability and internship positions

Personal Guide: Educational Centers



Lanikai Farms LLC

20 North Lanikai Place, Maui, Haiku, HI 96708

Tel: 808-572-2269

Fax: 808-573-1603

info@lanikaifarms.com

<http://www.lanikaifarms.com/>

Lanikai Farms is a unique fish breeding facility that uses biological filtration and rainwater runoff channeled from adjoining nursery structures to create a healthy and financially efficient environment for raising fish. Designed by Lloyd Fischel, this commercial operation is the first of its kind on the island of Maui. This photograph shows the 3,000 gallon biological filter with the 55,000 gallon breeding pond in the background.

Ma'o Organic Farms

Oahu

86-210 Puhawai Rd, Waianae, HI 96792

Tel: 808-696-5569

Fax: 808-696-5568

info@maoorganicfarms.org

<http://www.maoorganicfarms.org/index.php>

A social entrepreneurship growing organic food and young leaders working for a sustainable Hawaii. It is a 5-acre certified organic farm, producing and selling over twenty-five different varieties of high-quality organic fruits and vegetables.

Maui Aloha Aina Association

Maui

1768 Kalawi Place, Wailuku, HI 96793

Tel: 808-242-7870

info@mauialoahaaina.org

<http://www.mauialoahaaina.org/>

Maui Aloha Aina Association is a 501c3 organization, whose mission is to “Promote life nurturing practices for the body and the soil through education and outreach.” We have been holding educational/experiential conferences since 2001 on Body and Soil health and have actively been involved in supporting our small organic and sustainable farmers in their practice to honor their body's wellbeing and the soils vitality as a living organism.

Mauna Kea Tea Garden

46-3870 Old Mamalahoa Hwy, Honokaa, HI 96727

Tel: 808-775-1171

Contact: Kimberly and Takahiro Ino

info@maunakeatea.com

<http://www.maunakeatea.com>

Mauna Kea Tea is located on the rainy slope of Mauna Kea, on the Big Island of Hawaii. Mauna Kea Tea is family owned and operated. We grow and process green tea and oolong tea (camellia sinensis) that is not only of good quality, but also safe for people and for the environment. Visit the farm or website to learn more.

Personal Guide: Educational Centers



Simply Aquaponics Hawaii

HI

Tel: 808-936-2015

Contact: Justin & Cheriess Bugado

JB@SimplyAquaponics.com

<http://www.simplyaquaponics.com>



Farmers

A'ama Organic Farm

Big Island

P.O. Box 167, Captain Cook, HI 96704

Tel: 808-328-2666

aamafarm@yahoo.com

<http://www.aamafarm.com>

100% Organic Kona coffee, Avocado, Banana, Coffee: Raw, Wet Milled, Dry Milled, Roasted

Ahualoa Egg Farm

Big Island

46-4091 Old Mamalahoa Hwy, Honokaa, HI 96727

Tel: 808-775-9410

Contact: Ben and Deb Discoe

ben@vterrain.org

<http://ahualoa.net/eggfarm/>

We sell delicious, super-fresh, local, organically-fed, free-range eggs in the neighborhood of Ahualoa, Hawai'i. We are the only egg farm in Hawai'i giving our hens organic feed! They have acres of land to graze on every day, and lots of love and petting. These are the happiest, healthiest chickens you can imagine.

Ailani Gardens CSA

Oahu

85-1373 A Waianae Valley Rd, Waianae, HI 96792

Tel: 808-696-7616

Contact: Jason Leue

inhousecc@gmail.com

<http://www.ailanigardens.com>

If you're looking for REAL local farm fresh vegetables and fruits, you absolutely MUST join Ailani Gardens CSA!

Aloha!

If you love fresh green leafy salad mixes, the zing of arugula, and you crave that wonderful zesty taste of kale sprinkled with lemon juice, if you revel in the tenderness of fresh steamed chard, if you have dreams of making wonderful aromatic dishes with fresh basil, dill, fennel, marjoram, oregano. If you love FOOD, REAL food, this is where you want to start your cooking ideas!

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We also have a variety of fresh herbs - basil, marjoram, dill, oregano, sage, etc. Then, of course, we also have fruits as well, seasonally - mangoes, starfruit, oranges, lemons, etc.

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Personal Guide: Farmers



Alpha Omega Ranch

P.O. Box 367, Pahala, HI 83462

Tel: 208-940-1520

Contact: Holly Flowers

hflowers@alphaomegaranch.com

<http://www.nigeriansandicelandics.com>

Recently moved to Hawaii, Alpha Omega Ranch practices sustainable agriculture and humane animal husbandry. On a secluded, bio dynamic, and organically-operated ranch surrounded by pristine air, water and forest, we focus our primary breeding efforts on Heritage breed animals including Icelandic, Navajo-Churro, and Wenslydale Sheep, critically endangered Large Black and Red Wattle pigs, and heritage breeds of turkeys and poultry, in addition to rare horses and Komondor guard dogs. We also have a 100 year old orchard! All of our livestock is humanely raised in natural outdoor settings, are free-ranged, grass-fed, and are Certified Naturally Grown which ensures that they NEVER are given growth hormones, antibiotics, vaccines, or other artificial or toxic ingredients.

No animals are ever sent to feed lots for finishing. We will soon add game birds, rabbit and yak to our selections. We are also a CSA farm and offer a meat CSA.

In addition to our gourmet quality pork, lamb, and poultry, we also sell wool and fiber products too. Interns, guest workers, and visitors are welcomed with prior notice. Please see our websites for more information and lots of photos. Overnight camping, B & B, and horse-boarding available for those wanting a few days to visit the farm and the area.

Blue Horse Kona Coffee Farm

PO Box 286, Kealahou, HI 96704

Tel: 808-328-1401

Contact: J. Oster

info@bluehorsekona.com

<http://www.bluehorsekona.com>

Most important: Fabulous taste and aroma--coffee as it should be!

Shade grown, handpicked, wet-processed, sun dried, sustainably grown, 100% Kona coffee. Inspected + certified. Freshly roasted. Small, genuine family farm.

Low price, fast and free shipping within USA.

Cab Spates Bed and Breakfast

Oahu

66-403 Paalaa Rd, Haleiwa, HI 96712

Tel: 808-389-2227

cabspates@yahoo.com

<http://www.cabspates.com>

Cab Spates is a bed and breakfast and yoga retreat and farm that grows ice-cream bananas, tapioca, Tahitian spinach, sugar cane and more. Organic food is offered at the retreat.

Organic Personal Chef Cab Spates creates world class exotic fusion cuisine designed to nourish the

Personal Guide: Farmers

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Dragon's Eye Learning Center

Pahoa, HI 96778

Tel: 808-965-9371

dragonseyecenter@earthlink.net

<http://dragonseyecenter.org>

DELC's purpose is to provide educational experiences of cooperative and sustainable agricultural and economic systems. To meet this purpose, the Center has for seven years offered local children an assortment of environmental, fine arts, and tutoring programs at its rural site in Kapoho, Hawaii.

DELC is currently focused on two programs: the Dragonfly 4-H Club and Dragon's Eye Community Supported Agriculture.

Eden Earthworks

Animal Welfare Approved Listing

18-3840 S. Lauko Rd., Mountain View, HI 96771 edenearthwork@gmail.com

Eden Earthworks produces Animal Welfare Approved chicken eggs.

Increased food security is one of the guiding principles behind Eden Earthworks, run by Dr. Neena Roumell. Roumell is originally from Detroit and worked with low-income mothers there, who were given vouchers through the WIC program to buy fresh produce. "In Detroit," Roumell noted, "there were over 300 community gardens, but there were none on this side of the Big Island when I arrived here. Hawaii is just starting to build its network of food production and farmstands, and I didn't want lower income people to be left out. I looked at food models that concentrated on boosting income and nutritional intake and Eden Earthworks was formed."

Eden Earthworks is a family owned farm and 501(c)(3) organization that provides agricultural outreach and education to low-income families and also offers them plots in a community garden. Currently, 35 families have plots and are raising food. Eden Earthworks also keeps a flock of laying hens that Roumell feels every farm needs to be sustainable. Eden Earthworks donates the eggs to food-based local charities but as Eden Earthworks expands, she plans to train the participating families in caring for the chickens and having them all share in the fresh eggs. "Becoming Animal Welfare Approved was an important thing to do," she notes. "I wanted to be sure the chickens were getting the quality of care they deserved and having the AWA label reinforces that. In addition, the standards will help our beginning farmers to know how to care for the chickens on their own."

Friendly Aquaponics, Inc.

PO Box 1196, Honokaa, HI 96727

Tel: 808-775-7745

<http://www.friendlyaquaponics.com>

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Garden Island Chocolate

PO Box 998, Kilauea, HI 96754

Tel: 808-634-6812

Contact: koa kahili

koa@gardenislandchocolate.com

<http://www.gardenislandchocolate.com>

Garden Island Chocolate's goals are to bring to the visitors and local residents of Kauai an organic chocolate bar made from locally grown cacao. This will greatly stimulate the local economy by providing jobs and a viable and sustainable agricultural crop. As an avid farmer and father I had a dream of sustainability and always looked to the land and sea to support my wife and children. We plant organic gardens to feed our bodies and enrich our souls. Clean healthy organic food, pure untreated water, and pristine ocean air in our opinion is true wealth.

Premium, organic 80% dark chocolate bars made on Kauai from locally grown Kauai cacao. We offer 4 flavors: Kauai Macadamia Nut and Coconut, Hemp Seed and Mint, Vegan Coconut Milk Chocolate, Mayan Spice.

Garden Island Chocolate is sold at local Kauai stores and farmer's markets.

Check the website for an updated list. Currently available at the following locations:

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Kapa'a - 4-831 Kuhio Highway Kapa'a, HI 96746

Phone: (808) 823-0190

Hanalei - 5-5161 Kuhio Highway, P.O. Box 219, Hanalei, HI 96714

Phone: (808) 826-0089

www.papayasnaturalfoods.com/

Healthy Hut Natural Foods

4270 Kilauea Lighthouse Rd

Kilauea, HI 96754

(808) 828-6626

Kilauea Town Market

2474 Keneke St

Kilauea, HI 96754

Personal Guide: Farmers



(808) 828-1512

Hanalei Dolphin Restaurant
and Fish Market
5-5016 Kuhio Hwy
Hanalei, HI 96714
(808) 826-6113
www.hanaleidolphin.com

Vim 'n Vigor
3-3122 Kuhio Hwy # A9
Lihue, HI 96766
(808) 245-9053
www.vimnvigor.com

Papalani Gelato
2360 Kiahuna Plantation Road
Koloa, Kauai, Hawaii 96756
(808) 742-CONE (2663)
www.papalanigelato.com

The Wine Garden
4495 Puhi Rd # B
Lihue, HI 96766
(808) 245-5766

Java Kai in Kapaa
4-1384 Kuhio Hwy, #105
Kapaa, HI 96746
808-823-6887
kapaa@javakai.com
www.javakai.com

Moloa'a Sunrise Fruit Stand
Kuhio Hwy & Koolau Rd.

Banana Joe's Fruitstand
Kilauea HI
www.bananajoekauai.com

Hale Akua Garden Farms

Door of Faith Rd, Huelo, HI 96708
Tel: 808-572-9300
Fax: 808-572-6666
contact@haleakuagardenfarm.com
<http://haleakuagardenfarm.com/>

Here at Hale Akua Garden Farm our mission is to promote action that restores and maintains the health of our planet through sustainable gardening practices.

Personal Guide: Farmers

In cooperation with Om Shanti Gardens, a certified organic farm, Honopo Farms and the Launa I'o Eco-Education Center in Huelo, we run classes in various aspects of organic gardening. All our instructors are qualified organic farmers with specialized knowledge of the farming requirements in the East Maui area. Our classes cover a variety of topics including composting, pruning, pest control, and soil testing.

Hamakua Springs Country Farms

Big Island

Pepe'ekeo, HI 96720

Tel: 808-981-0805

Fax: 808-981-0756

info@hamakuasprings.com

<http://www.hamakuasprings.com>.

Here at Hamakua Springs we grow our crops hydroponically, and this means we are able to use much less of the pesticides and fertilizers needed for vegetables grown in soil. This makes for a healthier product. Hydroponic techniques are also environment-friendly in that they utilize less energy.

Happy Honu Farm

Big Island

74-1503 Hao Kuni St., Kailua-Kona, HI 96740

Tel: 808-329-0718

Contact: Joan Lamont

lamontj001@hawaii.rr.com

Happy Honu Farm is located 2.5 miles northeast of Kailua-Kona town. We are a small organic farm specializing in citrus, bananas, white pineapple, figs, as well as other tropical fruit; herbs; jams, jellies, butters.

Hawaii Lowline Cattle

Animal Welfare Approved Listing

46-3930 Puaono Road, Honokaa, HI 96727

Tel: 808-896-2140

rsakata@aloha.net

<http://www.hawaiilowline.com>

This farm raises Animal Welfare Approved beef cattle.

Hawaii Lowline Cattle Company is proud to be part of the resurgence in Hawaii of raising and finishing cattle locally, on pasture. The farm was started by Rick and Haleakala Sakata and Dwayne and Tammie Cypriano, both of Ahualoa, Hawaii. Dwayne Cypriano, an independent rancher who formerly worked in cow-calf operations (keeping a breeding herd of cows and weaning calves for the feedlot system), and Rick Sakata saw an opportunity to do their part to advance Hawaii's food self-sufficiency by building a herd of Lowline Angus cattle on their ranches. "Lowlines are Angus beef cattle in a compact, smaller frame size. They originated in Australia, where the beef is known for its excellent taste, texture and tenderness characteristics," Sakata explained. "We were looking for two things when establishing our herd: cattle that were docile and cattle that were well-suited to

Personal Guide: Farmers



beef production on grass, and that more efficiently converted grass to meat than today's larger breeds. Because of their moderate size, two Lowlines can use the pasture space of one of today's larger breeds, providing more beef per acre of grass and making the land more productive. That's very important on an island with limited pasture space."

