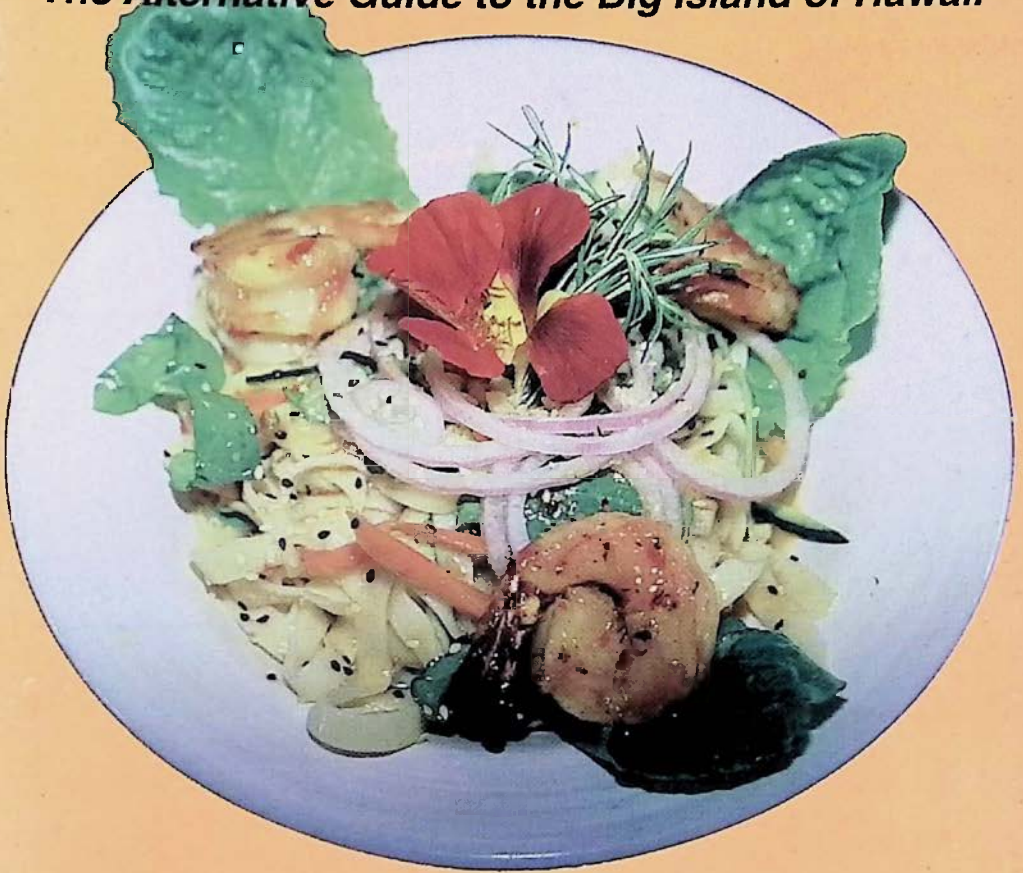


MAY 1997

COMPLIMENTARY

Coffee Times

The Alternative Guide to the Big Island of Hawaii



Inside this month:

**Getting to the Roots of
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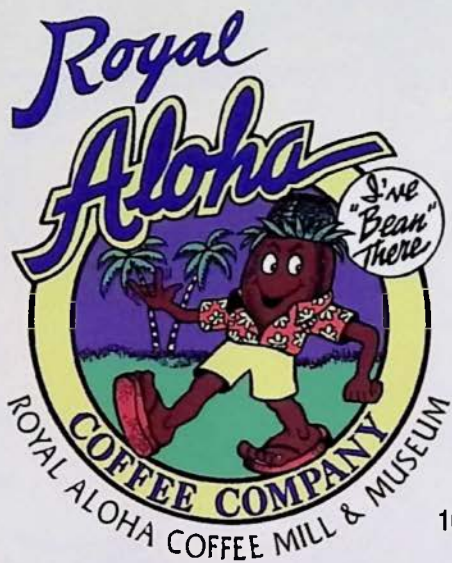
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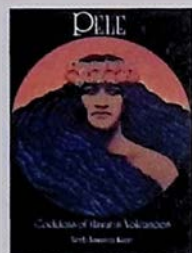
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Les Drent

Publisher and Founder

COVER PHOTOS

March: Miguel A Meza Mozqueda picking coffee in Holualoa *by Les Drent* **April:** Hula on a black sand beach *by Kirk Aeder* **May:** Cafe Pesto Food Shot. *by Kirk Aeder* **June:** Boys fishing in Kailua Bay. *by Kirk Aeder* **July:** Girl beside canoe at Hapuna Beach Park on the Kohala coast *by Kirk Aeder* **August:** Green Sea Turtle named Goofyfoot *by Ursula Keuper-Bennett and Peter Bennett.*

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By purchasing this anti-counterfeiting cartoon t-shirt from Coffee Times you will be helping to spread the word about the deceptive labeling practices that plague the Kona coffee industry.

Coffee Times

The Aroma of History

It has been many years since Reverend Samuel Ruggles brought the first coffee plant cuttings to Kealahou-Kona, Hawaii. The cuttings were taken from plants growing at the home of chief Boki, governor of Oahu, who with help from agriculturalist, John Wilkinson, brought back several young plants acquired in Rio de Janeiro during a royal British voyage taken in 1825.

Even though coffee was in Kona in 1828 it was not immediately seen as a viable agricultural commodity. However, the particular conditions in Kona's climate and soil turned out to be some of the best known in the world for growing coffee. The sheltered and fertile western

"Kona coffee has a richer flavor than any other, be it grown where it may and call it by what name you please."

Mark Twain, 1866

slopes of Mauna Loa and Mt. Hualalai along with sunny mornings and gentle afternoon rains helped the coffee plant thrive in its new environment. Soon enough coffee caught on in Kona, and its distinguished flavor became known throughout the world. In July of 1866 Mark Twain stated, in his "Letters From Hawaii", "Kona coffee has a richer flavor than any other, be it grown where it may and call it by what name you please."

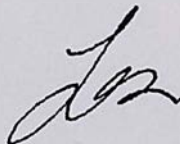
It was not until the late 1800's, the period following the California gold rush, that the coffee industry in Kona saw its first boom. In 1898 the Kona hillsides were consumed by coffee trees; over three million of them spread out over six thousand acres.

In the late 1800's and early 1900's the initial steps involved with processing the coffee were in most cases undertaken by the independent farmers themselves. This involved hand-powered pulpers, a sixteen hour soaking period and drying the beans under "false" pitched roofs that rolled back to receive the warm sunlight. Local mills in Kona then removed the final parchment membranes and loaded the grated beans into sacks before being carried down the mountain in mule powered freight wagons. The last leg of the journey began at either Kailua or Napoopoo piers where the coffee was shuttled by boats out to waiting steamships bound for San Francisco.

Today, very little has changed from the coffee culture in Kona as many of its farms continue to be owned and operated by independent families. There are now mills in the area that fully process the raw coffee cherries for brew guaranteeing that the hand picked beans get the full flavored roast they deserve, right here in Kona, Hawaii.

All of our beans at Coffee Times are hand picked, sun dried and undergo stringent grading standards to uphold the gourmet reputation and quality in every cup of coffee. And, unlike some of our competitors we only roast to order, so if it's freshness you seek it's freshness you will receive.

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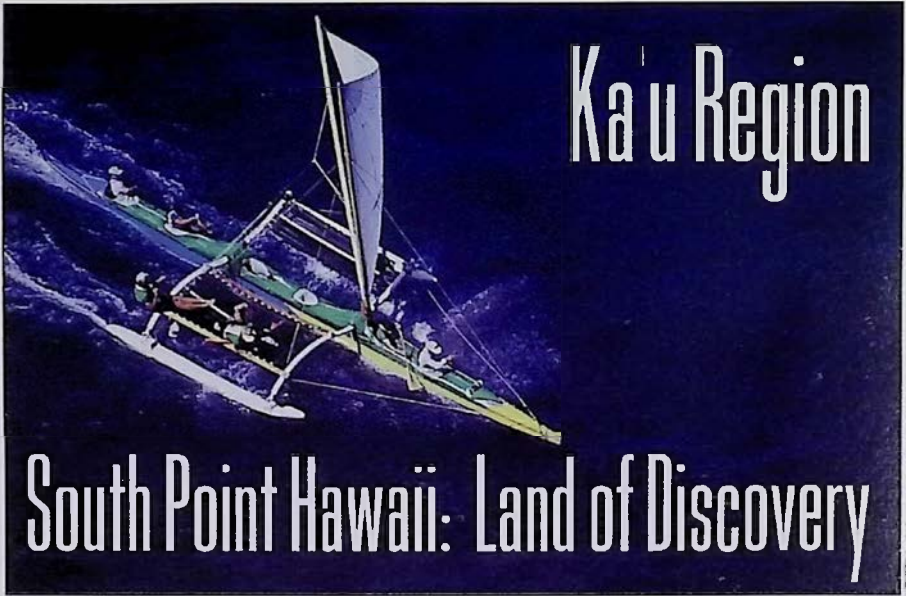
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A sailing canoe gliding over the ocean off South Point, probably the first place Polynesians set foot in Hawaii.

The actual place where Polynesians landed will always remain a mystery, but it was likely some where near the southern tip of the Big Island. This area seems like a probable place because their approach would have been from the south, where all of Polynesia lay. When sailing north, the Big Island would be the first island they would have seen, and South Point would have been the nearest landfall. Aside from the logic of such a choice, there is archaeological evidence supporting the supposition of a landing near **Ka Lae**, as the Hawaiians call the most southern tip of the island of Hawaii. Excavation of lava tubes, that were used as shelters, near Kailikii and Waiahukuni, villages four miles northwest of the Ka Lae, indicate people were using them by A.D.750. There is other evidence that indicates people first were in the area as early as A.D. 200.

The cliff near South Point Park is a

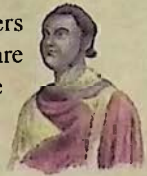
common mooring place for the modern day fishermen who find these waters a rich resource. From the precipice the drop is about forty feet to the ocean's surface, but the cliff base goes down another thirty feet below the surface of the water. Ladders, hung to make access to the boats easier, swing freely in the air just above the sea. The cliff is deeply undercut. In the heat of the day the water looks inviting. It is so clear the bottom can be seen plainly. For some there might be a temptation to leap into the cool water, and climb back up the ladder. It looks inviting, but don't do it. A swift current runs along the shore. The flow will carry anyone in the water straight out to sea. It is called the Halaea Current, named for a chief who was carried off to his death.

One of South Point's most famous scenic spots is **Mahana Beach**, also called Green Sands Beach because it has a distinctive golden

Places of Interest

picnic table seat on their front porch as you watch travelers on their way to Volcano pass by. While you're enjoying your lunch or a piece of local fruit pick up a copy of **Ka'u Landing**, the Big Island's alternative newspaper. Inside you will find interesting local news stories and the month's happenings around the island.

At **Naalehu Fruit Stand**, owners John and Dorene Santangelo prepare homemade specialties daily. Take your meal on the road or take a



green color. Although none of the fragments in the sand are large enough for jewelry purposes, the beach is composed chiefly of peridot, a semiprecious gemstone. These tiny green gems are a silicate, one of the many families of quartz, which cook out of the basaltic magma over time. (They are apparent as green flecks in the raw lava stones used to build the columns and walls of the Jagger Museum at Kilauea's Volcano National Park.) As lava reached the coast, erosional forces, and the specific gravity of the stones, perhaps are responsible for the accumulation of such a large quantity of the granules that produced the green sand beach.

Up the coast from South Point's main hub of activity, **Naalehu town**, and heading towards Volcanoes National Park you will pass by **Punalu'u black sand beach** and later a

sign marking a road to **Pahala**. The short drive to Pahala is worth the excursion. In it are an actively working **sugar mill** and the not so active remains of the old **Pahala Theater**. Take time to drive into the lush tropical **Wood Valley** and past a **Buddhist temple**. Ask for specific directions to those sights at the local general supermarket, there is only one. South Point is a little more than an hour's drive from either Hilo or Kona.

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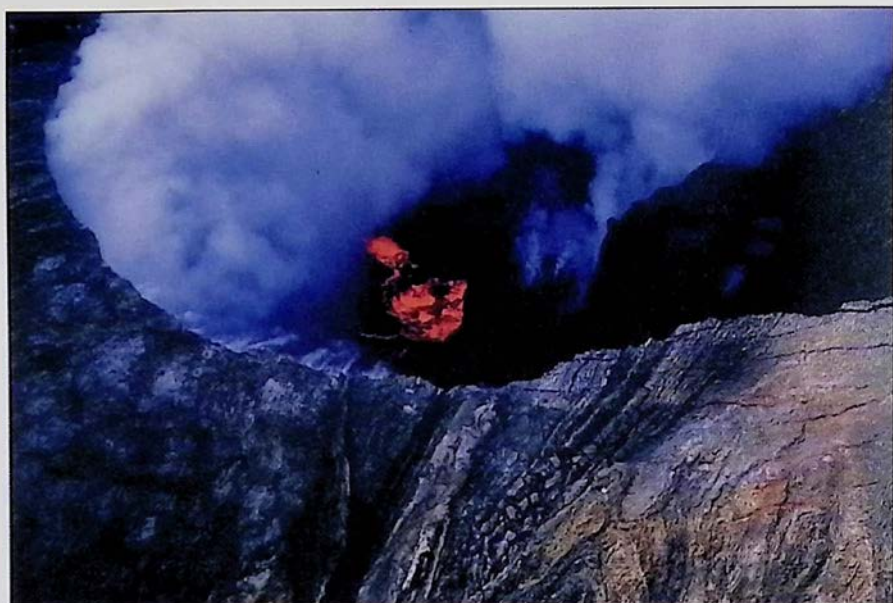
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KIRK AEDER

Above photo of Pu'u'Ō'Ō vent, the current sight of volcanic activity on the Big Island. Facing page photo is of the Hawaiian goose, the nene.

