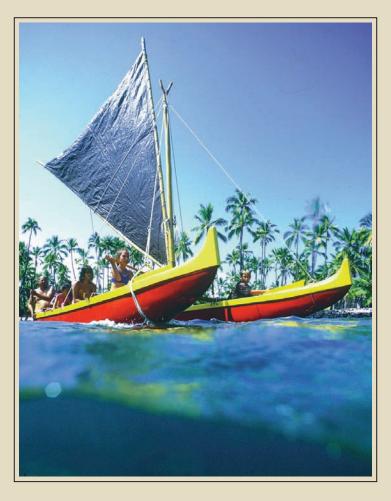
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YOUR GUIDE TO THE BIG ISLAND OF HAWAII



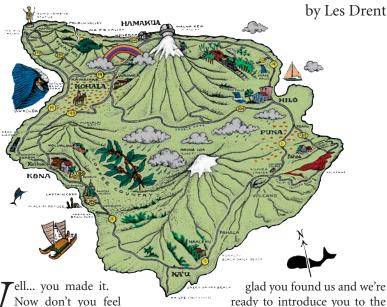
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GUIDE TO OUR ISLAND



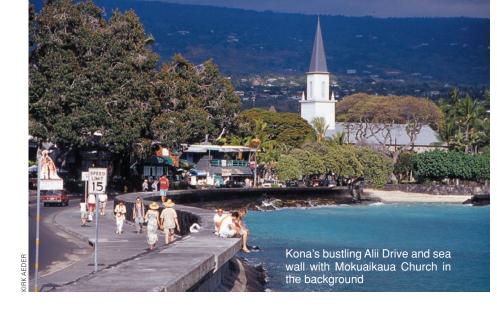
Now don't you feel good? If you are looking for a little direction follow me and I'll guide you around our island paradise.

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

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 vou meet.

real Hawaii.

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, 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 Hawai'i 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, some of Hawaii's youngsters can be seen in the courtyard under the shade of giant banyan trees practicing hula under the direction of a kumu hula (teacher of hula). Later in the nineteenth century Kailua was a village that was used primarily as a sea port for shipping cattle, coffee and sugar off island. Most of the population in Kona lived in the mountainside towns between Honaunau and Holualoa along a stretch of road still called Mamalahoa Highway. The town of Kailua, for the most part, was always a sleepy kind of village. Up until the early 1970's the population was no more than 700 people, today the population of Kailua is around 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 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.

olualoa

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.

Make it a point to wander up for a



Honaunau's Painted Church

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 Kealakekua Bay, the spot where the famous English explorer Captain Cook met his fate in 1779, South Kona will keep the historically minded visitor busy weaving their way through its network of mountain roads.

Coffee first came to Kona in 1828 when the Reverend Samuel Ruggles brought plant cuttings to Kealakekua. The early Japanese farmers cultivated many of Kona's first farms and engineered the system of milling and processing this prized coffee.

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

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

Ka'u

If you are actually travelling in the 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



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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 peridot if you 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 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 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**.

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



The endange red nene (Hawaiian goose)

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 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

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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 **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 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



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tonokaa & ⊢ lamakua

In the old days, during the earlier part of the twentieth century, it was quite a trip to cross the deep coastal ravines be-

fore 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 definetely 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 Val-

ley, "the land of the falling water", that the great King Kamehameha, as a young boy, received 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.



Waipio Valley plays host to taro farms, waterfalls, and a beautiful beach. The ride down is 4WD only or by foot.

Between snow capped Mauna Kea and the Kohala mountains the green hillsides of North Kohala roll along under wispy white clouds, and afternoon rainbows that frequently stream their way from the skies above Waimea. Inside this landscape herds of grazing cattle can be seen meandering their way

through sloping pastures filled with cactus and dry underbrush as Hawaiian cowboys called paniolos still ride horseback and work the ranges.

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

ing 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 particularly favorite spot for our migrating friends from the north.



Pololu & Valleys span the north eastern shore of the Big Island. Unpassable by car this land is accesible by foot only.

Come and enjoy this peaceful region of Hawaii. You will be amazed at the ancient and modern wonders it has in store for you.