The Sakatas and Cyprianos purchased their first Lowlines at the start of 2008 and brought them to Hawaii from the mainland. They had the cattle flown in instead of shipped so that the journey would be less stressful, even though it was more expensive. "We want to take great care of our cattle and go the extra mile," Rick Sakata says. "That's why we decided to apply to Animal Welfare Approved - it aligned nicely with our beliefs and will give our customers another reason to trust the quality and integrity of our product." Hawaii Lowline Cattle Company's herd of Lowlines is currently the only registered Lowlines in the state of Hawaii and when the first calf was born in September 2008, it was cause for celebration. "Our first island born calf," Sakata says proudly. "A true Hawaiian."

Hawaii Natural Meats, Inc.

Big Island

Hawaii Belt Road, 65-1235 Opelo Road A-1 (mailing), Kamuela, HI 96743

Tel: 808-885-9646

Fax: 808-887-2417

Contact: Rick and Jessica Habein

mail@kamuelapride.com

Just Add Water

Oahu

41-851C Waikupanaha Street, Waimanalo, HI 96795

Tel: 808-259-5635

Fax: 808-259-5746

Contact: Kimberly Clark

kdc@lava.net

<http://www.just-add-water.biz/>

Just Add Water provides organic produce from our gardens and community supported farms in Hawaii. We distribute weekly boxes of organic produce to you, and to health food stores and restaurants on Oahu. We also sell organic vegetables, fruits, and other organic products (e.g., coffee) by the pound.

Our children's garden program, Mala Laulima, allows children to learn about our way of love and sustainability, and to experience the gifts of nature.

Kana Coffee Farm

P.O. BOX 307, Honokaa, HI 96727

Tel: 808-775-1715

Fax: 808-775-0004

kapucof@aol.com

<http://www.kapulenacoffee.com/index.html>

Kana Coffee Farm is located 1000 feet above sea level on the Hamakua Coast of the Big Island of Hawaii. We are mindful of the soil, the water and creating a healthful sustainable environment. We

Personal Guide: Farmers

hand pick our coffee bean by bean ensuring that you receive the highest quality coffee.

Our organic farming methods create a rare and distinctive coffee rich in flavor.

Our organic coffee is hand tended. We never use chemical fertilizers or pesticides. We utilize a foliar spray from our Compost Tea machine that uses seaweed to nourish our trees. Our organic farm is bird and wildlife friendly. The Hawaiian Hawk, Hawaiian Owl, and numerous other creatures can be seen nesting and visting our orchards. The coffee trees grow naturally in the rainforest that surrounds our property. We find a greater worth in sustainable agriculture and have planted our coffee in a way that helps preserve the eco system and brings a truly rewarding harvest.

Our coffee is certified organic by the Hawaii Organic Farmers Association.

Kanalani Ohana Farm

Big Island

P.O. Box 861, Honaunau, HI 96726

Tel: 808-328-0296

Contact: Melanie & Colehour Bondera

colemel@efn.org

<http://www.kanalanifarm.org/>

Kanalani Ohana Farm is a beautiful bit of agro-jungle in Honaunau on the Kona side of the island of Hawaii. We are at 1600 feet with a gorgeous view of the ocean and Kealakekua Bay. Our steep hillsides and ravines are covered with coffee trees as old as 80 years, grandfather avocado trees, mango, papaya, guava, coconut, orange, apple, fig, and flowering trees. We have gardens including the double spiral perennial vegetable garden, a labyrinth shaped garden, the mango terrace and the Senekedugu garden with annuals in it. We work both with and against our weeds, eating the edible ones, thanking them for the nitrogen-fixing that enriches our soil as well and pulling out and weed whacking them when they overwhelm our main crops. We are working on putting in cover crops as well as interplanting ground covering vegetables amongst the trees.

Our vision for the farm is a three-tiered permaculture system. We see Kona coffee as our middle story and our cash crop that goes out to the wider world. Underneath will be our vegetables and herbs which will go into CSA boxes which we'll market on the Kona side of the Big Island. Our over story includes large fruit and nut trees which we eat from and will nourish our ohana to live sustainably from the land. We are working with what is here already including ancient hawaiian rock walls and toward and edible ecosystem modelled on the Honaunau valley's traditional forest.

We try to live sustainably & farm organically. Our house and cabin are solar and rain catchment. We love this off-the-grid living and move more toward it each day. We farm organically, trying to keep our inputs very low, recycling as much into compost as possible. We are certified by HOFA (Hawaiian Organic Farmers Association). We try to reduce our use of electric appliance and have attached our coffee pulper to an exercise bicycle, use a hand washing machine, and a treadle sewing machine.

Kauai Kunana Dairy

Animal Welfare Approved Listing

4552 Kapuna Road, Kilauea, HI 96754

Tel: 808-828-0095

ryan@kuaaikunanadairy.com

Personal Guide: Farmers



<http://www.kauaikunanadairy.com>

Kauai Kunana Dairy offers Animal Welfare Approved goat cheese and chicken eggs.

Louisa and Bob Wooton of Kauai Kunana Dairy produce fresh Hawaiian farmstead goat cheese. They have been raising goats in Hawaii since 1979 and making goat cheese for the past decade. “We are the only dairy on the island of Kauai,” Louisa Wooton says proudly. “Kauai Kunana Dairy is a true family farm. We built everything on the farm ourselves, including the house. Our eldest son Ryan and his wife Sarah are our partners.”

With a milking herd of approximately 28 goats and total herd of 40, the Wootons are pleased with the reception their goat cheese has received. “Almost all of our cheese is sold on the island of Kauai,” Wooton explains. “Even with the drop in tourism because of the economy, our business is doing great. We've found our community to be very committed to supporting local farmers and we're increasing the number of restaurants that serve our cheese.”

The Wootons have high praise for their goats and chickens. According to Louisa Wooton, “Our animals are an integral part of our farm. Our goats are intelligent and friendly and besides supplying milk for great cheese, they mow the orchards and we turn their manure into fertilizer. Our chickens are in charge of the banana patch—they weed, scratch, eat the bad insects and thin the bananas. Interacting with our goats and chickens every day is one of the great joys of farming.”

For the Wootons, applying to be Animal Welfare Approved was an easy decision because it's a true reflection of the care and respect they give their animals. “Having the Animal Welfare Approved seal is something we're really, really proud of,” Louisa Wooton says. “Our customers are responding well to it and we put it on everything. We don't see how any farm can survive that's not AWA!”

Kauai Kunana Dairy

Kauai

4552 Kapuna Road, Kilauea, HI 96754

Tel: 808-828-6767

Contact: Louisa Wooton or Ryan

ryan@kauaikunanadairy.com

<http://www.kauaikunanadairy.com/>

Our small family farm is located on the beautiful North Shore of Kauai in the Waipake area. We have been producing Gourmet Goat Cheese and Certified Organic fruits and veggies for over 10 years. Come and take a tour of Kauai's only dairy farm, and visit our goats, chickens, honey bees as well as learning about our goats and cheeses and what we have to offer. You can also see us at the open air farmer markets in Hanalei on Saturday and Tuesday and in Lihue on Saturday.

Kehena Ranch

Big Island

58-1112 Hwy. 250, Kamuela, HI 96743

Tel: 808-884-5054

Contact: Toby King

1973king@prodigy.net



Kona Blue Water Farms

Big Island
P.O. Box 4239, Kailua-Kona, HI 96745
Tel: 808-331-1188
Fax: 808-331-8689
customer_service@kona-blue.com
<http://www.kona-blue.com>

Sustainably raised by Kona Blue Water Farms, Kona Kampachi® is a Hawaiian yellowtail that is open ocean grown in the pristine waters off the Kona Coast of the Big Island—hatched, reared and harvested using state-of-the-art aquaculture technology, without depleting wild fisheries or harming the ocean environment.

Kona Hawk Farms

Big Island
P.O. Box 225, Honaunau, HI 96726
Tel: 808-328-7369
Contact: Douglas Pittman
sales@konahawkfarms.com
<http://www.konahawkfarms.com/index.html>

We grow and sell macadamia nuts, avocados, coffee, free-range chicken eggs, and other local produce.

Kula Country Farms

Maui
Hwy 37 near junction 377, Kula, HI 96790
Tel: 808-878-8383
kulacountryfarms@hawaii.rr.com
<http://kulacountry.com>

Farm stand that sells locally grown fruits and vegetables.
Open Tuesday - Friday 11am - 5pm and Saturday - Sunday 11am - 4pm.

Lanikai Farms LLC

20 North Lanikai Place, Maui, Haiku, HI 96708
Tel: 808-572-2269
Fax: 808-573-1603
info@lanikaifarms.com
<http://www.lanikaifarms.com/>

Lanikai Farms is a unique fish breeding facility that uses biological filtration and rainwater runoff channeled from adjoining nursery structures to create a healthy and financially efficient environment for raising fish. Designed by Lloyd Fischel, this commercial operation is the first of its kind on the island of Maui. This photograph shows the 3,000 gallon biological filter with the 55,000 gallon breeding pond in the background.

Laulima Farm

Maui
SR 170, Hana, HI 96713

Personal Guide: Farmers



Tel: 808-248-8664

Contact: Rich von Wellsheim

Laulima Farm is a Demeter Certified Biodynamic CSA on the island of Maui. We grow a mix of fruits and vegetables with an emphasis on local easily grown varieties. We produce tinctures and herbal oils with the herbs and medicinals we grow here on the farm. Our tinctures are echinacea and burdock and our oils include a heal and soothe, a wild yam based hormone balance, and a skin protection mix. These products are available mail-orderable. We have an apprenticeship program for those interested in experience on a biodynamic farm. We are also certified organic.

LBD Coffee

6200B Kawaihau Rd., Kapaa, HI 96746

Tel: 808-822-4495

Contact: Les Drent

les@lbdcoffee.com

<http://lbdcoffee.com/index.html>

In 2006 we decided to aggressively counteract our reliance on imported fertilizer and high water dependence at our organic coffee farm. Because coffee is a natural shade grown tree, many commercial coffee farms in the world depend exclusively on the use of fertilizer, water and direct sunlight to produce high yielding coffee crops. While this heavy use of petroleum based fertilizer, and water coupled with direct sunlight definitely yields more coffee, it also strips the natural environment of key growing elements that are important to a balanced eco-system and healthy living environment. However, we have proven at Blair Estate that organically grown, slow ripening, hand picked coffee produces a far superior bean to those grown on non-organic farms.

Lions Gate Farms

Big Island

P.O. Box 761, Honaunau, HI 96726

Tel: 808-328-2335

Contact: Diane and Bill

innkeeper@coffeeofkona.com

<http://www.coffeeofkona.com/>

Since 1993, we have proudly offered Kona coffee direct from our family farm. Lions Gate has ten acres of heirloom trees that are over seventy years old. Deep roots and rich soil produce a wonderful bean. Kona coffee is prized the world over as a gourmet coffee - rich, smooth, and delicious. Our Kona is hand-picked, processed and sun-dried right here on the slopes of Mauna Loa volcano. We take the beans from tree to roast and guarantee a cup of coffee you will love. Come, taste Paradise in a cup! And while you are here, check out our farm-grown Macadamia Nuts, chocolates and mac nut oil too. We hope you enjoy our coffee and macadamias as much as our guests do!

Love Family Farms

Big Island

PO Box 1242, Captain Cook, HI 96704

Tel: 808-323-2417

Contact: Ken & Margy Love

info@mycoffee.net

http://www.mycoffee.net/index_e.html

Personal Guide: Farmers

Small family owned coffee farm offering farm tours. They sell and display exotic fruit, jams, jellies and gluten free baked goods from locally grown produce at the Keauhou Farmers Market each Saturday in Kona Hawaii from 7am to noon

Ma'o Organic Farms

Oahu

86-210 Puhawai Rd, Waianae, HI 96792

Tel: 808-696-5569

Fax: 808-696-5568

info@maoorganicfarms.org

<http://www.maoorganicfarms.org/index.php>

A social entrepreneurship growing organic food and young leaders working for a sustainable Hawaii. It is a 5-acre certified organic farm, producing and selling over twenty-five different varieties of high-quality organic fruits and vegetables.

Malama Ki

15-2874 Pahoia Village Rd #9317, Pahoia, HI 96778

Tel: 563-451-7021

Contact: John Caverly

gabekarin@hotmail.com

Malu' Aina farm

86 Puhawai Road, Ola'a, HI 96760

Tel: 808-966-7622

info@malu-aina.org

A social entrepreneurship growing organic food and young leaders working for a sustainable Hawaii. It is a 5-acre certified organic farm, producing and selling over twenty-five different varieties of high-quality organic fruits and vegetables.

Mauna Kea Tea Garden

46-3870 Old Mamalahoa Hwy, Honokaa, HI 96727

Tel: 808-775-1171

Contact: Kimberly and Takahiro Ino

info@maunakeatea.com

<http://www.maunakeatea.com>

Mauna Kea Tea is located on the rainy slope of Mauna Kea, on the Big Island of Hawaii. Mauna Kea Tea is family owned and operated. We grow and process green tea and oolong tea (*camellia sinensis*) that is not only of good quality, but also safe for people and for the environment. Visit the farm or website to learn more.

