

FALL/WINTER 2003-2004

COMPLIMENTARY NO. 65

Coffee Times

The Alternative Guide to the Big Island of Hawaii



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Welcome to the Big Island!

a guide to our island

by Les Drent



Well... you made it. Now don't you feel good? If you are looking for a little direction follow me and I'll guide you around our island paradise.

You most likely landed in either Hilo or Kona which host the two primary airports on the Island. Since we can't begin our tour of our Island at both places at the same time we'll start this guide in Kona. For you folks in Hilo... too bad you're out of luck. Just kidding. No worries really... just flip ahead in our magazine and start the guide from the Hilo region. Like all things Hawaiian it's really quite easy. And that's probably why you chose to visit us on your vacation, not to mention our weather, people, interesting culture and warm aloha spirit. Our magazine's coverage of these cultural and historical topics is what separates us from the rest of the advertorial and discount

magazines out there so we're glad you found us and we're ready to introduce you to the real Hawaii.

Before we begin the tour let's all remember the phrase, "when in Rome do as the Romans do." In Hawaii this means driving slowly, yielding for everyone, and showing aloha to everyone you meet.

Three other items that your past fellow visitors have informed me to remind you of are remembering to take off your rings (newlyweds) and any loose jewelry before going into the water; locking your cars even though 99.999 percent of the people in Hawaii aren't thieves; and the importance of using sun block even if you insist on not needing it. My own haole (white person) motto for sun block is, "you'll burn with it,

FRONT COVER ART: *Breakfast at Tiffany's* by Barb Finelli won first place at the 2002 Kona Coffee Cultural Festival art competition. To view more of Barb's works of art one can visit www.artsinparadise.com.

you'll burn worse without it!" With all that out of the way it's now time to have some fun so hang loose... you're in Hawaii Nei now!

NORTH KONA

Located in the busiest and most widely known 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 public. Occasionally, throughout the week,

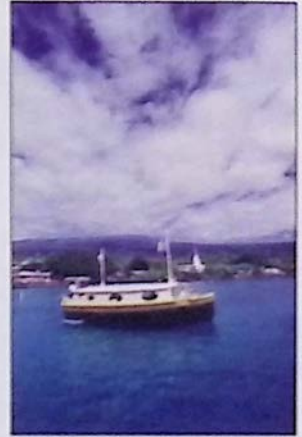


MARK AEFER

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 Ho'ualoa 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 40,000 and growing rapidly.

Looking beyond the hustle and 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



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Hulihee Palace with Mokuaikaua Church in the background.

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 popular 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.

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



Kona's only full service bead shop, Kona Beads and Jewelry on Alii Drive

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.

Make it a point to wander up for a visit to Holualoa, its only a fifteen minute drive up the mountain. You'll love this little country town, it's everything Hawaii is about.

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 Church nestled along the hillside overlooking Kealahakua 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 Kealahakua. 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 Kealahakua Bay is **The Painted Church**, where sometime between 1899 and 1904, Father John Velge, a Catholic missionary from



Above: The Place of Refuge National Park in Honaunau is a great place to learn more about the culture of ancient Hawaii. Inset: Abundant sea life and colorful reefs are also enjoyed in the area by snorkelers. Below: South Kona's Painted Church, its interior walls, painted by Father John Velje, a Catholic missionary from Belgium, depict the biblical scenes of heaven and hell.



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 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. Check at the Park's visitor center to find out about any special programs that may be happening at the park during your stay.

KA'U

If you are actually travelling in the



Punaluu Black Sand Beach

direction this guide has led you then you should be heading south towards the Ka'u region. If not than you obviously chose a different direction which is fine because there are not too many wrong turns in paradise unless it's late and you're hours from your hotel, with no radio stations coming in and you're about to be cut off by a river of molten lava. Don't laugh, its happened, those footprints in the lava rock didn't get placed their by someone on their way to the beach. Wherever you are on the Big Island right now that's fine you've probably learned to improvise in the use of this guide. Congratulations you're brain is still functioning even though you're on vacation in Hawaii.

