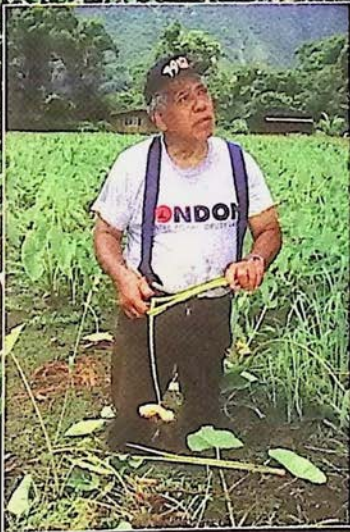


NOVEMBER 1997

COMPLIMENTARY NO. 44

Coffee Times

The Alternative Guide to the Big Island of Hawaii



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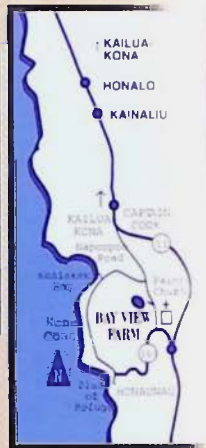
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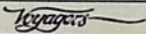
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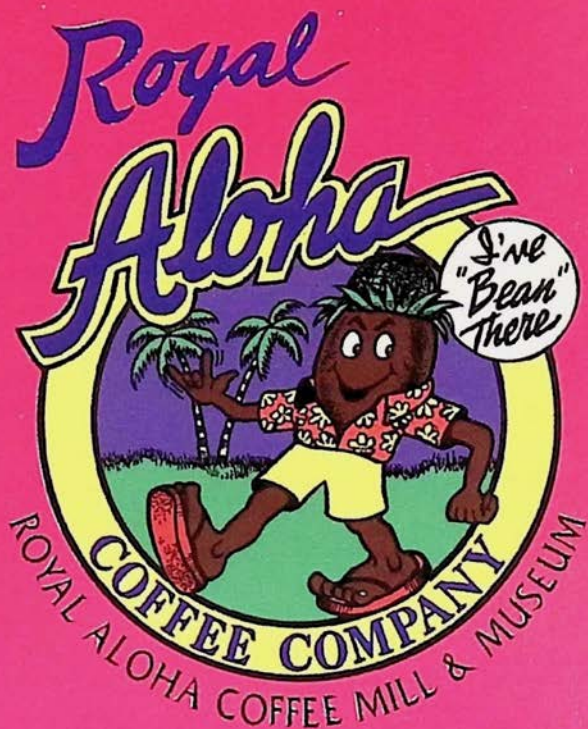
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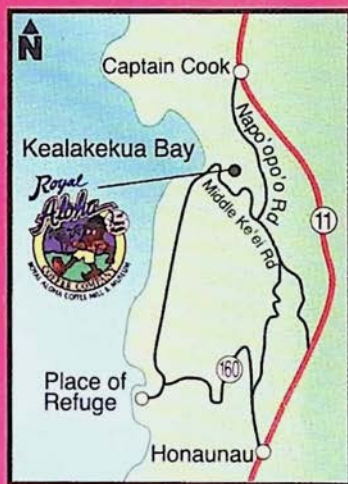
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Coffee Times

*A comprehensive guide to touring
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CONTENTS:

- 12** Map
- 14** Ka'u (South Point)
- 15** Volcano
- 17** Paho-Puna
- 18** Hilo-East Hawaii
- 19** Honokaa-Hamakua
- 20** Accomodations
- 22** MONTHLY PAGES
- 35** Waimea
- 36** North Kohala
- 37** Kohala Coast
- 39** North Kona
- 41** Holualoa
- 41** South Kona



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Big Island, we wish you an
enjoyable stay.**

Coffee Times

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Les Drent

Publisher and Founder

COVER PHOTOS

September: Horse Racing in Waimea, by *Kirk Aeder*. **October:** Luis Cisneros of Bay View Farm, by *Les Drent*. **November:** Background: Waipio Valley by *Kirk Aeder*. Inset: Waipio Taro Farmer John Loo, by Betty Fullard-Leo. **December:** Vintage Aloha Shirt from Mauna Kea Galleries in Hilo, by *Les Drent*. **January:** Kayla Yadao of Waimea by *Kirk Aeder*. **February:** Kid Skipper in Kailua Bay, by *Kirk Aeder*.

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Feature Writer: **Betty Fullard-Leo**

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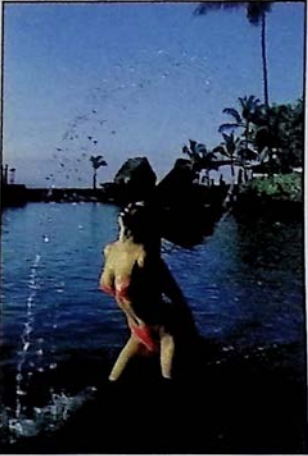
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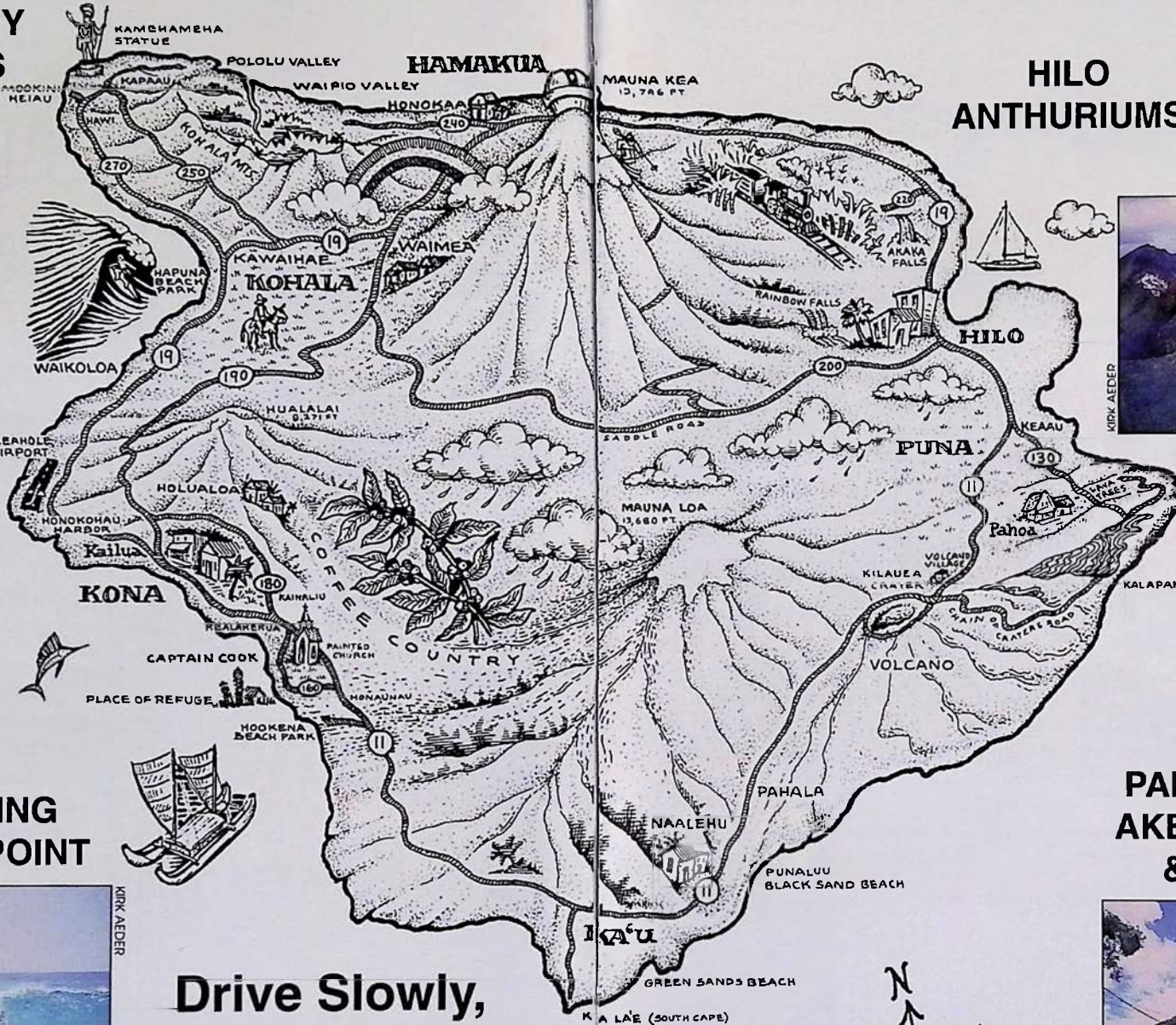
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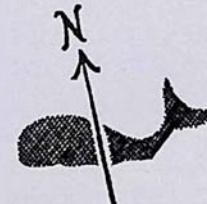
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Drive Slowly, There's a Lot to See