North Country Farms

Big Island

4387 Kahili Makai Street, P.O. Box 723 (mailing), Kilauea, HI 96754

Tel: 808-828-1513

Contact: Lee Roversi

Personal Guide: Farmers



ncfarms@aloha.net
<http://www.northcountryfarms.com/>

North Country Farms is an organic family farm with two tropical bed and breakfast cottages, located just east of the rural and historical town of Kilauea on the lush north shore of Kauai, the Garden Island. We grow vegetables, fruits and flowers on our 4-acre piece of heaven.

Old Hawaiian Coffee

Big Island

84-5042A Mamalahoa Hwy, Just south of the 105 mile marker on the , Captain Cook, HI 96704

Tel: 808-328-2277

misha@oldhawaiiancoffee.com

<http://www.oldhawaiiancoffee.com>

10 acre certified organic Kona coffee plantation. Coffee is grown, dried and brewed on farm. Farm tours offered.

Olomana Gardens

41-1140 Waikupanaha St., Waimanalo, HI 96795

Tel: 808-259-0223

Contact: Glenn Martinez

<http://www.olomanagardens.com/>

Olomana Gardens is a permaculture farm dedicated to serving the local community as a demonstration farm for modern, sustainable food growing systems suitable for small-scale farms and even food production for residential lots.

The central features of our farm are integrated systems of animals, composting and vermicomposting, and aquaponics (aquaculture + hydroponics), combining fish raising and production of organic vegetables.

We have a diverse and colorful collection of animals, including horses, chickens, ducks, turkeys and goats and thousands upon thousands of composting worms which turn organic waste and manures into natural fertilizer.

We produce aquaponic, certified organic vegetables and natural chicken and duck eggs are sold as available. We also sell composting and tiller worms, worm composting bins, worm compost and organic pallet gardens for delivery (the all-in-one pallet gardens are perfect for budding farmers with limited space or those who want only organic produce).

Agriculture workshops are held regularly, and small group and school tours are welcome.

ONO Organic Farms

Hana Hwy., Hana, HI 96713

Tel: 808-248-7779

info@onofarms.com

<http://www.onofarms.com>

Established more than thirty years ago, ONO Organic Farms is a 30-acre, certified organic, family-owned and operated farm located on the southern slopes of Haleakala ("House of the Sun") volcano on the eastern edge of the legendary Hawaiian Island of Maui. Four generations of the

Personal Guide: Farmers



Boerner family have been organic farmers in this lush jungle environment for sixty years.

One of the largest tropical fruit farms in the state of Hawaii, ONO Organic Farms grows and sells a wide variety of exotic fruits, cacao (chocolate), and Arabica estate coffee.

Come to the farm enjoy a guided tour, by reservation, on Monday and Thursday afternoons beginning at 2:30 PM, and by special appointment. See website for details. On Maui, you can purchase products and produce from ONO Organic Farms on Monday and Thursday from 11 AM to 5 PM at our roadside market in Hana Town, and on Saturday morning in our big booth at the Swap Meet at Maui Community College from 7 AM to 1 PM.

Poamoho Organic Produce

Oahu

PO Box 728, Waialua, HI 96791

Tel: 808-637-4555

info@poamoho-organic.com

<http://www.poamoho-organic.com/>

Sells produce in farmers markets, local health food stores, and Alan Wongs restaurant. Largest certified organic farm on Oahu, overlooking the North Shore and nestled between Poamoho Gulch and Oahu's highest peak, Mt Ka'ala. We specialize in most of the tropical fruits such as mango, apple banana, papaya, lychee, longan, avocado, breadfruit, jackfruit, herbs and most of the citrus.

Pomaika'i Lucky Farm Bed and Breakfast

Big Island

83-5465 Mamalahoa Hwy, Captain Cook, HI 96704

Tel: 808-328-2112

Fax: 808-328-2112

Contact: Johnsie Sumner, Innkeeper

innkeeper@hawaii.rr.com

<http://www.luckyfarm.com/>

Experience living on a century-old working macadamia nut/Kona coffee farm, surrounded by birds, tropical fruit, and exotic flowers. Eat all the mac nuts you can pick up, plus a hearty farm breakfast.

Respect the Aina

101 khahakapao road, olinda, Makawao, HI 96768

Tel: 808-572-5623

Contact: Edward Schwab

Rooster Farms Coffee Co.

Big Island

P.O. Box 471, Honaunau, HI 96726

Tel: 808-328-9173

Fax: 808-328-9378

Personal Guide: Farmers

roosterfarms@kona.net
<http://www.roosterfarms.com>

100% Organic Kona coffee grown on a 6 acre organic coffee farm.

Simply Aquaponics Hawaii

HI
Tel: 808-936-2015
Contact: Justin & Cheriess Bugado
JB@SimplyAquaponics.com
<http://www.simplyaquaponics.com>

South Shoreganics Farm CSA

P.O. Box 708, Kalaheo, HI 96741 Contact: Jeremy Inman
info@southshoreganics.com
<http://www.southshoreganics.com>

South Shoreganics is a family run farm in Kalaheo that grows organic produce available directly to Kauai residents. It is run as a CSA (Community Supported Agriculture), meaning that we depend on a partnership with the local community rather than growing our produce for export, markets, etc. Our produce is grown using sustainable and beyond organic practices and is hand picked on or right before delivery pick up days. It's organic, it's local, it's fresh. This is the good stuff, folks.

Sticks and Stones Farm Retreat

P.O. Box 1046, Pahoa, HI 96778
Tel: 808-640-5540
Contact: Tim Currier
sandsfarm@aol.com

The Original Hawaiian Chocolate Factory

Big Island
78-6772 Makenawai Street , Kailua-Kona, HI 96740
Tel: 1-808-322-2626
Contact: Bob & Pam Cooper
info@ohcf.us
<http://www.originalhawaiianchocolatefactory.com/>

From our factory on the slopes of Hualalai Mountain's bountiful Kona region on the Island of Hawaii comes the one and only Original Hawaiian Chocolate®.

We are the first to grow, hand-pick, sun-dry and process only Hawaiian grown cocoa beans, non-blended to assure purity and quality.

The result is a delicious single-origin Hawaiian chocolate of distinctive texture and taste.



Farmers markets

Aiea District Park (POM)

Oahu

99-350 Aiea Heights Drive, Honolulu, HI 96813

Tel: 808-522-7088

Contact: Ned Yonemori

parks@honolulu.gov

<http://www.co.honolulu.hi.us/parks/programs/pom>

Time of Year: January - December, Days of Week/Hours: Friday, 7:00 A.M. - 8:00 A.M.

Banyan Court Mall Farmers Market

Oahu

800 North King Street, Honolulu, HI 96815

Tel: 808-522-7088

Contact: Ned Yonemori

openmarket@honolulu.gov

<http://www.co.honolulu.hi.us/parks/programs/pom/>

Time of Year: January - December, Days of Week/Hours: Saturday, 6:15 A.M. - 7:30 A.M.

City Hall Parking Lot Deck (POM)

Oahu

Alapai Street and Beretania Street, Honolulu, HI 96813

Tel: 808-522-7088

Contact: Ned Yonemori

openmarket@honolulu.gov

<http://www.co.honolulu.hi.us/parks/programs/pom>

Time of Year: January - December, Days of Week/Hours: Monday, 11:45 A.M. - 12:30 A.M.

Ewa Beach Community Park (POM)

Oahu

91-955 North Road, Ewa Beach, HI 96706

Tel: 808-522-7088

Contact: Ned Yonemori

<http://www.co.honolulu.hi.us/parks/programs/pom>

Time of Year: January - December, Days of Week/Hours: Friday, 9:00 A.M. - 10:00 A.M.

Fort Street Farmers Market

Oahu

Wilcox Park, Honolulu, HI 96814

Tel: 808-848-4800

Contact: Gene Yokoi

Time of Year: January - December, Days of Week/Hours: Tuesday & Friday, 7:30 A.M. - 2:00 P.M.

Garden Island Chocolate

Personal Guide: Farmers Markets



PO Box 998, Kilauea, HI 96754
Tel: 808-634-6812
Contact: koa kahili
koa@gardenislandchocolate.com
<http://www.gardenislandchocolate.com>

Garden Island Chocolate's goals are to bring to the visitors and local residents of Kauai an organic chocolate bar made from locally grown cacao. This will greatly stimulate the local economy by providing jobs and a viable and sustainable agricultural crop. As an avid farmer and father I had a dream of sustainability and always looked to the land and sea to support my wife and children. We plant organic gardens to feed our bodies and enrich our souls. Clean healthy organic food, pure untreated water, and pristine ocean air in our opinion is true wealth.

Premium, organic 80% dark chocolate bars made on Kauai from locally grown Kauai cacao. We offer 4 flavors: Kauai Macadamia Nut and Coconut, Hemp Seed and Mint, Vegan Coconut Milk Chocolate, Mayan Spice.

Garden Island Chocolate is sold at local Kauai stores and farmer's markets.

Check the website for an updated list. Currently available at the following locations:

Papayas Natural Foods
Kapa'a - 4-831 Kuhio Highway Kapa'a, HI 96746
Phone: (808) 823-0190
Hanalei - 5-5161 Kuhio Highway, P.O. Box 219, Hanalei, HI 96714
Phone: (808) 826-0089
www.papayasnaturalfoods.com/

Healthy Hut Natural Foods
4270 Kilauea Lighthouse Rd
Kilauea, HI 96754
(808) 828-6626

Kilauea Town Market
2474 Keneke St
Kilauea, HI 96754
(808) 828-1512

Hanalei Dolphin Restaurant
and Fish Market
5-5016 Kuhio Hwy
Hanalei, HI 96714
(808) 826-6113
www.hanaleidolphin.com

Vim 'n Vigor
3-3122 Kuhio Hwy # A9
Lihue, HI 96766
(808) 245-9053
www.vimnvigor.com



Papalani Gelato
2360 Kiahuna Plantation Road
Koloa, Kauai, Hawaii 96756
(808) 742-CONE (2663)
www.papalanigelato.com

The Wine Garden
4495 Puhi Rd # B
Lihue, HI 96766
(808) 245-5766

Java Kai in Kapaa
4-1384 Kuhio Hwy, #105
Kapaa, HI 96746
808-823-6887
kapaa@javakai.com
www.javakai.com

Moloa'a Sunrise Fruit Stand
Kuhio Hwy & Koolau Rd.

Banana Joe's Fruitstand
Kilauea HI
www.bananajoekauai.com

Hanalei Farmer's Markets

Animal Welfare Approved Listing
5-5299 Kuhio Highway, Hanalei, HI 96754
Kauai Kunana Dairy sells Animal Welfare Approved goat cheese at this farmers market
<http://www.kauaikunanadairy.com/>

Saturdays at 9:30
Soccer Field across from Post Office

Tuesdays at 2:00 at Waipa Ranch

Hanalei Saturday Farmers Market

Kauai
5-5299 Kuhio Highway, Hanalei, HI 96714 Contact: Stephanie Struble
<http://www.halehalawai.org/market.htm>

Time of Year: January - December, Days of Week/Hours: Saturday, 10:00 A.M. - 12:00 Noon

Hanapepe Park Farmers Market

Kauai
Behind the fire station, 1-3787 Kaumualii Hwy, Hanapepe, HI 96716
Tel: 808-742-1834

Personal Guide: Farmers Markets



Contact: Cora Asuncion

Time of Year: January - December, Days of Week/Hours: Thursday, 3:00 P.M.

Hawaii Kai Park-n-Ride (POM)

Oahu

300 Keahole Street, Hawaii Kai, HI 96817

Tel: 808-522-7088

Contact: Ned Yonemori

openmarket@honolulu.gov

<http://www.co.honolulu.hi.us/parks/programs/pom/>

Time of Year: January - December, Days of Week/Hours: Saturday, 1:00 P.M. - 2:00 P.M.

Hawaii Kai Town Center Farmers Market

Oahu

7192 Kalaniana'ole Hwy, Hawaii Kai, HI 96825

Tel: 808-848-4800

Contact: Phene Thongkhm

<http://hawaiikaitownecenter.com/events.html>

Time of Year: January - December, Days of Week/Hours: Wednesday & Saturday,

Hilo Farmers Market

Corner of Kamehameha Ave. & Mamo St., Hilo, HI 96720

Tel: 808-933-1000

Contact: Keith De La Cruz

info@hilofarmersmarket.com

<http://www.hilofarmersmarket.com>

Time of Year: January - December, Days of Week/Hours: Monday- Sunday, 6AM - 4PM

Honokaa Farmers Market

Big Island

Old Botelho Bldg., Honokaa, HI 96727

<http://www.local-farmers-markets.com/market/1171/honokaa/honokaa-farmers-market>

Time of Year: January - December, Days of Week/Hours: Saturday, 7:30 A.M. - 2:00 P.M.

Kahuku Farmers Market

Oahu

Pualalea St and Kamehameha Hwy, Kahuku, HI 96731

Time of Year: January - December, Days of Week/Hours: 2nd & 4th Saturday

Kalihi Valley District Park (POM)

Oahu

1911 Kamehameha IV Road, Honolulu, HI 96813

Tel: 808-522-7088

Contact: Ned Yonemori

Personal Guide: Farmers Markets



Time of Year: January - December, Days of Week/Hours: Saturday, 10:00 A.M. - 10:45 A.M.