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 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 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. The grains of green sand are olivine (or call it pendot if you



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Fireside at Kilauea Lodge, a very memorable Volcano dining spot.

wish although not much of the sand is truly of gem quality), a common mineral in much of the Hawaiian basalt, and as the basalt undergoes weathering the olivine becomes concentrated on this beach due partly to its high specific gravity." (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 the not so active remains of the old **Pahala Theater** as well as a community that is now supported by macadamia nut farming as well as scores of

small family owned coffee farms now springing up in the plush hillsides. Although the sugar industry is no longer operating there many of the homes in the village date back to the early 20th century including the two story plantation manager's home which is now a museum and is open to the public for viewing. **Pahala** is a great place to gain perspective into what life was like on a sugar plantation a hundred years ago. Take time to also drive into the lush tropical **Wood Valley** and past a **Buddhist temple** also located near Pahala. Ask for specific directions to those sights at the local general



The nene (Hawaiian goose) is a popular inhabitant at Volcanoes National Park

supermarket, there is only one.

VOLCANO HAWAII

Welcome to Madame Pele's dwelling. She is goddess of the volcano. **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 \$10.00 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 \$5.00. 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

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As if matching the fiery color of a lava entry at sunset the ohia blossom sparkles in the mid-day sun making the landscape at Volcanoes National Park a very diverse environment.

5:00 p.m. daily. Visitors are encouraged to take the time to carefully read the park regulations and guidelines. The volcanic 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**.

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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.

continued on page 18

Mountain Thunder Shakes Up Kona Coffee Industry



Visiting Mountain Thunder Kona Coffee Plantation was like entering paradise. Varying sizes of Kona coffee trees adorned with succulent coffee cherries grew among towering hapu'u ferns and ohia trees. Birds flew overhead, filling the morning air with song. Chinese geese patrolled the plantation, cackling at any intruder, eating the weeds and putting nutrients back into the soil; they were followed by the shy St. Croix sheep. Any left over weeds were cut down and sent back into the soil as

fertilizer. In the distance the azure Pacific Ocean stretched to meet the powder blue of the sky. Mountain Thunder Kona Coffee Plantation is unlike any other Kona coffee farm.



Three years ago, Trent Bateman decided to enter the Kona coffee industry, cultivating a Kona coffee farm at the 3,200-foot elevation in Kaloko, North Kona. He was told Kona coffee wouldn't grow at that elevation. Today,

Bateman's Kona coffee trees produce one of

Today, Mountain Thunder Kona Coffee enjoys the distinction of being the first Kona coffee farm dually certified organic Kona coffee, first by a local regulatory agency and second by a California regulatory agency.

the largest Kona coffee cherries, close in size to a small olive, with a deep maroon hue.

When Bateman decided to set aside 20 acres of his property to grow his Kona coffee organically, without the use of petroleum based fertilizers or herbicides, he was told it would be impossible. Kona coffee was already a labor-intensive crop, and growing it organically would double the workload. Today, Mountain Thunder Kona Coffee enjoys the distinction of being the first Kona coffee

farm dually certified organic Kona coffee, first by a local regulatory agency and second by a California regulatory agency.

For Bateman "going organic" just made sense. Since the plants people consume absorb the nutrients and whatever else is in the soil, why would you use harmful chemicals that you would eventually eat? Still, just saying a product is organic isn't enough. In order to be accepted as "organic," regulatory agencies were created to define "organic" and set quality standards. Hawaii's organic regulatory agency is Hawaii Organic Farmers Association (HOFA), certified by the federal government. Certified organic products currently enjoy greater retail returns for farming responsibly and creating a healthier product.

"Growing certified organic Kona coffee isn't easy. It is a lifestyle," said Bateman. "We raise tropical St. Croix sheep

and Chinese geese to maintain weed control and provide fertilizer, now saving more than \$24,000 (each year) in manual labor and the purchase of animal based fertilizer." He and his crew of four also tilled the land the way Kona coffee pioneers did, manually, with their hands. They continue to cultivate their crop, weeding and pruning by hand, spreading animal compost and mulch from the husked cherries as additional fertilizer, and handpicking only the ripest coffee cherries.



Through Bateman's vision, the number of certified organic Kona coffee farms have increased since he began in 1999 to 16 certified organic Kona coffee farmers today. The increased number is partly due to

Bateman's continued work in the organic movement. Currently, Mountain Thunder Kona Coffee Plantation is the only plantation to offer both a certified wet mill and certified dry mill for organic Kona coffee. In fact, the dry mill is the most modern dry mill having the latest brand of equipment. It is easy to see why he was selected as this year's Official Gevalia Milling Site for the 2003

Photos clockwise from top left: Trent Bateman in his coffee orchard with his St. Croix sheep and Chinese geese; a close up of the Chinese geese; and organic tea growing in the rainforest at Mountain Thunder Coffee plantation. All exemplify the diversity offered at this organic coffee farm in Kona.