Volcanoes National Park has one entrance, off Route 11, 30 miles south from Hilo or 95 miles east from Kona. The park is open 24 hours a day all year round and requires a \$5.00 entrance fee per vehicle which is valid for 7 consecutive days. The hiker/bicyclist/bus passenger fee for people over 16 and under 62 is \$3.00. When you enter the park during daytime hours you will receive a park brochure at the entrance station. If you enter the park after hours you may pick up the brochure at the **Kilauea Visitor Center** which is located a quarter mile from the entrance on **Crater Rim Drive**. The visitor center is open from 7:45 a.m. to 5:00 p.m. daily. Visitors are encouraged to take the time to carefully read the park regulations and guidelines. The volcano fumes that

exist in the park may create a health hazard for pregnant women, infants and people with heart or respiratory problems. People at risk should avoid stopping at the Sulphur Banks, Halema'uma'u Crater and other areas where volcanic fumes are present.

Overnight trips in the park require a backcountry permit that can be obtained at no charge at the Kilauea Visitor Center. Once inside the park enjoy the 25-minute movie on eruptions shown hourly at the visitor's center. Other attractions are the **Thomas A. Jaggar Museum** three miles inside the park along Crater Rim Drive, **The Volcano House**, **Thurston Lava Tube** and **scenic vistas**. Depending on the timing of your visit **you might have a chance to see the volcano erupting**. A 45 minute drive

Places of Interest

Lodging, gas, camping supplies and dining all can be found in Volcano Village just a short drive from the park. Because of the remote loca-



tion of Volcano, the numerous Bed & Breakfasts existing in the region are a popular choice among visitors seeking lodging in this region. **Chalet Kilauea, The Inn at Volcano**, features rooms decorated with art from around the world and even a treehouse suite, a unique alternative for couples looking for that romantic getaway. Chalet Kilauea has also just finished the remodeling of their exclusive treehouse suite complete with marble bathroom, double Jacuzzi tub, fireplace, private covered deck and an upstairs bedroom, connected via a spiral staircase. Located off of Hwy. 11 are the private **Hale Ohia Cottages** surrounded by bonsai-style gardens and moss covered grounds. The suites and cottages are both spacious and comfortably outfitted. Also featured at Hale Ohia are two very private romantic cottages outfitted with fireplaces. Perhaps one of the most memorable dining experiences on the Big Island can be found at **Kilauea Lodge**, which features continental cuisine beside the historic Fireplace of Friendship. The mountain lodge also hosts thirteen romantic rooms for overnight visitors.



any closed areas! The park also offers many other hiking opportunities which are mapped out in the park brochure.

A reminder to drive slowly and carefully while touring the park as it will help to protect Hawaii's endangered state bird, the **nene**.

FOR SPECIFIC PARK INFORMATION

Call Volcanoes National Park at
(808) 967-7311

Or

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to the end of Chain of Craters Road and a short hike will get you to the most recent lava flow area. The new coastline is unstable and can collapse into the sea at anytime without warning. Obey all park signs. Do not enter

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Chalet Kilauea - The Inn at Volcano

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The Lodge at Volcano - everything but expensive

From: \$85 / 967-8216



In the heart of 30 acres, amid a tropical landscape of private hiking trails, stands the Lodge at Volcano, an elegant reminder of the art of gracious travel. Guests enjoy a splendid ambiance of comfort, detail and extravagance in one superb, relaxing package. Dipping in the huge whirlpool, quiet strolls at sunset, and evenings of chat amid the ferns and flowers soothe the traveler's heart.



Volcano Bed and Breakfast - Volcano's best value

From: \$45 / 967-7779



In the village of Volcano, amid a landscape sculpted by the powers of the earth, Volcano Bed & Breakfast welcomes the curious traveler. It offers, as one guest put it, "The comforts of home amid the wild unknown." There are six charming, affordable rooms for those who like to stretch their budget to fit their horizons. Swap stories with fellow guests around the fire, sleep tight, then enjoy a complimentary breakfast. The owners say, "if home is where the heart is, our heart is open to you!"





A C T I V I T I E S

Fine Dining

Award-winning Donatoni's for the best in Northern Italian cuisine or choose Imari for discriminating Japanese foods, Kamuela Provision Company for fresh island fish and Certified Black Angus Beef. For casual dining, select from themed buffets at Palm Terrace, poolside breakfast and lunch at Orchid Cafe or lagoon-side at Hang Ten.

Call 885-1234, ext. 54.

Ko'hala Spa

Offering the best in time-honored treatments for mind and body. Relax with an aromatherapy massage or a seaweed body masque. Enjoy state-of-the-art exercise equipment, a full-service beauty salon and luxurious locker facilities with sauna, steam, and outdoor whirlpool.

Call 885-1234, ext. 1260.

Ko'hala Tennis

6 plexi-cushion courts or 2 fast-dry clay courts. Private lessons, ball machine, pro-shop and match arrangements available.

Call 885-1234, ext. 1293.

MAY

On The Island of Hawaii and in Hawaiian History

MAY 1, 1997

May Day Pageant and Lei Contest at Mauna Lani Bay Hotel & Bungalows. Employees at Mauna Lani Bay Hotel & Bungalows take pride in participating in their May Day celebration. Employees select the Lei Queen and her Court, provide all the entertainment, show their Hawaiian arts and crafts, including entering their hand-crafted leis in the lei contest. Contact Pinkie Crowe at 885-6622.

MAY 1, 1997

Annual May Day Concert at The Orchid at Mauna Lani featuring top name Hawaiian entertainment. Call 885-2000.

MAY 1, 1832

6th company of missionaries arrives on ship *Mentor*.

MAY 1, 1976

Hokule'a leaves on first sail for Tahiti.

MAY 2, 1843

Herman Melville discharged from whaler ship in Lahaina, Maui.

MAY 2-4, 1997

HAMLET by William Shakespeare presented by the Aloha Team Theater, directed by Jerry Tracy. 8pm, 3pm on Sunday, Aloha Theater, Kainaliu, 322-9924.

MAY 3, 1825

Bodies of King Kamehameha II and Kamamalu arrive onboard British frigate *Blonde*, commanded by Lord Byron.

MAY 5, 1957

KHVH-TV is 1st to transmit color slides and movies.

MAY 6, 1841

Kapi'olani dies. She was daughter of Keawe, chief of Hilo.

MAY 7, 1997

Enhancing History Lecture Series on Hawaiian history, flora and fauna, interesting tidbits on indigenous animals. Pu'uuhonua O Honaunau, National Park. FREE Contact Blossom Sapp at 328-2326.

MAY 8, 1819

Kamehameha dies at Kamakahonu.

MAY 8, 1914

1st cargo ship through Panama Canal, carries Hawaiian Sugar.

MAY 9, 1819

Great nephew of Alapa'i is proclaimed Liholiho, heir apparent to Kalani'opu'u.

MAY 9,10, 1997

HAMLET by William Shakespeare presented by the Aloha Team Theater, directed by Jerry Tracy. 8pm, Aloha Theater, Kainaliu, 322-9924.

MAY 10, 1839

A complete Hawaiian translation of the Bible is made.

MAY 11, 1922

Commercial radio broadcasting begins (KGU) owned by Honolulu Advertiser (KGMB) & Star Bulliton (KSSK)

MAY 12, 1795

Kamehameha's forces victorious in battle of Nu'uuanu Pali.

MAY 13, 1980

Hokule'a leaves Tahiti for Hawaii on her 2nd voyage.

MAY 17, 1997

Hawaii Hotel Association Charity Walk. The Big Island chapter of the Hawaii Hotel Association hosts this annual walk from the Old Kona Airport to the Kona Riviera and back. Contact Pinkie Crowe

at 885-6622.

MAY 17, 1832

5th company of missionaries arrive off whaling ship *Averick*.

MAY 17, 1845

1st photograph in Hawaii. Taken by then Metcalf.

MAY 19, 1888

Ground broken for laying track of new street railway system in Honolulu.

MAY 20, 1819

Prince Liholiho is proclaimed King Kamehameha II.

MAY 20, 1858

Prince Albert is born, son of Emma & Kamehameha II.

MAY 21, 1816

Kaumuali'i under duress puts Kaua'i

under Russian Czar protection.

MAY 21, 1840

9th company of missionaries arrives.

MAY 22, 1846

Cormorant is 1st semi-steamer ship in islands.

MAY 24, 1883

Princess Ruth Ke'elikolani dies. She was the grand daughter of Kamehameha I.

MAY 29, 1866

Victoria Kamamalu, the last Kuhina Nui, dies.

MAY 31 to JUNE 1, 1997

Old Hawaii on Horseback, Waimea. Contact Waimea Main Street at 885-6707.

All Month...

Mauna Kea Visitor Programs

Every Saturday and Sunday a Mauna Kea summit tour begins at 2:30pm. Participants should stop at the Visitor Information Station at least 45 minutes before the tour. Children under 16 not permitted due to health hazards from high altitude. 7-10pm every Friday and Saturday night the Visitor's Information Station presents an audio-visual or lecture and stargazing with an 11-inch Celestron telescope. Children encouraged to participate. Call (808) 961-2180. Free.

After Dark in the Park

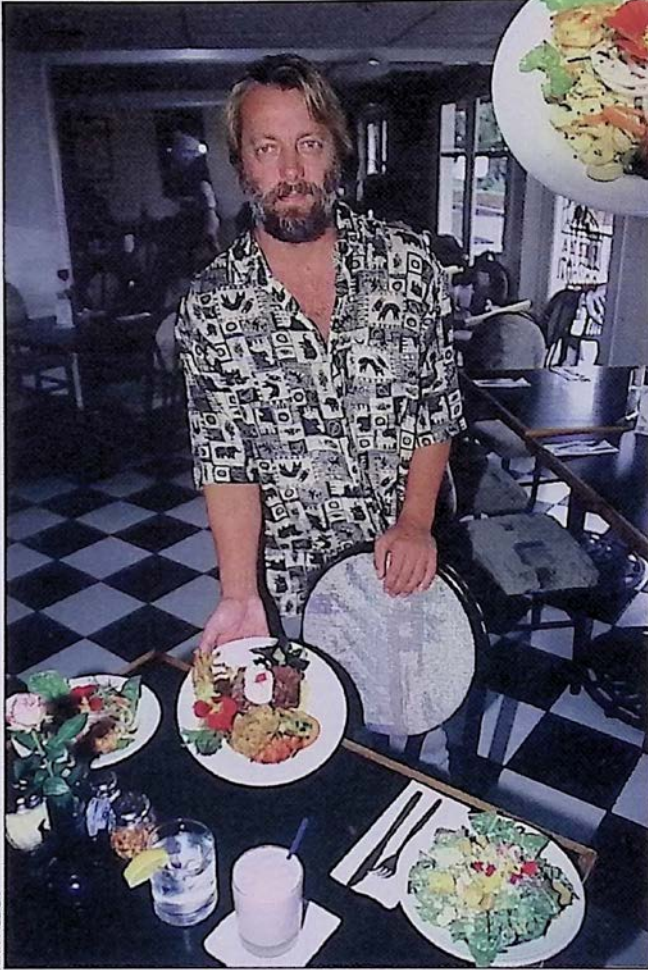
Hawaii Volcanoes National Park presents its series of free programs in the Kilauea Visitor Center Auditorium at 7pm several nights per month. The series features cultural, geological, biological and historical presentations. Call 967-7184 for detailed monthly program information.

Historic Kailua Village Walking Tour

Presented by the Kona Historical Society tour the historic sites on alii drive including Hulihee Palace, Mokuaikaua Church and Ahu'ena Heiau. Learn about the significance of each site and what life was like in the early days of Kailua-Kona. Guided tours are given Tuesday through Saturday at 9:30am and Friday at 9:30am and 1:30pm. For reservations call 323-2005.

Getting to the Roots of Hawaii Regional Cuisine

By Betty Fullard-Leo



KIRK AEDER

KIRK AEDER

Mention local food in Hawaii, and people think of fish and poi, plate lunches with macaroni salad and rice, squid luau made with taro leaves, or poke made of raw fish and seaweed. Mention regional cuisine in the Islands and people picture exquisite plates of

beautifully prepared food, incorporating the freshest of fish and produce, often with aromatic flavors of ginger, soy and garlic, or ingredients unique to Hawaii, perhaps fern shoots gathered in Waipio Valley, or goat cheese from the Puna District.

What do the two cuisines

have in common? They both evolved from ingredients grown and raised in the Islands that were mixed together by cooks from half-a-dozen different ethnic backgrounds, blending flavors specific to each culture. Regional cuisine could be considered an updated version of local food beautifully presented by professional chefs.