Kaneohe District Park (POM)

Oahu

45660 Keaahala Road, Honolulu, HI 96814

Tel: 808-522-7088

Contact: Ned Yonemori

openmarket@honolulu.gov

<http://www.co.honolulu.hi.us/parks/programs/pom>

Time of Year: January - December, Days of Week/Hours: Thursday, 10:45 A.M. - 11:45 A.M.

Kapiolani Community College Campus Farmers Market

4303 Diamond Head Rd., Honolulu, HI 96816

Tel: 808- 848-2074

Contact: Gene Yokoi

info@hfbf.org

<http://www.hfbf.org>

Time of Year: January - December, Days of Week/Hours: Saturday, 8:00 A.M. - 12:00 Noon

Kaumualii Street (POM)

at Kalihi Street, Honolulu, HI 96815

Tel: 808-522-7088

Contact: Ned Yonemori

openmarket@honolulu.gov

<http://www.co.honolulu.hi.us/parks/programs/pom>

Time of Year: January - December, Days of Week/Hours: Saturday, 8:15 A.M. - 9:30 A.M.

Kula Country Farms

Maui

Hwy 37 near junction 377, Kula, HI 96790

Tel: 808-878-8383

kulacountryfarms@hawaii.rr.com

<http://kulacountry.com>

Farm stand that sells locally grown fruits and vegetables.

Open Tuesday - Friday 11am - 5pm and Saturday - Sunday 11am - 4pm.

Lahaina Farms Market

Maui

345 Keawe St, Lahaina, HI 96761

Tel: 808-662-7088

Local style market(part of Foodland Corp)
featuring local, organic foods.

Makaunulau Community Park (POM)

Oahu

Personal Guide: Farmers Markets



95-800 Makaunulau Street, Honolulu, HI 96823
Tel: 808-522-7088
Contact: Ned Yonemori
openmarket@honolulu.gov
<http://www.co.honolulu.hi.us/parks/programs/pom>

Time of Year: January - December, Days of Week/Hours: Tuesday, 11:45 A.M. - 12:30 P.M.

Makiki District Park (POM)

Oahu
1527 Keeaumoku Street, Honolulu, HI 96822
Tel: 808-522-7088
Contact: Ned Yonemori
openmarket@honolulu.gov
<http://www.co.honolulu.hi.us/parks/programs/pom>

Time of Year: January - December, Days of Week/Hours: Monday, 8:30 A.M. - 9:30 A.M.

Mamo Street Market

Big Island
Mamo St. and Kamehameha Ave, Hilo, HI 96720 Contact: Liscencio Ceredon
<http://www.konaweb.com/konaweb/farmer.shtml>

Time of Year: January - December, Days of Week/Hours: Daily, 8:00 A.M. - 5:00 P.M.

Manoa Marketplace Farmers' Market

Oahu
2721 Kaaipu Ave., Honolulu, HI 96824
Tel: 808-848-4800
Contact: Ned Yonemori
openmarket@honolulu.gov
<http://www.co.honolulu.hi.us/parks/programs/pom>

Please visit site for schedules.

Founded in 1973, the People's Open Market (POM) was formed to accomplish three goals:

1. Provide the opportunity to purchase fresh agricultural and aquacultural products and other food items at low cost.
2. Support the economic viability of diversified agriculture and aquaculture in Hawaii by providing market sites for local farmers, fishermen, or their representatives to sell their surplus and off-grade produce.
3. Provide focal point areas for residents to socialize.

Open Market Buyers and Sellers More than one million people shop at the 25 market sites each year. Prices are usually 35% lower than retail stores. Many ethnic fruits and vegetables not normally found in the large retail stores are found here. Each market operates once a week and lasts about an hour.

The markets are closely regulated by the POM staff. They conduct weekly price surveys at various

Personal Guide: Farmers Markets

stores to determine a recommended price for the POM vendors to follow, supervise the arrival and departure of the POM vendors to ensure safety for both vendor and consumer, and monitor each vendor to ensure that they comply with all City, State and Federal government rules and regulations, ordinances and laws affecting their participation in the POM.

Mother Waldron Park (POM)

Oahu

525 Coral Street, Honolulu, HI 96817

Tel: 808-522-7088

Contact: Ned Yonemori

openmarket@honolulu.gov

<http://www.co.honolulu.hi.us/parks/programs/pom>

Time of Year: January - December, Days of Week/Hours: Monday, 10:15 A.M. - 11:15 A.M.

Ohana Farmers & Crafters Market

Maui

Kahului Shopping Center, Kahului, HI 96732

Tel: 808-573-3577

Contact: Robert Angelo

Time of Year: January - December, Days of Week/Hours: Wednesday, 6:30 A.M. - 1:00 P.M.

ONO Organic Farms

Hana Hwy., Hana, HI 96713

Tel: 808-248-7779

info@onofarms.com

<http://www.onofarms.com>

Established more than thirty years ago, ONO Organic Farms is a 30-acre, certified organic, family-owned and operated farm located on the southern slopes of Haleakala ("House of the Sun") volcano on the eastern edge of the legendary Hawaiian Island of Maui. Four generations of the Boerner family have been organic farmers in this lush jungle environment for sixty years.

One of the largest tropical fruit farms in the state of Hawaii, ONO Organic Farms grows and sells a wide variety of exotic fruits, cacao (chocolate), and Arabica estate coffee.

Come to the farm enjoy a guided tour, by reservation, on Monday and Thursday afternoons beginning at 2:30 PM, and by special appointment. See website for details. On Maui, you can purchase products and produce from ONO Organic Farms on Monday and Thursday from 11 AM to 5 PM at our roadside market in Hana Town, and on Saturday morning in our big booth at the Swap Meet at Maui Community College from 7 AM to 1 PM.

Panaewa Hawaiian Home Lands Farmers Market

Big Island

Puainako Street and Ohuohu Street, Hilo, HI 96720

Tel: 808-959-2726

Contact: Jerry

Personal Guide: Farmers Markets



<http://www.local-farmers-markets.com/market/1201/hilo/panaewa-hawaiian-home-lands-farmers-market>

Time of Year: January - December, Days of Week/Hours: Daily, 8:00 A.M. - 5:00 P.M.

Queen Kapiolani Park (POM)

Oahu

Monsarrat and Paki Street, Honolulu, HI 96822

Tel: 808-522-7088

Contact: Ned Yonemori

openmarket@honolulu.gov

<http://www.honolulu.gov/parks/programs/pom/wednesdays.htm>

Time of Year: January - December, Days of Week/Hours: Wednesday, 10:00 A.M. - 11:00 A.M.

Rainbow Falls Market Place

Big Island

Across from Rainbow Falls, Hilo, HI 96720

Tel: 808-933-9173

Contact: Mike

<http://www.konaweb.com/konaweb/farmer.shtml>

Time of Year: January - December, Days of Week/Hours: Monday & Thursday

South Kona Fruit Stand

Big Island

84-4770 Mamalahoa Hwy., Captain Cook, HI 96704

Tel: 808-328-8547

Contact: Beth

<http://southkonafruitstand.com/>

Time of Year: January - December, Days of Week/Hours: Monday - Saturday, 9:00 A.M. - 6:00 P.M.

Sunset Country Market

Oahu

59-360 Kamehameha Highway, Haleiwa, HI 96712

Tel: 808-237-8284

8am- 2pm Saturdays.

The Market Place

Big Island

Across from the Hilo Farmers Market, Hilo, HI 96720

Tel: 808-933-1000

Contact: Keith De La Cruz

info@hilofarmersmarket.com

<http://www.hilofarmersmarket.com>

Time of Year: January - December, Days of Week/Hours: Wednesday & Saturday

Personal Guide: Farmers Markets



The Maui's Fresh Produce Farmers Market

Maui
Queen Kaahumanu Shopping Center, 275 West Ka'ahumanu Avenue, Kahului, HI 96732
Tel: 808-298-4289
Contact: Pepito Valdez
<http://www.local-farmers-markets.com/market/1209/kahului/mauis-fresh-produce-farmers-market>

Time of Year: January - December, Days of Week/Hours: Tuesday, Wednesday, & Friday, 6:00 A.M. - 4:00 P.M.

Under the Banyan Farmers Market

Big Island
Hawi, HI 96719
Tel: 808-889-0615
<http://www.local-farmers-markets.com/market/1212/hawi/under-banyans-farmers-market>

Time of Year: January - December, Days of Week/Hours: Saturday, 7:30 A.M. - 1:00 P.M.

Waimanalo Beach Park (POM)

Oahu
41741 Kalaniana'ole Hwy., Honolulu, HI 96815
Tel: 808-522-7088
Contact: Ned Yonemori
openmarket@honolulu.gov
<http://www.co.honolulu.hi.us/parks/programs/pom>

Time of Year: January - December, Days of Week/Hours: Thursday, 7:15 A.M. - 8:15 A.M.

Online shopping

A'ama Organic Farm

Big Island

P.O. Box 167, Captain Cook, HI 96704

Tel: 808-328-2666

aamafarm@yahoo.com

<http://www.aamafarm.com>

100% Organic Kona coffee, Avocado, Banana, Coffee: Raw, Wet Milled, Dry Milled, Roasted

Aloha Spice

Kauai

PO Box 950, Hanapepe, HI 96716

Tel: 808-335-5944

info@alohaspice.com

<http://www.alohaspice.com/>

Our organic and gourmet seasonings reflect the diversity of flavors and cultures unique to Hawai'i. The Aloha Spice Company is located on the island of Kaua'i, Hawai'i. We make all our blends and rubs in small batches using the highest quality herbs and spices available.

Blue Horse Kona Coffee Farm

PO Box 286, Kealahou, HI 96704

Tel: 808-328-1401

Contact: J. Oster

info@bluehorsekona.com

<http://www.bluehorsekona.com>

Most important: Fabulous taste and aroma--coffee as it should be!

Shade grown, handpicked, wet-processed, sun dried, sustainably grown, 100% Kona coffee. Inspected + certified. Freshly roasted. Small, genuine family farm.

Low price, fast and free shipping within USA.

Hawaii Lowline Cattle

Animal Welfare Approved Listing

46-3930 Puaono Road, Honokaa, HI 96727

Tel: 808-896-2140

rsakata@aloha.net

<http://www.hawaiilowline.com>

This farm raises Animal Welfare Approved beef cattle.

Hawaii Lowline Cattle Company is proud to be part of the resurgence in Hawaii of raising and finishing cattle locally, on pasture. The farm was started by Rick and Haleakala Sakata and Dwayne and Tammie Cypriano, both of Ahualoa, Hawaii. Dwayne Cypriano, an independent rancher who formerly worked in cow-calf operations (keeping a breeding herd of cows and weaning calves for the feedlot system), and Rick Sakata saw an opportunity to do their part to advance Hawaii's food

self-sufficiency by building a herd of Lowline Angus cattle on their ranches. “Lowlines are Angus beef cattle in a compact, smaller frame size. They originated in Australia, where the beef is known for its excellent taste, texture and tenderness characteristics,” Sakata explained. “We were looking for two things when establishing our herd: cattle that were docile and cattle that were well-suited to beef production on grass, and that more efficiently converted grass to meat than today's larger breeds. Because of their moderate size, two Lowlines can use the pasture space of one of today's larger breeds, providing more beef per acre of grass and making the land more productive. That's very important on an island with limited pasture space.”

The Sakatas and Cyprianos purchased their first Lowlines at the start of 2008 and brought them to Hawaii from the mainland. They had the cattle flown in instead of shipped so that the journey would be less stressful, even though it was more expensive. “We want to take great care of our cattle and go the extra mile,” Rick Sakata says. “That's why we decided to apply to Animal Welfare Approved - it aligned nicely with our beliefs and will give our customers another reason to trust the quality and integrity of our product.” Hawaii Lowline Cattle Company's herd of Lowlines is currently the only registered Lowlines in the state of Hawaii and when the first calf was born in September 2008, it was cause for celebration. “Our first island born calf,” Sakata says proudly. “A true Hawaiian.”

Kale's Natural Foods

Oahu

377 Keahole St, Hawaii Kai, HI 96825

Tel: 808-396-6993

Fax: 808-396-6997

http://www.kalesnaturalfoods.com/retailer/store_templates/shell_id_1.asp?storeID=AD5DDB8ED2B24753A27A5747E28D0A62

A few good reasons why Kale's is the best place to shop for natural and organic products: We offer you one-stop shopping for natural & organic products, We feature certified organic produce, We believe in providing you with the highest quality products at fair prices, We offer bulk foods, including an unreal selection of bulk herbs and spices.

Kana Coffee Farm

P.O. BOX 307, Honokaa, HI 96727

Tel: 808-775-1715

Fax: 808-775-0004

kapucof@aol.com

<http://www.kapulenacoffee.com/index.html>

Kana Coffee Farm is located 1000 feet above sea level on the Hamakua Coast of the Big Island of Hawaii. We are mindful of the soil, the water and creating a healthful sustainable environment. We hand pick our coffee bean by bean ensuring that you receive the highest quality coffee.

Our organic farming methods create a rare and distinctive coffee rich in flavor.

Our organic coffee is hand tended. We never use chemical fertilizers or pesticides. We utilize a foliar spray from our Compost Tea machine that uses seaweed to nourish our trees. Our organic farm is bird and wildlife friendly. The Hawaiian Hawk, Hawaiian Owl, and numerous other creatures can be seen nesting and visting our orchards. The coffee trees grow naturally in the rainforest that surrounds our property. We find a greater worth in sustainable agriculture and have planted our coffee in a way that helps preserve the eco system and brings a truly rewarding harvest.

Our coffee is certified organic by the Hawaii Organic Farmers Association.