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WHY MOUNTAIN THUNDER?

LOCATION. We're located in the Hualalai Mountain cloud forest at 3000 feet, where top quality beans grow from a local phenomenon known as "free shade." Every afternoon a cool and misty cloud cover provides our vigorous trees with a much-welcomed shade.

HANDPICKING. Our coffee trees are hidden between stands of Ohia interspersed with towering tree ferns. Beneath the soil are two majestic lava tubes. The terrain makes mechanical picking difficult, so every coffee cherry is handpicked, only when red-ripe mature.

WET MILLED, SUN DRIED. Once our cherries are carefully picked they are pulped using the traditional wet-mill method. Over awesome views of the Pacific Ocean, our beans are sun-dried and examined with the utmost care to ensure the right humidity for quality taste. Thereafter, the parchment is dry-milled and graded. Only the highest quality moka beans are packaged.

CERTIFIED ORGANIC. Our green coffee beans are certified by the Hawaii Organic Farmers Association and State of Hawaii: 100% Organic Kona Coffee. Our precious coffee-grown without use of pesticides, herbicides, or chemical fertilizers- is then stored under strict climate-controlled conditions until roasting. Each order is custom roasted and packaged while still warm in our signature black foil bags with one way valves to maintain ultimate freshness.

As grower and processor, our farm is able to maintain quality as the number one objective, from specially adapted mulches to quality packaging, guaranteeing you the best possible flavor in your cup. We take pride in our method: Hand weeding, pruning, composting, handpicking, wet-milling, sun-drying, final milling and quality roasting. We take pride in our coffee because we know that when the work is all done, the flavor of the high quality, world-famous Kona Coffee will be just a brew away.

Gevalia Kona Coffee Cupping Competition, a signature event of the annual Kona Coffee Cultural Festival.

For anyone seeking assistance in organic farming, Bateman offers assistance to farmers who want to raise the St. Croix sheep and Chinese geese. "You can't use just any breed of sheep or geese. These breeds are perfectly suited for an organic farm because of their



Store in Kaloko, where visitors (minus the enjoy) can watch Kona coffee being roasted daily.

Bateman continues his organic farming vision with plans to host tour groups on his Mountain Thunder Kona Coffee Plantation. His 20-acre farm includes lush ohia trees and hapu'u ferns, and two underground lava tubes with its own unique ecosystem.

Bateman continues his organic farming vision with plans to host tour groups on his Mountain Thunder Kona Coffee Plantation. His 20-acre farm includes lush ohia trees and hapu'u ferns, and two underground lava tubes with its own unique ecosystem.

temperament and design," stated Bateman. Both the St. Croix sheep and the Chinese geese are aggressive weed eaters, and the geese make very good watch guards.

In addition to Kona coffee, Bateman also grows organic noni, honey, green tea, black tea, mamaki tea, macadamia nuts and kokoloua tea. These products are available for purchase by visiting the web site at www.mountainthunder.com or by visiting the Mountain Thunder



Other future plans include a bed and breakfast serving meals using only certified organic products. Mountain Thunder Kona Coffee Plantation is truly Kona's organic destination.



Photos: Trent raking his sun-dried coffee at his farm's mill, Kona Spring Blossom Festival People's Choice 1st Place Ribbons in the coffee cupping competition, and a gazebo offering the farm's organic coffee and other organic goods is now open to the public along with free farm tours:

Making The Right Choice

High Quality Coffee Orchards



Land clearing requires both skill and years of experience. Hano Grace of South Kona brings both to the job.



George Yasuda has been farming Kona coffee for decades and he takes as much pride in helping others establish and maintain successful coffee orchards as he does in growing his own high quality coffee. Upon getting to know George one realizes that his expertise come from decades of experimentation, and hands on learning as a farmer. Not only has he played an invaluable part in the growth of many award winning farms in Kona but his expertise has reached out to aid in the success of other coffee farms around Hawaii. I can attribute much of my own success as a coffee farmer to George's

advice and I couldn't be happier with the assistance he has lent me at Blair Estate Organic coffee farm here in Kauai. In only my second year of growth my tree heights range from four to eight feet and while I took in a hefty load of coffee this year I expect a very bountiful harvest in 2004! I would personally urge anyone serious about growing coffee commercially to seek out George's advice. Besides his wealth of knowledge George brings the spirit of Aloha to the job as well!