K ohala Coast

Almost always under bright sunny skies the Golden Kohala Coast of the Big Island of Hawaii has for years been the tropical playground of not only ancient Hawaiian royalty but contemporary vacationers from around the world. The Kohala coast which hosts many important historical sights is also home to one of America's most highly rated public beaches, Hapuna Beach State Recreation Area. Hapuna's long white sand beach, rolling surf, clear skies, and accessibility make it a popular destination for many island guests. Among the ebony lava fields that comprise the Kohala Coast landscape are several world renown championship golf courses. From the air or from a distance the green fairways that blanket this rugged terrain soften its 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 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.

Aloooooooha!! ~ Les



by George Yasuda

There are several pertinent things to consider when growing Kona Coffee optimally:

- 1) Types of fertilizers, soil amendments, and the pros and cons of different fertilizer ingredients.
 - 2) Elevation range that coffee does well in.
- 3) Irrigation, and the strong benefits and economics behind it.
- 4) Different varieties, grafted coffee versus non-grafted, and the pros and cons.
 - 5) Hints on improving bean quality.
- 6) Why is one farm affected with pests and poor production and a neighboring farm not?
- 7) Ground covers to use, and their pro and cons.
- 8) What type of land to avoid for coffee, and how to correct poor land conditions.
- 9) The importance of installing the coffee orchard right for decades of high quality production.

FERTILIZERS

ertilizers are identified by a three-number formulation, such as 20-4-11 for Coffee Booster. These numbers respectively correspond to the amount of Nitrogen, Phosphorus, and Potassium found in the fertilizer. Nitrogen is for vegetative growth, Phosphorus is for root growth, and Potassium is for plant quality and fruit development. Proper proportions of the three are crucial for sustaining a healthy coffee orchard. For example, too much nitrogen will cause trees to become too vegetative, and bear less berries. Other nutrients also essential for coffee to grow properly are Calcium and Magnesium. Calcium is important for overall plant

quality, reducing acidity, and improving bean size. Magnesium is important for the same reasons, as well as being an essential part of chlorophyll. Iron, zinc, copper, sulfur and several other nutrients are also important to a healthy coffee plant.

There are several things to watch out for when choosing fertilizers. It is best to avoid chlorine based ingredients such as potassium chloride, because this can suppress healthy coffee growth. Urea is also not a preferred ingredient in fertilizers for coffee. In Kona soils, too much boron can prove to be phytotoxic. It is also crucial to be aware that too much of a particular nutrient can be worse than too little. Take phosphorus for example, too much phosphorus in soils such as Kona's can lead to many problems including iron and zinc deficiencies.

It is important to know what is needed by the coffee plant, as well as what is not needed, and a proper diagnosis is essential for the future health of an orchard. For example, a 70 acre orchard with poor production and tree health was misdiagnosed by consultants to be infested with nematodes and other problems. As a result, most of the trees were going to be bulldozed and removed. On the other hand, George Yasuda diagnosed the same orchard as having too much phosphorus, and implemented remedial steps which dramatically turned the trees around within 1-1/2 months. In that same year, production increased at least twofold. More importantly, it is vital to take the proper steps right from the beginning and not cutting corners. This will cost less in the long run and result in higher production, tree life, and quality.

For a diagnosis, please contact George Yasuda at tiarelc@yahoo.com. He is a former UH Assistant County Agent, and a former University of Hawaii Researcher specializing in coffee. He has co-authored a pictorial UH publication on Kona Coffee, has grown high quality, first class

coffee orchards of his own, and also helps others install the finest, healthiest, award-winning Kona coffee orchards.





Left: Coffee roots shows phosphorus deficiency vs. correct levels of P.

Middle: Shows Iron deficiency which immediately leads to poor tree growth and loss of tree.

Right: Zinc deficiency leads to same results as iron deficiency.



■ Shade tree to far right use to be healthiest, biggest shade tree. Less than one year after installation of coffee and proper nutrition, shade trees to the left became greener, healthier, and taller. Proper coffee nutrition is extremely important.



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> us help you develop your farm into a top producer of high-quality Kona coffee today.