BETTY FULLARD-LEO

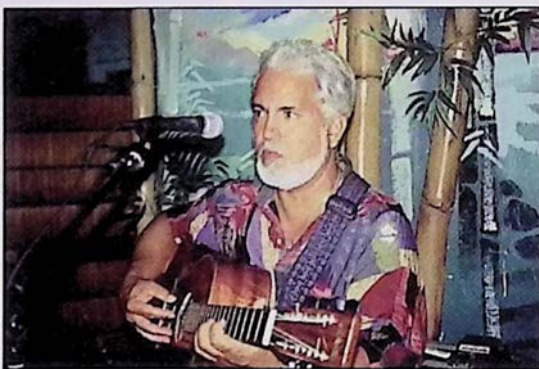
roasted to make a flavoring called inamona), and mountain apples. Combined with Island fish such as mullet and mahimahi, and other seafood, like seaweed and the mussel called opihi (which continues to be a delicacy), the early Hawaiian diet was nutritious and low in fat, but possibly lacked the excitement of variety.

The roots of regional cuisine (as well as local food) can be traced to the arrival of the first Polynesians who brought food plants for sustenance in the new land—many are still used by fine chefs today. Among them,

breadfruit (a large, green pulpy fruit) was a staple, along with taro (from which poi is made), coconuts, bananas, sweet potatoes, yams, sugar cane, kukui nut (ground and

mid-1800s, as each wave of new immigrants came to work in the sugar cane fields, they introduced flavors and ingredients from their homelands—Chinese five-spice, char siu, tofu, soybeans and rice; Japanese

sashimi, wasabi, soy and ginger; Portuguese sausage, bean soup, sweet breads, and malassadas; and Filipino patis (a thin fish sauce), bagoong (a



KIRK AEDER

PHOTOS: Facing page is Chef/Owner David Palmer of Cafe Pesto. His char broiled shrimp in sweet chili with sugar snap peas and toasted coconuts over curried fettuccine plate is featured on the front cover of the magazine. Above this page is Kona Village Resort's executive chef Glenn Alos preparing some island fish at the Winter Wine Escape at the Mauna Kea Beach Hotel. Below this page is a favorite local entertainer, John Keawe, performing dinner side at the Bamboo restaurant in Hawi.



KIRK AEDER



KIRK AEDER



KIRK AEDER

PHOTOS: Chef Patrick Heymann of the Kamuela Provision Company at the Hilton Waikoloa Village (facing page) works with local ingredients to prepare splendid plates of island cuisine. Pictured above from top to bottom is the Keahole lobster corn pot sticker, the sautéed seafood plate in green marinara sauce over somen noodles and the Molokai lime pie.

thicker fish sauce) and the leaves of bitter melon, jicama, and marungay that are used in stews and soups.

The blending of cooking styles was inevitable in Hawaii's plantation villages. When Japanese contract laborers were imported in the 1880s, they lived side-by-side with Hawaiian and Chinese workers in simple, single-walled wooden houses. The Chinese built community cookhouses, the Japanese added mom-and-pop tofu (soybean curd) factories. People tasted their neighbors' food—at lunch time in the fields, at weekend gatherings and on special holidays.

When tourism came into its own in the mid 1900s, visitors used to grumble wryly, "The only good food you get in Hawaii is on the plane going over!" For years, Continental cuisine prepared by European chefs was considered the epitome of fine dining. But behind the scenes, in the kitchens of elegant restaurants, kitchen help feasted on interesting, flavorful treats they had learned to make at home. Alan Wong, whose Oahu Restaurant won the Hale 'Aina Award in 1996 as Best New Restaurant and Best Restaurant, says, "While I was growing up in Hawaii, my grandfather cooked Chinese and my mother cooked Japanese, but she mingled in flavors of Filipino, Chinese, Japanese and Hawaiian dishes."

Wong, who first attracted the dining public's notice as chef of Mauna Lani Bay Hotel and Bungalow's CanoeHouse Restaurant, was one of twelve Island chefs who knew a good thing when he tasted it. In 1992, these innovative chefs formed Hawaii Regional Cuisine, Inc. One of their aims was to support local

agriculture as a liaison between the culinary and agricultural communities and to promote Hawaii's cuisine out of state. Chefs from the group have appeared on television's "Great Chefs," they have cooked at the prestigious James Beard House in New York, and many of them have published their own cookbooks. Sam Choy, who owns Sam Choy's Restaurant and Catering in Kailua-Kona, is among the most recognizable. Choy has published three cookbooks and expanded to Oahu, where his Kapahulu restaurant is extraordinarily popular. This year he plans to open another Oahu restaurant, a family-style dinner and crab house at 580 North Nimitz Highway near downtown Honolulu.

Roy Yamaguchi was another of the original daring dozen, whose Euro-Asian interpretations earned him the James Beard Award for the Pacific and Northwest Region in 1993. In addition to operating ten restaurants, including the Big Island's Roy's Waikoloa Bar and Grill, this energetic chef hosts a weekly cooking show that airs on KHET every Tuesday at 7:30 p.m. This season, several segments showcase Big Island enterprises: lobster aquaculture, fishing, coffee farming and the Macadamia Nut Festival in Hilo.

On the Big Island, numerous resort chefs have since discovered the advantages of using local products. At the Hilton Waikoloa Village, all the restaurants use local ingredients: mint grown at Bree Farm in Waimea, sprouts from Lone Palm in North Kohala, bananas from Keau, and Kona Cold Lobster from Keahole, but regional cuisine is the particular focus



KIRK AEDER

at the Kona Provision Company, a lovely indoor-outdoor restaurant where diners sometimes spot whales breaching offshore. Here Chef Patrick Heymann bakes an imaginative Keahole lobster lasagna made with goat cheese from the Hamakua area for lunch, while at dinner the Hukilau Pie is melange of Island fish, shrimp, scallops and Keahole lobster sautéed in a garlic and wine sauce, topped with tomatillo sauce and baked au gratin encircled by mashed potatoes. This dish has got to be called regional cuisine; to be considered "local food," it would have to be served with rice!

At another established resort, Kona Village, Executive Chef Glenn Alos oversees an outdoor luncheon buffet, two restaurants and a luau. Every outlet features distinctly different flavors but all have a touch of the Islands in their ingredients: the upscale Hale Samoa offers Pacific Rim presentations, Hale Moana features American-style cuisine with regional touches and the outdoor luncheon

buffet has casual Island-style dining. The Kona Village luau especially is known as one of the finest in the islands not only because of its outdoor setting under palm trees surrounded by lagoons, but because the kalua pork (from pigs raised on the island) comes out of the underground oven tender and moist, and other items are authentic luau fare—opihi, squid luau and chicken long rice among them. Luau food is considered “local-style” rather than regional cuisine.

In Kona, Daniel Thiebaut, who established a stellar reputation for a more sophisticated version of classy Island cuisine years ago when he opened Palm Café, last year moved to head up The Tropics restaurant at the Royal Kona Resort. Guests might choose to eat at The Tropics initially

Farms in Captain Cook and fish caught by local fishermen in the surrounding waters. Buffet nights in the ocean-view dining room might feature local seafood done with a Hawaiian flavor. But regional cuisine isn't served in resort hotels exclusively. You can enjoy regional styles in restaurants that range from down-home, to sophisticated, to tropical-resort in ambiance. David Palmer's chic but casual Café Pesto at Kawaihae was so successful after it opened in 1989, that he opened a second casual-chic eatery in Hilo in 1993. Palmer believes freshness is the key to flavor, whether it be in pizza made with fresh basil pesto or in seafood risotto featuring sweet Thai chili and Hawaiian spiny lobster, scallops and prawns.

In decidedly rural Hawi, the

...In decidedly rural Hawi, the tropical-themed Bamboo Restaurant makes you feel as if you've stumbled on the set of South Pacific, with waitress Aunty Mary Cabrilera, who looks like Bloody Mary decked out in a little straw hat. Fresh orchids, bamboo, ferns and walls painted with tropical foliage make you want to tie on a lava lava and go barefoot in Paradise—the nice thing is, at the Bamboo Restaurant, you can...

because it boasts beautiful sunsets and is conveniently located in their hotel, but once they try the oven-roasted sea scallops in light coconut milk-curry sauce garnished with tropical fruit marmalade or the vegetarian parsley and corn cake with Kona-grown field greens and Thai curry vinaigrette, they come back again and again for the food.

At the nearby Keauhou Beach Hotel's Kuakini Terrace, Island-style cuisine emerges from butter lettuces and other produce grown by Maluhia

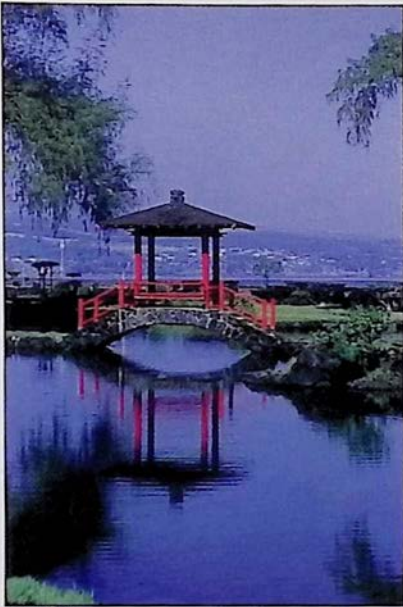
tropical-themed Bamboo Restaurant makes you feel as if you've stumbled on the set of South Pacific, with waitress Aunty Mary Cabrilera, who looks like Bloody Mary decked out in a little straw hat. Fresh orchids, bamboo, ferns and walls painted with tropical foliage make you want to tie on a lava lava and go barefoot in Paradise—the nice thing is, at the Bamboo Restaurant, you can. To attract local people, owners, Joan and Jim Channon introduced easy-on-the-

continued on page 43

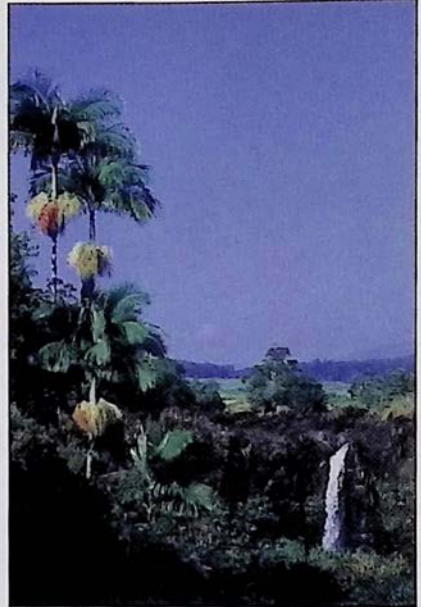
EAST HAWAII

AND OLD TOWN HILO

**LAND OF CASCADING WATERFALLS, RIVERS
AND BRIDGES TO THE PAST**



KIRK AEDER



KIRK AEDER

When you talk about the old Hawaii, at least the one that hasn't been touched as much today by the long arms of commercialization and development, you cannot help but mention the East Coast on the Big Island. At the center of all this is old town **Hilo**. Hawaii's second largest city is seeing a revitalization of spirit thanks to the effort of the Downtown Hilo Organization who is busy restoring and preserving the storefronts of this yesterday town. Aiding this effort are the wealth of new businesses occupying Hilo's old buildings.

Adding to this old Hawaii feeling is the daily **Suisan Fish Market** Auction and the **Hilo Farmer's Market** which is held every Wednesday and Saturday in Downtown Hilo. Refer to the downtown Hilo map on page 22 for an interesting hike around some of the city's historic buildings and structures. It's fun to think about what the town was actually like around the early 1900's.

An easy to find waterfall is **Rainbow Falls** which is located inland along the **Waituku River** at the north end of town. Follow the road running alongside the river to the Park where you won't have



Photos on opposite page are of a walking bridge in Liliuokalani Gardens located near Banyan Drive in Hilo and a waterfall along the East Hawaii coast. Saint Joseph's Catholic Church in downtown Hilo is pictured above. Facing page are koa bracelets at the Hilo farmer's market.

to walk far to see one of the area's most frequented sights. If you're lucky you will catch sight of a rainbow at the falls.

After leaving Hilo you don't want to miss the drive north to Waipio Valley which takes you over **scenic gorges** that were once crossed by cane hauling trains in the heyday of sugar cane production. The **plummeting waterfalls** and river mouths under the extensive bridge systems leading north up the Hilo Coast are definitely an

awesome sight. On this drive north is **Onomea Bay** located along a 4 mile coastal scenic route. The lush ravines and botanical gardens are brilliantly picturesque along this coastal road and is well worth the detour.