Kauai Kunana Dairy

Animal Welfare Approved Listing

4552 Kapuna Road, Kilauea, HI 96754

Tel: 808-828-0095

ryan@kauaikunanadairy.com

<http://www.kauaikunanadairy.com>

Kauai Kunana Dairy offers Animal Welfare Approved goat cheese and chicken eggs.

Louisa and Bob Wooton of Kauai Kunana Dairy produce fresh Hawaiian farmstead goat cheese. They have been raising goats in Hawaii since 1979 and making goat cheese for the past decade. “We are the only dairy on the island of Kauai,” Louisa Wooton says proudly. “Kauai Kunana Dairy is a true family farm. We built everything on the farm ourselves, including the house. Our eldest son Ryan and his wife Sarah are our partners.”

With a milking herd of approximately 28 goats and total herd of 40, the Wootons are pleased with the reception their goat cheese has received. “Almost all of our cheese is sold on the island of Kauai,” Wooton explains. “Even with the drop in tourism because of the economy, our business is doing great. We've found our community to be very committed to supporting local farmers and we're increasing the number of restaurants that serve our cheese.”

The Wootons have high praise for their goats and chickens. According to Louisa Wooton, “Our animals are an integral part of our farm. Our goats are intelligent and friendly and besides supplying milk for great cheese, they mow the orchards and we turn their manure into fertilizer. Our chickens are in charge of the banana patch—they weed, scratch, eat the bad insects and thin the bananas. Interacting with our goats and chickens every day is one of the great joys of farming.”

For the Wootons, applying to be Animal Welfare Approved was an easy decision because it's a true reflection of the care and respect they give their animals. “Having the Animal Welfare Approved seal is something we're really, really proud of,” Louisa Wooton says. “Our customers are responding well to it and we put it on everything. We don't see how any farm can survive that's not AWA!”

Kona Hawk Farms

Big Island

P.O. Box 225, Honaunau, HI 96726

Tel: 808-328-7369

Contact: Douglas Pittman

sales@konahawkfarms.com

<http://www.konahawkfarms.com/index.html>

We grow and sell macadamia nuts, avocados, coffee, free-range chicken eggs, and other local produce.

LBD Coffee

6200B Kawaihau Rd., Kapaa, HI 96746

Tel: 808-822-4495

Personal Guide: Online Shopping



Contact: Les Drent
les@lbdcoffee.com
<http://lbdcoffee.com/index.html>

In 2006 we decided to aggressively counteract our reliance on imported fertilizer and high water dependence at our organic coffee farm. Because coffee is a natural shade grown tree, many commercial coffee farms in the world depend exclusively on the use of fertilizer, water and direct sunlight to produce high yielding coffee crops. While this heavy use of petroleum based fertilizer, and water coupled with direct sunlight definitely yields more coffee, it also strips the natural environment of key growing elements that are important to a balanced eco-system and healthy living environment. However, we have proven at Blair Estate that organically grown, slow ripening, hand picked coffee produces a far superior bean to those grown on non-organic farms.

Love Family Farms

Big Island
PO Box 1242, Captain Cook, HI 96704
Tel: 808-323-2417
Contact: Ken & Margy Love
info@mycoffee.net
http://www.mycoffee.net/index_e.html

Small family owned coffee farm offering farm tours. They sell and display exotic fruit, jams, jellies and gluten free baked goods from locally grown produce at the Keauhou Farmers Market each Saturday in Kona Hawaii from 7am to noon

Maui Upcountry Jams and Jellies

Maui
67 Lower Kimo Drive, Kula, HI 96790
Tel: 808-878-8411
Fax: 808-878-8411
orders@mauiupcountryjamsandjellies.com
<http://www.mauiupcountryjamsandjellies.com>

Locally grown and handmade products such as jams, jellies, sauces, butters, chutneys, mustards, syrups and even breads. All made with fresh local fruits, no preservatives, and lots of love. Local fruits used include guava, passionfruit, black raspberries, mango, papaya, loquats, peaches, strawberries, starfruit, jaboticaba, bananas, and pineapple

Mauna Kea Tea Garden

46-3870 Old Mamalahoa Hwy, Honokaa, HI 96727
Tel: 808-775-1171
Contact: Kimberly and Takahiro Ino
info@maunakeatea.com
<http://www.maunakeatea.com>

Mauna Kea Tea is located on the rainy slope of Mauna Kea, on the Big Island of Hawaii. Mauna Kea Tea is family owned and operated. We grow and process green tea and oolong tea (camellia sinensis) that is not only of good quality, but also safe for people and for the environment. Visit the farm or website to learn more.

Personal Guide: Online Shopping



Old Hawaiian Coffee

Big Island

84-5042A Mamalahoa Hwy, Just south of the 105 mile marker on the , Captain Cook, HI 96704

Tel: 808-328-2277

misha@oldhawaiiancoffee.com

<http://www.oldhawaiiancoffee.com>

10 acre certified organic Kona coffee plantation. Coffee is grown, dried and brewed on farm. Farm tours offered.

ONO Organic Farms

Hana Hwy., Hana, HI 96713

Tel: 808-248-7779

info@onofarms.com

<http://www.onofarms.com>

Established more than thirty years ago, ONO Organic Farms is a 30-acre, certified organic, family-owned and operated farm located on the southern slopes of Haleakala ("House of the Sun") volcano on the eastern edge of the legendary Hawaiian Island of Maui. Four generations of the Boerner family have been organic farmers in this lush jungle environment for sixty years.

One of the largest tropical fruit farms in the state of Hawaii, ONO Organic Farms grows and sells a wide variety of exotic fruits, cacao (chocolate), and Arabica estate coffee.

Come to the farm enjoy a guided tour, by reservation, on Monday and Thursday afternoons beginning at 2:30 PM, and by special appointment. See website for details. On Maui, you can purchase products and produce from ONO Organic Farms on Monday and Thursday from 11 AM to 5 PM at our roadside market in Hana Town, and on Saturday morning in our big booth at the Swap Meet at Maui Community College from 7 AM to 1 PM.

Rooster Farms Coffee Co.

Big Island

P.O. Box 471, Honaunau, HI 96726

Tel: 808-328-9173

Fax: 808-328-9378

roosterfarms@kona.net

<http://www.roosterfarms.com>

100% Organic Kona coffee grown on a 6 acre organic coffee farm.

The Original Hawaiian Chocolate Factory

Big Island

78-6772 Makenawai Street , Kailua-Kona, HI 96740

Tel: 1-808-322-2626

Contact: Bob & Pam Cooper

info@ohcf.us

<http://www.originalhawaiianchocolatefactory.com/>

Personal Guide: Online Shopping



From our factory on the slopes of Hualalai Mountain's bountiful Kona region on the Island of Hawaii comes the one and only Original Hawaiian Chocolate®.

We are the first to grow, hand-pick, sun-dry and process only Hawaiian grown cocoa beans, non-blended to assure purity and quality.

The result is a delicious single-origin Hawaiian chocolate of distinctive texture and taste.

Organizations

Just Add Water

Oahu

41-851C Waikupanaha Street, Waimanalo, HI 96795

Tel: 808-259-5635

Fax: 808-259-5746

Contact: Kimberly Clark

kdc@lava.net

<http://www.just-add-water.biz/>

Just Add Water provides organic produce from our gardens and community supported farms in Hawaii. We distribute weekly boxes of organic produce to you, and to health food stores and restaurants on Oahu. We also sell organic vegetables, fruits, and other organic products (e.g., coffee) by the pound.

Our children's garden program, Mala Laulima, allows children to learn about our way of love and sustainability, and to experience the gifts of nature.

La'akea Community

Big Island

P.O 1071, Pahoa, HI 96778

Tel: 808-443-4076

info@permaculture-hawaii.com

<http://www.permaculture-hawaii.com/>

Educational intentional community offering educational workshops on sustainability and internship positions

Ma'o Organic Farms

Oahu

86-210 Puhawai Rd, Waianae, HI 96792

Tel: 808-696-5569

Fax: 808-696-5568

info@maoorganicfarms.org

<http://www.maoorganicfarms.org/index.php>

A social entrepreneurship growing organic food and young leaders working for a sustainable Hawaii. It is a 5-acre certified organic farm, producing and selling over twenty-five different varieties of high-quality organic fruits and vegetables.

Maui Aloha Aina Association

Maui

1768 Kalawi Place, Wailuku, HI 96793

Tel: 808-242-7870

info@mauialoahaaina.org

<http://www.mauialoahaaina.org/>

Maui Aloha Aina Association is a 501c3 organization, whose mission is to "Promote life nurturing practices for the body and the soil through education and outreach." We have been holding

Personal Guide: Organizations



educational/experiential conferences since 2001 on Body and Soil health and have actively been involved in supporting our small organic and sustainable farmers in their practice to honor their body's wellbeing and the soils vitality as a living organism.

Restaurants

12th Ave Grill

Oahu

1145C 12th Avenue, Kaimuki, HI 96816

Tel: 808-732-9469

<http://www.12thavegrill.com>

"From Port demiglazes and house made soups to a Kim Chee steak (big in flavor, not heat) and a Smoked Ahi Nicoise salad, the fresh flavors of local produce paired with Chef's finds like Skate and New Zealand farmed organic King Salmon offer tastes and textures that are bold and interesting. Of course a juicy 10oz Ribeye steak, thick cut grilled porkchop and yes, even macaroni and cheese are on the menu for those who are seeking a little bit of classic comfort food. We are now featuring our wine and beer lists and daily specials as well as mouthwatering desserts by Samantha Choy.

Good honest food from beginning to end! Join us at 12th Ave Grill for a warm, friendly, neighborhood feel and a taste of serious seasonal cooking! "

22 North

Animal Welfare Approved Listing

3-2087 Kaunualii Highway, Lihue, HI 96766

Tel: 808-245-9593

22North.info@gmail.com

<http://22northkauai.com/>

Serves Animal Welfare Approved goat cheese from Kauai Kunana Dairy (www.kauaikunanadairy.com) Formerly known as Gaylord's.

Abundant Life Natural Foods & Cafe

Big Island

292 Kamehameha Avenue, Hilo, HI 96720

Tel: 808-935-7411

info@abundantlifefoods.com

<http://www.abundantlifefoods.com/>

At Abundant Life Natural Foods and Cafe, we offer a wide selection of the highest quality natural and organic grocery items throughout our chill, frozen, dry, and produce departments. We also carry many dietary supplements, natural herbs, and homeopathic remedies. The Cafe features organic meals, smoothies, fresh juices & an organic espresso bar. Our product selection process is designed to ensure that all of our grocery items meet our rigorous criteria for being "natural" which excludes artificial colors, flavors and additives. If we don't carry a product that you want, we would be happy to special order it for you.

Alan Wong's

Oahu

1857 S. King St. Third Floor, Honolulu, HI 96826

Tel: 808-949-2526

<http://www.alanwongs.com/>

Chef Alan Wong, winner of the 1996 James Beard Northwest Chef Award for Best Chef, Pacific

Personal Guide: Restaurants



Northwest/ Hawaii, and his restaurant staff offer guests a unique taste of Hawaiian Regional Cuisine. The Chef's innovative dishes are a direct reflection of the diversified cultures living in the islands; a rich mixture of traditions, lifestyles, and most importantly, people.

Utilizing the freshest of locally grown produce and the bounties of the Pacific Ocean result in the Chef's highly personal adaptation of the contemporary style of cooking found here in Hawaii today. The goal is to give diners a true slice of Hawaii by incorporating ingredients familiar to the Islands.

He and his staff look forward to serving you.

Azul Restaurant

Oahu

92-1001 Olani Street, Kapolei, HI 96707

Tel: 808-679-0079

Fax: 808-679-0080

info@ihilani.com

<http://www.ihilani.com/Oahu-Hawaii-Restaurants/Azul-17.html>

Azul Restaurant provides its customers with local vegetables whenever possible, local fish, and organic beef.

Banana Joe's

Kauai

5-2719 Kuhio Highway , Kilauea, HI 96754 jhalasey@gmail.com

<http://www.bananajoekauai.com/>

This is mainly a smoothie and 'frosty' stand with produce from their farm and local farmers. A little bit of imported stuff, but mainly local. Makers of the fruit 'frosty' - a smooth ice-cream textured treat made entirely of frozen tropical fruits of your choice (kind of like a frozen version of a smoothie). Has plywood painted like a banana with hole at top cut out for you to put your head through and have someone take your picture. You supply the photographer, film and camera - only the 'banana' supplied.

Cafe Laniakea

Oahu

1040 Richards Street, Honolulu, HI 96813

Tel: 808-524-8789

Contact: Edward Kenney

info@ywcaoahu.org

Local first, organic whenever possible, and with aloha always.

Casa Blanca

Animal Welfare Approved Listing

2090 Poipu Road, Koloa, HI 96756

Tel: 808-742-2929

casablancaiz@gmail.com

<http://www.casablancakauai.com>

Serves Animal Welfare Approved goat cheese from Kauai Kunana Dairy

Personal Guide: Restaurants



(www.kauaikunanadairy.com)

Celestial Natural Foods & Cafe

Oahu

66-443 Kamehameha Hwy, Haleiwa, HI 96712

Tel: 808-637-6729

Contact: Carter Allen

celestialnaturalfoods@yahoo.com

We carry a complete line of healthy, organic, and natural products. Our specialties are herbs, top of the line supplements, vitamins, homeopathic and flower remedies, organic and local produce, natural and organic food items, cosmetics, and environmentally safe products for the home. Also, a vegetarian cafe, Paradise Cafe, complements our store. With appealing cuisine and our natural foods market, this is a one stop shop for all your needs.