Once you acquire a piece of land, next comes the development stage. Its not just a matter of planting trees in a row, a lot more is involved in order to achieve a high production, high quality, efficient and aesthetically pleasing orchard that bears productively for decades if not a century.



If planted and cared for properly a coffee orchard can produce an average of 21 pounds of coffee cherry per tree after only 2 years of growth! Notice the effect of using proper fertilizer and the varying look of the landscape in this picture. The lighter colored monkey pod tree on the right was the healthiest of the three before George's fertilizer program started.

Here are a few of George's key points involved in attaining a high quality coffee orchard.

1. Acquire the right land
2. Developing the property into a high production, high quality efficient and aesthetically pleasing farm
3. Proper maintenance of the farm
4. Proper harvesting and



processing
5. Marketing your high quality coffee

What you need to know about acquiring the right piece of land: Coffee does best in well drained volcanic soils with rainfall of about 80 inches primarily in April to November with supportive rains in December to March. Kona coffee

Tiare Lani Coffee Inc. has been advising farmers and installing awesome high production orchards for nearly two and a half decades.



Besides helping other farmers achieve success in the coffee industry, George Yasuda maintains his own high quality farm and sells his 100% Kona coffee under the Tiare Lani Coffee label.

of course needs to be grown in the districts of North and South Kona. The optimum elevation is 800 feet to 2,300 feet. Avoid poorly drained soils, extremely rocky soils or elevations that are over 2,500 feet or exposed to strong winds. Avoiding flood prone areas should be considered as well. If you have a certain subject property in mind and have questions about its suitability in growing coffee, just give George a call at 808-324-1495 or email him at tiarelc@gte.net

Once you acquire a piece of land, next comes the development stage. Its not just a matter of planting trees in a row, a lot more is involved in order to achieve a high production, high quality, efficient and aesthetically

pleasing orchard that bears productively for decades if not a century.

Preparing the soil with the right amendments and fertilizers, bulldozing the property properly with soil erosion controls, using the best coffee stock selection from reputable nurseries, designing and installing reliable high quality irrigation systems are just some of the facets to consider.

Tiare Lani Coffee Inc. has been advising farmers and installing awesome high production orchards for nearly two and a half decades. Why not get some help from many years of experience, expertise, and proven techniques. The pictures that accompany this article portray what a properly established coffee farm should look like.



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Tiare Lani Coffee Inc. helps you create beautiful award-winning, parklike orchards with premium-quality, high producing healthy Kona coffee trees. Our cutting-edge knowledge can save you time and increase productivity. Let us help you develop your farm into a top producer of high-quality Kona coffee today.



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6 month-old trees- the Tiare Lani Coffee Way

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2 yr-old trees with 6' laterals full of high quality cherry- the Tiare Lani Coffee Way



HILLO ARCHIVE

Puna plays host to many flower farms. The climate and weather in this district are perfect for growing tropicals.

the nene.

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 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 a personable meal. 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 Theater**, Hawaii's oldest theater.

The countryside surrounding Pahoa 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 picnicking 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

On your trek to Hilo, take a right on Kamehameha Highway at the Intersection of Pau'ahi and Kamehameha Highway. If you look to the right just passed the Chevron gas station on the corner of Pau'ahi



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in 2003 for
Outstanding
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and Kamehameha Highway you will see a statue of KAMEHAMEHA THE GREAT. Nestled amongst royal palms and behind the statue is Wailoa with its winding waterways and a fishing pond. If Kamehameha's birthplace is Kohala, then why is there a Statue in Hilo? With Kamehameha statues in Honolulu, Washington D.C., and one in Kohala to mark his birthplace only a few people know that this statue in Hilo stands on his father's land.

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



Hula dancers at Hilo's annual Merrie Monarch Festival

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 **Hilo Farmer's Market** which is held every Wednesday and Saturday in Downtown Hilo. It's fun while walking around to think about what the city was actually like around the

Enjoy...

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Quiet days of old along the Hamakua Coast. The Laupahoehoe Train Museum and the still active Ninole Post Office.

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 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 are 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 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

In the old days, during the earlier part of the twentieth century, it was quite a trip to cross the deep coastal ravines before reaching 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 travel up the Hamakua and Hilo coast to Honokaa where night life was king. A dance hall was even built above the Botelho building, the first car

dealership in the town. That building now hosts a curio and antique shop but one can easily imagine what an average Friday night looked like at the Bohelho in the 1940's.