Akaka Falls State Park and the village of **Honomu** can be reached by taking Hwy. 220 off of the main route, Hwy. 19 north. Once you reach the Park a short paved hike will take you past a



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Places of Interest

A great place to start your tour of Hilo is at **Mauna Kea Galleries**, located at 276 Keawe Street in the old Court Mauna Kea Building. The gallery hosts many vintage Hawaiian and Polynesian



paintings, artifacts and ephemera and is open daily. See their ad on page 3. Up the coast in the town of Honomu and near Akaka Falls is **Akaka Falls Inn & Gift Gallery** located in the restored 1920's Akita Store building. Hawaiian crafts and gifts are just a few of the locally made items guests will find in the gallery. Also featured are original works of art and prints by Island artists. In addition to the gift gallery is a deli that will prepare a picnic lunch for your trip to Akaka Falls. Food items include sandwiches, pastries, cold drinks and coffee. If you are looking for overnight accomodations the gallery will also open its new B&B on May 1st. When you are done sight seeing the best lodging around Hilo can be found at the magnificent and luxurious **Hale Kai Bed and Breakfast**, located on the bluff above the ocean overlooking Hilo's premier surf spot, Honolii. Expect nothing less than gourmet island breakfasts and plenty of privacy. Hale Kai also has available a private cottage facing a pool and ocean. The owners, Evonne and Paul Bjornen are knowledgeable hosts and are always willing to lend a personal travel tip to their guests. After touring the area, you may find yourselves in love with Hawaii and you may want to acquire your own piece of paradise. Contact **Heather E. Hedenschau (R)** of **Savio Realty Ltd. Better Homes Gardens**. It might surprise you just how reasonable property in East Hawaii can be!



KIDK AEDER

network of smaller waterfalls and colorful tropical foliage to the plummeting Akaka Falls. Its accessibility and grand size make Akaka Falls a popular stop along this eastern coast. The historic town of Honomu boasts many old storefronts from the days when sugar was king. The drive and hike to Akaka Falls will only take you out of the way for an hour but you might just find

yourself passing more time over an ice cream and a pleasant cool breeze in the quiet town of Honomu.



Akaka Falls Inn & Gift Gallery
 PO. Box 190, Honomu, Hawaii 96728-0190
 (808) 963-5468
 28-1676 Mainstreet Honomu
Gift & Art Gallery • Deli • Picnic Lunches
call ahead to order your picnic lunch

IN HILO

2 BD 2 1/2 Bath Condo also available	Hale Kai Bed & Breakfast Bjornen	Double occupancy is \$85 and up
	★ ★ ★ ★	AAA approved

A 4 Star Bed & Breakfast on the bluff facing the ocean and overlooking Hilo Bay and Honohi surfing beach
VERY PRIVATE, POOL, HOT TUB, BREAKFAST,
 Kona Coffee, Private Baths, Well Decorated Rooms
 111 Honohi Pali, Hilo, HI 96720
Ph. (808) 935-6330 / Fax 935-8439

Pahoa-Puna

a town of quaint shops, local food, arts, crafts, and theater surrounded by a countryside filled with natural treasures.



PHOTO COURTESY CITIZENS OF PAHOA

Downtown Pahoa during the 1920's. Today the town still retains the same look but with a new group of businesses. One of the favorite small towns to visit on the Big Island.

For visitors who want to experience the true feeling of old Hawaii, **Pahoa village** holds the key to this untouched past. First a rugged sawmill town then a sugar town and also a crossroad on the old railroad, Main Street Pahoa has maintained its western style storefronts and wood boardwalks in a charming turn of the century Victorian style.

Quaint shops from surf, to curio and restaurants that span the flavors of the globe from Thailand, to Mexico, and Italy, make Pahoa Village one of the most pleasurable shopping

and dining stops on the Big Island. Every restaurant in Pahoa is owner operated, guaranteeing diners the best in food preparation. Lodging in Pahoa is alternative as well. The historic Village Inn, built in 1910, housed some of Puna's earliest travellers and still operates today. The rooms are clean and spacious with vintage victorian decor. Call ahead to any of the friendly shops to learn of any special events scheduled during your visit. Pahoa has the reputation of holding some lively and entertaining performances both on its Main Street and at the **Akebono**

Places of Interest

One of the nicest things about dining out in Pahoia is that you are guaranteed to get an authentic plate of food at most of its restaurants. At



the **Godmother Italian Restaurant** New York native and owner Liz Cestare has brought not only the taste of rich pasta but a little Big Apple character to this little Hawaiian village. At **Nuang Mai Thai Kitchen** diners have the opportunity to experience the flavors of the far east by another transplanted native. Owner and chef Alisa Wade, born and raised on a farm in northern Thailand has created the venue for what this publisher regards as the best tasting and best priced Thai-food on the island. If you wish to experience yet another international style of cuisine why not try **Luquin's Mexican Restaurant**, the busiest and most popular local dining spot. A full bar, fast service, and a lively atmosphere are all guaranteed by Salvador Luquin, owner, chef and former Mexico native. The great food at Luquin's is also very reasonably priced.

Theater, Hawaii's oldest theater.

The countryside surrounding Pahoia is filled with natural wonders

like the **Lava Tree State Park**, steam vents, groves of papaya trees and black sand beaches along the rugged Puna coast.

From the bays at **Isaac Hale Beach Park** to

the area of Puna once known as **Kalapana** the coastal road, **Route 137**, winds through untouched pine forests, open pastures and dense tropical

foliage. While traveling on 137 you will also pass seaside pools and quiet fishing spots perfect for picnicing or a relaxing snooze. It's

no wonder that many tour guides around the Big Island tout Puna as the most scenic and rural area of the Big

Island. Visitors are warned however that a prolonged stay in this Aloha time capsule may make leaving a very difficult task.



Naung Mai

Thai Kitchen

"We serve Cheng Mai, Bangkok & Phuket style cuisine."

Vegetarian Entrees offered

Located in downtown Pahoia

Sat - Mon 4:30 - 8:30pm

Tue - Fri 2 - 8:30pm

965-8186



The Godmother

965-0055

Breakfast: 8-11am,
Lunch: 11am- 3pm,
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Delicious authentic
New York-style Italian cuisine
Pahoia Village

LUQUIN'S MEXICAN RESTAURANT

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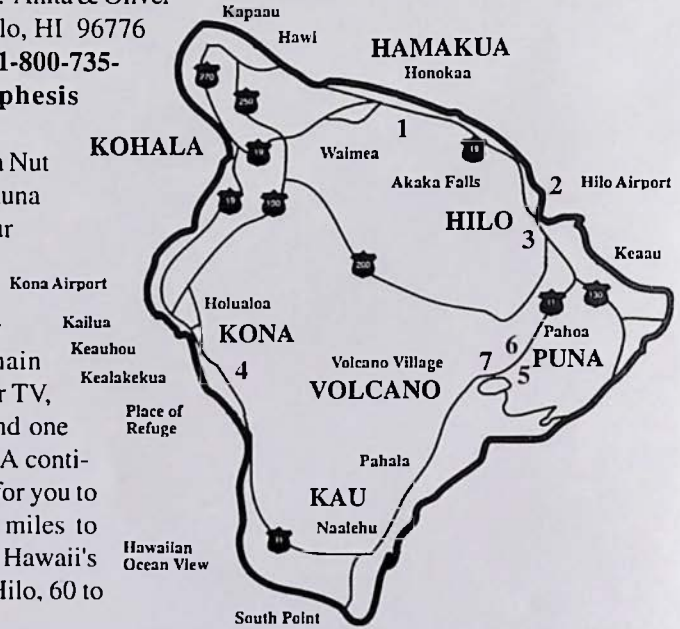
\$39.95
double & up
965-6444

Big Island Lodging Guide

The next few pages is a regional listing of Bed & Breakfasts, Inns, and Vacation Rentals around the island of Hawaii. You are sure to enjoy their hospitality and Aloha.

1. Suds' Acres Innkeepers: Anita & Oliver
Suds, P.O. Box 277, Paauilo, HI 96776
Ph/Fax: 808-776-1611, 1-800-735-3262 e-mail: **aphesis@interpac.net**

Situated on our Macadamia Nut farm on the slopes of Mauna Kea at 1800' elevation, your choice of the privacy of our cozy rustic cottage w/ complete kitchen or accommodations in our main house, each unit with color TV, microwave, coffee pots and one is wheelchair accessible. A continental breakfast provided for you to enjoy at your leisure. 5 miles to Honokaa, 15 to Golf, 30 to Hawaii's best beaches, 40 miles to Hilo, 60 to Kona. \$65 dbl.



2. Hale Kai B&B Innkeepers: Evonne & Paul Bjornen, 111 Honolii **6330 Fax (808) 935-8439**

This AAA approved 4 star B&B overlooks beautiful Honolii surfing beach and Hilo Bay. All private baths, cable TV, ocean front views, pool & hot tub, full breakfast-quiet area. Guests treated as family. 100% Kona coffee served. Chosen among top 100 B&B's in USA and Canada. Rates: \$85



and up dbl. occupancy. 2 miles from Hilo. Also available is an ocean front 2 bedroom 2 1/2 bath deluxe penthouse. \$2,000/month.



3. Wild Ginger Inn 100 Puueo St., Hilo, HI 96720 **Ph: (808) 935-5556, 1-800-882-1887**

Conveniently located across the Wailuku River from Historic Downtown Hilo. Beautiful view of Hilo Bay with bamboo-jungle

stream area and large garden yard. All rooms in this old Plantation style building are clean with private restrooms, shower, and refrigerator. Standard rooms cost \$39-\$44, and include Hawaiian style buffet breakfast. Ask about our deluxe rooms and extended stay discounts.



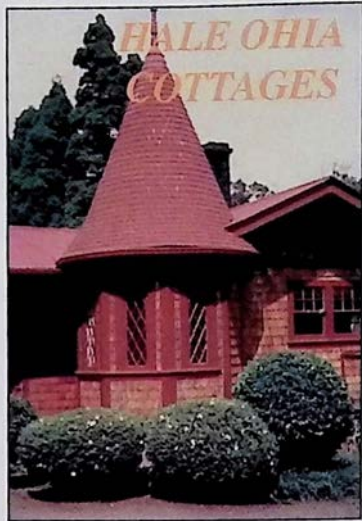
4. Merryman's B&B P.O. Box 474, Kealahou, HI 96750 **Ph: (808) 323-2276 1-800-545-4390**

Charming ocean view B&B in Kealahou, minutes from the best snorkeling. Enjoy immaculate, spacious rooms furnished w/ antiques & fresh flowers. A delightful Hawaiian breakfast of fresh fruits, chef's special & Kona coffee is served each morning. Snorkel gear & beach supplies provided.

5. Carson's Volcano Cottage Innkeepers: Tom & Brenda Carson, P.O. Box 503, Volcano, HI 96785 **Ph: (808) 967-7683 1-800-845-LAVA, Fax: (808) 967-8094 email: carsons@aloha.net http://www.carsonscottage.com**

Explore Hawaii's Volcano Natl. Park & stay in a fairy land forest of giant tree ferns & flowers. Private Romantic Cottages & Guest Rooms decorated with our collectables and antiques. • Woodburning stoves • Private Hot Tubs • Hearty Breakfast • Family Vacation Homes • Amenities without the price \$70 - \$145. Experience the true fantasy of Hawaii.

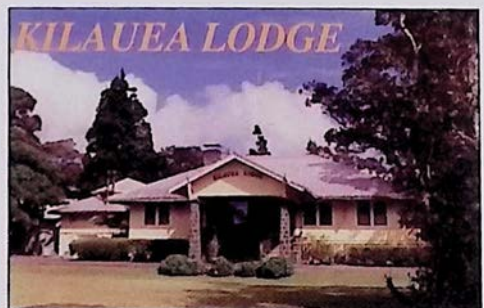
6. Hale Ohia Cottages Innkeeper: Michael Tuttle, Box 758, Volcano, HI 96785 **Ph: (808) 967-7986, 1-800-455-3803**

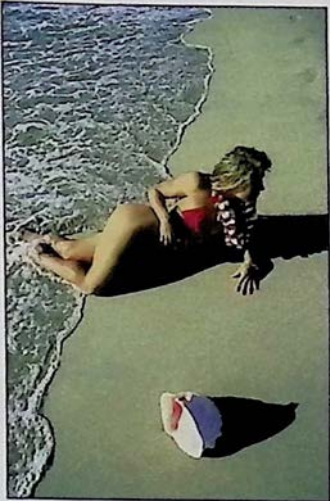


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7. Kilauea Lodge Innkeepers: Lorna & Albert Jeyte, P.O. Box 116, Volcano, HI 96785. **Ph: (808) 967-7366 Fax: (808) 967-7367**