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- Family owned small business
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- No guesswork, proven methods

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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



BY BRADFORD P. JONES • PHOTOGRAPHS BY TOBY HOOGS



The word 'aha'aina, which translates "gathering for a meal" is where it begins.

For ancient Hawaiians, food was quite precious, and gathering for a meal to share their bounty with friends, family, or an entire village was a sign of good will to one another. 'Aha' aina was the way the Hawaiians chose to celebrate or pay tribute. People came together to



celebrate momentous occasions such as victory in war, completion of a canoe, a successful harvest, the birth of a child, or other personal milestones. 'Aha'aina kahukahu was a feast honoring a craftsman at the completion of their first work. 'Aha'aina ho'okipa honored 'ohana (family) returning home after a long absence. The rituals and foods of the early 'aha'aina were extremely symbolic to ancient Hawaiians, and the event was meant as a way to unite those who participated in it. Each food eaten at the celebration had a meaning. Some foods represented strength or courage, while others were indicative of other goals, virtues, or aspirations that participants were seeking to obtain.

In ancient Hawaii, men prepared the food and ate their meals apart from women. Commoners and women of all ranks were also forbidden to eat certain delicacies. Pork, bananas, coconuts, and certain fish were among the foods that were kapu (forbidden) to women. King Kamehameha II abolished these laws and many others in the year 1819. He validated this change in tradition by having a symbolic feast where men and women were not only able to eat together, but to share the same food. At this feast one of the main dishes involved wrapping chicken in the young leaves of the taro plant and baking it in coconut milk. This dish was called 'Luau' and as a result of its being one of the main courses, the feasts themselves came to be called 'Luaus.'

The traditional luau feast was eaten on the ground. Lauhala mats were rolled out and a beautiful centerpiece was made of ti leaves, ferns and native flowers and laid the length of the mat. Bowls filled with poi, a staple of the Hawaiian diet made from pounded taro root, and platters of meat were set out, and dry foods like sweet potatoes, dried fish or meat covered in leaves were laid directly on the ti leaves. Utensils were never used at a luau, instead everything was eaten with the fingers. Poi of various consistencies was referred to by the number

Above: Men prepare an imu (ground oven) for the celebration feast

Left: Bowls are filled with poi, sweet potatoes, and dried fish. All staples in the Hawaiian diet.



Above: Over the years items like lomi, lomi salmon were added to the luau menu.

Below: Tahitian fire dancers spiced up the commercial appeal of the luau for island visitors in Hawaii.



of fingers needed to eat it... three finger, two finger, or the thickest, one finger poi.

Royal luaus tended to be elaborate. One of the largest ever was hosted by Kamehameha III in 1847. The list of foods prepared included 271 hogs, 482 large calabashes of poi, 3,125 salt fish, 1,820 fresh fish, 2,245 coconuts, 4,000 taro plants and numerous other delicacies. The Hawaiians cooked using an underground oven called an 'imu'. They would begin by digging a shallow pit and line it with sand and mats. A fire was started and lava rocks were added. When the rocks became red hot, they were arranged in the bottom of the imu, and several rocks placed inside the body cavity of the pig. A layering of banana stalks, pig, damp banana leaves, and damp mats were then sealed with several inches of sand. The steam from the rocks, mats, stalks and leaves would slow cook the meat for the entire day of the feast, producing mouth-watering morsels of cooked pork.

Today's luaus are still a celebration of life. A time to share traditional foods, enjoy songs and dances of early Hawaii, and to give thanks to family and friends. Commercial luaus are performed at many venues around the island with Hawaiian music of the ukelele, fire dancers, and Hawaiian hula dancers moving with the style



and grace of the ancients to the sound of drums and chants. And of course, there is plenty of food. These luaus generally begin at dusk beneath the stars and swaving palms, and include flower or shell lei greetings, mai tais, traditional poi dishes, and Kalua Pork. Rumor has it, they also provide eating utensils for the poi.

