

FRESH CHOICE HAWAIIAN HARVEST

WHICH HAWAI'I GROWN FRUITS AND VEGETABLES ARE YOUR FAVORITES?



Asparagus



Avocado
Pea



Banana
Mai'a



Breadfruit
'Ulu



Cantaloupe
Ipu 'Ala



Cucumber
Ka'ukama



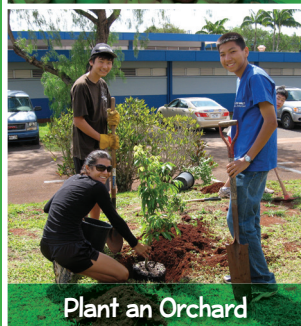
Dragonfruit,
Pitaya



Green Beans
Pāpapa



Buy Local



Plant an Orchard



Connect with Culture

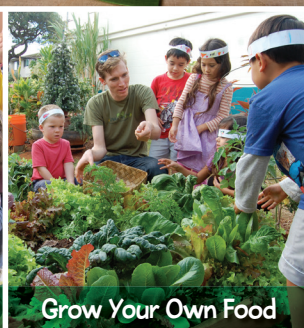


Celebrate
the Bounty of
Hawai'i!

Photos provided by Anthony Ching, Shutterstock, Kōkua Hawai'i Foundation, Limahuli Gardens, Mel Sumida, and Lloyd Nakamura



Try a New Snack



Grow Your Own Food



Nourish the Soil



Cook with Friends



Drink Your Veggies



Watermelon
Ipu Wai, Ipu Haole



Watercress
Lēkō



Tomato
'Ōhi'a, 'Ōhi'a Lomi,
Komako



Taro
Kalo



Tangerine
'Alani Pākē



Sweet Potato
'Uala



Strawberry
'Ōhelo Papa



Star Fruit
Hua Hōkū



Guava
Kuawa



Honeydew
Ipu Kēhau Hone



Lychee
Laikī



Mango
Manakō



Orange
'Alani



Papaya
Mikana, He'i



Passionfruit
Liliko'i



Pineapple
Hala Kahiki



Rambutan



Spinach
Lū'au Haole