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LES DRENT



LES DRENT

Left: *Kauaha'ao Congregational Church in Naalehu. Right:* *Naalehu Fruit stand is the place to go for the freshest island fruits.*

The actual place where Polynesians first stepped foot in Hawaii will always remain a mystery, but it was probably somewhere 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 archaeo-

logical 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 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 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

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Places of Interest

At **Naalehu Fruit Stand**, owners John and Dorene Santangelo prepare home-made specialties daily. Take your meal on the road or take a picnic table seat on their front porch as you watch travelers on their way to Volcano pass by. Next to Naalehu Fruit Stand is the **South Point Properties**, the southern most real estate office in the USA. The office offers free maps to travelers and advice to buying real estate in Hawaii.



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.



Offering a laulau (ti wrapped food) to Madame Pele, the goddess of the volcanoes.

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.

VOLCANO HAWAII

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**

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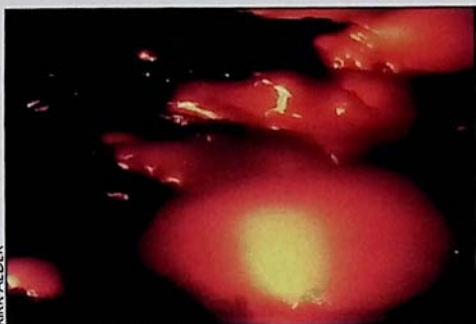


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Above: Depending on eruption status visitors can often view the volcano's lava flows.
Right: An ohia lehua blossom in full bloom.

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 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 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 For an Eruption Update
 call **(808) 967-7977**

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 location of Volcano, the numerous Bed & Breakfasts existing in the region are a popular choice among visitors seeking lodging in this region. 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.



PUNA and PAHOA

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 cross-road 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

Places of Interest

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 **Paolo's** diners have a chance to taste authentic cuisine from the Tuscany region of Italy prepared by an Italian chef/owner, whose name is no other than Paolo. Next door to Paolo's is **Sawasdee Thai Cuisine** owned and operated by Sombat Saenguthai, who prefers to go by the name "Mac" to friends and guests. Mac's menu is extensive and she offers plenty of tasty choices for vegetarian diners. If you wish to experience yet another international style of cuisine why not try **Luquin's Mexican Restaurant**, the busiest dining spot in Pahoa. 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.



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.

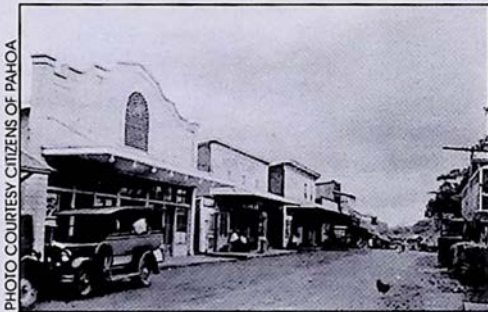


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Above: Downtown Pahoa as it looked during the 1920's.

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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. Pahoia has the reputation of holding some lively and entertaining performances both on its Main Street and at the **Akebono 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.

HILO & EAST HAWAII

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**



COURTESY OF AKAKA FALLS INN & GIFT GALLERY



LES DRENI

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 **Wailuku River** at the north end of town. Follow the road running alongside the river to the Park where you won't have to walk far to see one of the

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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 accommodations the gallery also hosts two B&B style rooms for guests. 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.



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 network of smaller waterfalls and colorful tropical foliage to the plummeting Akaka Falls. Its accessibility and grand size



KIRK AEDER

Photos: Facing page photos are Akaka Falls, and Sonja and Anthony Martinez from Akaka Falls Inn & Gift Gallery in Honomu. Above this page is Hilo's historic Lyman House. Below a surfer enjoys a sunny morning session at Waipio Valley.

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.

HONOKAA-HAMAKUA

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

continued on page 34



KIRK AEDER

Big Island Lodging Guide

ENJOY YOUR STAY!

HAMAKUA REGION

1. Suds' Acres Innkeepers: Anita & Oliver
Suds, P.O. Box 277, Paauiilo, 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.



HILO REGION

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

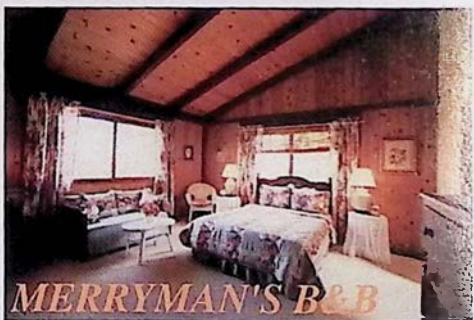


River from Historic Downtown Hilo. Beautiful view of Hilo Bay with bamboo-jungle stream area and large garden yard. All rooms in this old Plantation style building are clean with private restrooms, shower, and refrigerator. Standard rooms cost \$39-\$44, and include Hawaiian style buffet breakfast. Ask about our deluxe rooms and extended stay discounts.

KONA REGION

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

Charming ocean view B&B in Kealakekua, minutes from the best snorkeling. Enjoy im-



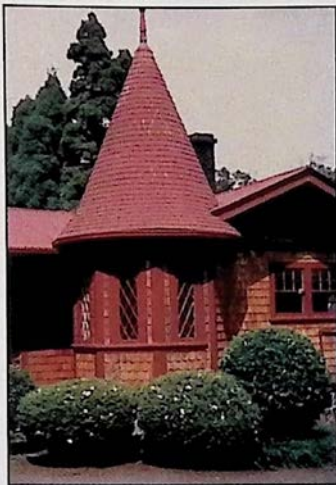
maculate, spacious rooms furnished w/antiques & fresh flowers. A delightful Hawaiian breakfast of fresh fruits, chef's special & Kona coffee is served each morning. Snor-

kel gear & beach supplies provided.

VOLCANO REGION

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

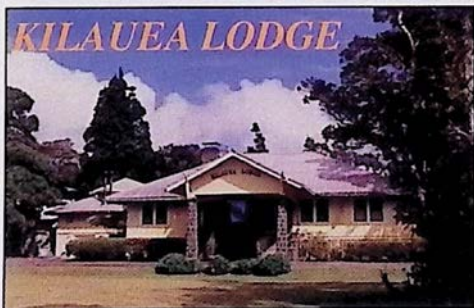
Noted in the NEW YORK TIMES, the SOPHISTICATED TRAVELER, historic hide-



away, unique architecture, garden setting, fireplaces, heated Japanese Furo, breakfast brought to your room. All accommodations have private baths. One mile from Natl. Pk.. Rates: \$75 to \$95.

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

Popular mountain lodge and restaurant set on ten acres of forest and formal gardens. Romantic rooms and cottages with private baths, central heat for the cool mountain evenings, many with fireplaces. Common room with VCR, library and games. Original art. Full breakfast included. Fabulous fireside dining nightly.