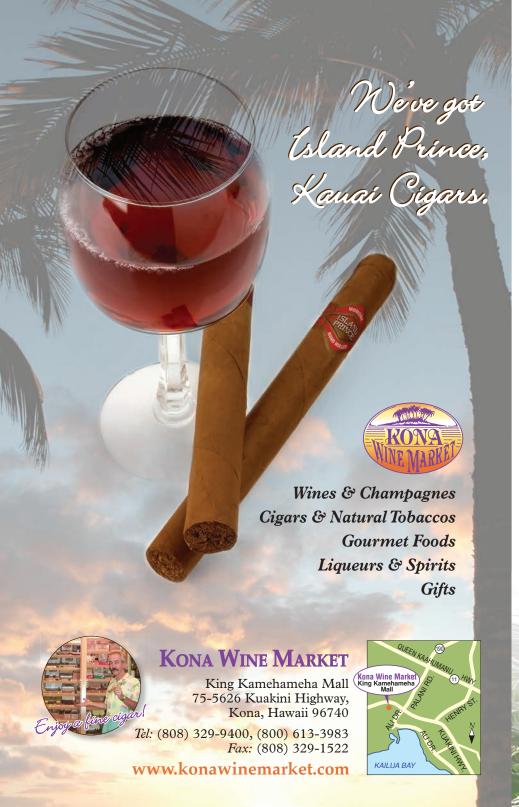
When Captain Cook arrived in Hawaii in 1779, the Hawaiian people had been dancing hula for centuries. Hula was danced more by men than women as part of their religion. The men and women did not wear grass skirts, the women wore skirts made of kapa cloth, or the men wore a malo (loincloth). Later, when the missionaries arrived in the 1830's, they were shocked by the open dancing, and it was outlawed. King David Kalakaua is credited with the rebirth of this traditional art form when, in the 1870's, he encouraged hula practitioners to resume the custom. In this favorable era, hula practitioners merged Hawaiian elements of poetry, chanting, dance movements, and costumes to create a new form. the hula ku'i (ku'i means "to combine old and new"). The Hawaiians have been dancing hula ever since.

In the end, luau means feast, and celebration, and nourishment, and life, and music, and dance, and love. It is the true experience of 'aloha'.



Top: Men remove hot, damp banana leaves from the imu. Banana stalks and leaves were used to wrap the pig during cooking.

Above: A girl graces the stage with a hula during a luau celebration.



A Luxury Product is Born in Kauai by Les Drent

ere at LBD Coffee, we have been growing fine, rich-flavored coffee for well over a decade. Diversification and expansion are part of the intrinsic spirit of LBD, and our love of great cigars led us to investigate the art of cigar making. Cigars are a luxury product that is meant to stand apart in an aura of prestige and refinement. Therefore, the search began for the best tobacco seed we could find. An old generation Cuban Pinar- del Rio seed was obtained from a friend in Miami, producing the classic broad leaf cigar tobacco so valued in Cuban cigar production. Also grown on our farm are Cuban origin Habano, Habano 2000, and Criollo 98 seed, which adds to the unique character of our cigar blends. We also obtained Connecticut Shade, which has been growing for years in Ecuador. Starting tobacco seeds can be a challenge, but Kauai's summer climate is similar to Cuba's, and our tobacco plants are thriving in these hot humid conditions. Our almost year round growing season begins in March and runs all

▼Les holding a hand of cured Kauai tobacco leaves prior to being shipped to Nicaragua for cigar production. This leaf happens to originate from old generation Cuban Pinar Del Rio seed.



the way to the end of November, allowing us to plant and harvest three crops of tobacco per year.

During the growing months the tobacco must be suckered, and flowers removed so that the leaf production on the plant is maximized. During harvest the leaves are selectively chosen from different portions of the plant at peak ripeness. The strongest tobacco is the *Ligero* (from the top of the plant), while the Seco (from the middle) provides texture and taste, and the Volado (bottom leaves) serve as mild filler for the cigars. Each leaf must be mature and intact at the time of harvest. Leaf picking begins at the bottom of the plant and works upwards at a rate of 3 leaves per week. In all a total of around 18 leaves per plant are harvested over an estimated 6 rounds of harvest.

After harvesting, the leaves are then dried, transforming the tobacco's chlorophyll into starches. At Blair Estate we have chosen the technique of slow-drying the leaves in a climate controlled barn preserving the essence of the leaf. This slow curing and drying of the leaves lasts four to eight weeks making sure the tobacco never completely dries out. The leaves must remain pliable before being moved to the next step of production.