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Soft Sands of Hapuna Beach

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Fresh Produce of Hamakua



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Hilo's Palace Theater



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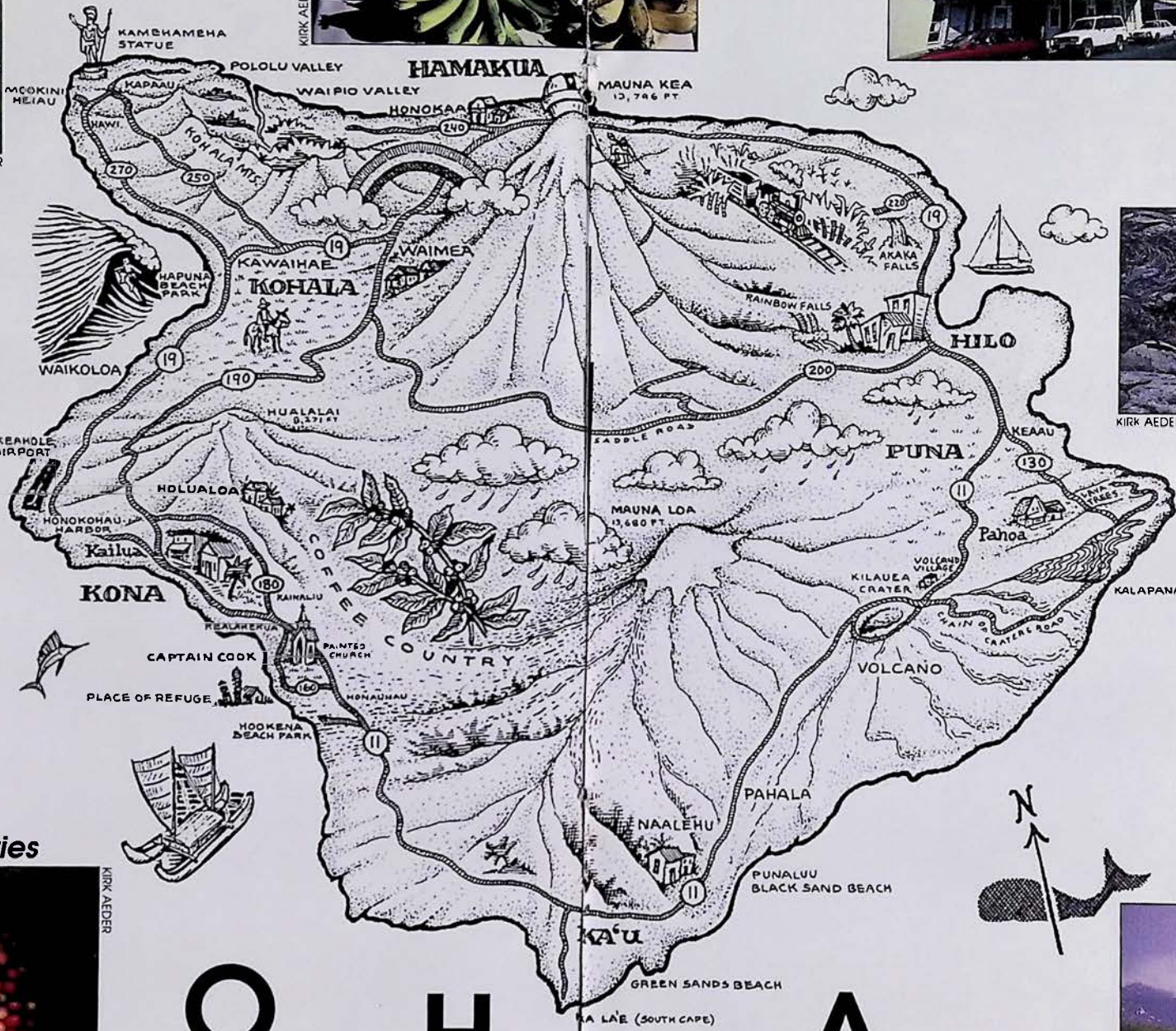
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Hot Lava



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Kona Coffee Cherries



KIRK AEDER

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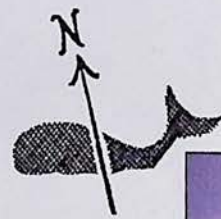
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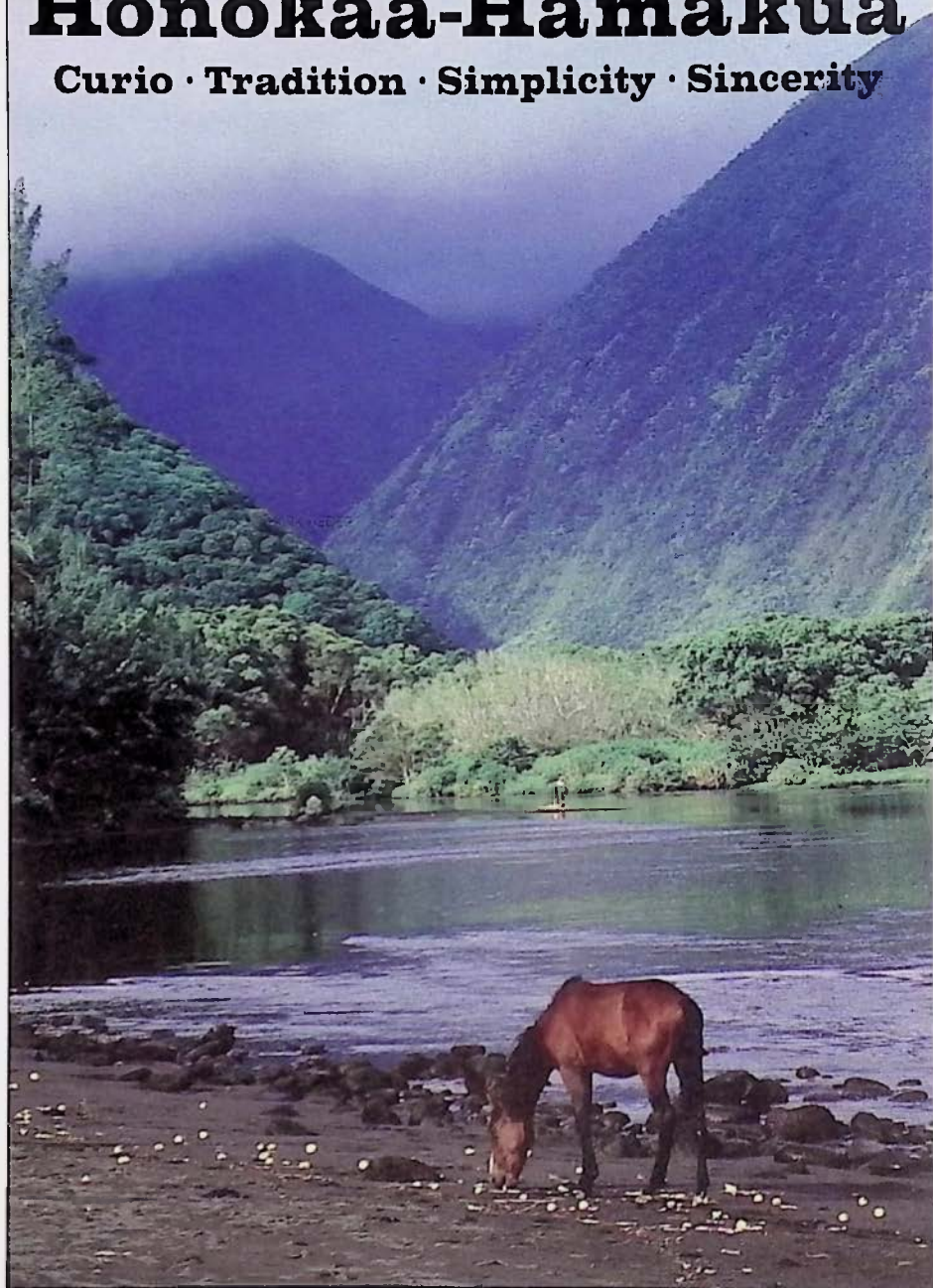
South Point Wave



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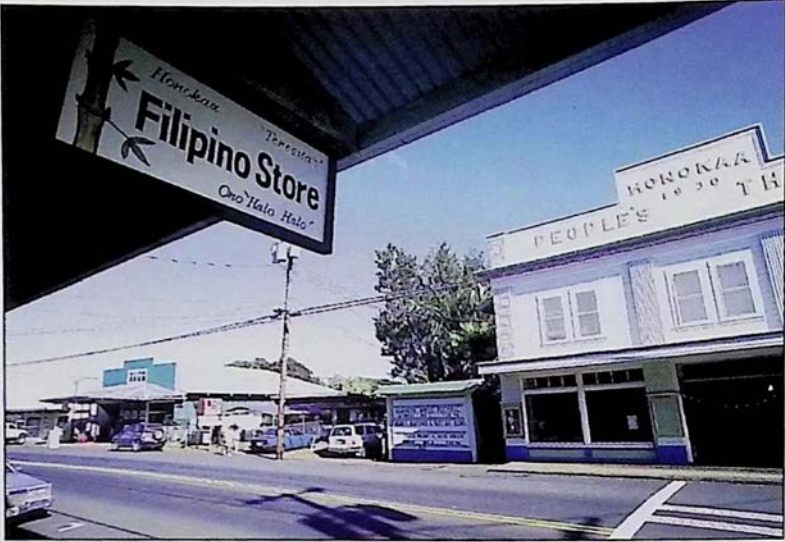
Sugar · Nuts · Waterfalls · Tranquility
Honokaa-Hamakua
 Curio · Tradition · Simplicity · Sincerity



KIRK AEDER

For years the town of Honokaa sat idle, its home town theater empty, local store fronts ghostly quiet, and streets devoid of the bustle that

once rumbled down **Mamane Street** during the boom days of the **Hamakua Sugar Company**, an industry that for the last century has been the life blood



KIRK AEDER

Photo on opposite page is Waipio Valley and one of the many wild horses that roam the valley floor. Above is Honokaa's People Theater as seen from the steps of the Filipino Store. Below is a church in Honokaa.

of the people in this region. Since the decreasing activity of sugar production over the years and the recent decision to halt sugar production altogether, the local citizens of Honokaa have redirected their energy and begun one of Hawaii's most spirited movements of rejuvenation.

In the old days during the earlier part of the twentieth century it was only by train that one could reach the town of Honokaa, which was the third largest city in the territory of Hawaii. From Hilo, vacationers and soldiers on leave from Uncle Sam's army would take the train ride north to Honokaa where night life was king. A dance hall

was even built above the **Botelho building**, the first car dealership in the town.

Included in this new Honokaa is the town's farmers market that has become a weekly event in the downtown area in front of the Botelho Building. The market is open each

Saturday of the month. As Hawaii's old theaters are becoming more and more popular, the citizens of Honokaa enjoy their own **People's Theater**. The doors of the theater are opened for feature films every Friday, Saturday and Sunday evening at Honokaa's historic theater.

Outside of Honokaa town heading north to

KIRK AEDER





KIRK AEDER

Aerial view of waterfalls in the valleys between Waipio and Pololu.

Waipio Valley the landscape changes dramatically. A series of deeply cut valleys edge the coastline all the way to Pololu Valley, the tip of the North Kohala region. No roads exist here only rough trails leading up and down the valley rifts which should not be traveled by inexperienced hikers. The hike to Pololu Valley from Waipio takes even the most experienced hiker several days to complete.

Legend has it that it was in Waipio Valley, "the land of the falling

water", that the great **King Kamehameha**, as a young boy, received his leadership training and first learned to surf. Today, family ohanas, "houses", still dot the landscape which is separated by a river that leads into the open sea. Local farmers and their families continue to make their way of life from farming **taro** and fishing off the sandy shores of this peaceful and remote valley floor.

Outside of Waipio Valley and Honokaa town are other early and small settlements of the Hamakua region such as **Paauilo, Kukuihaele** and **Laupahoehoe**. These towns are all filled with a rich and local culture that happily survives in this region of the Big Island. The Hamakua Coast is a jungle of botanical splendor.

Old doors and new businesses will continue to open in Hamakua as a period of positive change continues to sweep through the land.



FINE QUALITY BAKERY & ESPRESSO BAR

Located minutes from Waipio Valley. Fresh pastries, macadamia nut desserts, cookies, croissants, foccacia's, fresh sandwiches daily.

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Mamane Street, Honokaa

Places of Interest

Outside of Honokaa town on Highway 19 is one of the Big Island's busiest local dining spots, **Tex Drive In**. This local diner is a



popular place to stop for locals and visitors alike as it features both Hawaiian and American cuisine. The menu includes everything from hamburgers to malasadas, including fresh fish plates and rice. Service is quick and the atmosphere bustles making Tex a fun and tasteful stop for lunch. Before heading on to Waipio Valley make sure you stop in at **Mamane Street Bakery** for a mouthwatering treat. Owner/baker Ely Pessah, keeps his bake case filled with breads, pastries, and other delectables like Portuguese Sweet Bread and Money Macadamia Nut Bran Muffins. The aluring smell of freshly brewed espresso and cappucino also lingers. Also, try Ely's famous macadia nut pie by the slice, its great!

Visitors wanting to see some of the very best in art should make **Amaury Saint-Gilles Contemporary Fine Art** a definite stop on their tour along the Hamakua Coast. New shows regularly feature original work from Hawaii & the Pacific Rim, many showing exclusively at this Honokaa gallery run by its' namesake owner, author of a half-dozen books on Japanese arts. Also located in Honokaa is the **Bad Ass Hawaiian Macadamia Nut Factory** which is located down the hill from Jolene's Kau Kau Korner. Hawaii's oldest macadamia nut mill allows visitors the opportunity to view the inner workings of a macadamia nut factory. Macadamia nut creations fill the store shelves and will undoubtedly make your taste buds dance when you try them. Also featured is the factory's own bake shop as well as a complete line of Bad Ass Coffee.