Duke's Canoe Club

Animal Welfare Approved Listing

3610 Rice Street, Lihue, HI 96766

Tel: 808-246-9599

<http://dukeskauai.com>

Serves Animal Welfare Approved goat cheese from Kauai Kunana Dairy

(www.kauaikunanadairy.com)

Evie's Natural Foods

Big Island

79-7460 Mamalahoa Hwy, Mango Court #105, Kealahou, HI 96750

Tel: 808-322-0739

Representing one of just a handful of organic eateries on the Big Island, Evie's Organic Cafe has carved a niche for itself with the all-natural consumption habits of many Hawaii residents.

Flatbread Company

Maui

89 Hana Highway, Paia, HI 96779

Tel: 808-579-8989

Contact: Paul Dexter

pauldexter@flatbreadcompany.com

<http://www.flatbreadcompany.com>

Come in and renew your spirit with us. Relax and enjoy a natural pizza baked in a primitive wood fired oven.

Experience a meal prepared with organic produce, free range chicken, and nitrate free meats.

A community oriented company, where we work hard, have fun and do our part in saving the planet, all in a days work. We serve local organic produce, free range and clean meats. All of our major ingredients are made in house and cooked in a wood fired cauldron or in a hand built wood burning earthen oven.

We are probably one of a relatively small number of pizza restaurants in New England and Hawaii that use spring water, organic flour, kosher salt and real cake yeast to make pizza dough.

While pizza sauce is readily available in a can, we use organic tomatoes and a dozen other natural

Personal Guide: Restaurants



and organic ingredients when we make our flatbread tomato sauce in a wood fired cauldron right in the dining room.

From free-range chicken to nitrate-free pepperoni and sausage made on the premises, we are committed to creating flatbreads with the very best ingredients that we can imagine.

We're open every day, from 11:30 am to 10 pm.

Huli Sue's

Big Island

64-957 Mamalahoa Hwy, Waimea, HI 96743

Tel: 808-885-6268

Fax: 808-885-6278

info@hulisues.com

Huli Sues is a Texas style BBQ restaurant with big tastes, local colors and a small environmental footprint. Everything we do at Hulis is either handmade or homemade and always slow cooked. Bbq briskets, whole smoked chickens, and St Louis spareribs served slathered with our original classic and Hawaiian inspired sauces are menu mainstays.

Huli Sues has taken it one step further and not only are we buying from local farmers, fisherman and cattlemen, we have created our Huli Buck currency and are trading food for food with our Waimea neighbors.

All our furniture is second hand or built in house with reclaimed wood from the previous space. Our packaging is 100% biodegradable plant starch cutlery and sugarcane paperware provided for by Sustainable Island Products founded by eco pioneer Jesse Law.

Green waste is brought back to our Fujifarms compost pile and our slop is picked up by a few local families for their piggies.

Boxes are brought back to the farm too and used in the path ways of our gardens to keep the weeds down and the bottles and cans are taken to the recycling bin.

The oil? Also picked up by friends for their converted bio diesel cars...

Island Naturals Market & Deli- Hilo

Big Island

303 Makaala St, Hilo, HI 96760

Tel: 808-935-5533

Fax: 808-934-8035

<http://www.islandnaturals.com>

Island Naturals Market and Deli is located in tropical Hilo, Pahoa, Mauka and Kailua-Kona, Hawaii. Our mission is to bring you the finest quality health food, organic produce, wine and spirits, health & beauty aids, as well as herbal & homeopathic supplements. If your looking for a good place to eat a delicious healthy meal you will find our deli very appealing.

Island Naturals Market and Deli- Mauka

Big Island

79-7460 Mamalahoa Hwy , Mauka, HI 96750

Personal Guide: Restaurants



Tel: 808-930-7550
Fax: 808-930-7555
<http://www.islandnaturals.com>

Island Naturals Market and Deli is located in tropical Hilo, Pahoa, Mauka and Kailua-Kona, Hawaii. Our mission is to bring you the finest quality health food, organic produce, wine and spirits, health & beauty aids, as well as herbal & homeopathic supplements. If your looking for a good place to eat a delicious healthy meal you will find our deli very appealing.

Island Naturals Market and Deli- Pahoa

Big Island
15-1403 Nanawale Homstead Rd., Pahoa, HI 96778
Tel: 808-965-8322
Contact: Angela Skoda
http://www.livingnaturally.com/retailer/store_temp

Island Naturals Market and Deli is located in tropical Hilo, Pahoa, Mauka and Kailua-Kona, Hawaii. Our mission is to bring you the finest quality health food, organic produce, wine and spirits, health & beauty aids, as well as herbal & homeopathic supplements. If your looking for a good place to eat a delicious healthy meal you will find our deli very appealing.

Joy's Place

Maui
1993 South Kihei Road, Suite 17, Kihei, HI 96753
Tel: 808-879-9258
info@joysplacemaui.com
<http://www.joysplacemaui.com/>

Healthy and mostly organic cafe that serves delicious and unique soups, salads, sandwiches, smoothies and more. Vegetarian and raw food choices are available. They also offer occasional healthy cooking classes.

They are open Monday thru Saturday from 10:00 am - 5:00 pm.

Ka'ala Cafe

Oahu
66-216 Farrington Highway Suite 100, Waialua, HI 96791
Tel: 808-637-7600

Healthy and delicious natural foods to go! Local and organic ingredients are used to make our much-loved Acai Bowls, Tuna Wraps, Avocado Sandwiches and Smoothies. Fresh squeezed juices from the fruits of local farmers. Espresso drinks made with natural syrups and organic milk. Pesticide, growth hormone and antibody free eggs. Packed picnic lunches available!

Kauai Pasta

Animal Welfare Approved Listing
5897 Ahakea Street, Kapa'a, HI 96746
Tel: 808-822-7447

Serves Animal Welfare Approved goat cheese from Kauai Kunana Dairy

Personal Guide: Restaurants



(www.kauaikunanadairy.com)

Kilauea Bakery

Animal Welfare Approved Listing

Kong Lung Center, Kilauea Rd., Kilauea, HI 96754

Tel: 808-828-2020

info@konglungkauai.com

<http://konglungkauai.com/shops-kilauea-bakery-and-pau-hana-pizza.html>

Serves Animal Welfare Approved goat cheese from Kauai Kunana Dairy

(www.kauaikunanadairy.com)

Lanikai Juice

Oahu

Kailua Shopping Center, 600 Kailua Road, Kailua, HI 96734

Tel: 808-232-2383

lanikaijuice@cs.com

<http://www.lanikaijuice.com/>

Lanikai Juice uses fresh local fruits and wheatgrass, and was winner of Honolulu Magazine's "Best Acai Bowl" award.

Lotus Cafe

Big Island

73-5617 Maiiau St, Kailua-Kona, HI 96740

Tel: 808-327-3270

Contact: HOWIE SIMON

thelotuscafe@gmail.com

<http://thelotuscafe.com>

Lotus Cafe is a natural foods cafe serving Thai, Indian and Indonesian cuisines prepared with local and organic ingredients. Our goal at Lotus is to serve the highest quality and best tasting Asian food you have ever eaten. Using our 35 years of experience working with natural and organic foods, we have created unique recipes and sourced special ingredients, many that we grow on our farm, to bring you the authentic flavors of Northern Thailand, Burma, India and Indonesia cooked without the slew of artificial ingredients commonly used in all other Asian restaurants. Being Hawaii's only Pan-Asian restaurant, with a great menu of dishes not offered anywhere else in Hawaii, and serving fresh and delicious food, we have built a huge following of clients just by word of mouth. Our prices are very reasonable for the quality we offer. People are really amazed at how good food can taste and still be moderately priced. Stop in and find out why people are raving about Lotus Cafe.

gmo free, 100% solar photovoltaic powered, and use compostable containers.

Mana Foods

Maui

49 Baldwin Avenue, Paia, HI 96779

Tel: 808-579-8078

<http://www.manafoodsmaui.com/>

Health food store offering vegan breads, cookies, organic foods, salads, hot bar.

Personal Guide: Restaurants



Marie's Health Foods

Oahu

1860 Ala Moana Blvd Ste 102A, Honolulu, HI 96815

Tel: 808-949-6001

<http://marieshealth.net/shop/home.php>

The first cafe and store in Waikiki dedicated to using organic ingredients to create delicious and healthy foods. We use local products as much as possible to help sustain our local farmers and businesses.

Merriman's

65-1227 Opelo Road , Waimea, HI 96743

Tel: 808-885-6822

office@merrimanshawaii.com

<http://www.merrimanshawaii.com/>

Hawaii Regional Cuisine using local produce, fish, beef and lamb.

Merriman's

Maui

One Bay Club Place , Lahaina, HI 96761

Tel: 808-885-6822

Fax: 808-886-8756

Contact: Peter Merriman

Office@merrimanshawaii.com

<http://www.merrimanshawaii.com>

Located on three islands, Merriman's serves the freshest ingredients paired with the finest wines. From the Wok-charred Ahi to Peter's Organic Caesar salad, our chefs and local farmers bring you the unique flavors of Hawaii. We Invite you to visit any of our three locations.

Oasis on the Beach

Animal Welfare Approved Listing

4-820 Kuhio Highway, Kapaa, HI 96746

Tel: 808-822-9332

oasis@oasiskauai.com

<http://www.oasiskauai.com>

Serves Animal Welfare Approved goat cheese from Kauai Kunana Dairy

<http://www.kauaikunanadairy.com/>

Located in the Waipouli Beach Resort

Ola

Animal Welfare Approved Listing

North Shore, Oahu, 57-091 Kamehameha Highway, Kahuku, HI 96731 <http://www.olaislife.com>

Serves Animal Welfare Approved beef from Hawaii Lowline Cattle Company

www.hawaiilowline.com.

Ono Pono Vegetarian Grinds

Oahu

2500 Campus Rd, Manoa, HI 96822

Vegetarian lunch wagon featuring Asian, Middle Eastern, and West Coast dishes, as well as daily specials. Located in the Sustainability Courtyard at the University of Hawaii's Manoa campus, Ono Pono is a great place to grab lunch and talk to some friendly people.

Ingredients come from Ono Pono's farm in Waimanalo, run old-style without electricity. About 90 percent of the produce is organic.

Outpost Natural Foods

Molokai

70 Makaena, Kaunakakai, HI 96748

Tel: 808-553-3377

The healthiest and freshest food on the island is served at the lunch counter of this health-food store, around the corner from the main drag on the ocean side of Kaunakakai town. The tiny store abounds in Molokai papayas, bananas, herbs, potatoes, watermelon, and other local produce, complementing its selection of vitamins, cosmetics, and health aids, as well as bulk and shelf items. The salads, burritos, tempeh sandwiches, tofu-spinach lasagna, and mock chicken, turkey, and meatloaf served at the lunch counter are testament to the fact that vegetarian food need not be boring. A must for health-conscious diners and shoppers.

Papaya's Natural Foods

Kauai

4-831 Kuhio Hwy, Kapaa, HI 96746

Tel: 808-826-0089

<http://papayasnaturalfoods.com/>

Our mission is to bring the people of Kaua'i the largest selection of natural, organic, and non-GMO products at mainland prices while providing the best customer service on the island and an enjoyable shopping experience. The heart of Papaya's must be the Produce Section. Fresh, organic food is the backbone of healthy living. We support over 50 local farmers on Kaua`i, and many more from the other islands. We also fly in organic produce twice a week to satisfy any produce cravings you may have for items that can not be grown here or are just not available.

Roy's Poipu Bar & Grill

Animal Welfare Approved Listing

2360 Kiahana Plantation Drive, Koloa, HI 96756

Tel: 808-742-5000

<http://www.roysrestaurant.com>

Serves Animal Welfare Approved goat cheese from Kauai Kunana Dairy
(www.kauaikunanadairy.com)

Sheraton Kauai

Animal Welfare Approved Listing

2440 Hoonami Road, Koloa, HI 96756

Tel: 808-742-1661

<http://sheraton-kauai.com>

Personal Guide: Restaurants



Serves Animal Welfare Approved goat cheese from Kauai Kunana Dairy
(www.kauaikunanadairy.com)

St. Regis Princeville

Animal Welfare Approved Listing
5520 Ka Haku Road, Princeville, HI 96722
Tel: 808-826-9644
<http://stregisprinceville.com>

Serves Animal Welfare Approved goat cheese from Kauai Kunana Dairy
(www.kauaikunanadairy.com)

The Counter Burger

Honolulu
4211 Waialae Avenue E-1, Honolulu, HI 96816
Tel: 808-739-5100
Fax: 808-739-5102
kahala@thecounterburger.com
<http://www.thecounterburger.com>

Step into The Counter® and you're greeted with a clipboard and an extensive list of fresh mouth-watering ingredients that allow you to build your own gourmet burger. Our 312,120+ different burger combinations make every burger as unique as each customer. Rarely is the same burger made twice in one day.

Anti-Established in 2003, The Counter® is the 21st century's bold answer to the classic burger joint. Ushering in a fresh era of industrial decor, today's music, cold beer, unique wines, cocktails, and burger options that are only limited by your imagination.

Market Selection features locally sourced and sustainable Protein, Cheese, Topping, Sauce and Bun choices from our local chefs and customers.

Fresh 100% natural Angus Beef, hormone and antibiotic free. Humanely raised and handled.