While it took nearly 6 months to obtain a federal permit to manufacture and sell cigars it took us only one week to conclude that this would no longer be a fun and entertaining hobby or business. Reporting, bi-monthly federal taxes, and a whopping monthly 40% Hawaii wholesale tax made it financially impossible to hand make these cigars in Hawaii. Amaz-

► Les Drent and Victor Calvo inspect a couple of rested Island Princes

ingly though, these roadblocks opened up a new road to success. While looking for a solution to the problem we were introduced to a valuable contact based in Nicaragua that would be able to manufacture our premium tobacco into cigars.

tobacco nce our reaches Nicaragua it is fermented in bulks. transforming starches into sugars, and allowing the tobacco to become sweeter and finer in flavor. Our leaves are fermented for 4-6 weeks where the careful regulation of humidity and temperature "sweats out" impurities that can cause harshness in flavor and scent. After fermentation, the leaves are aged in boxes of heavily scented Spanish cedar. Tobacco takes on character while aging, breathing in the air around it, and taking on a smoother scent and flavor. Our dark wrapper cigars are a full bodied smoke and boast flavors like chocolate, and caramel. Our light wrapper cigars are a medium bodied smoke and boast flavors like vanilla and wheat. We are receiving high praise for the smooth taste and fragrance resulting from our exclusive aging methods.

At a small and personal factory in Nicaragua our Kauai tobacco is hand rolled into cigars, draw tested, and lovingly packed into fine wood boxes lined with Spanish cedar. Once the cigars have rested they are imported back into the United States and ultimately back to Kauai, ending its journey in becoming a prized cigar.

The diligent work, and careful attention during every step of cigar construction is clearly evident in the amazing quality of these Island Prince Cigars. Each and every cigar is hand inspected, and draw tested before it leaves the factory floor. And, as with all of our products, we personally guarantee the quality of our cigars or your money back. Without the effort of those who work and build our Kauai cigars in Nicaragua, Kauai Cigar company would never be possible.

When asked how we are able to produce such smooth and rich tasting cigars our response is the same we give for the coffee. It is a labor of true love, and because we personally oversee every step of the process it becomes possible to create an exceptional cigar. Currently our cigars are sold only in Kauai and a few select outer-island locations. The Kauai Cigar Company also offers you the chance to purchase Island Prince cigars online at coffeetimes.com. The Island Prince is a 50 ring, 5.75 inch, Toro size cigar.

Please stay tuned as we will bring you more photos and information about these Kauai Cigars.



Hawaii Retailers

Lihue

Kauai Products Store • 246-6753

The Wine Garden • 245-5766

Seven Seas Trading Company, LLC • 632-2200

Kauai Lagoons Golf Course • 245-5050

Kapaa

Java Kai Kapaa • 823-6887

Wailua Golf Course Pro Shop •246-2793

Kilauea/Princeville

Mango Mamas • 828-1020

Prince Golf Course Pro Shop at the Princeville Resort •826-5007

Hanalei

Java Kai Hanalei • 826-6717

Koloa/Poipu

Kukuiula Store, Inc • 742-1601

The Wine Shop

• 742-7305 Joe's on the Green • 742-9696

Poipu Sundry Shop Marriott Hotel

OAHU

Honolulu

Cigar Cigar • 591-0808

BIG ISLAND

Kailua-Kona

Kona Wine Market • 329-9400

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Lahaina

Sir Wilfred's • 661-0202

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An Island Prince is Born.

Kauai Cigar Company proudly resumes a tradition of growing fine Hawaiian tobacco.

A tribute to the Hawaiian Tobacco Growers of 1904-1907



ISLAND PRINCE [MOMONA]

These Kauai cigars are the result of growing, fermenting, aging, and hand rolling some of the finest tobacco in the world.

Without the use of synthetic additives for flavor, these cigars are comprised of all natural tobacco, and made entirely by hand.

SURGEON GENERAL'S WARNING: Tobacco Use Increases the Risk of Infertility, Stillbirth and Low Birth Weight.