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between Waimea & Hilo on Hwy. 19 in Honokaa



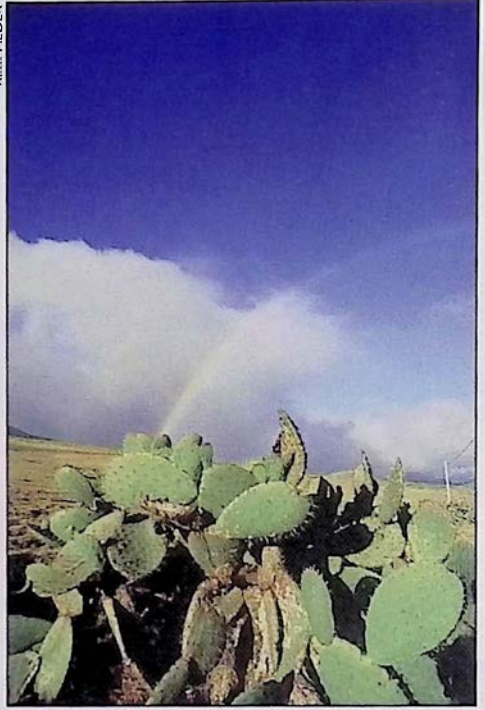
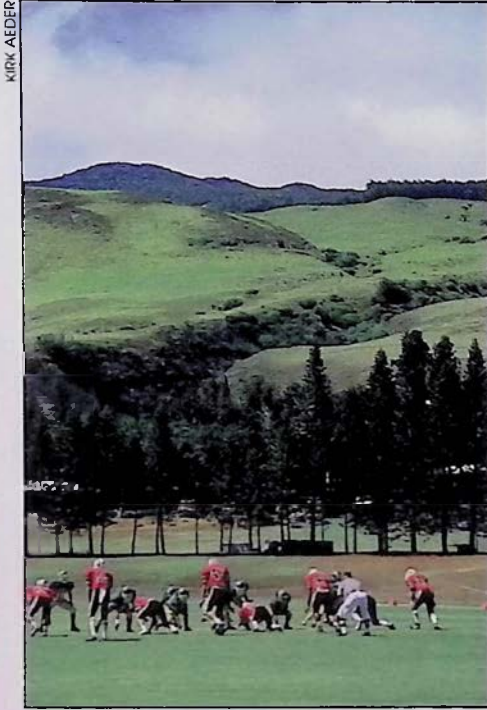
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Upcountry Waimea

Hawaii's Paniolo Town



Above photos are of a high school football game at Hawaii Preparatory Academy in Waimea and a rainbow and cactus in the high country of Mauna Kea. Opposite page photo was taken along Saddle road where the land is mostly used for ranching.

Between snow capped **Mauna Kea** and the Kohala mountains the green hillsides of North Kohala roll along under wispy white clouds, and afternoon rainbows that frequently stream their way from the skies above Waimea. Inside this landscape herds of grazing cattle can be seen meandering their way through sloping pastures filled with cactus and dry underbrush as Hawaiian cowboys called **paniolos** still ride horseback and

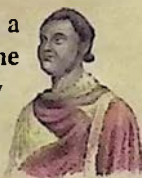
work the ranges.

Ranching began in this region of the Big Island after King Kamehameha appointed, in 1815, a young seaman named **John Parker** to hunt and shoot the herds of wild cattle whose population had grown uncontrollably since their introduction to Hawaii in 1793. Parker, who accomplished his mission, managed to domesticate a herd of his own before marrying a Hawaiian chiefess. The

Vast Upcountry Pasture Lands and Ranching, Under a Snow Capped Mountain

Places of Interest

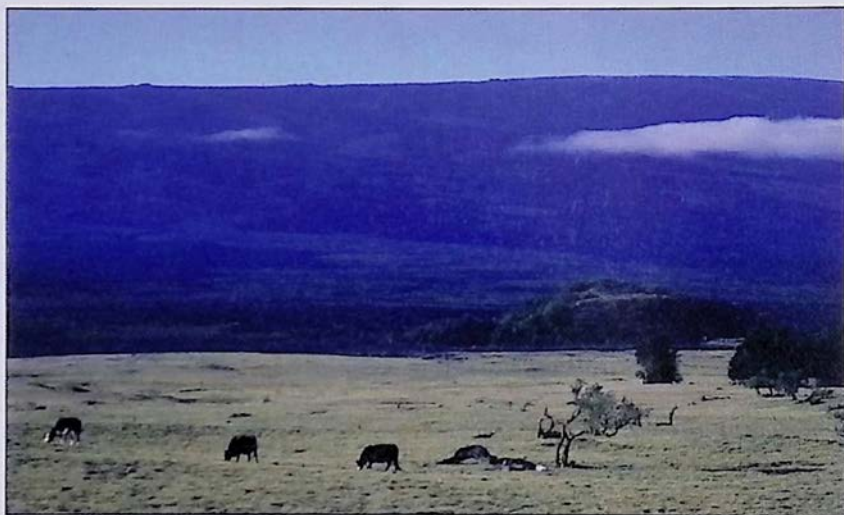
Begin your tour of Waimea with a cup of coffee and a bite to eat at **The Waimea Coffee and Company** located on Hwy. 19 at Parker Square. The coffee shop boasts the Big Island's largest selection of gourmet coffees from around the world as well as a healthy selection of breakfast and lunch items which includes croissants, pastries, soup du jour, sandwiches, salads and a gourmet groceries pantry.



marriage helped Parker to acquire the land that would later be used to found his 250,000 acre ranch in 1847. Today's existence of Parker Ranch as one of the largest ranches in the United States gives the outsider an idea of the magnitude of its size.

Today, the town of Kamuela, more often referred to after its district

name Waimea, is a town that still surrounds itself with a ranching lifestyle. The brightly colored Victorian houses and shops, tidy yards filled with flowers and skeleton remains of wagons and wheels gives visitors the opportunity to see yet another sphere of the diversity of cultures that exist in Hawaii.



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Maui Keel Van/Hike

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 Save \$13.35

Circle Island by Airplane

 \$143.65 w/tax
 Save \$25.35

continued from page 26

pocketbook "Kohala Night" every Tuesday with some specials priced at \$6. Says Joan, "Our regional cuisine combines flavors from around the Pacific. We're famous for our chicken satay potstickers that have a Thai flavor in a Chinese dumpling served with sweet chili-mint sauce. We also do a seared poke with pipinola shoots—pipinola is a native Hawaiian squash shoot."

Big Island farmers are among the leaders in producing specialty crops that chefs stir into regional cuisine dishes, possibly because more land at cheaper prices is available since the demise of the sugar industry, than on other islands. In any case, farmers, fishermen and aquaculturists produce, raise and supply macadamia nuts, Hawaiian Vintage chocolate, hydroponic lettuce, Kona coffee, Puna goat cheese, Kona Cold Lobsters, Sparkle Greens, taro, and fish such as ahi (tuna), shutome (swordfish), opah (moonfish), and opakapaka (snapper) that make Hawaii's cuisine unique.

As recently as 20 years ago, international gourmards would never have believed that pig and poi, shoyu and somen, dim sum and daikon could blend in Hawaii's melting pot to produce a regional cuisine as distinctive and delicious as the Creole or Southwestern styles found on the Mainland. Today, travelers and Islanders know Hawaii's sunshine means more than just a perfect day at the beach, it also translates to verdant fields and a growing season that produces picture-perfect regional cuisine year round.



Celebrations of Island Cuisine

Suppliers and chefs are increasingly recognized at several annual resort-sponsored celebrations where regional cuisine is a visual and gastronomic feast. During Big Island Bounty, the Orchid at Mauna Lani puts the spotlight on Island chefs who present locally grown food in savory ways, with a few big-name Mainland chefs thrown in for good measure. On at least one evening, farmers and suppliers are invited to display, explain and hand out samples of their wares at an under-the-stars marketplace where strollers can pair wines with delicacies prepared by professionals. Tickets are available for individual events during the three-day Bounty, or an all-inclusive package with hotel accommodations from May 23-25 can be booked by calling 808/885-2000, or 800/845-9905.

Two vastly different food extravaganzas take place at Mauna Kea Resort. The Hapuna Beach Prince Hotel's newest signature event, Sam Choy's Poke Recipe Contest produces regional cuisine in a distinctly local style when Islanders square off against professional chefs to stir up seaweed and seafood for Hawaii's favorite pupu. This year's event is set for mid-day on September 21.

The resort's other signature food event focuses on elegant and imaginative regional cuisine and is set this year for November 13-15. Food workshops, wine and food tastings, evening soirees and excursions to off-property locales such as Waipio Valley to view a taro farm or Kahua Ranch where lunch might be served, are all part of the fun. Events, ranging from \$20 to \$80 per person, are staged at the Mauna Kea Hotel or Hapuna Beach Prince Hotel. Information is available by calling 808/880-1111 or 800/228-3000.

Coffee Times

Behind the Magazine



Kirk Lee Aeder is a world renown ocean sports photographer who moved to the Big Island nearly four years ago. He previously lived for ten years on Maui. Besides his stunning photography of the Hawaiian Islands, Kirk travels regularly to far off places like Japan where he shoots photos for a variety of travel magazines. As a photo journalist, he is currently the overseas editor for *Surfing World* magazine in Japan, and has been published frequently in American publications like *Sports Illustrated*, *Outside*, and *Endless Vacation*.



Betty Fullard-Leo, as a freelance writer, has been covering Hawai'i culture, travel, art, food and lifestyle for fifteen years. A 1980 graduate of the University of Hawaii school of journalism, she is contributing food editor for *Hawaii* magazine, and a frequent contributor to other Hawaii-focused magazines, books and newspapers, such as *Aloha*, *Spirit of Aloha*, *Fodor's Guides* and *Los Angeles Times* special sections.



Sophia Schweitzer lives in North Kohala on the Big Island of Hawaii and is a freelance writer. She writes about food, health, travel, and Hawaiian history. She also writes fiction and teaches math to the young people of Kohala. Her business, *The Write Answer*, provides research, resume and biographical services.



Les Drent, a proud member of the notorious generation X, is founder and publisher of *Coffee Times*, the alternative guide to the Big Island of Hawaii. He is a New Hampshire native and 1991 graduate of the College of Wooster and has lived in the village of Holualoa on the Big Island of Hawaii for the past five years. Besides publishing Les also roasts, sells, and is a proud advocate of 100% Kona coffee. In his free time he enjoys surfing, travel and an occasional game of inline hockey at Old A's.





BETTY FULLARD-LEO

Feathers Tickle Hawaii's Fancy

by Betty Fullard-Leo

An estimated 450,000 golden yellow feathers from more than 80,000 mamo birds were woven into King Kamehameha I's feather cloak, which is on display during special occasions at the Bishop Museum on Oahu. The cloak, which measures four-feet wide by eleven-and-a-half feet at the bottom, was passed from ruler to ruler as an emblem of the royal office.

In 1778, Captain James Cook described the unusual feather capes or ahu ula, and helmets, mahiole, in his journal: "The ground of them is a network, upon which the most beautiful

red and yellow feathers are so closely fixed that the surface might be compared to the thickest and richest velvet, which they resemble, both as to feel and glossy appearance....They (Hawaiians) would not at first part with one of them for anything we offered."

Considering the work involved, it is little wonder that early Hawaiians were hesitant to trade away this valued symbol of prestige and power. In early Polynesia, red feathers were most valued, as red was a sacred royal color. Ulu, in the word for cloak, ahu ulu, means red, though in Hawaii,

by Captain Cook's time, the pale yellow feathers of the 'o'o and the more vibrant yellow feathers of the mamo, were increasingly treasured because of their scarcity.

Specialized bird catchers, po'e hahai manu, spent long months in forest habitats, catching their elusive prey with fiber nets, nooses and even bare hands. Sap from the breadfruit tree was applied to the limbs of trees that desirable birds were known to favor. Once a bird was caught, the bird catcher softened the adhesive with kukui oil and plucked the needed feathers. Since only a few treasured yellow feathers could be gathered from under the neck, wings and tail of the 'o'o and mamo, these birds were set free, but so many red feathers were gathered from the 'i'iwi and 'apapane, that they were usually killed and eaten.

The feathers were attached to olona netting with fine olona bast cordage to make capes. For helmets, a frame of 'ie'ie vine was covered with olona net and then feathers were attached. Feathered kahili (a pole topped with a cylindrical plume of feathers) made use of the widest variety of colors.

Large kahili, representing sentries guarding royalty, might be in regal red and yellow. Smaller kahili, used as fans or whisks, might be made of brown, black or green feathers from the koa'e, 'iwa, pueo, peacock or mynah.

The only

feather ornaments women in early Hawai'i were allowed to wear were lei hulu, traditional circular necklaces made of feathers tied in small bunches to a strand of olona or sennit cord. Though artisans today create feather jewelry and elaborate wall hangings, the lei is the form of feather craft that has survived most successfully. More often than not, contemporary feather leis, or humu papa, are worn as hatbands with feathers sewn flat on a felt backing that measures about 26 inches.

Today's artisans are sometimes more willing to part with their colorful bands of feather art than in days of old. Feather hatbands range in price from about \$100 for a simple band of dyed goose feathers to more than \$1,000 for a hatband made of delicate, shimmering turquoise pheasant feathers. Craft fairs and shops such as Cook's Discoveries and Kamuela Hat Company in Waimea on the Big Island, and other gift boutiques throughout the Islands, carry these lovely legacies of the past that will always give a wearer a regal appearance.



KIRK AEDER



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Ingredients:

Taste of Hawaii

Spring Snow Pudding with tropical fruit compote

1 cup whole milk
1 cup sugar
26 oz. coconut milk
zest of one lemon
1 1/2 oz. corn starch
additional 1/2 cup whole milk

Bring to a boil one cup of milk, sugar, coconut milk and lemon zest. Dissolve corn starch into additional 1/2 cup whole milk and whisk into boiling mixture. Cook & whisk constantly until starch is cooked through, about two minutes. Spoon into 6 bowls or glasses & chill. Top with tropical fruit compote.