Big Island Business Listings

ART

Kailua Village Artists. Keauhou Beach Hotel & King Kamehameha's Kona Beach Hotel, Kailua-Kona, HI 96740. (808) 322-4255 Keauhou Beach, (808) 329-6653 King Kam. *Kailua Village Artists art co-operative offers fine art originals, prints and crafts by Big Island artists at affordable prices.*

COPIES/PACKING/SHIPPING/GRAPHIC DESIGN

Copy Post Plus. Keauhou Shopping Center, 78-6831 Alii Drive, H6, Kailua-Kona, HI 96740. Tel: (808) 322-0813, Tel: (808) 322-6619, Fax: (808) 322-1844. *Your one-stop P.O. Box rental, gift wrapping, packing, shipping, faxing, laminating, copying, laser color copying and graphic design center!*

MAIL ORDER

Double Brush. Cheryl Murakami, P.O. Box 505, Keaau, HI 96749-0505. (808) 966-6048 *Sushi & Tropical Candles - Original Designs. Hawaii Made. Write for FREE brochure. Double Brush, P.O. Box 505, Dept. 139, Keaau, HI 96749-0505. Ph./Fax: (808) 966-6048.*

Exotic Hawaiian Flowers. P.O. Box 4843, Hilo, HI 96720-0843. Ph: (808) 959-9141 Fax: (808) 959-8878. *Exotic Hawaiian Flowers Shipped Fresh to Any U.S. Address. 1-800-700-6755, <http://planet-hawaii.com/exotic> email: exotic@aloha.net P.O. Box 4843, Hilo, HI 96720-0843.*

Pele Plantations. P.O. Box 809, Honaunau, HI 96726. Call & Fax 800 366-0487 / 808 328-2028. *No map needed! Mail order and local delivery of 100% Kona coffees including estate-grown, organics, and peaberry, plus dry-roasted and chocolate covered macnuts and chocolate coffee beans. Complimentary gift packaging and custom baskets. Private labeling available.*

OCEAN ADVENTURES

Sea Quest Rafting. P.O. Box 390292, Kailua-Kona, HI 96739. Ph./Fax: (808) 329-7238. *Sea Quest Rafting Adventures...6 guests maximum, explore sea caves and lava tubes. Great snorkeling, gear, snacks! Kona (808) 329-7238, email: equst@kona.net*

Call (808) 326-7637 to be listed here.

November

Walehu sap that rises to the surface. Cutting of barks, timbers and wild foods. Dirty waters from southern storms - good kala and lobster.

On The Island of Hawaii and in Hawaiian History

NOVEMBER 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.

NOVEMBER 1-8

The Wizard of Oz, The Aloha Childrens Theatre presents this spectacular original television musical. 7pm and 3pm. Aloha Theater, Kainaliu, 322-9924.

NOVEMBER 1-8

27th Annual Kona Coffee Cultural Festival. Various events around Kona. Call (808) 326-7820.

NOVEMBER 1, 1838

Kamamalu, future (and last) Kuhina Nui, born. 1890

Archibald Cleghorn - father of Ka'iulani - dies.

NOVEMBER 2, 1855

The pre-western system of land tenure is ended.

NOVEMBER 8

Big Island Taro Festival. Honokaa, Contact Ada Pulin-Lamme, (808) 775-0598.

NOVEMBER 8, 1852

Death of imprisoned whaler sparks riot by several thousand sailors - Honolulu.

NOVEMBER 11, 1917

Lili'uokalani dies. Wills her estate to all children, with preference to children of Hawaiian ancestry.

NOVEMBER 13

Winter Wine Escape. Renowned visiting chefs and wineries celebrate the pairing of wine and Hawai regional cuisine. The event kicks off with the "Winter Escapade," a grand tasting of fine California wines and French champagne combined with delectable chef specialties, and follows with food and wine seminars, wine tasting, gourmet dining at the Chef's Table, and a wine brunch. 1-800-882-6060

NOVEMBER 13, 1866

Ceasar Kapa'akea - father of King Kalakaua - dies 1900

Wireless service (telegraph) begins.

NOVEMBER 14

Himani A Ho'okani Pila, An unforgettable evening of *himeni a ho'okani pila* (singing and playing musical instruments) will fill the Kilauea Theater with music as Keola Beamer and friends take to the stage with instruments ranging from the Hawaiian slack key guitar, *ohe* (bamboo nose flute) to *lill lill* (stones) and Keola's famous "dream" guitar stylings.

NOVEMBER 15

Hawaiian games at Keauhou Beach Hotel in Kona. Public is invited to witness 6 Hawaiian games including ulu maika, ihe pahee, o'o'ihe, hu, pala'ie, and moa pahe'e. Call Kathryn Salomon at 322-3441 ext. 218 for more info.

NOVEMBER 16, 1778

Cook's ships sight Maui, begins charting Hawaii.

1836

David Kalakaua is born.

NOVEMBER 17, 1874

King Kalakaua and royal party leave to San Francisco for U.S. tour.

NOVEMBER 18, 1917

Lili'uokalani is interred at the Royal Mausoleum in Nu'uano.

NOVEMBER 21, 1816

Russian Navy's ship 'Rurick' arrives off Hawaii, entertained by Kamehameha.

NOVEMBER 22, 1794

Capt. Brown opens Honolulu harbor to sea - going vessels.

NOVEMBER 23, 1863

Kamehameha IV dies. Lot becomes Kamehameha V.

NOVEMBER 24, 1848

Kekua'iwa dies - Kamehameha IV & V's brother.

NOVEMBER 27, 1823

Kamehameha II and party depart to visit England.

NOVEMBER 28, 1825

Pauahi marries Keku'ana'oa.

1843

Anglo - French declaration of Hawaii independence.

Heather's Taste of Hawaii

Recipes provided exclusively for Coffee Times by Heather Campbell of the Four Season's, Hualalai.

Enjoy!

HEATHER

Spiced Potatoe Doughnuts

Ingredients:

- 3 1/2 cup all purpose flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 2 1/2 cup teaspoon cinnamon
- 1 teaspoon freshly grated nutmeg
- 2 large eggs
- 3 tablespoons unsalted butter (melted)
- 1 1/4 cup sugar
- 1 1/2 cup mashed cooked resset (baking) potatoes (about 1 pound)
- 1/2 cup milk
- 2 teaspoons freshly grated orange zest
- 1 teaspoon vanilla
- vegetable oil for deep frying the doughnuts

Into a bowl sift together the flour, baking powder, salt, 2 teaspoons of cinnamon & nutmeg. In a small bowl whisk together eggs, butter, 3/4 cup of sugar, potatoes, milk, zest and the vanilla until the mixture is combined well. Add the potatoe mixture to the flour mixture and stir until just combined. Chill the dough, covered, for one hour.

Roll out the dough 1/2 inch thick on a well floured surface. Using a 3 to 3 1/2 inch doughnut cutter cut out doughnuts, reserving the center pieces. Repeat with remaining half of dough.

In a deep skillet heat two inches of oil until it registers 375° on a deep fry thermometer. Fry the doughnuts & centers in batches, turning once, for two to three minutes, or until they are golden. Transfer them as they are fried to paper towels to drain.

In a shallow bowl stir together the remaining 1/2 cup sugar and 1/2 teaspoon cinnamon. While the doughnuts are still warm roll them, one at a time, in the sugar mixture. Makes about 20 doughnuts.

LET'S GO GRIND

Story by Betty Fullard-Leo
Photos by Les Drent

When a Hawaiian friend says, "Hey, pau hana let's go my house for grind. We got plenty ono pupu—poke, musubi, might even be some pipikaula and po'i in the fridge," don't hold your stomach (or cover your ears) in bewilderment. Pupu (hors d'oeuvres) and pipikaula (dried beef) are perfectly acceptable subjects in polite company, poke has nothing to do with sticks and musubi isn't a Japanese conglomerate. They're all tasty "grinds," the local term for food, or to eat.

From grinds to gourmet, pupus to hors d'oeuvres, plate lunches to regional cuisine, local lingo for food can be confusing for the uninitiated. This quick reference should give you the courage to twist your tongue around some of the most intriguing flavors you'll find this side of the Pacific, with an occasional suggestion on the best Big Island source.

AHI and AKU The Hawaiian names for two types of tuna that are most often used in making sashimi (see below) because of their high fat content which imparts a buttery texture.

AZUKI BEAN Don't bother to ask that this bland red pinto bean be tucked into your cone of shave ice. Some shave ice vendors offer it or a dollop of ice cream at a few cents additional. If they don't have ice cream, trust me, shave ice is better just doused with sweet sticky fruit-flavored syrup.



BENTO This Island innovation is similar to a plate lunch. It takes its name from the Japanese lacquered box lunch, which has small compartments for storing separate dishes—sort of like a meal you might have had on A Hawaiian Airlines flight from the Mainland, but heartier and more compact.