The Hukilau Lanai

Animal Welfare Approved Listing
520 Akela Loop, Kapaa, HI 96746 808-822-0600
<http://hukilaukauai.com>

Serves Animal Welfare Approved goat cheese from Kauai Kunana Dairy
(www.kauaikunanadairy.com)

The Peace Cafe

2239 So. King St., Honolulu, HI 96826
Tel: 808-951-7555
info@peacecafehawaii.com
<http://peacecafehawaii.com>

Vegan restaurant; uses in season organic produce from local, sustainable farms.

Personal Guide: Restaurants



Town

Kaimuki

3435 Waialae Avenue #103, Honolulu, HI 96816

Tel: 808-735-5900

go2town@hawaiiantel.net

<http://www.townkaimuki.com>

"Local first, organic whenever possible, and with Aloha always." With a menu that changes daily to reflect the freshest market ingredients, Town features hand-cut pastas and gnocchi, slow-braised meats, fresh local seafood, a wine list of small artisan producers, and hand-crafted cocktails.

Umeke Market Natural Foods and Deli

Healthy Living. Local Style.

4400 Kalanianaʻole Hwy, Honolulu, HI 96821

Tel: 808-739-2990

Fax: 808-739-0568

<http://www.umekemarket.com/>

At Umeke Market & Deli, the menu features a wide range of delicious, wholesome meals made with fresh, all-natural ingredients. Each dish from breakfast to dinner carries a hint of island flair.

As with the market, the deli is rooted in a commitment to healthy, sustainably-raised meats. So, whether you order the turkey focaccia sandwich, bison burger, or chicken sandwich, you can count on the fact that you're eating meat and meat alone, not meat supplemented with medications or other synthetic chemicals.

The menu offers an array of hot and cold deli sandwiches, homemade soups and quick "grab and go" items like salads or side dishes to enjoy while dining in or take out. The dining area seats about twenty. Vegetarian dishes are available. One of the deli's specialties is the homemade veggie burger filled with more than a dozen of the finest ingredients.

Catering service is also available for those of you who are on the go and need a platter of extraordinary tasting food for your next office meeting or family gathering.

Westin Princeville Restaurant

Animal Welfare Approved Listing

3838 Wylle Road, Princeville, HI 96722

Tel: 808-827-8700

<http://www.westinprinceville.com>

Serves Animal Welfare Approved goat cheese from Kauai Kunana Dairy
(www.kauaikunanadairy.com)

Stores

Abundant Life Natural Foods & Cafe

Big Island
292 Kamehameha Avenue, Hilo, HI 96720
Tel: 808-935-7411
info@abundantlifefoods.com
<http://www.abundantlifefoods.com/>

At Abundant Life Natural Foods and Cafe, we offer a wide selection of the highest quality natural and organic grocery items throughout our chill, frozen, dry, and produce departments. We also carry many dietary supplements, natural herbs, and homeopathic remedies. The Cafe features organic meals, smoothies, fresh juices & an organic espresso bar. Our product selection process is designed to ensure that all of our grocery items meet our rigorous criteria for being "natural" which excludes artificial colors, flavors and additives. If we don't carry a product that you want, we would be happy to special order it for you.

Alive & Well

Natural Health Foods
340 Hana Hwy, Kahului, HI 96732
Tel: 808-877-4950
<http://www.aliveandwellinmaui.com/>

Alive and Well carries a full line of health foods including gluten free items, an extensive collection of supplements, vitamins, and a delicious deli and salad bar. The deli offers raw, organic foods and local produce. Alive and Well offers free nutritional consulting by appointment. Please phone or visit us today.

Aloha Spice

Kauai
PO Box 950, Hanapepe, HI 96716
Tel: 808-335-5944
info@alohaspice.com
<http://www.alohaspice.com/>

Our organic and gourmet seasonings reflect the diversity of flavors and cultures unique to Hawai'i. The Aloha Spice Company is located on the island of Kaua'i, Hawai'i. We make all our blends and rubs in small batches using the highest quality herbs and spices available.

B Natural Health Foods

Big Island
68-1845 Waikoloa Rd #112, Waikoloa, HI 96738
Tel: 808-883-3986

Small family owned organic and homeopathic food store.

Banana Joe

Animal Welfare Approved Listing
PO Box 407, Kilauea, HI 96754
Tel: 808-828-1092

Personal Guide: Stores



joe.halasey@hawaiiintel.net
<http://bananajoekauai.com/>

Sells Animal Welfare Approved goat cheese from Kauai Kunana Dairy (www.kauaikunanadairy.com)

Bliss A Happy Place for Diabetics LLC

Oahu
87-132 Farrington Hwy, Waianae, HI 96792
Tel: 808-696-7700
<http://profile.myspace.com/index.cfm?fuseaction=us>

Bliss is located on Farrington Hwy in Maile on the Waianae Coast. We specialize in diabetic friendly foods and comfort items. Including natural groceries, local, organic produce, reference materials, free exercise and blood testing equipment, vitamins and supplements, first-aid items, health and beauty products and even organic seeds. Plus, our deli is always serving healthy treats for the whole family. Everything is vegan, no sugar, no cholesterol, low sodium, low carb and 100% delicious! Sandwiches, salads, soups, desserts, drinks and more!!!

Celestial Natural Foods & Cafe

Oahu
66-443 Kamehameha Hwy, Haleiwa, HI 96712
Tel: 808-637-6729
Contact: Carter Allen
celestialnaturalfoods@yahoo.com

We carry a complete line of healthy, organic, and natural products. Our specialties are herbs, top of the line supplements, vitamins, homeopathic and flower remedies, organic and local produce, natural and organic food items, cosmetics, and environmentally safe products for the home. Also, a vegetarian cafe, Paradise Cafe, complements our store. With appealing cuisine and our natural foods market, this is a one stop shop for all your needs.

Choicemart

Big Island
82-6066 Mamalahoa Hwy, Captain Cook, HI 96704
Tel: 808-323-3994

On the Big Island of Hawaii, we are blessed with an ideal environment that allows ranchers around the island to successfully raise beef and lamb for our specialized, natural program. We never use hormonal implants or antibiotics to enhance growth performance. Certified by the USDA, this program is monitored by local veterinarians as well as locally stationed federal meat inspectors. This helps us to absolutely guarantee the wholesomeness of our Kamuela Pride products. We also have an aisle dedicated solely to Big Island grown produce.

Down to Earth

4460 Kapolei Parkway, Suite 320, Kapolei, HI 96707
Tel: 808-675-2300
Fax: 808-675-2323
info@downtoearth.org
<http://www.downtoearth.org/>

Personal Guide: Stores

At Down to Earth, we care about your health and make every effort to ensure that you can find all that you need to live a healthy lifestyle. On our website you'll discover a vast array of useful articles, health tips, environmental info, and vegetarian recipes. We also invite you to visit any of our five Hawaii locations where we offer a broad selection of natural foods groceries, vitamins and supplements, bulk items, organic produce, fresh deli and bakery products, and much more.

Down to Earth Natural Foods

Honolulu
2525 S King Street, Honolulu, HI 96826
Tel: 808-947-7678
honolulu@downtoearth.org
<http://www.downtoearth.org>

At Down to Earth, we care about your health and make every effort to ensure that you can find all that you need to live a healthy lifestyle. On our website you'll discover a vast array of useful articles, health tips, environmental info, and vegetarian recipes. We also invite you to visit any of our five Hawaii locations where we offer a broad selection of natural foods groceries, vitamins and supplements, bulk items, organic produce, fresh deli and bakery products, and much more...

Down To Earth Natural Foods

Kahului
305 Dairy Road, Kahului, HI 96732
Tel: 808-877-2661
Fax: 808-877-7548
info@downtoearth.org
<http://www.downtoearth.org/>

At Down to Earth, we care about your health and make every effort to ensure that you can find all that you need to live a healthy lifestyle. On our website you'll discover a vast array of useful articles, health tips, environmental info, and vegetarian recipes. We also invite you to visit any of our five Hawaii locations where we offer a broad selection of natural foods groceries, vitamins and supplements, bulk items, organic produce, fresh deli and bakery products, and much more...

Down To Earth Natural Foods

Pearlridge
98-129 Kaonohi St, Aiea, HI 96701
Tel: 808-488-1375
Fax: 808-488-4549
pearlridge@downtoearth.org
<http://www.downtoearth.org>

At Down to Earth, we care about your health and make every effort to ensure that you can find all that you need to live a healthy lifestyle. On our website you'll discover a vast array of useful articles, health tips, environmental info, and vegetarian recipes. We also invite you to visit any of our five Hawaii locations where we offer a broad selection of natural foods groceries, vitamins and supplements, bulk items, organic produce, fresh deli and bakery products, and much more...

Down To Earth- Kailua

Oahu
201 Hamakua Dr. , Kailua, HI 96734

Personal Guide: Stores

Tel: 808-262-3838
Fax: 808-263-3788
kailua@downtoearth.org
<http://www.downtoearth.org>

At Down to Earth, we care about your health and make every effort to ensure that you can find all that you need to live a healthy lifestyle. On our website you'll discover a vast array of useful articles, health tips, environmental info, and vegetarian recipes. We also invite you to visit any of our five Hawaii locations where we offer a broad selection of natural foods groceries, vitamins and supplements, bulk items, organic produce, fresh deli and bakery products, and much more

Down to Earth Natural Food Stores

So. King Street, Honolulu, Hamakua Rd, Kailua, HI, Honolulu, HI 96826
Tel: 808-947-7678
Fax: 808-943-8491
<http://downtoearth.org>

At Down to Earth, we care about your health and make every effort to ensure that you can find all that you need to live a healthy lifestyle. On our website you'll discover a vast array of useful articles, health tips, environmental info, and vegetarian recipes. We also invite you to visit any of our five Hawaii locations where we offer a broad selection of natural foods groceries, vitamins and supplements, bulk items, organic produce, fresh deli and bakery products, and much more...

Evie's Natural Foods

Big Island
79-7460 Mamalahoa Hwy, Mango Court #105, Kealahou, HI 96750
Tel: 808-322-0739

Representing one of just a handful of organic eateries on the Big Island, Evie's Organic Cafe has carved a niche for itself with the all-natural consumption habits of many Hawaii residents.

Hawaiian Moons

Kauai
2411 S Kihei Rd, Kihei, HI 96753
Tel: 808-875-4356
hawaiianmoons@hawaiiantel.net
<http://www.hawaiianmoons.com/>

In ancient Hawaii, the Hawaiians used the moon to dictate their daily lives. Each moon phase had a name & the Hawaiians did not think in terms of days but instead in terms of moon phases. The phases also dictated the seasons. By knowing the different phases of the moon the Hawaiians knew when to plant, to harvest, to fish, to worship and even to play. This created a sustainable lifestyle for the Hawaiians. At Hawaiian Moons we also strive to achieve and promote a sustainable lifestyle through the promotion of organic farming, recycling, environmentally friendly products and energy efficiency.

Healthy Hut

Animal Welfare Approved Listing
4270 Kilauea Road, Kilauea, HI 96754
Tel: 808-828-6626

Personal Guide: Stores



info@healthyhutkauai.com

Sells Animal Welfare Approved goat cheese from Kauai Kunana Dairy (www.kauaikunanadairy.com)

Healthy Hut

Big Island

4270 Lighthouse Rd, Kilauea, HI 96754

Tel: 808-828-6626

The Healthy Hut in the heart of Kilauea town is the place for organic and natural foods. Stop here for beach snacks including Kombucha, anti-oxidant super drinks, a bag of Bee Pollen popcorn, Lizzy's Macadamia Nut bars and Son's Raw MacNut cheese. They also have the best in natural health and beauty products, clean sunblocks, essential oils and after-sun products. Local farmers bring in fresh-picked fruits and vegetables. Try the island specialty seasonings, organic MacNut Bars, Macadamia Nut cheese, plus gluten and wheat free products. Talk story with the knowledgeable staff about healthy eating and alternative lifestyles. They even know about the best yoga classes.

House of Health

Oahu

1541 S Beretania St, Honolulu, HI 96826

Tel: 808-955-6168

pfallon@hawaii.rr.com

<http://houseofhealthhi.com>

Aloha and welcome to house of health! Where everything that is good for you is in one place. We are a kamaaina owned and operated natural food and supplement store conveniently located 1541 Beretania Street with reasonably priced organic dry goods to supplements. We have the right product for your healthy lifestyle. Have a question about a particular item? Our expert associates are here to assist with your questions and needs.

Island Naturals Market & Deli- Hilo

Big Island

303 Makaala St, Hilo, HI 96760

Tel: 808-935-5533

Fax: 808-934-8035

<http://www.islandnaturals.com>

Island Naturals Market and Deli is located in tropical Hilo, Pahoa, Mauka and Kailua-Kona, Hawaii. Our mission is to bring you the finest quality health food, organic produce, wine and spirits, health & beauty aids, as well as herbal & homeopathic supplements. If your looking for a good place to eat a delicious healthy meal you will find our deli very appealing.

Island Naturals Market & Deli- Kailua Kona

Big Island

74-5487 Kaiwi St., Kailua-Kona, HI 96740

Tel: 808-326-1122

Fax: 808-930-3366

info@islandnaturals.com

<http://www.islandnaturals.com>

Personal Guide: Stores



Island Naturals Market and Deli is located in tropical Hilo, Pahoa, Mauka and Kailua-Kona, Hawaii. Our mission is to bring you the finest quality health food, organic produce, wine and spirits, health & beauty aids, as well as herbal & homeopathic supplements. If your looking for a good place to eat a delicious healthy meal you will find our deli very appealing.