As Hawaii's old theaters are once again becoming popular, the citizens of Honokaa enjoy their own historic **People's Theater**. The doors of the theater are opened for feature films every Friday, Saturday and Sunday evening. If you decide going to a movie is not what you wanted to do on your Hawaiian vacation go for the feeling of nostalgia which is definitely present once you've found your seat inside the huge old movie hall.

Outside of Honokaa town heading north to 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 Paaui, Kukuihaele and Laupahoehoe. These towns are all filled with a rich and local culture that happily survives in this region of the Big Island.

WAIMEA

Between snow capped Mauna Kea and the Kohala mountains the green hillsides



Snow capped Mauna Kea

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 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.



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KIKK AEDER

*Pololū Valley looking south
to Waipio Valley*

Today, the town of **Kamuela**, more often referred to after its district name **Waimea**, is a town that still surrounds itself with a ranching life-style. 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 **Pololū Valley**, which offers one of the best scenic view lookouts on the island. If the road were to continue on past Pololū 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 Pololū 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 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 Area**. Hapuna's long white sand beach, rolling surf, clear skies, and accessibility make it a popular destination for many island guests. Among the



KIKK AEDER

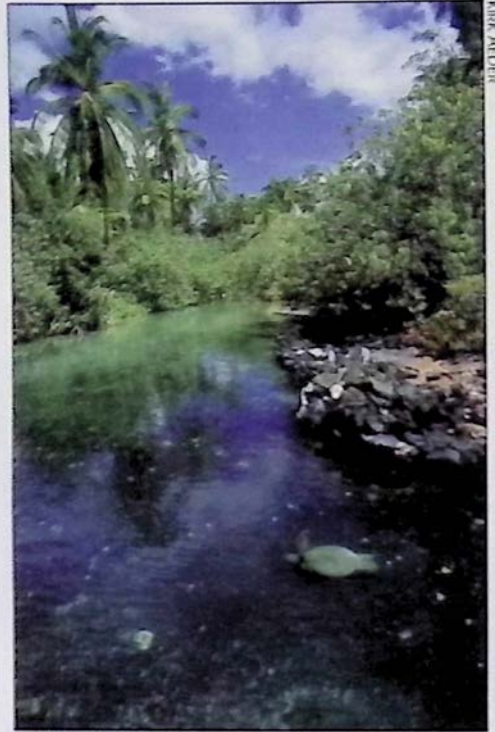
*King Kamehameha statue
in Kapaau*

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 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'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 completion, 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. And it should be added that this petroglyph field runs along side the golf course so keeping a third



Turtle swims at Kihio'o along the Kohala coast.

eye out for flying golf balls would not hurt. Enjoy it all while you wine, dine, and are treated like royalty on the Kohala coast.

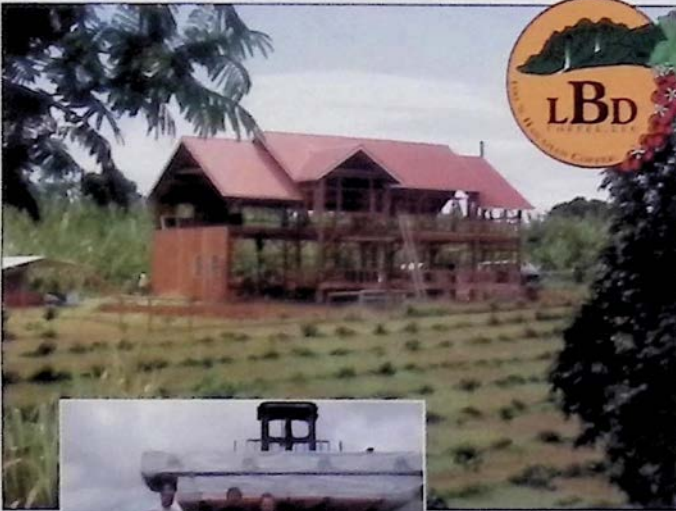
Well... that's our Island. Perhaps the best part of this tour is that you most likely ended up where you began... which is the best place to start your tour again.