CHICKEN KATSU Like most Island-style fast food, this deep-fried, breaded chicken cutlet served with a soy-based dipping sauce, usually comes with mounds of white rice.

CHILI PEPPER WATER Don't let the tiny size of the red chili peppers floating

in the bottle fool you—this firewater makes Tobasco taste tame. Made of fiery Hawaiian chilies, water and/or vinegar, bottles of it used to be found only in homes, but today plate lunch places and even upscale regional cuisine restaurants display it au table.

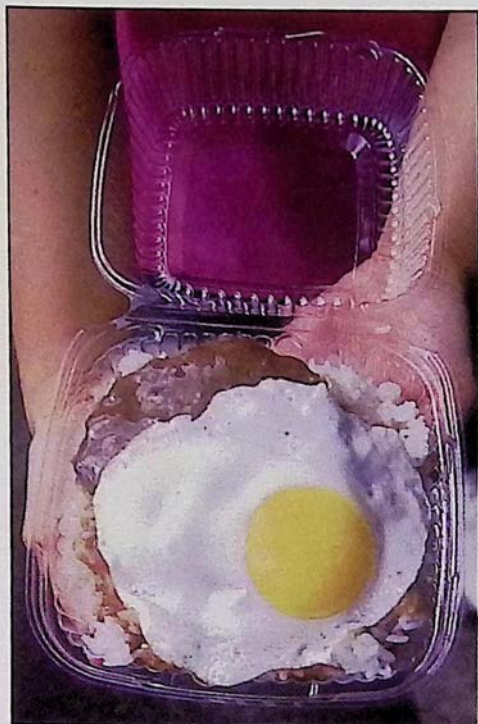
CRACK SEED In Hawaii, when you see a local kid sucking on a ball of something in his cheek, it's likely to be crack seed rather than a jaw breaker. In local markets like Crack Seed, Etc. or Hilo Seeds and Snacks you'll see big jars of different kinds of these brown Chinese preserved seeds, but in places like Long's Drugs you can buy a little

sealed package of sweet and sour plum or salty li hing mui to sample.

DIM SUM These tidbits of food—often dumplings stuffed with seafood or pork and steamed—are dispensed from carts and efficiently noted on a bill left at your table throughout the meal so you can pick and choose from successive carts as they come around.

HAWAIIAN VINTAGE CHOCOLATE
This is the brand name for chocolate

Above photo was taken in Kainaliu town, a popular weekend sight of hula hula chicken cookouts.



The original Loco Moco from Cafe 100 in Hilo.

processed from cocoa beans grown on the Big Island—the only state in the U.S. that grows cocoa. Delectable truffles and rich desserts are made of Hawaiian Vintage Chocolate in a number of gourmet restaurants.

HULI HULI CHICKEN If you drive by a shopping center or a park and see a big cloud of smoke in the air, it means some club or Little League group is grilling huli huli chicken to sell as a fund-raiser. Huli means “to turn” and

that’s exactly what the chickens, stuck on long, motorized barbecue stakes, do over the open grill.

IMU Imus are commonly used at lu’aus to cook a whole pig, but fish, taro and bananas also benefit from this cooking method. Hot rocks are heated first in a pit dug in the ground, then the rocks are placed in and around the pig, which is covered with banana and ti leaves, wrapped in burlap, topped with earth and left to steam for several hours.

‘INAMONA A brightener for bland flavors, kukui nut meat is dried, salted, and grated for seasoning on meat, fried taro and other local foods.

KALUA PIG Traditionally this is shredded pork from a whole pig cooked in an imu and served at a lu’au, but a similar style of shredded meat can be achieved by dousing a pork butt with liquid smoke and Hawaiian salt, wrapping it in foil and baking it slowly in a conventional oven.

KONA COFFEE In recent years, Kaua’i, Maui and Moloka’i have begun growing coffee, but that cultivated in the upcounty Kona District of the Big Island is revered by coffee lovers more than any other. Many of Kona’s boutique coffee growers and roasters welcome visitors to tour their operations.

LAULAU It looks like a big bundle of



Keaau Crackseed



Poke

leaves on your plate, but strip away the ti leaves and you'll find a delicious helping of steamed pork, butter fish and taro leaves, which taste somewhat like spinach. Lauaus are the main course at "poi suppers," so-called because they are served with poi.



Men removing a kalua pig from an imu during a luau at the Kona Village Resort. *Photo courtesy of Kona Village Resort.*

LOCO MOCO

Hilo's Café 100 claims the dubious honor of originating this mountainous breakfast, a heap of white rice topped with a hamburger patty and a sunny-side egg smothered in gravy.

LOMI SALMON A traditional lu'au course made of small chunks of raw, salted salmon marinated with chopped green onions and tomatoes. The salmon is pounded into thin pieces, hence the name lomi, which means massage in Hawaiian.

LU'AU A traditional feast with Polynesian entertainment. The menu centers around imu-roasted kalua pig. Other traditional foods include po'i, lomi salmon, rice, chicken long rice (chunks of chicken in translucent rice noodles), squid lu'au (made with steamed taro

greens), and haupia (coconut pudding).

MACADAMIA NUTS You can see these best of all nuts growing at the Mauna Loa Plantation just outside Hilo off Volcano Highway. Nuts can be roasted salted or plain for munching on straight from the can, chocolate-covered for candy, or chopped and cooked in regional cuisine dishes.

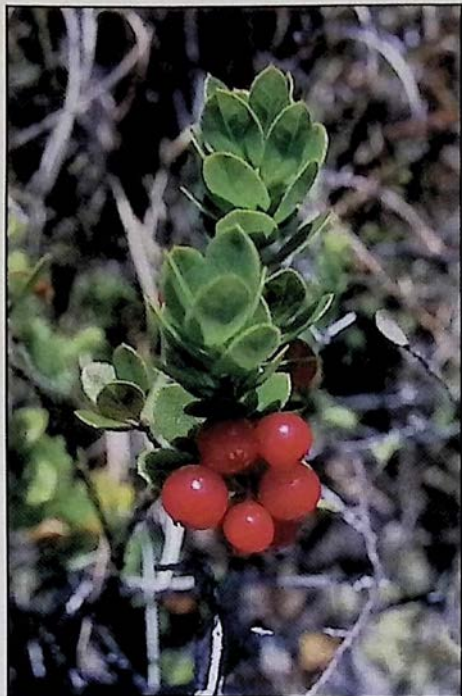
MAHIMAHI Best known of all Hawaiian seafood, this rich, flavorful dolphin fish is usually served in boneless filets. Mahimahi is not related to dolphin mammals such as Flipper.

MALASSADAS Tex Drive In in Honoka'a deep fries scrumptious balls of fluffy yeast dough by the thousands. Rolled in sugar and eaten hot, the holeless

Tex Drive In Malasadas



Ahi Sashimi



Volcano's tasty Ohelo Berries

pounded sweet rice. Any time of the year you can ferret out mochi in Japanese stores or at Long's Drugs where the pink and gray globs are displayed in cellophane packages.

'OHELO BERRIES Hard-to-come-by small red berries that grow at Volcano, which are delicious in pies or jellies.

'OPIHI This chewy limpet plucked from the rocks along wave-swept shorelines is considered such a delicacy it retails for \$125 or more a gallon.

PLATE LUNCH This is a paper platter of comfort food consisting of two scoops rice, macaroni salad, meat and gravy served with a plastic fork or chopsticks. Quantity is usually more important than quality in this local-style fast food.

POHOLE FERN SHOOTS Found in Waipi'o Valley these succulent shoots of the pohole fern are added to salads and served marinated as regional haute cuisine.

PO'I A Hawaiian staple made by steaming and pounding the corm of the taro plant to a sticky paste. One-finger, two-finger, etc. denotes the consistency determined by adding water. Fresh, day-old, two-day po'i are terms referring to the flavor; po'i sours as it ages.

POKE Primo and poke used to be de riguer at any football tailgate party. Primo is a beer of the past but the bite-

Portuguese doughnuts are a staple at carnivals and fund-raisers.