Tropical Fruit Compote

Ingredients:

1 ripe mango or papaya peeled & chopped
2 kiwis - peeled & chopped
1/2 cup of strawberries quartered
2 tbspn. grand marnier

Toss together fruit and grand marnier. Cover & let marinate while pudding chills. Garnish with a sprig of fresh mint.

Recipes provided exclusively for Coffee Times by Heather Campbell of the Four Season's, Hualalai. Friend to Les Drent, Heather's recipes are inspired by truly the world's greatest coffee, Coffee Times 100% Pure Kona Coffee.

Enjoy!

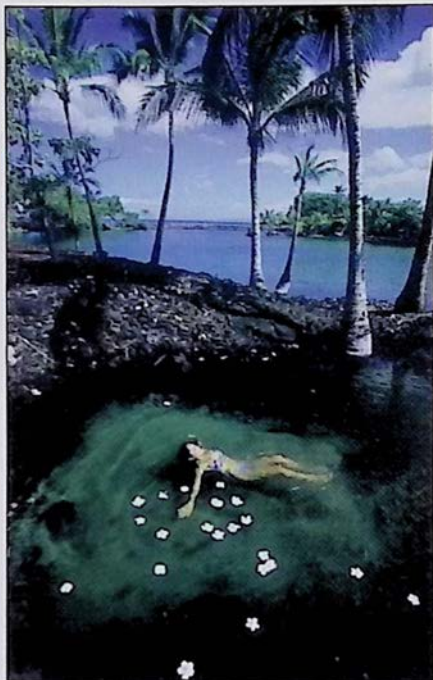
HEATHER

The Golden KOHALA COAST

Almost always under bright sunny skies the Golden Kohala Coast of the Big Island of Hawaii has for years been the tropical playground of not only ancient Hawaiian royalty but contemporary vacationers from around the world. The Kohala coast which hosts many important historical sights is also home to one of America's most highly rated public

beaches. **Hapuna Beach State Recreation Area.** Hapuna's long white sand beach, rolling surf, clear skies, and accessibility make it a popular destination for many island guests.

Among the ebony lava fields that comprise the Kohala Coast landscape are several world renown championship golf courses. From the air or from a distance the green fairways that blanket this rugged terrain soften its



KIRK AEDER

landscape. And, because of the Kohala coast's perfect sunny weather the courses are rarely closed...maybe once every five years.

Wild goat, donkeys and other four legged creatures roam the land freely and occasionally the Hawaiian short eared owl, the **pueo**, can be seen in flight.

Connecting this forty or so mile coastline is the

ancient **King's Trail** which was travelled by the ruling *ali'i* as well as *malo*-clad runners who were responsible for transporting pond raised fish wrapped in *ti* leaves to the tables of Hawaiian royalty living down the coast in Kailua-Kona. The King's trail

passes through not only the several resort properties but **Pu'ukohala Heiau** and scores of **petroglyph fields**. Pu'ukohala was the last Hawaiian temple



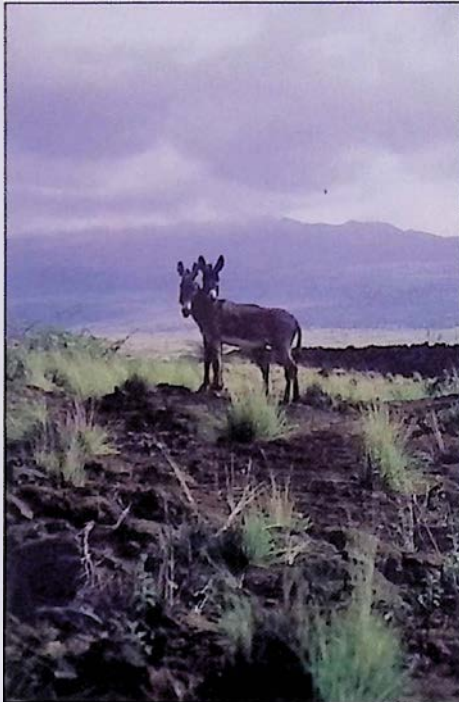
KIRK AEDER



Photos: Previous page photos are of a woman relaxing in one of the many inland pools that exist along the Kohala coast. Below on that page is a petroglyph of a surfer, the carving's design appears to be from modern days. Above painting is of Pu'ukohala Heiau, now a National Park. It was done by Kathleen Peterson and is courtesy of Aumary Saint-Gilles Contemporary Fine Art. The photo below is of two curious wild donkeys near the Kohala coast.

built during King Kamehameha's reign of power. It was said that if Pu'ukohala was built to honor the war god **Kuka`ilimoku**, Kamehameha would be granted the power to conquer and unite the islands of Hawaii under one kingdom. After the temple's completion, Kamehameha did go on to unite the islands of Hawaii, but only

LES DRENT



after several bloody battles had been waged on outer islands. Today the *heiau*, which was the last human sacrificial site in Hawaii, is preserved by the National Park service and is open daily to the public.

The extensive petroglyph fields that are found all along the King's trail hosts its most

Places of Interest

One particular place to enjoy is the **Hilton Waikoloa Village** set amidst lush tropical gardens and tranquil lagoons on 62-acres. The hotel of-



fers 1,241 rooms, three swimming pools, exotic wildlife, Dolphin Quest, children's program, restaurants, shops, two championship golf courses, tennis, Kohala Spa and a museum walkway - it's more Hawaii than you can imagine! **The Bad Ass Coffee Company of Kawaihae** is located upstairs from Cafe Pesto in the Kawaihae Shopping Center. The shop offers bulk coffee: whole bean or ground to your request. The shop also offers New York Style sandwiches, espresso drinks, filter coffee, Bad Ass Apparel & Mugs. For Mail Order call 1-800-719-2345. Also located in the Kawaihae Shopping Center is one of the most popular restaurants on the Big Island, **Cafe Pesto**. The Pacific-Rim Italian cuisine at Cafe Pesto is the epitome of island fresh cuisine as the innovative styles of owners/chefs David Palmer and Jim Williams constantly strive for perfection. From calzones to pizza and mouth watering pastas the ingredients are island fresh. Prices are reasonable too so you have no excuses to miss the Cafe Pesto experience. Another experience not to miss is a visit to **Kona Village Resort** where guests have the opportunity to enjoy a variety of dining pleasures in a unique Hawaiian setting. Reservations required. Call (808) 325-6787 or (808) 325-5555. Refer to their ad on page 5.

popular spot near the King's Shops on Waikoloa Beach drive. Follow the signs along a short trail that direct you to the petroglyphs. Keep in mind that the preservation of these field depends on people staying on the trail while viewing these ancient rock carvings.

Besides all the cultural sights and plush resorts many popular island events also take place along this Gold Coast of Hawaii and the calendar page in the magazine will advise you of them. Enjoy it all while you wine,

dine, and play on the Kohala coast.

Enjoy...

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Friendly North Kohala

Art Galleries, Fine Dining, Cafes, Quaint Shops, Kamehameha Statue, Pololu Valley



Above left: Joan Channon (right) and Aunty Mary (left) of Bamboo Restaurant in Hawi town. The restaurant features Pacific rim cuisine and hosts live entertainment on occasion. Above right: The view looking into Pololu valley. Below: the Hawi theater.

Following highway 270 north visitors will encounter a landscape filled with historical landmarks that include the original **King Kamehameha, statue, Kalahikiola Church, and Mo'okini Heiau** which is regarded as the oldest pre-Western contact temple of worship. In the year 1758 King Kamehameha was believed to have been born at Mo'okini. Also to be found in the North Kohala region are the remnants of a once thriving sugar industry of the 1880's which is still visible in the many old storefronts of **Hawi & Kapaau towns.**

When you're done visiting the

towns of Hawi and Kapa'au Hwy. 270 will lead you through North Kohala's fertile pasture lands, dense forests, and ultimately to **Pololu Valley**, which offers one of the best scenic view lookouts on the island. If the road were to continue on past Pololu Valley you would eventually end up at Waipio Valley at the northern end of the



Hamakua coast. Separating these two valleys are several other magnificent valleys accessible only by foot or horse. If you plan to

hike beyond Pololu be prepared for a long trek and bring plenty of water and supplies. The trails are narrow and

Places of Interest

The towns of Hawi and Kapaau are now preserved by a new generation of Hawaii businesses which have their own distinct local offerings.



In Hawi is the **Bamboo Restaurant & the Kohala Koa Gallery**. Inside what was once the grand old Takata store, Bamboo combines Pacific Rim dishes with farm fresh herbs and local fish to create an innovative style of cuisine. The atmosphere is cozy and authentic with live entertainment on weekends. Inside the Bamboo you'll find the Kohala Koa Gallery, featuring the works of over 40 additional island artists. On the other side of the street from Bamboo is **Kohala Pacific Realty**, where visitors are welcome to stop in for free maps of the North Kohala region. Owner John Adams is taking a different approach to real estate sales. He is promoting the renovation and preservation of many old buildings in North Kohala's towns.

steep and should not be walked by amateur trailmen. While driving along the coastline of North Kohala remember that if the skies are clear, you may be able to catch a view of the island of Maui looming on the other side of the **Alenuihaha channel**, which separates Maui from the Big Island. Between the months of December and April visitors are almost guaranteed a

DON RICH



humpback whale sighting off the coast of North Kohala. This region of the Big Island is a particularly favorite spot for our migrating friends from the north.

Come and enjoy this peaceful region of Hawaii. You will be amazed at the ancient and modern wonders it

has in store for you.

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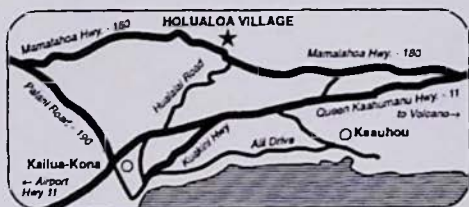
Located in the restored Toyama Building
Downtown Hawi

P.O. Box 307 Kapaau, Hawaii 96755

The Village of Holualoa

Art & Espresso

Days pass slowly in the artist's retreat town of Holualoa, almost like the gentle mountain breezes which weave their way through the groves of coffee trees lining the slopes of Mt. Hualalai. Steeped in natural beauty and tradition, this little mountainside coffee town blends a touch of today's art with a passion for the simpler life of the past. The village's many private galleries showcase the works of many local artists in a wide array of mediums.



When you are done visiting the galleries, the friendly local espresso bar, **Holuakoa Cafe**, will undoubtedly snatch an hour or two from your day and maybe more if you decide to indulge in the homemade cake and



pastry selection. Owner Meggie Worbach personally works the espresso bar every day of the week except for Sundays. Her espresso drinks are, hands down, the best on the island and Meggie's German heritage makes her a fanatic for perfection. Perhaps the most unique feature about the cafe are the European visitors it attracts. It seems like there is always a foreign voice being heard at Holuakoa. For many visitors who don't speak English Holuakoa is an extra nice stop on their vacation.

Make it a point to wander up for a visit to Holualoa you will love this adorable country town.



Holuakoa Cafe

ESPRESSO BAR

HOURS:
Mon-Sat 6:30am - 5pm
Closed Sunday

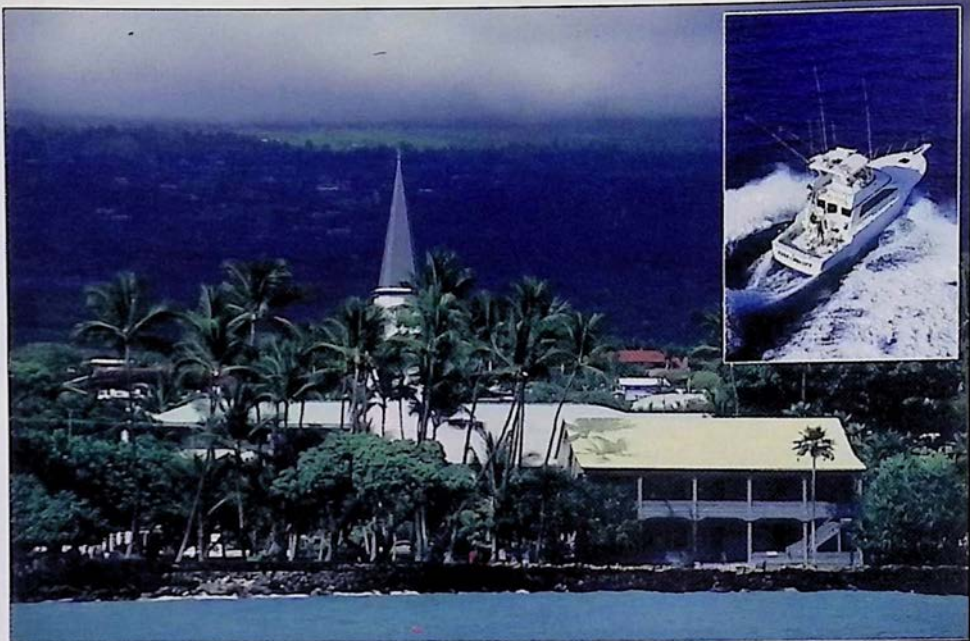
322-CAFE



Holuakoa, Hawaii
96725

100% Kona Coffee and Coffees From Around The World • Pastry • Salad Light Fare • Indonesian Imports • Gifts
Enjoy a wide selection of my Kona coffee drinks while you converse with friendly locals and island travelers. Or, simply relax in the cafe's tropical garden.

