

SUSTAINABLE FARMS

ROBB FARMS: Owned and Operated by Chris Robb in the Waimea valley, is a certified Organic Farm committed to sustainable agriculture. With twenty six years of growing experience Chris knows what it takes to grow some of the islands flavorful produce including lettuces, bok choy, leeks and fennel.

KAKELA FARMS: Owned and operated by the Johnston family in the hills of Waimea, Kekela Farm's 20 acre farm produces over thirty vegetables in over one hundred varieties. Their commitment to sustainable agriculture produces some of the finest lettuces in the state!

HAMAKUA MUSHROOMS: Producing a wide variety of mushrooms including the Ali'i without synthetic fertilizers, pesticides, herbicides, hormones or chemicals. Using environmentally friendly techniques, they produce soils and compost that will help Hawaii create a sustainable future.

ADAPTATIONS: Honaunau Grower and a local distributor and marketer of vegetables, herbs, bananas, citrus, medicinal plants and lemon balm, representing many Hawaii Island farmers and sustainable agriculture.

BIG ISLAND GASTRONOMY

POKE: pronounced "po-keh" means "to slice or cut." As a food dish served as an appetizer or snack, it usually consists of bite-sized pieces of raw, fresh fish mixed with seaweed and kukui nut relish. Today's poke aficionados, however, incorporate a wide range of ingredients including all types of seafood (everything from swordfish and snapper to octopus and lobster), herbs, spices, nuts, marinades, fruits, vegetables and seasonings

KONA KAMPACHI: a delicious, sushi-grade Hawaiian yellowtail, sustainably raised in the pristine open ocean off the coast of Hawaii. In the wild it would be known as Almaco Jack or Kahala, but Kona Kampachi is substantially different from its wild counterpart. Kona Blue nurtures its Kona Kampachi through its entire life cycle from hatch to harvest

TOGARASHI: a peppery Japanese condiment. The exact spices used vary slightly by maker but usually include powdered/flaked red chili pepper, black pepper, sesame seeds, dried mandarin orange peel and green nori seaweed flakes.

KABOCHA: (katakana) the word *kabocha* has come to mean a general type of winter squash to many English-speaking growers and buyers or commonly called Japanese pumpkin, especially in Australia, New Zealand and South-east Asia.