Aloooooooooooha!! - Les



From Dream To Reality

Kauai's first timber peg and organic coffee farm



Over the last four months I have experienced some of the most exciting times in my life as giant steps of growth and development have occurred at Blair Estate coffee farm in Kauai. After nearly two years of planning, ground was finally broken in mid-June for the construction of a new multi-purpose timber peg barn that will serve as a coffee processing and roasting facility as well as a home. This building project has proven itself to be not only the greatest challenge but the most rewarding thing I've done in life. I must also add that it wasn't very far into the process that I realized none of this would be possible without the support of family and close friends.

In June the preparation of the frame began with the shaping of redwood timbers shipped in from a small mill in northern California. For over a century in Hawaii, redwood, now a scarce commodity, has proven its natural resistance to decay and termites. It wasn't until I ran across Randy Huffman, an ecology-minded sawyer who operates a wood mill that



specializes in wind-blown and salvaged redwoods, that I decided with clear conscience to build a classic New England style timber peg barn out of redwood on my organic coffee farm. Having been raised in New Hampshire and having lived in Hawaii for the last fourteen years I was looking to compliment an island way of life with a familiar style of building that reminded me of my roots. This barn has lent itself well to both purposes.

Over the course of two months the timbers were slowly sculpted by friend and master timber

pegger, Scott Dorwart of Stowe, Vermont. Despite the prospect of having to leave his wife and two children for nearly three months (something he rarely does) Scott arrived in Kauai to begin work on this exciting project. The challenge that faced him would be the turning of raw wood timbers into the frame work of a barn that would serve many purposes. Having spent a couple of summers in Vermont many years back, laboring with Scott to build his own house, it was during those years that I gained an appreciation for this style of old-world architecture. Mortised and tenoned, drilled and pegged with wood dowels, the barn at Blair Estate was chiselled into a six bent system and created entirely on the ground.

It was in the quiet of the morning on July 14th that we arrived at the farm to see the sun rise. The

pieces of the frame lay on the ground before us. Needless to say nervous anxiety made it difficult to sleep the night before. So much was riding on the concept of everything fitting in perfect order for our timber peg barn to stand up by day's end. But in almost perfect fashion the barn was raised, fitted and joined by the time the sun set. As the daylight exited the barn now stood before us. With so much time spent in preparation it was an incredible feeling to see all



the pieces literally come together. Two days later the rafters and purlins were lifted and set into place and the barn that appeared only in our minds and on paper finally stood before us in real life.

We had come so far on a journey that had begun with a design session with architect Kim Brown of Waterbury Center, Vermont on a snowy night in the far northern reaches of New England; stretched through

Open to the Public in January 2004!

the months of arranging permits, suppliers and subcontractors, and finally led us to this sight -- our barn standing tall with banana trees and Kauai's blue sky in the background.

Thanks to the efforts of my parents the project moved along in great fashion. Bob Drent handled the finances of the building and Kaaren Drent masterfully handled the cooking for the crew so our pace of work was able to continue in a timely fashion. As we were nourished daily by Mom's home cooking she also contributed to our success by handling the constant flow of outgoing coffee orders. Thanks to both of them because none of this would have been possible without their help.



In the midst of all this construction the farm's first coffee cherries began to ripen on the trees. Harvest season was indeed upon us! Handpicking nearly all of this first year coffee was Gigi Nhu who somehow found the time and energy to lend a hand after her long days of teaching math at the local community college. It is a well documented fact that most coffee farms in Kona over the last century were operated in the same fashion. Most families saw moms and dads holding down normal day jobs, the farm work was something that occurred after work or on the weekends. It wasn't until the recent craze for specialty coffee that farming coffee in Hawaii could be seen as anything more than a way to supplement a family's

income.

Also helping to save the day and aid in the maintenance of the farm were five St. Croix sheep that arrived in early June from the Big Island. Bred and raised by fellow organic Kona coffee farmer, Trent Bateman, this variety of sheep do not harm or eat coffee and they continue to go the distance in helping to keep the weeds down on the farm. Besides having great appetites they also produce endless amounts of free fertilizer!



While construction is scheduled to end by Christmas, Blair Estate coffee farm is scheduled to be

open to the public for free farm tours and tasting in 2004. If you plan on visiting the island of Kauai we invite you to stop by and sample and see first hand Kauai's proud new addition to the world of organic coffee. We hope to see you soon! Aloha

To order coffee or for more information on Blair Estate's organic coffee farm and a lot more pictures of our progress you can visit us at www.blairstatecoffee.com

Photos counterclockwise from top left: Midway in the construction at Blair Estate, Bob, Les and Scott and the arrival of the redwood, Scott sculpting the frame, left to right: Devin, Scott,

Les and Glen after a day of barn raising, Kaaren Drent and the St. Croix sheep, Gigi Nhu picking coffee, and Kim Brown (VT) and Peter Inglis (CO) landing a big hand in building.