Aloha, *Meggie*



KIRK AEDER

North Kona

Undoubtedly the busiest part of the Big Island is the district of North Kona and the seaside village of Kailua. Nestled in this busyness are a few significant historical and cultural landmarks. Beside the Kailua pier is *'Ahu'ena Heiau* built in 1817. This ancient temple which was built on a rock platform was dedicated

to patron spirits of learning, the arts, and healing. King Kamehameha also made his home here in a thatched hut where he could maintain control over boats entering and leaving the bay. Kamehameha also monitored the farming pursuits of his village from *'Ahu'ena*. Also on Alii Drive is *Mokuaikaua Church*. Built in the

We landed at Kailua (pronounced Ki-loo-ah), a little collection of native grass houses reposing under tall coconut trees, the sleepest, quietest, Sundayest looking place you can imagine. Ye weary ones that are sick of the labor and care, and the bewildering turmoil of the great world, and sigh for a land where ye may fold your tired hands and slumber your lives peacefully away, pack up your carpetsacks and go to Kailua! A week there ought to cure the saddest of you all.

Mark Twain, 1866

1820's *Mokuaikaua* was the first Christian church to be built by western missionaries. Across the street is *Hulihee* Palace, a nineteenth century vacation home to some of Hawaii's monarchy. *Hulihee* was built in 1838 and today serves as a museum open daily to the public. Occasionally, throughout the week, some of Hawaii's youngsters can be seen in the courtyard under the shade of giant banyan trees practicing hula under the direction of a *kumu hula* (teacher of hula). Later in the nineteenth century Kailua was a village that was used primarily as a sea port for shipping cattle, coffee and sugar off island. Most of the population in Kona lived in the mountainside towns between Honaunau and Holualoa along a stretch of road still called Mamalahoa Highway. The town of

Kailua, for the most part, was always a sleepy kind of village. Up until the early 1970's the population was no more than 700 people, today the population of Kailua is around 35,000 and growing rapidly. Directly contributing to this outbreak of growth is the recent influx of realtors, developers and land speculators that pay little or no attention to the sanity of the place. Looking beyond the trafficy bustle of Kailua their are many wonderful opportunities for personal dining, shopping and tour experiences around the town. This district of North Kona also hosts some of the Big Islands most beautiful white sand beaches. A short drive north of Honokohau Harbor on Queen Ka'ahumanu Highway are the beaches of *Makalawena*, and *Mahai'ula*. These beaches require a



KIRK AEDER

Photos on previous page are of a fishing boat heading out of Kailua Bay and Mokuaikaua Church and Hulihee Palace as seen from Kailua Pier. This page above is Kona's Shane Dorian now competing on the professional surfing tour.

KEEP KONA COUNTRY!

Places of Interest

If you're looking for a great place to relax and enjoy a coffee check out any one of the three Alii drive **Bad Ass Coffee Stores**.



They specialize in only top grade 100% Kona coffee and Hawaiian grown coffees. Purchase by the pound or by the cup. Their North Kona stores can be found in Waterfront Row, at the Keauhou Shopping Village and in the upcountry village of Kainaliu. **Biker's Brew coffee** specializes in 100% Kona coffee and you can get your motor running by stopping in the village of Holualoa and purchasing a pound at Holuakoa cafe. Their coffee is also available through mail order.

short hike to access them. Easier to reach and located on Alii Drive to the south are **Kahalu'u Beach Park** and **Magic Sand's**. Both these beaches provide ample parking and do not require a hike.

Around these historical sights are a whole host of restaurants and shopping opportunities and hundreds of

visitor and local businesses keep the streets and sidewalks around Kailua busy with activity throughout the year. Cruise ships lay at anchor off the shores of Kailua-Bay and many tour and activity companies provide visitors with ample opportunity for hiking, sailing cruises, snorkeling and scuba adventures.



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WATERFRONT ROW

ALII DRIVE KAILUA, KONA · 326-4637

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SOUTH KONA

Kona Coffee Farms • Kealakekua Bay •
 Captain Cook Monument • Pu`uhonua O
 Honaunau • The Painted Church



KIRK AEDER

There is, perhaps, no other region on the Big Island shrouded in more history than the district of South Kona. Whether it be the origins of Kona coffee, the ancient Hawaiian village setting of *Pu`uhonua O Honaunau* (Place of Refuge) National Park, or the Painted Church nestled along the hillside overlooking Kealakekua Bay, the spot where the famous English explorer Captain Cook met his fate in 1779, South Kona will keep the historically minded visitor busy weaving their way through its network of mountain roads.

Coffee first came to Kona in 1828 when the **Reverend Samuel Ruggles** brought plant cuttings to Kealakekua. The early Japanese

farmers cultivated many of Kona's first farms and engineered the system of milling and processing this prized coffee.

On highway 160 amidst coffee farms and high on the slopes of Kealakekua Bay is **The Painted Church**, where sometime between 1899 and 1904, Father John Velge, a Catholic missionary from Belgium painted images on the interior walls of the church depicting the biblical scenes of heaven and hell.

At the bottom of Napoopoo Road is **Hikiau Heiau** at Kealakekua Bay, and a white stone monument across the bay that marks the spot where **Captain Cook** was killed in 1779. The story behind Cook's death

Places of Interest

When traveling through South Kona you definitely do not want to miss the opportunity to visit one of the region's working Kona coffee



farms. On Painted Church Rd. you will pass **Bay View Farm and Mill**, family owned and operated by New Hampshire native Andy Roy and his wife Rosalyn. Over the distant hum of pulping and grading machines the sweet and damp smell of freshly milled coffee cherry fills the air during the fall and winter coffee season. Bay View has a coffee sampling room and gift shop along with their milling operation and guests have the opportunity here to 'cup up' some 100% pure Kona coffee. In Kealahou, **Greenwell Farms** also offers visitors a personal guided tour of their farm. The Greenwell family has been involved with the Kona coffee industry for over a hundred years and descendants to the founder, Henry Nicholas Greenwell, still work the farm. The tour of the farm concludes with a cupping of the farm's Estate Kona coffee and the opportunity to purchase some of this fabled family coffee. Also located in this region of South Kona is the **Captain Cook Coffee Company** dating back to 1898. The mill is currently owned by Mark Mountanos and Steve McLaughlin of San Francisco. Mark is the fourth generation of his family to operate the company. Captain Cook is primarily a processor, miller and exporter of Kona coffee but has also expanded its business into retail and offers mail order buyers an 800# to call for roasted coffee. Refer to their ad on page 58. The **Kona Historical Society**, located in Kealahou, has made available to visitors two different walking tours. One being a historic coffee mill tour and the other a tour of ali drive.

Kona Historical Society Museum

Historic Kailua Village Walking Tour

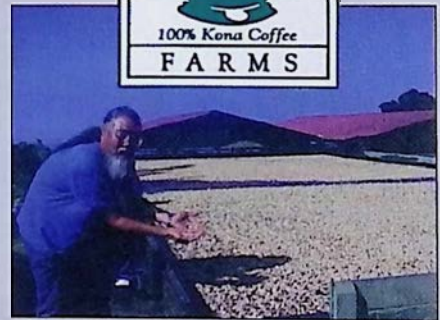
Tues.-Sat. 9:30am, Fri. 9:30am, 1:30pm

For Reservations Call 323-2005

Museum located on Hwy. 11, one-half mile south of rural Kealahou.



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 Captain Cook, HI
 96704
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COMPLIMENTARY FARM TOUR

tour of farm & mill concludes with a free cupping of our Estate 100% Kona coffees

(LOCATED BEHIND THE KONA HISTORICAL SOCIETY GROUNDS ON HWY. 11, between mile marker 110 & 111 in KEALAKEKUA) closed Sundays

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P.O. Box 248, Kealahou, HI 96750



COMING TO A CORALE NEAR YOU!

a product of Naalehu Fruit Stand

was that it was the result of a failed attempt by Cook and his soldiers to exchange the high chief Kalaniopuu hostage in return for a cutter that was stolen the night before. Cook, who had come south to the Hawaiian Islands seeking shelter for the winter months, was in search of a northwest passage to England.

A lower coastal road connects Kealakekua Bay to *Pu'uhonua O Honaunau* (Place of Refuge) National Park. In the early years of Hawaiian civilization it was to the Place of Refuge that people who broke *kapu* (sacred laws) would attempt to flee. If the *kapu* breaker could reach this sanctuary his life would be spared. Some of these *kapu* that governed the common people

included not being allowed to walk in the footsteps of the chiefs or to touch their possessions. Other rules forbade commoners from eating foods reserved for offering to the gods, and women were not allowed to eat with the men.



The gathering of wood, seasons for fishing and the taking of animals as well as the *hula* were also controlled under the *kapu* system. Other features at the park are *lokos* (ancient fish ponds), *hales* (thatched roof structures that served as homes), *heiaus* and ancient rock walls. Visitors are usually provided with live demonstrations of ancient Hawaiian

crafts such as the building of canoes and tikis at the park.



Photo on page 44 is of Kealakekua Bay. The photo of the woman and coffee cherry on top of this page was taken at a local coffee mill and below this page is a snorkeler touching an eel in Kealakekua Bay.

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A Little About What We Do

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- FB4-CT 3 sm. red anthuriums, 3 novelty anthuriums, 3 std. red ginger, 2 bird of paradise, 2 heiconias, 11 greens (24 pieces) \$49.95
- FB5-CT 5 med. red anthuriums, 3 novelty anthuriums, 4 std. red ginger, 3 bird of paradise, 2 heiconia, 3 dendrobium orchids, 15 greens (35 pieces) \$69.95



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sprays, greens, and vase \$24.95

DL12-CT 12 stems mixed colors dendrobium
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DL12-CT



DP6-CT

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DP6-CT 6" pot, blooming dendrobium
orchid plant with basket \$27.95

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and vase \$54.95



OBI2-CT



OP6-CT

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foam \$44.95



HA2-CT



HS3-CT

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paradise, 6 ea. dendrobium orchids, 3
ea. anthurium, greens, container and
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rium, 3 bird of paradise, 3 pink ginger,
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Anthurium Flowers

RA6-CT 6 red anthurium flowers, greens,
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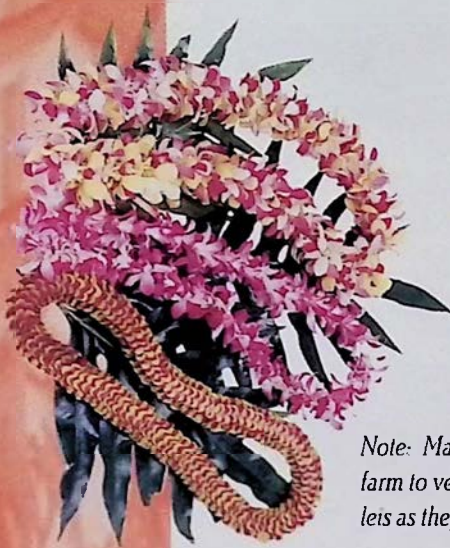
RA6-CT



OA9-CT

Obake & Mixed
Anthuriums

OA9-CT 3 obake; 3 midori, and 3 pastel
anthurium flwrs., greens, container, and
foam \$49.95



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- LL60-CT Lip only of 600 blossoms, 42 in. long pastel \$90.00
- LW60-CT Lip only of 600 blossoms, 42 in. long white \$99.00

Note: Max capacity to make lip leis is three per day. Please contact farm to verify availability of lip leis. Allow 2 days for shipment of all leis as they are made on receipt of orders to ensure freshness.

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- Shipping charge is \$10.00 for the first item to a specific address and \$4.50 for each additional item to the same address. Add \$10.00 for each shipment to Alaska.
- Our product is guaranteed to arrive in perfect condition. The guarantee is voided and a \$10.00 rerouting charge will be billed to the sender if an incorrect address is provided us. No P.O. Box numbers, rural route addresses, or hospital addresses are to be used. Because of the nature of our product you must contact us with any problems within 10 days.
- Flower sizes and colors may vary according to seasonal availability. Standard containers are black or white. Please Note: All flowers do not come arranged as shown in these pages. They are shipped in a box with container and full arranging instructions.



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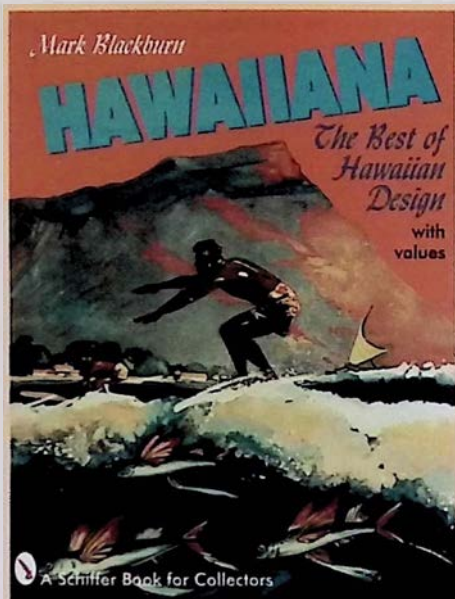
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overview of Hawaiian objects and designs to be published, containing both the typical and the inspired patterns that are so eagerly sought after world-wide by collectors and designers alike; from Hawaii—the paradise

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by Lauren Okano

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