Island Naturals Market and Deli- Mauka

Big Island

79-7460 Mamalahoa Hwy , Mauka, HI 96750

Tel: 808-930-7550

Fax: 808-930-7555

<http://www.islandnaturals.com>

Island Naturals Market and Deli is located in tropical Hilo, Pahoa, Mauka and Kailua-Kona, Hawaii. Our mission is to bring you the finest quality health food, organic produce, wine and spirits, health & beauty aids, as well as herbal & homeopathic supplements. If your looking for a good place to eat a delicious healthy meal you will find our deli very appealing.

Island Naturals Market and Deli- Pahoa

Big Island

15-1403 Nanawale Homstead Rd., Pahoa, HI 96778

Tel: 808-965-8322

Contact: Angela Skoda

http://www.livingnaturally.com/retailer/store_temp

Island Naturals Market and Deli is located in tropical Hilo, Pahoa, Mauka and Kailua-Kona, Hawaii. Our mission is to bring you the finest quality health food, organic produce, wine and spirits, health & beauty aids, as well as herbal & homeopathic supplements. If your looking for a good place to eat a delicious healthy meal you will find our deli very appealing.

Kale's Natural Foods

Oahu

377 Keahole St, Hawaii Kai, HI 96825

Tel: 808-396-6993

Fax: 808-396-6997

http://www.kalesnaturalfoods.com/retailer/store_templates/shell_id_1.asp?storeID=AD5DDB8ED2B24753A27A5747E28D0A62

A few good reasons why Kale's is the best place to shop for natural and organic products: We offer you one-stop shopping for natural & organic products, We feature certified organic produce, We believe in providing you with the highest quality products at fair prices, We offer bulk foods, including an unreal selection of bulk herbs and spices.

Kea'au Natural Foods

Big Island

16-586 Old Volcano Rd, Keaau, HI 96749

Tel: 808-966-8877

<http://www.keaaunaturalfoods.com/>

Keaau Natural Foods is here to provide you with the finest quality fresh, natural, organic and whole foods, nutritional products, body care products and health information in a fun comfortable clean,

Personal Guide: Stores

safe environment. Make us your doorway to total health—twenty-four hours a day, seven days a week all year long!

Kokua Market Natural Foods Co-op

Oahu

2643 South King Street, Honolulu, HI 96826

Tel: 808-941-1922

Contact: Brad Salmon

owners@kokua.coop

<http://www.kokua.coop/>

Kokua continues to be unique in the local business community in that we are owned by our customers; no one person may hold more than one share of stock; the return on investment in the business is directly related to the volume of business which the owner conducts with the store; each owner has the same number of votes in the annual board of directors election. Our products are quality, minimally processed, natural foods with a strong emphasis on organically grown foods. We are an equal opportunity employer with a staff of 40+. Our board of directors are elected to three-year terms. The board terms are staggered to maintain continuity and the board consists of nine owners. We currently have an owner database of over 2,700 people, 1,500 of which are fully invested owners. Our owners reflect the wonderfully diverse culture of Hawai'i and the greater Honolulu area.

Kona Natural Foods

75-1027 Henry St., Suite 105, Kailua-Kona, HI 96740

Tel: 808-329-2296

Fax: 808-329-6550

<http://www.konanaturalfoods.net>

Kona Natural Foods is here to provide the West Hawaii community and its visitors with the finest quality fresh, natural, and organic whole foods, nutritional supplements, body care products, and health information in a friendly, safe environment. Make us your doorway to total health!

Kona Natural Foods is West Hawaii's ONLY family owned and operated natural food store serving Kona for more than 20 years!

Our location in Waimea offers our famous sandwiches and salads as well as specials. We use organic ingredients whenever available and the finest natural ingredients.

KTA Super Stores

Big Island

21 Keawe St, Hilo, HI 96720

Tel: 808-935-3751

info@ktasuperstores.com.

<http://www.ktasuperstores.com/default.asp>

The Mountain Apple Brand® label consists of food products grown, processed or manufactured in Hawai'i. These products are priced competitively and their standards for quality are exceedingly high. KTA recognizes that Hawai'i shoppers will embrace these products if the quality, availability and price compare favorably to established mainland known brands. The first Mountain Apple Brand® product, fresh milk from Hilo's Excelsior Dairy, was introduced in 1992. Since then, the

Personal Guide: Stores



Mountain Apple Brand® product line has grown. Today, some fifty plus local vendors supply over two hundred different Mountain Apple Brand® food products to KTA Super Stores on Hawai'i Island.

Kukuiula Store

Animal Welfare Approved Listing
2827 Poipu Road, Koloa, HI 96756
Tel: 808-742-1601

Sells Animal Welfare Approved goat cheese from Kauai Kunana Dairy
(www.kauaikunanadairy.com/)

Lahaina Farms Market

Maui
345 Keawe St, Lahaina, HI 96761
Tel: 808-662-7088

Local style market(part of Foodland Corp)
featuring local, organic foods.

Living Foods Market

Animal Welfare Approved Listing
Kukuiula Village, 2829 Ala Kalanikauamaka, Koloa, HI 96756
Tel: 808-742-2323
<http://livingfoodskauai.com/>

Sells Animal Welfare Approved goat cheese from Kauai Kunana Dairy
<http://kauaikunanadairy.com/>

Marie's Health Foods

Oahu
1860 Ala Moana Blvd Ste 102A, Honolulu, HI 96815
Tel: 808-949-6001
<http://marieshealth.net/shop/home.php>

The first cafe and store in Waikiki dedicated to using organic ingredients to create delicious and healthy foods. We use local products as much as possible to help sustain our local farmers and businesses.

Maui Upcountry Jams and Jellies

Maui
67 Lower Kimo Drive, Kula, HI 96790
Tel: 808-878-8411
Fax: 808-878-8411
orders@mauiupcountryjamsandjellies.com
<http://www.mauiupcountryjamsandjellies.com>

Locally grown and handmade products such as jams, jellies, sauces, butters, chutneys, mustards,

Personal Guide: Stores

syrops and even breads. All made with fresh local fruits, no preservatives, and lots of love. Local fruits used include guava, passionfruit, black raspberries, mango, papaya, loquats, peaches, strawberries, starfruit, jaboticaba, bananas, and pineapple

Nutrient Niche Honokaa Natural Food

45-3321 Mamane Street, Honokaa, HI 96727

Tel: 907-775-7226

nutrientniche@yahoo.com

<http://honokaanaturalfood.homestead.com/>

Organic Produce Vegetables-Fruit grown locally when possible

Earth Friendly Household Items

Outpost Natural Foods

Molokai

70 Makaena, Kaunakakai, HI 96748

Tel: 808-553-3377

The healthiest and freshest food on the island is served at the lunch counter of this health-food store, around the corner from the main drag on the ocean side of Kaunakakai town. The tiny store abounds in Molokai papayas, bananas, herbs, potatoes, watermelon, and other local produce, complementing its selection of vitamins, cosmetics, and health aids, as well as bulk and shelf items. The salads, burritos, tempeh sandwiches, tofu-spinach lasagna, and mock chicken, turkey, and meatloaf served at the lunch counter are testament to the fact that vegetarian food need not be boring. A must for health-conscious diners and shoppers.

Papaya's Natural Foods

Animal Welfare Approved Listing

5-5161 Kuhio Highway, Hanalei, HI 96714

Tel: 808-826-0089

<http://www.papayasnaturalfoods.com/hanalei>

Sells Animal Welfare Approved goat cheese from Kauai Kunana Dairy (www.kauaikunandairy.com)

Papaya's Natural Foods

Kauai

4-831 Kuhio Hwy, Kapaa, HI 96746

Tel: 808-826-0089

<http://papayasnaturalfoods.com/>

Our mission is to bring the people of Kaua'i the largest selection of natural, organic, and non-GMO products at mainland prices while providing the best customer service on the island and an enjoyable shopping experience. The heart of Papaya's must be the Produce Section. Fresh, organic food is the backbone of healthy living. We support over 50 local farmers on Kaua'i, and many more from the other islands. We also fly in organic produce twice a week to satisfy any produce cravings you may have for items that can not be grown here or are just not available.

Personal Guide: Stores



The Source Natural Food

32 Kainehe St., Kailua, HI 96734

Tel: 808-262-5604

Contact: Damian Paul

DamianPaul@hawaii.rr.com

<http://www.thesourcenatural.com>

You can sign up for a box of Organic Produce to be picked up at the store every Friday. Each box is \$25 + tax and contains Certified Organic fresh fruits and vegetables. It is the first Certified Organic store in Hawaii.

Whole Foods Market

4211 Wai'ala'e Avenue, Honolulu, HI 96816

Tel: 808-738-0820

Fax: 808-738-0830

<http://www.wholefoodsmarket.com>

Whole Foods Market

Maui

70 Kaahumanu Ave., Kahului, HI 96732

Tel: 808-872-3310

Fax: 808-872-3320

<http://www.wholefoodsmarket.com/>

Founded in 1980 as one small store in Austin, Texas, Whole Foods Market is now the world's largest retailer of natural and organic foods, with over 300 stores in North America and the United Kingdom. We sell the highest quality natural and organic products available, caring about our communities and our environment, and promoting health through healthy eating education. We offer you the biggest and best choice we possibly can because it's an important part — perhaps the most important part — of our commitment to you and the planet. Choosing organic supports farmers and producers who believe in good health, quality foods and earth-friendly sustainable agricultural practices.



Wholesale

Amor Nino Foods, Inc

1928 Home Rule St, Honolulu, HI 96819

Tel: 808-845-1711

Contact: Amor Nino, Owner

This vendor offers seafood recommended on the Food & Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

Please note: Amor Nino Foods offers smoked Alaskan salmon.

Eskimo Candy Oahu, Inc.

3100 Ualena St, Honolulu, HI 96819

Tel: 808-879-5686

Fax: 808-874-0504

Contact: Chris or Ashley

eskimo@maui.net

<http://www.eskimocandy.com>

This vendor offers seafood recommended on the Food & Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

Please note: Eskimo Candy offers Pacific dungeness crab and Alaska king crab, and their lobster is sourced from traps in Maine. Their shrimp is Pacific pink wild, and their tilapia is farmed in the U.S.

Fresh Island Fish Co.

1135 N. Nimitz Hwy , Honolulu, HI 96817

Tel: 808-831-4911

Fax: 808-836-8762

Contact: Bruce Johnson, Owner

info@freshislandfish.com

<http://www.freshislandfish.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

Garden & Valley Island Seafood, Inc

225 N. Nimitz Hwy #3, Honolulu, HI 96817

Tel: 808-524-4847

Personal Guide: Wholesale



Fax: 808-528-5590
Contact: Nigel
sales@ceascrabpak.com
<http://www.gvisfd.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

Please note: The snapper offered by Garden & Valley Isle Seafood, Inc is gray (mangrove) snapper.

Halm's Enterprises, Inc

Diamond Head Seafood
966 Robello Ln, Honolulu, HI 96817
Tel: 808-832-9500
Contact: Michael Yunimaro
mikey@diamondheadseafood.com

This vendor offers seafood recommended on the Food & Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

Please note: Halm's Seafood, Inc offers wild Pacific dungeness crab and Alaskan king crab, Maine and spiny lobster, Alaskan salmon, and Pacific market squid.

Maguro International

2696 Waiwai Loop, Honolulu, HI 96819
Tel: 808-685-7001
Contact: Jo Jo
hq@magurointernational.com
<http://magurointernational.com/>

This vendor offers seafood recommended on the Food & Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

Please note that Maguro International primarily does wholesale-to-wholesale sales, but can sell to restaurants as well. Their black cod comes from the Pacific, and their hand-raked clams come from Boston.

Nobu Seafood Hawaii

1020 Auahi St Bldg 2, Honolulu, HI 96814
Tel: 808-591-2717

Personal Guide: Wholesale



Contact: Naomi

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

P & E Foods, Inc.

3077 Koapaka St #202, Honolulu, HI 96819

Tel: 808-839-9094

Fax: 808-833-5182

This vendor offers seafood recommended on the Food & Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

Please note: P & E Foods offers Pacific dungeness crab, and Alaska king crab, their shrimp are wild-caught Pacific, and their salmon originates from Alaska.

Seafood Connection / Simmons Pacific, Inc

841 Pohukaina St, Honolulu, HI 96813

Tel: 808-591-8550

Fax: 808-591-8445

Contact: Dominique Jamain

sales@seafood-connection.com

<http://www.seafood-connection.com>

This vendor offers seafood recommended on the Food & Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

Please note: Seafood Connection's crab is Alaska king crab.

U Okada & Co, Ltd.

1000 Queen St, Honolulu, HI 96814

Tel: 808-597-1102

Fax: 808-591-6634

Contact: Ida Terada-Bolinsky or Rodney Okada

ida@uokada.com

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

Personal Guide: Wholesale



Please note: U Okada & Co offers wild-caught Alaskan salmon.

United Food Inc

500 Alakawa St # 100, Honolulu, HI 96817

Tel: 808-848-0333

Contact: John Wong

This vendor offers seafood recommended on the Food & Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

Please note: United Food Inc offers Alaskan king crab, as well as other varieties of domestic crab.

Wainani Kai Seafood

2126 Eluwene St # A, Honolulu, HI 96819

Tel: 808-847-7435

Contact: Dayne Sam, Owner

This vendor offers seafood recommended on the Food & Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

Please note: Wainani Kai Seafood's lobster is live from Maine.

NOTES:



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Find any new places to include? Contact us! Together we are changing the world, one bite at a time.

info@eatwellguide.org | tel: 212 991 1930 | fax: 212 726 9160



GRACE Communications Foundation highlights the interconnection of food, water and energy in support of common sense approaches to meeting environmental challenges. gracelinks.org