Coffee Times

100% PURE KONA COFFEE

The Finest Coffee in the World!



Grown since 1828 Kona Coffee is widely acclaimed as the world's finest. Along with a perfect growing environment the entire Kona coffee crop is still hand picked and sun dried. 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 "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." What sets *Coffee Times* Kona coffee apart is that we personally roast and ship your coffee to order only. And we have found that this personal service makes all the difference in the world. We invite you to give us a try and become a member of our coffee loving family of customers.

Today, coffee pickers from Mexico help local farmers to hand pick the ever increasing Kona coffee crop. Miguel A. Meza Mosqueda is pictured here.

ALL COFFEE IS FRESH ROASTED TO ORDER ONLY.

(please specify medium, or dark roast with each coffee ordered)

100% 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.

\$26.00 lb. \$125.00 5 lbs. \$240.00 10 lbs.

100% KONA EXTRA FANCY

The highest grade of 100% Kona coffee available. The large size and high density of these beans all contribute to an exceptional taste in the cup. This is a highly sought after bean among the world's coffee connoisseurs.

\$26.00 lb. \$125.00 5 lbs. \$240.00 10 lbs.

100% 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 including this roaster to be the best whole bean coffee available in Kona.

\$25.00 lb. \$120.00 5 lbs. \$230.00 10 lbs.

100% KONA PRIME

Like all of our coffees the Kona Prime selection is a State of Hawaii Certified grade. The beans are a bit smaller in size but they still measure up to be one of the finest coffees in the world.

\$24.00 lb. \$115.00 5 lbs. \$220.00 10 lbs.

Coffee Times

100% ORGANIC HAWAIIAN COFFEES

100% Blair Estate Organic Kauai Coffee

Organically grown, hand picked, fermented and sun dried this "Estate Grade" coffee is the product of both labor and love. Offering a completely different and unique taste this coffee has exceeded all of our expectations. Wait until you try this coffee!

\$27.00 lb. \$130.00 5 lbs. \$250.00 10 lbs.

100% Wood Valley Organic Coffee (EXTRA FANCY GRADE)

Grown in the district of Ka'u on the Big Island this coffee meets the strict standards of the Hawaii Organic Farmer's Association. Handpicked, sun dried this coffee measures up in the cup when compared to Kona.

\$27.00 lb. \$130.00 5 lbs. \$250.00 10 lbs.

Other 100% HAWAIIAN COFFEES

100% PURE "ESTATE RESERVE" KAUAI COFFEE

(Decaffeinated Coffee is Available)

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. This coffee is the "best of the best" of what's grown on Kauai!

\$17.00 lb. \$80.00 5 lbs. \$150.00 10 lbs.

100% KAUAI "ESTATE RESERVE" PEABERRY

Kauai's version of the highly sought after peaberry coffee bean. Growing in popularity Kauai peaberry offers drinkers a unique twist to an already exceptional cup of coffee from Kauai.

\$17.00 lb. \$80.00 5 lbs. \$150.00 10 lbs.

100% PURE "MALULANI ESTATE" MOLOKAI COFFEE

The name "Malulani" the Hawaiian word for "heavenly aroma," refers to the unique aromatic characteristics of Molokai coffee. Washed and completely sun dried this Extra Fancy (highest) grade of coffee has a mild acidity, rich body, and deep tasting finish.

EXTRA FANCY GRADE

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Anthurium, Ginger, Bird of Paradise, Heliconia, Protea and Orchids combine to make these mixes extraordinary. Selections will vary depending on the season, which may be the reason they are so popular.

Princess Ka'iulani

\$49.00 (10-12 stems)

Queen Lili'uokalani

\$65.00 (15-17 stems)

The Makahiki Selection

\$90.00 (26-28 stems)



Queen Lili'uokalani Mix



*Red Kozo Hara
Anthuriums*



*Lavender Supreme
Dendrobium Orchids*



*Ivory Mink, Pink Mink,
and White Owl Protea*

LEIS

Plumeria Leis

Full of fragrance these flowers embody the tropical smell of our Hawaiian Islands.

