

## A Guide To Hawaii's Farmers Markets

There's no better way to experience the amazing cultural diversity of the Hawaii Islands than to visit one of the many farmers markets that take place all around the islands, boasting local food, fresh produce and handmade crafts.



In Oahu, the most popular island for Kiwis, there's a variety of markets to choose from, selling goods such as North Shore beef, Manoa honey, Kahuku corn, Waialua chocolate and Waimanalo greens. Highlighted markets include the Honolulu Farmers Market on Wed at Ward Ave 1600-1900; Hyatt's Farmers Market in Waikiki every Thu 1600-2000; and North Shore Country Market off the Kamehameha Highway every Sat 0800-1400.

### ... Maui

One of the best markets in Maui is said to be the Upcountry Farmers Market, found at Pukalani Longs Drugs in Kulamalu every Sat morn-



### Mixology Month

International Market Place's Mixology Month is returning this Jul, with a host of libations from the mixologists of the Grand Lanai restaurants and The Street Food Hall by Michael Mina. Highlights include cocktail and pupu (appetisers) airings for USD12 at participating locations, the crowd favorite Battle of the Bartenders showdown and new, interactive mixology classes. See [shopininternationalmarketplace.com](http://shopininternationalmarketplace.com)

ing. The market is known for its diversity, with highlighted produce including local banana bread, passionfruit butter and fresh fish. Other options for clients in Maui include the Maui Mall Farmers Market and Craft Fair at Kaahumanu Ave Tue-Thu 0700-1600, and the Farmers Market of Maui-Honokowai at Hawaiian Motors lot Mon, Wed and Fri 0700-100.

### ... The Island Of Hawaii

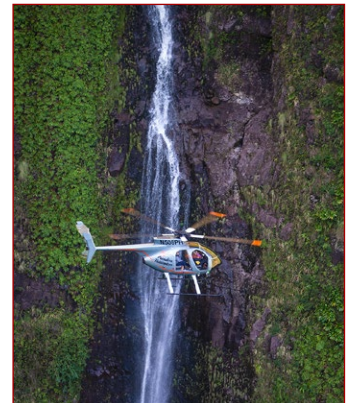
Hawaii's biggest island has an array of farmers markets on offer throughout the island. In Kona there's the Hilo Farmers Market on Wed and Sat 0600-1600 in downtown Hilo. It features more than 200 vendors selling local produce, flowers, plants, crafts, baked goods, and food. Also highlighted is Puna's Volcano Farmers Market on 0600-1000 on Sun, boasting local produce, baked goods, preserves and crafts and Kailua Village Farmers Market on Wed though Sun 0700-1600.

### ... Kauai

For clients heading to Kauai, recommend the Hawaiian Farmers Of Hanalei Market. It offers locally grown fruits and vegetables, culinary treats and art and crafts from local artists. It's open every Sat 0900-1200 at Hale Halawei Ohana O Hanalei. See [gohawaii.com/experiences](http://gohawaii.com/experiences) to find out more.

### Hula In Hawaii Island

Prestigious three-day hula competition, the annual Merrie Monarch Festival is returning to Hilo for its 56th year on 21-27 Apr. The festival features several free events open to the public, including the Merrie Monarch Invitational Hawaiian Arts Fair and the Merrie Monarch Royal Parade, as well as the competition. See [merriemonarch.com](http://merriemonarch.com).



### Heli Over Hawaii Island

Paradise Helicopters is expanding its service to the Waimea-Kohala Airport on the island of Hawaii with the launch of a new air tour taking in Kohala mountain's valleys and waterfalls. Paradise will offer the half-hour mid-morning and mid-afternoon tours on a Mon and Thu, with prices starting from USD324pp. See [paradisecopters.com](http://paradisecopters.com)



### Sail & Scuba

Four Seasons Resort Lanai has introduced fishing and scuba tours on the Lanai V, a 45-foot centre-console, tunnel-hull watercraft. New ocean experiences on the Lanai V include morning fishing tours and dive excursions to favorite Lana'i diving spots, including Cathedrals, Fish Rock and Menpachi Caves. Guests can also charter a 50-foot sailing catamaran, the Lanai, for a private sail or snorkel and sunset. See [fourseasons.com/lanai/](http://fourseasons.com/lanai/)



### ROCKsalt Debuts

Sheraton Maui Resort & Spa has opened its newest dining concept ROCKsalt, advises Maui Visitors Bureau. The restaurant's menu features globally-inspired small plates, large plates and sweet plates all designed to share, with an emphasis on exotic spices and fresh, local produce. ROCKsalt is open for breakfast 0630-1100 and dinner 1730-2100. See [rocksaltmaui.com](http://rocksaltmaui.com)

### Big Island Coffee

Celebrating the award winning coffee from the island of Hawaii is the 11th annual Kau Coffee Festival, on 26 Apr-05 May. Held in the island's Southeast Kau district the festival will feature a full schedule of activities, including the Miss Kau Coffee Pageant, recipe contest, stargazing sessions, farm tours and a hike to the highland water systems that irrigate the area's coffee fields. See [kaucoffeefestival.com](http://kaucoffeefestival.com)

# Aloha Hawaii

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