MANAPUA Also called char siu bao, these Chinese steamed buns are filled with seasoned pork, pot roast, or sweet black beans. Costco sells them frozen in plastic bags, but those from local grocers and vendors are mo' bettah.

MOCHI Slip into Hilo's Hongwanji Mission, especially before New Year's Eve when mochi is placed in tiers all over the place for good luck, and you'll spot these glutinous balls of cooked,



Manapua

Shave Ice



size chunks of raw fish marinated with seaweed are still the number one pupu at local parties. Chef Sam Choy hosts an annual Poke contest at Hapuna Beach Prince Hotel, set for September 21 this year.

PUNA GOAT CHEESE A creamy, rich cheese (used in regional cuisine dishes) made of the milk of pampered goats raised and fed on organic greens in the Puna area of the Big Island.

SAIMIN This noodle soup, often made with fish or chicken stock and garnished with green onions and a slice of fish cake, is so popular in Hawai'i, it's even served at McDonald's.

SASHIMI This appetizer of raw red tuna, thinly sliced and served with soy and hot mustard sauce, doesn't taste quite right unless it's eaten with chopsticks.

SHAVE ICE Mainlanders call them snow cones, but locals call it shave—*not shaved*—ice. Served in a paper cone, this frothy mound of finely shaved ice is doused with sweet syrup in a variety of flavors and served with a straw for a cool refreshment on a hot summer day.

SPAM MUSUBI One of Miss Hawaii/Miss USA Brook Lee's favorite snacks, Spam musubi consists of a lump of room-temperature rice topped with a slice of Spam lightly browned in soy, all



Spam Musubi

held together with a strip of nori, seaweed. Surveys have long shown the Aloha state is the biggest per capita consumer of Spam in the world.

SUSHI The seafood that tops these bite-sized morsels of rice is not always raw. You might choose flying fish roe, cooked shrimp, or octopus, in addition to sliced sashimi, but it's usually all wrapped in seaweed.

TARO A Hawaiian food staple, the gray or purple corm might be steamed or fried, or pounded into po'i, while the cooked leaves resemble spinach in flavor.

TERI BEEF Like teri chicken or teri burger, teri beef is marinated in a sauce of soy, ginger, onion, and sugar and grilled. Hit the beach on a holiday weekend and the teriyaki aroma from open grills will make your taste buds quiver.

WASABI This green, Japanese-style horseradish can clear your sinuses and cause steam to come out your ears when you dip your sushi into an overly strong mixture of soy sauce and wasabi.



Sushi Rolls

Hawaiian Chile Peppers



Tapping the Roots of Taro

by Betty Fullard-Leo

The roots of taro run deeper in the Hawaiian culture than they sink into the muddy patches of Waipi'o Valley or even into the ruins of ancient dry land lo'i (terraces) at Greenbank in North Kohala, once part of the great King Kamehameha's ahupua'a.

In Hawaiian legend, the taro, or kalo plant originated when the son of Wakea (Sky Father) and his daughter Ho'ohoukalani was born lifeless and deformed like the gnarled root of a plant. The grieving parents buried the baby, but the next day a taro plant sprouted from the grave, which Wakea named Haloa. When the second son of Wakea and Ho'ohoukalani was born, they named him Haloa, also, because he was the younger brother of taro, from whom all Hawaiians descended.

Early Polynesian seafarers brought this food staple to Hawai'i aboard their sailing canoes, cooked and crushed, and wrapped in ti leaves to prevent spoilage. They also brought the huli, the young plants to start new crops, and soon taro thrived in valleys and plains throughout the Islands.

But cultivating taro is hard work requiring nine months growing time before it can be harvested, and as Islanders began working in new industries and their eating habits changed, production dwindled. For years, old timers like Uncle Ted Ka'aekuahiwi, who often demonstrates pounding po'i the old way, with a stone

pestle and a wooden board, at Island food festivals such as The Orchid at Mauna Lani's Big Island Bounty, were the only ones interested in keeping taro alive. In recent years, however, a renaissance of the Hawaiian culture has sparked new interest in the healthy foodstuff, sometimes called the "heart-beat of Hawai'i" for both its spiritual significance and its dietary importance.

As sugarcane was phased out and more land became available on the Big Island, cultivation began to increase. Today, perhaps 450 acres are under cultivation, much of it in the Big Island's Waipi'o Valley, as well as in Hanalei, Lumaha'i and Hanapepe Valleys on Kaua'i, and the Ke'anae Peninsula on Maui.

Hawaiians ate the corm or root, the leaves and the stems. They considered the plant akin to a god, and believed they ingested his power when they downed a bowl of po'i. The corm was cooked in an imu for hours, then peeled and pounded with a stone as water was added to



Hawaiians ate the corm or root, the leaves and the stems. They considered the plant akin to a god, and believed they ingested his power when they downed a bowl of po'i.

bring it to the thick, sticky consistency of po'i. Taro tops might be bundled with pork or butterfish to make laulau or simply boiled and eaten like spinach. Grated and mixed with coconut milk, then baked, taro corms make a pudding called kulolo, which continues to be a treat enjoyed today.

Rich in calcium, riboflavin, iron and thiamin with no cholesterol and almost no fat, taro is the healthiest of foods, as well as a medicinal preparation for many ailments. The cut portion of the haha (stem) can be rubbed on

insect bites and rashes, the thin skin from around the stem helps to clot blood when wrapped around a wound, and po'i can be used to soothe burns.

John Vincent, 51, remembers hauling taro by wagon-drawn mule up the steep precarious road from Waipi'o Valley in the 1960s. He and his wife Annette still work five acres of taro that they plant and harvest year round on

Margaret Loo cultivating her taro in Waipio Valley, Big Island of Hawaii. Her husband John is pictured on the front cover.

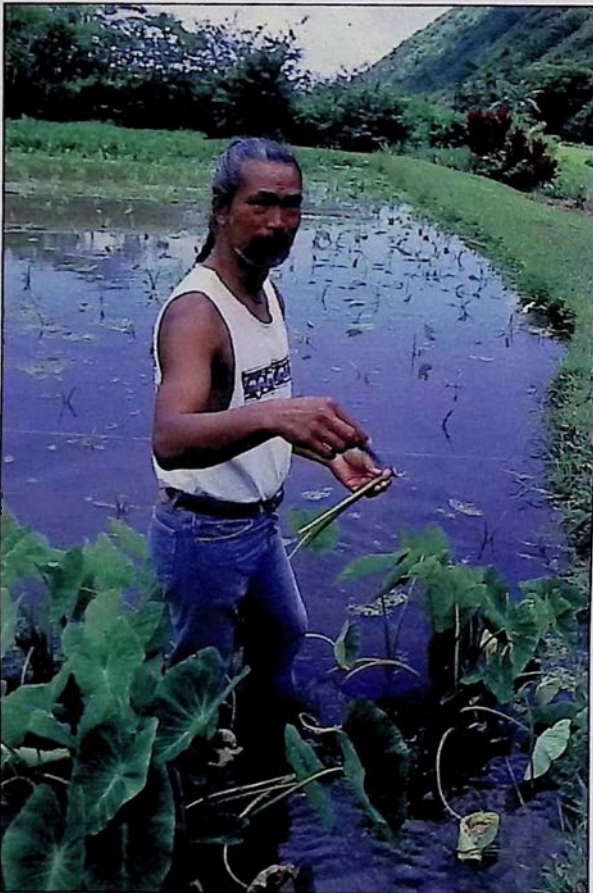


BETTY FULLARD/LEO



BETTY FULLARD-LEO

leased land. Vincent says, "The land has been in the family for 150 years—coming up to four generations. It was passed down to me, Hawaiian style, for \$1 and love. Today, the older genera-



BETTY FULLARD-LEO

tion is giving up taro and not many youngsters are interested, but I'm lucky my son John, Jr., (27) works with me." Vincent and his son have plans to add another five acres into taro cultivation.

He and his family cleared taro patches by hand with knives

and machetes, then burned away the piles of brush. He tilled the land in the remote valley using four-wheel drive machinery, but sometimes when it was too wet, even that had to be done by hand.