808.822.4495 www.kauaicigar.com

100% PURE KONA COFFEES





\$145 00 /5 lbc

\$135.00 /5 lbs.

\$260.00 / 10 lbs.

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 Mozqueda is pictured here.

ALL COFFEE IS FRESH ROASTED TO ORDER ONLY.

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

aly great and work rare coffeel These coffee trees are grown 100%

A truly great and very rare coffee! These coffee trees are grown 100% naturally and without the aid of synthetic herbicides, pesticides and fertilizers. This estate grown certified organic 100% Kona Coffee is hand picked, sun dried and fresh roasted to order only. Taste the organic difference!	\$145.00 / 5 lbs. \$280.00 / 10 lbs.
100% Kona Extra Fancy	\$27.00 /lb.
The highest grade of 100% Kona coffee available. The large size and high	\$130.00 /5 lbs.
density of these beans all contribute to an exceptional taste in the cup.	\$250.00 / 10 lbs.
This is a highly sought aft er bean among the world's coffee connoisseurs.	
100% Kona Peaberry (#1 Grade)	\$27.00 / <i>lb</i> .
Peaberry Kona coffee offers connoisseurs one of the finest and perhaps	\$130.00 /5 lbs.
rarest coffee beans in the world. Only an estimated 4 percent of the annual Kona coffee harvest yields a Peaberry grade of coffee. Peaberry	\$250.00 / 10 lbs.
occurs when a coffee tree is stressed in its growing environment, result-	
ing 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.	
100% Kona Decaffeinated	\$28.00 /lb.

A tough find indeed! We are now selling Swiss water processed 100%

Kona decaffeinated coffee. A great alternative for those seeking the

taste of true Kona without the caffeine.

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 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 by our friends at Kauai Coffee Company!

\$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.

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

\$18.00 /lb. \$85.00 /5 lbs. \$160.00 /10 lbs.



Blair Estate Kauai <u>Organic</u> Arabica Coffee available only while it lasts! This is our pride and joy. A very limited supply \$40.00 lb \$195.00 5 lbs. \$380.00 10 lbs.

Blair Estate Organic Kauai coffee is a coffee that rivals the world's best! Hand picked, fermented, sun-dried and roasted fresh it is the result of both love for great coffee and hard labor. This coffee has a rich and complexing body, a very mild and smooth finish and virtually no after taste! It is organically grown in Kauai's deep and abundant soil and receives a near perfect mix of natural rain and sun. No synthetic herbicides, pesticides or fertilizers are used and it is certified organic. Blair Estate Organic coffee promises to be unlike any other you've had.









100% HAWAIIAN FOODS AND GIFTS



	WASTED SINCE
100% Kona Macadamia Nuts	\$15.00 /lb. \$70.00 /5 lbs. \$130.00 /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 sweetner in the world.	\$5.00 /lb. \$22.50 /5 lbs. \$40.00 /10 lbs.
100% Organic Hawaiian Wild Flower Honey	\$7.00 /lb. \$18.00 /3 lbs. \$33.00 /6 lbs.
Organic Spirulina Pacifica Tablets \$27.00 (4) 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. Shipping weight is 1 pound per bottle.	
Chocolate Covered 100% Kona Macadamia Nuts	\$9.00 /8 oz. \$17.00 / lb. \$80.00 /5 lbs.
Chocolate Covered 100% Kona Peaberry Coffee Beans Medium roasted 100% Kona Peaberry coffee beans draped in rich gourmet dark chocolate.	\$9.00 /8 oz. \$17.00 / lb. \$80.00 /5 lbs.
Guava Jam	\$6.00 (12 oz.)
Papaya Pineapple Preserves Made on the island of Kauai this 12 ounce preserve consists of all natural ingredients (sugar, pineapple and papaya puree). Shipping weight is 1 pound per bottle.	\$6.00 (12 oz.)
Lilikoi Butter	\$6.00 (6.5 oz.)

100% HAWAIIAN FOODS AND GIFTS



Made on the island of Kauai this 6.5 ounce butter consists of all natural ingredients (sugar, butter, pineapple concentrate, eggs, lemon juice, margarine, pineapple juice, pectin, and xanthan gum). Shipping weight is 1 pound per bottle.