\$47.00 (1 double or 2 single leis)

Orchid Leis

A Hawaiian tradition the orchid lei is a wonderful gift of aloha for all occasions.

\$49.00 (1 double or 2 single leis)

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Dendrobium Plant

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Pineapple

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Heliconia*



Pink and Red Ginger



Bird of Paradise

Coffee Times

100% HAWAIIAN FOODS & GIFTS



100% Kona Macadamia Nuts

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

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

Washed 100% Hawaiian Cane Sugar

Our sugar is 100% pure Hawaiian and will compliment your coffee or baked goods like no other. It is the best and most natural sweetener in the world.

\$5.00 lb. \$22.50 5 lbs. \$40.00 10 lbs.

100% Organic Hawaiian Wild Flower Honey

Our 100% Hawaiian honey is raw and unprocessed and some of the cleanest on earth and is collected from hive locations around the island of Kauai.

\$7.00 lb. \$18.00 3 lbs. \$33.00 6 lbs.

Organic Spirulina Pacifica Tablets

Grown in Kona, 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.

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

Shipping weight is 1 pound per bottle

Chocolate Covered 100% Kona Macadamia Nuts

100% Kona Macadamia Nuts draped in rich gourmet dark chocolate.

\$9.00 8 oz. \$17.00 1 lb. \$80.00 5 lbs.

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Medium roasted 100% Kona Peaberry coffee beans draped in rich gourmet dark chocolate.

\$9.00 8 oz. \$17.00 1 lb. \$80.00 5 lbs.



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Coffee Times



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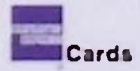
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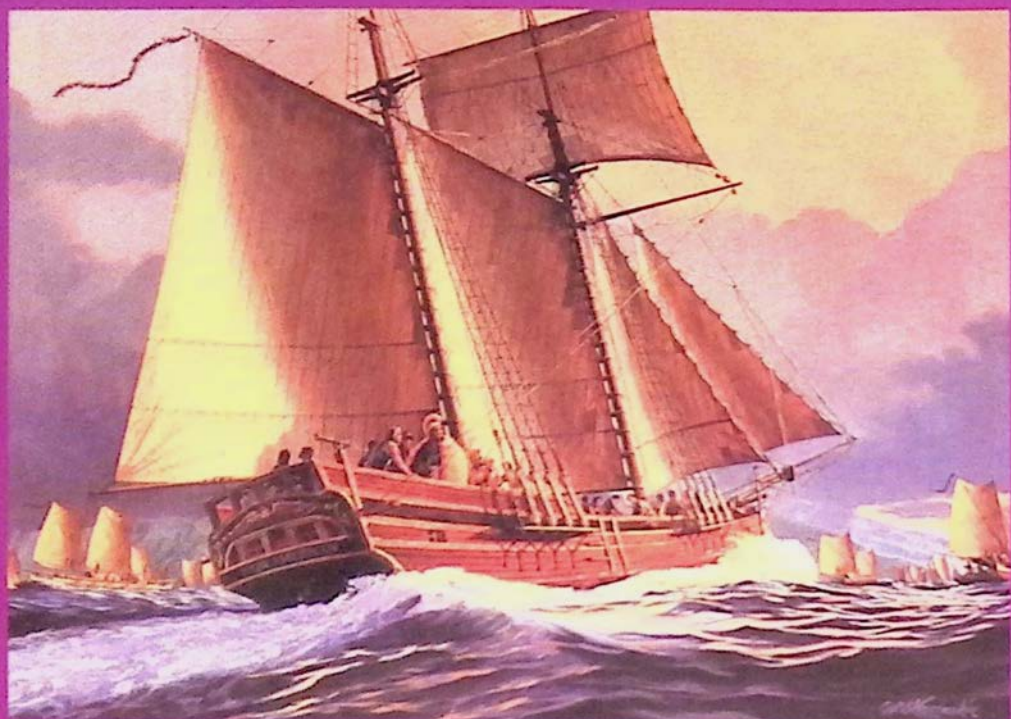
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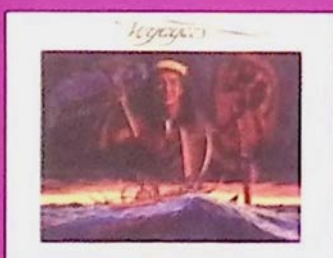
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