Several types of the nearly 200 varieties of taro are grown in Waipi'o: lehua, most in demand of all varieties with purple corms and reddish tints to its leaves, preferred for kulolo and po'i; moi, which has a good consistency for po'i; api'i, a white type used for kulolo; and pololu, which is



KIRK AEDER

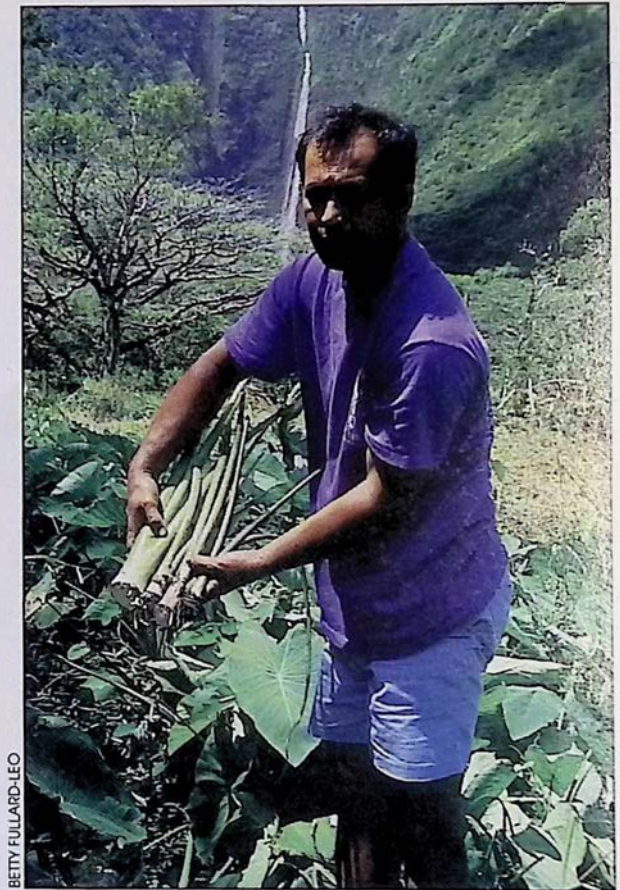


popular for its shiny lu'au leaves used in cooking laulau. Many dryland varieties, such as the Japanese adaimo, are not grown in Waipi'o at all.

Vincent and other valley taro growers, such as John and Margaret Loo and Kia Fronda (who welcomes school children to learn the old ways of planting in his seven-acre patch), supply taro corms and lu'au leaves to the fancy resorts along the Kohala Coast to be used in regional cuisine. In Waimea, Cook's Discoveries in the historic Spencer House is a retailer for po'i and kulolo made from taro harvested by Vincent and Jerry Konanui, another Waipi'o grower. The demand always out distances the supply.

With renewed interest in the healthy, but often scarce staple, taro festivals have sprung up across the state, celebrating its importance. On the northern side of the Island, the Aloha Taro Festival in Honoka'a has been promoting the industry since 1992. Again this year on November 8, from 9 a.m. to 3 p.m. taro farmers will share their expertise at the

Photos: Above left a man pounds poi at the Big Island Bounty. Left is Kia Fronda and right is John Vincent. Both are long time taro farmers in Waipio Valley. Below is a stone poi pounder used for mashing the root of the taro plant.



BETTY FULLARD-LEO

festival, staged at the County Gymnasium, where displays on taro growing and preparation, as well as music by local entertainers, crafts, malassadas from Tex's, saimin and baked goods prepared by the Lions Club will highlight the community affair. Phone 808/775-0457.



1997
BIG ISLAND
TARO FESTIVAL
Honokaa, Hawaii
November 8
 Call Ada Pulin-Lamme,
 (808) 775-0598 for more info



KIRK AEDER

Photos: Above is Waipio Valley, land of ancient kings and taro farming. Facing Page Ely Pessah and Emma Torida of the Mamane Street Bakery in Honokaa.

continued from page 19
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 of the people in this region. Since the decreasing

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 Waipio Valley the landscape

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

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BAKERY**
•Cafe•



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& ESPRESSO BAR**

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Bagels and Bagel Sandwiches.




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Mamane Street, Honokaa

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Hawaiian
means
**VERY
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Open Daily from 5:30am - 8:30pm
THE PLACE TO STOP
between Waimea & Hilo on Hwy. 19 in 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 Honey Macadamia Nut Bran Muffins. The aluring smell of freshly brewed espresso and cappuccino also lingers. Also, try one of Ely's ultimate bagel sandwiches.

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.

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



LES DRENT

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.

UP-COUNTRY WAIMEA

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.



Horseback riders are a common sight in the paniolo town of 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 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.

NORTH KOHALA

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 Highway 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 steep and slippery and should not be hiked by amateur trailsmen. 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 **humpback whale sighting** off the coast of North Kohala. This region of the Big Island is a



**KOHALA
PACIFIC
REALTY**

Specializing in
**North Kohala
LAND & HOMES**

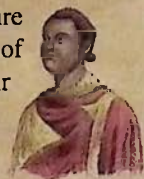
Phone (808) 889-5181
Fax (808) 889-5161

Located in the restored
Toyama Building
Downtown Hawi

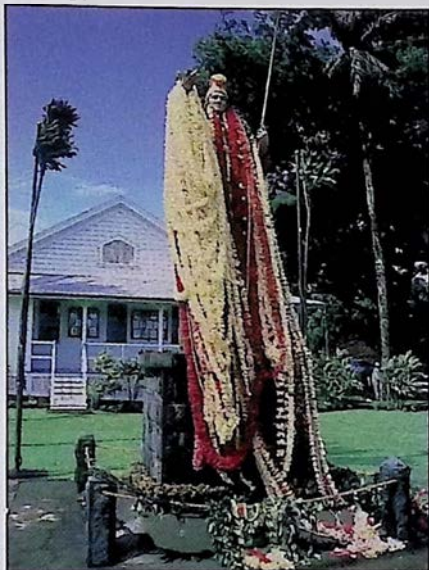
P.O. Box 307 Kapaau, Hawaii 96755

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 **Kohala Pacific Realty**, where visitors are welcome to stop in for free maps of the North Kohala region. Owner John Adams and his daughter Joni are taking a different approach to real estate sales. They are promoting the renovation and preservation of many old buildings in North Kohala's towns.



KIRK AEDER



The King Kamehameha statue draped in leis in the town of Kapa'au, North Kohala.

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



COURTESY OF HILTON WAIKOLOA VILLAGE

Snorkeling off the Kohala Coast.

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 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.



COURTESY OF HILTON WAIKOLOA VILLAGE

Golfers enjoy an oceanside green at the Hilton Waikoloa Beach golf course.

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.

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**



COURTESY OF KONA VILLAGE RESORT

Men remove a ti wrapped pig from an imu (ground oven) at the Kona Village Resort luau. The Village makes a perfect setting for one of the island's most popular feasts. Open to the public guests should call ahead for reservations when attending the luau.

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'ukohola Heiau** and scores of **petroglyph fields**. Pu'ukohola was the last Hawaiian temple built during King Kamehameha's reign of

power. It was said that if Pu'ukohola 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 comple-

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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 offers 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! 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 owner/chef David Palmer 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. Located at the beautiful Waikoloa Village Golf Club, **Roussels** features French Creole, in a comfortable, casual atmosphere. Serving lunch daily and dinner Tuesday through Saturday. See their ad below for more details.



tion, Kamehameha did go on to unite the islands of Hawaii, but only 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 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.

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 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



Kailua-Kona's
Mokuaikaua Church

Places of Interest

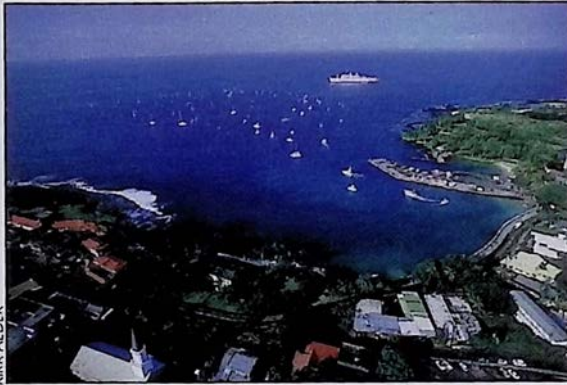
If you're looking for a great place to relax and enjoy a coffee check out any one of the three Alii drive **Bad Ass Coffee Stores**. They specialize in only top grade 100% Kona coffee and Hawaiian grown coffees. Purchase by the pound or by the cup. Their North Kona stores can be found in Waterfront Row, at the Keauhou Shopping Village and in the upcountry village of Kainaliu.