These Kauai cigars are the result of growing, fermenting, aging, and hand rolling some of the finest tobacco in the world. Without the use of synthetic additives for flavor, these cigars are comprised of all natural tobacco, and made entirely by hand.

Our LIGHT wrapper cigars are a medium bodied smoke and boast flavors like vanilla and wheat. Our DARK wrapper cigars are a full bodied smoke and boast flavors like chocolate and caramel.

Please specify light or dark. Shipping weight: 1-18 is 1 lb.

No mail order sales within the State of Hawaii. Call us for ordering information or to find a Hawaii retailer.

SURGEON GENERAL'S WARNING: Cigars are not a safe alternative to cigarettes.

\$35.00 (Box of 3) \$65.00 (Box of 6, available in a mix of 3 light and 3 dark cigars) \$180.00 (Box of 18)





Aero Press \$35.00

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(Monet Style and Unbreakable)

\$45.00 (8 cup / 30 oz.)

Arguably the best way to make a cup of coffee and the way we make our morning cup on the farm. All you need is hot water and coffee. Plunge and pour the best coffee on earth... 100% Coffee Times! FREE SHIPPING TO ANYWHERE IN THE U.S.





A Cup of Aloha by Gerald Kinro\$20.00

A wonderfully written portrayal of the history behind Kona coffee. Born and raised on a coffee farm in Kona, Kinro paints a vivid picture of what life was and continues to be like on a coffee plantation in Hawaii. Kings, Queens, affairs and pirates the author captures it all within this book. The book is filled with many great photos and even a reference to Coffee Times! Shipping weight is 1 pound per book.

100% HAWAIIAN FOODS AND GIFTS



Coffee Times Cartoon Shirt\$15.00

Our logo on the front and the funny anti-counterfeiting cartoon on the back. Natural, Vegas Gold or Ice Grey, S, M, L, XL *Shipping weight is 1 pound shirt.*



Coffee Times Decorative Tank Top.....\$18.00

Beautiful floral "Coffee Times, Kauai, Hawaii 100% Hawaiian Coffee" art printed on the front of this shirt. Lavender or White. S, M, L, XL

Shipping weight is 1 pound per tank top.



Coffee Times Label Tee Shirt \$18.00

Four color Coffee Times, Kauai, Hawaii label in large print on rear of shirt with logo on the front. Night Blue or Chestnut. M, L, XL, 2X

Shipping weight is 1 pound per tee shirt.



Coffee Times Men's Polo Shirts \$25.00

Coffee Times logo and words FRESH ROASTED SINCE 1993 KAUAI, HAWAII embroidered on front left chest. Navy, Sport Grey or Putty. M, L, XL Shipping weight is 1 pound per shirt.

Coffee Times Lady's Sleeveless Polo Shirts \$25.00

Decorative coffee branch and Coffee Times, Kauai, Hawaii embroidered on front left chest. Lavender or White. S, M, L, XL Shipping weight is 1 pound per shirt.

Coffee Times Baseball Cap \$20.00

Stone washed this baseball cap has the Coffee Times logo embroidered over the bill and FRESH ROASTED SINCE 1993 KAUAI, HAWAII embroidered on the rear. Khaki or Steel Blue

Shipping weight is 1 pound per cap.

Coffee Times Ceramic Mug.....\$10.00

Four color Coffee Times label printed on an attractive 10oz. coffee mug. *Shipping weight is 1 pound per mug.*

Coffee Times To Go Coffee Cup......\$16.00

Stainless Steel travel mug with Coffee Times Logo printed in black *Shipping weight is 1 pound per mug.*

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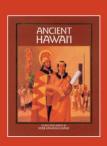
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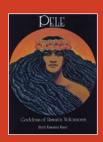
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Now Offering 3 Books by Herb Kawainui Kane







Words and images by Herb Kawainui Kane can be found in his 2 books Ancient Hawaii and Pele. Both books are illustrated with Herb's inspirational paintings and include myths, legends, and history of Hawaii and the South Pacific. Artist signed copies of these books can be purchased exclusively through Coffee Times.

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