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. **Mark Twain** even wrote of Kailua-Kona in 1866, "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."



Aerial view of the village of Kailua-Kona and Kailua-Bay. The annual Gatorade Ironman race begins here.

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 trafficky bustle of Kailua there 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 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

KEEP KONA COUNTRY!

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.



The rustic up-country Holuakoa Cafe.

HOLUALOA

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.



SOUTH KONA

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

Holuakoa Cafe

ESPRESSO BAR

HOURS:

Mon-Sat 6:30am - 5pm

Closed Sunday

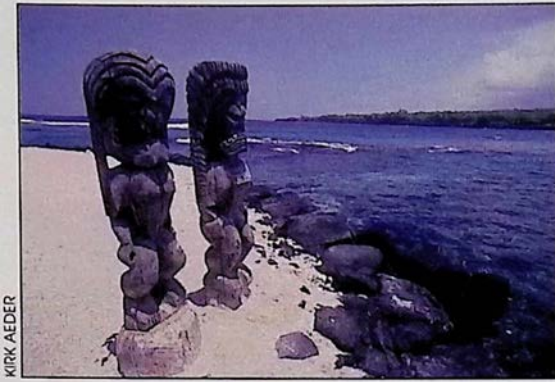
322-CAFE



Holualoa, 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

Tikis at the Place of Refuge National Park in Honaunau.

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 **Hikiiau 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

was that it was the result of a failed attempt by Cook and his soldiers to exchange the high chief Kalaniopu'u 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'u'honua 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.



A copper line engraving of an early Hawaiian village in South Kona, circa, 1820's

Places of Interest

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

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 alii 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.

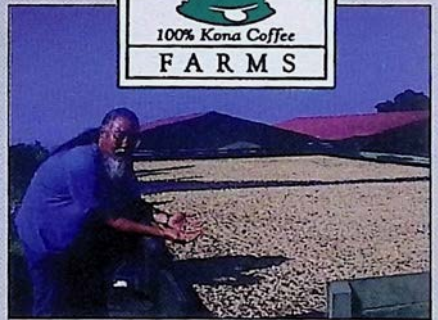


Box 398

Captain Cook, HI

96704

(808) 323-3222



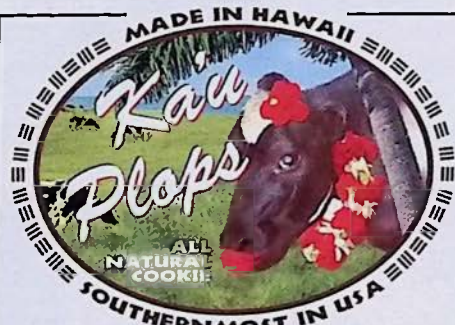
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Coffee Times

100% PURE KONA COFFEE

Grown since 1828 Kona Coffee is widely acclaimed as one of the world's finest. Unlike the rest of the world Kona coffee farmers still hand pick and sun dry their coffee. This extremely labor intensive process by independent farming families has greatly contributed to the gourmet reputation of Kona coffee. In 1866 Mark Twain stated, in his "Letter 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."



Today, Mexican coffee pickers help local farmers to hand pick the Kona coffee crop.

100% PURE KONA PEABERRY

Peaberry Kona coffee offers connoisseurs one of the finest and perhaps rarest coffee beans in the world. Only an estimated 4 percent of the annual Kona coffee harvest yields a Peaberry grade of coffee. Peaberry occurs when a coffee tree is stressed in its growing environment, resulting in an individual coffee cherry producing only one round and very dense bean rather than the usual two beans. The taste of Peaberry in the cup is simply exquisite.

\$23.00 lb. \$110.00 5 lbs. \$210.00 10 lbs.

100% PURE KONA FANCY

After many years of roasting, sampling and selling many different grades of 100% Pure Kona coffee the Fancy grade of Kona has proven itself time and time again to yield the finest and most consistent cup of coffee. Its clean grade, density, size, and aroma have set it apart from other Kona grades. Considered by many to be the best whole bean coffee available in Kona.

\$22.00 lb. \$105.00 5 lbs. \$200.00 10 lbs.

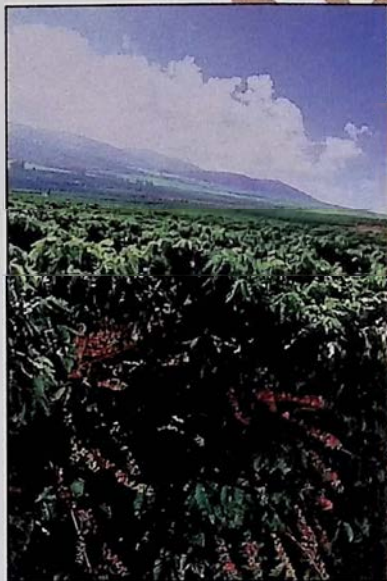
CALL 1-800-750-KONA

ALL COFFEE IS FRESH ROASTED TO ORDER ONLY.
(please specify medium, or dark roast with each coffee ordered)

100% Kaanapali Estate Coffee

(Island of Maui)

Like fine winemakers who search for the perfect match between grape and growing conditions, turning an ordinary wine into one of the finest vintages in the world, so is the quest to produce a bountiful range of unique, distinctive, high quality coffee from the Kaanapali Estate in Maui. Their pioneering varietal research began with an expert team of growers, researchers, and cuppers who analyzed 12 test plot locations throughout the Hawaiian Islands; each planted with 18 different varieties of *Coffea arabica*. The result... the best growing conditions of the West Maui Mountains and some of the finest *Coffea arabica* varietals including: Moka, Red Catuai, Typica, and Yellow Caturra.



MOKA

A very lively cup with wild, slightly exotic chocolaty aroma and subtle winery flavors.

\$15.00 lb. \$70.00 5 lbs. \$130.00 10 lbs.

RED CATUAI

This "Cabernet" of coffees imparts rich, nutty and buttery characteristics. A full bodied coffee with a silky smooth finish.

\$15.00 lb. \$70.00 5 lbs. \$130.00 10 lbs.

YELLOW CATURRA

A vibrant, clean, and crisp cup of coffee. Producing beautiful spicy, tangy and elegant flavor characteristics.

\$15.00 lb. \$70.00 5 lbs. \$130.00 10 lbs.

TYPICA

A traditional Hawaiian favorite. These beans produce gentle floral aromas and a smooth seductive finish.

\$15.00 lb. \$70.00 5 lbs. \$130.00 10 lbs.

100% Kauai Coffee

100% Kauai Coffee

The warm Pacific sun, rich volcanic earth and abundant mountain water of Kauai combine to create perfect conditions for growing great coffee. The consistency of this high quality coffee is the result of a carefully selected arabica bean with a mild, well balanced taste and enticing aroma.

\$14.00 lb. \$65.00 5 lbs. \$120.00 10 lbs.

SPIRULINA PACIFICA

Nature's Most Perfect Food



Kona's own Spirulina Pacifica is the world's one and only certified organically grown and processed algae. This dried water vegetable provides a remarkable combination of beta carotene, chlorophyll, B-vitamins, complete protein, GLA, and a host of enzymes and minerals. Spirulina is remarkable in that it provides more concentrated nutrition than any other whole food. People from all walks of life, including athletes, seniors, and those with special nutritional needs, are benefitting from the whole food nutrition supplied by Spirulina.

Cold Pressed 500 mg Organic Hawaiian Spirulina Tablets

\$27.00 (400 tabs./ 1 bottle) **\$125.00** (5 bottles) **\$230.00** (10 bottles)

Shipping weight is 1 pound per bottle

Organic Hawaiian Spirulina Powder

\$40.00 (16 oz) **\$190.00** (5 lbs.) **\$360.00** (10 lbs.)

Shipping weight is 2 pounds per 16 oz. bottle

WASHED 100% HAWAIIAN CANE SUGAR

FROM THE ISLAND OF MAUI

The only remaining 100% Hawaiian washed raw sugar available to the public is by far, hands down, the best tasting sugar found anywhere in the world. Used locally by Island juice companies this sugar will compliment your cup of coffee like no other or bring the sweet taste of Hawaii to your baked goods. It's sad to see Hawaii's sugar Kingdom in decline and this local industry replaced by artificial sweeteners, but the real taste of Hawaiian sugar can and will never be duplicated.

100% Washed Hawaiian Cane Sugar

\$3.00 lb. **\$12.00** 5 lbs. **\$20.00** 10 lbs.



Cards

CALL 1-800-750-KONA

Coffee Times

100% KONA MACADAMIA NUTS

In 1881 Mr. William Purvis sailed away from the Australian shores to plant the first macadamia nut in Waipio Valley on the Big Island of Hawaii.

Coffee Times 100% Kona Whole Grade Macadamia nuts are grown exclusively by independent farmers in the Districts of North & South Kona.



100% Kona Macadamia Nuts

\$13.00 lb. \$60.00 5 lbs. \$110.00 10 lbs.

CHOCOLATE COVERED HAWAII

We all know how good fresh roasted 100% Kona Peaberry Coffee and 100% Kona Macadamia Nuts are, now imagine them draped in rich gourmet dark chocolate. Created by Kona candy maker, Michael Blair, these local style chocolates are almost too good to imagine.



Chocolate Covered 100% Kona Macadamia Nuts

\$8.50 8 oz. \$16.00 1 lb. \$75.00 5 lbs.

Chocolate Covered 100% Kona Peaberry Coffee Beans

\$8.50 8 oz. \$16.00 1 lb. \$75.00 5 lbs.

COFFEE TIMES T-SHIRTS AND MUGS

Logo Shirts

\$15.00/1 \$28.00/2 \$52.00/4

10 oz Logo Mugs

\$10.00/1 \$18.00/2 \$32.00/4

Shipping weight is 1 pound per mug or shirt and be sure to select large or extra large on shirt orders.



2 to 3 DAY DELIVERY ANYWHERE IN THE U.S.A. Call For International Shipping Rates

Coffee Times

Hawaiian Tropical Flowers

It doesn't get any fresher than this. Coffee Times is proud to offer you its full line of Hawaiian tropical flowers and leis. In just 48 hours you can experience the floral delight of our island of Hawaii. Our locally grown flowers are long lasting and easy to arrange. Our flowers will brighten up your home or office with the warmth of Aloha!

Dendrobium Orchids

- CTF 1 6 dendrobium sprays, 6 greens \$27.00
- CTF 2 12 dendrobium sprays, 6 greens \$37.00
- CTF 3 24 dendrobium sprays, 6 greens \$56.00

Oncidium Orchids

- CTF 4 6 oncidium sprays, 6 greens \$37.00
- CTF 5 12 oncidium sprays, 6 greens \$55.00
- CTF 6 24 oncidium sprays, 6 greens \$93.00



Orchids

Anthuriums

- CTF 7 12 small anthuriums, 6 greens \$31.00
- CTF 8 24 small anthuriums, 6 greens \$45.00
- CTF 9 12 large anthuriums, 6 greens \$37.00
- CTF 10 12 large anthuriums, 12 small antheriums, 6 greens \$48.00
- CTF 11 24 large anthuriums, 6 greens \$54.00



Antheriums

Anthurium & Dendrobium Orchid Mixes

- CTF 12 3 dendrobium sprays, 6 anthuriums, 6 greens \$31.00
- CTF 13 6 dendrobium sprays, 6 anthuriums, 6 greens \$36.00
- CTF 14 12 dendrobium sprays, 12 anthuriums, 6 greens \$54.00

Anthurium & Oncidium Orchid Mixes

- CTF 15 3 oncidium sprays, 6 anthuriums, 6 greens \$36.00
- CTF 16 6 oncidium sprays, 6 anthuriums, 6 greens \$47.00
- CTF 17 12 oncidium sprays, 12 anthuriums, 6 greens \$73.00

FedEx

Federal Express

**SHIPPING COSTS ARE
ALREADY INCLUDED IN
PRICES. NO EXTRA
COSTS INVOLVED.**

Hawaiian Mixes

- CTF 18 3 orchids, 6 anthuriums, 3 birds of paradise, 6 greens **\$37.00**
 CTF 19 3 orchids, 9 anthuriums, 2 halconia, 6 greens **\$44.00**
 CTF 20 12 orchids, 12 anthuriums, 2 halconia, 1 bird of paradise, 1 protea, 6 greens **\$73.00**
 CTF 21 6 orchids, 12 anthuriums, 2 halconia, 6 greens **\$42.00**
 CTF 22 12 orchids, 12 anthuriums, 4 halconia, 6 greens **\$68.00**
 CTF 23 18 orchids, 18 anthuriums, 4 halconia, 4 protea, 6 greens **\$110.00**



Hawaiian Mix

Hawaiian Leis

- CTF 24 Dendrobium orchid lei (white or lavender) **\$27.00**
 CTF 25 Vanda orchid lei **\$27.00**
 CTF 26 Double orchid lei (vanda or dendrobium) **\$36.00**
 CTF 27 Vanda Mauna Loa lei **\$45.00**
 CTF 28 Tahitian ginger lei **\$45.00**
 CTF 29 Ti leaf with orchid lei **\$31.00**



Haku

- CTF 30 Haku with white orchids and natural Hawaiian greens **\$45.00**
 CTF 31 Haku with rosebuds and orchids and natural Hawaiian greens **\$48.00**
 CTF 32 Haku with 4 - 5 different Hawaiian flowers and natural Hawaiian greens **\$53.00**



Maile Leis

- CTF 33 Traditional Hawaiian green leaf lei (perfect for weddings, birthdays, graduations and special events) **\$31.00**

A Note About Our Flowers...

All flowers are grown exclusively on the Big Island of Hawaii by local farmers only. They are packed and rush shipped for freshness. Flowers do not come arranged as shown above, but include full arranging instructions in each box.

Mahalo!



CALL 1-800-750-KONA

Coffee Times

**SATISFACTION
GUARANTEED**



ORDER BY MAIL

Product	Style or Roast	Lbs.	Price
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____

Delivery Charges \$ _____

In U.S. please add \$3.50 for 1st pound and \$1.50 for each additional pound
(Call for international shipping fees)

GRAND TOTAL \$ _____

Please mail with check or money order to:

Coffee Times, P.O. Box 1092, Captain Cook, HI 96704

Pay by Credit Card



(MC) (VISA) (AM EX)#: _____ Exp. Date: ____ / ____
circle one

Name: _____ Signature: _____

Optional Billing Address: _____

Ship To: _____

Gift Note: _____



ALL GOODS (except flowers) SHIPPED 2 DAY U.S. PRIORITY MAIL

Coffee Times

No Ka 'Oi

Gift Boxes



Our Gift Boxes Include: The Kona Peaberry, Kona Fancy, Maui Moka, Maui Red Catuai, Maui Yellow Caturra, Maui Typica and Kauai coffees, Hawaii Washed Raw Sugar, Kona Macadamia Nuts, Chocolate Covered Kona Peaberry, Chocolate Covered Kona Macadamia Nuts, 4 Mugs and a logo tee shirt.

1 pound of each: \$200.00 1/2 pound of each: \$125.00

Coffee is roasted fresh in either a medium or dark roast. Mugs and tee shirts are included in both pound and 1/2 pound orders. Prices include shipping.

1-800-750-KONA

H.M.S. DISCOVERY OFF THE PUNA COAST, HAWAI'I

Vancouver and Kamehameha sailed from Hilo to Kealahou Bay in January 1774. The mountains Mauna Kea and Mauna Loa were both capped with snow. Observing "columns of smoke," Vancouver learned from Kamehameha that these were caused by "subterranean fires." This may have been an eruption of Kilauea volcano on the flank of Mauna Loa. The brig *Chatham* is visible in the distance.

*Other words and images by Herb Kawainui Kane can be found in his book *Voyagers*. A signed copy of his book can be purchased*

