
Malama Kauaʻi

Kaua`i Farm Directory

North Shore Wholesale Edition



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About Mālama Kauaʻi

And the Kauaʻi Farm directory

To us, the word “sustainability” goes beyond simply sustaining our resources. Ultimately, we envision a Kauaʻi where the ʻāina is healthy, people enjoy a high quality of life, the sense of community is strong, and culture is respected and perpetuated.

We look for solutions that take into account the four pillars of sustainability, what we call “the quadruple bottom line”—environment, culture, economy, and society. We consider the interrelatedness of all issues and the need for a holistic approach.

To realize our vision, we seek to mālama, or take care of, Kauaʻi and the people who call Kauaʻi home. Rooted in the core value of aloha ʻāina (love and connection to the land), we advocate, educate, and drive action towards a sustainable Kauaʻi.

The Kauaʻi Farm Directory was created to better connect buyers with locally produced food, farms, and farmers, and this specific guide offers a list of small-scale farms located on the North Shore of Kauaʻi, as well as crop lists, seasonal availability charts, and contact information for easy ordering.

Like the many restaurants and stores that will use this guide, the farms listed in the directory are small businesses that depend on your support to keep their operations alive. Beginning a direct farm-business relationship therefore supports family farms, as well as supporting out island economy, protecting open spaces, and increasing our food security. As an island 85% reliant on outside influences for food, we are particularly vulnerable to natural disasters and international politics that disrupt shipping. And, since there can be no local food without local farms, it’s important to invest in the growers the we have. Thanks for using the Kauaʻi Farm Directory and supporting local farms!



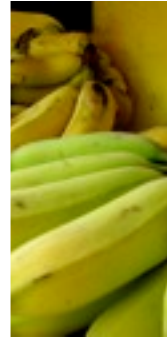
Help Mālama Kauaʻi further the directory

Support Mālama Kauaʻi and help to continue the development and expansion of the Farm Directory beyond the North Shore. With support like yours we will be able to expand this directory island-wide, helping island residents better source local food and support local food systems. Go to www.malamakauai.org to donate today

Kaua`i Farm Directory: North Shore Edition



KEEP IT LOCAL
Malama Kaua'i MALAMAKAUAI.ORG



Supporting local agriculture supports your island neighbors, open spaces, rural atmosphere and economy. What's not to love?

The Directory

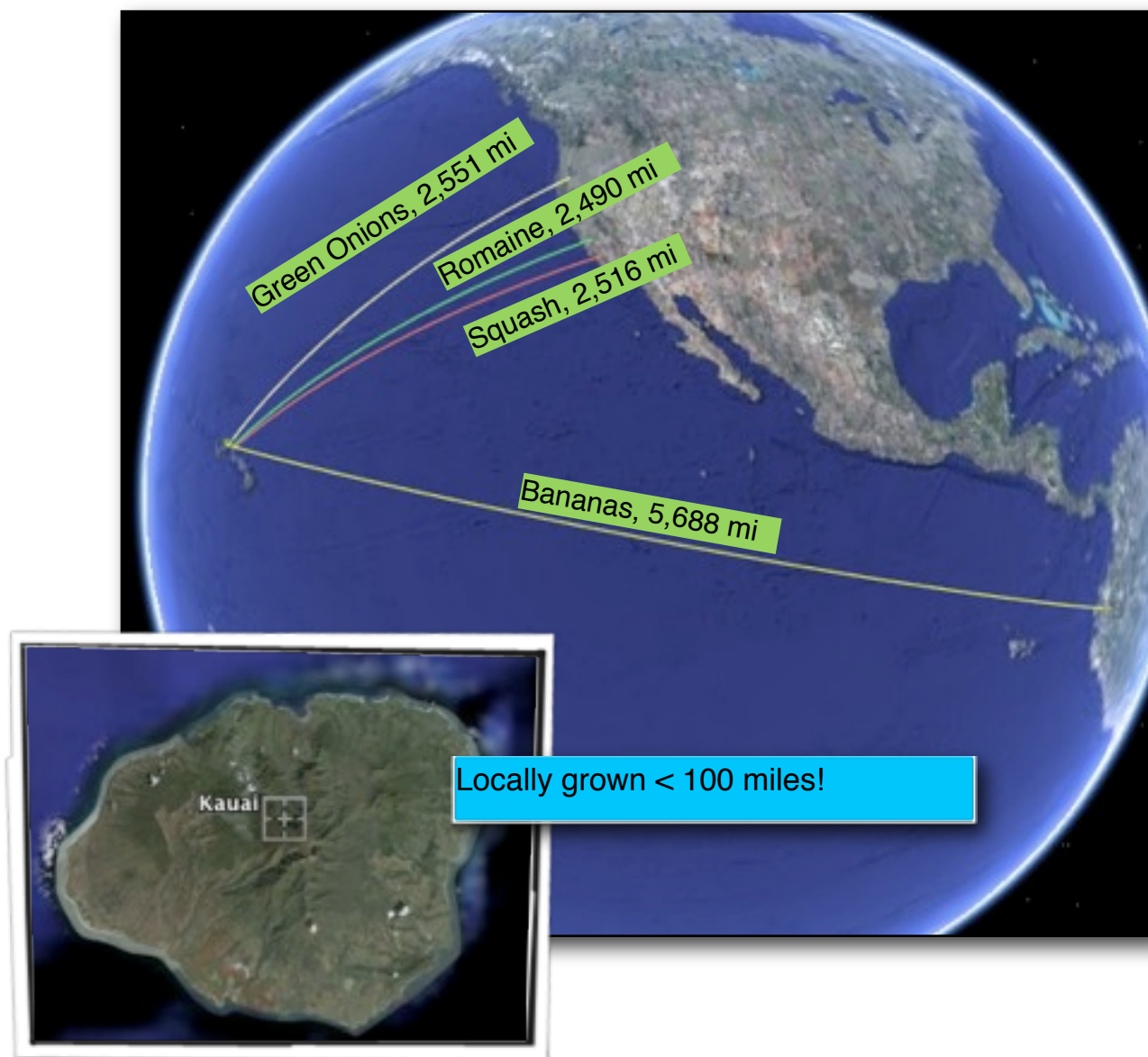
The Mālama Kaua`i North Shore Farm Directory was initiated from the desire to better connect local growers with restaurants, food retailers, and the Kaua`i public. By connecting food producers with local consumers, we aim to help support local farmers, residents' health, the economy, and island food security.

Why Buy Local Agriculture?

Although Kaua`i has a year-round growing season, the land prices, expensive utilities, and input costs sometimes make agriculture seem like more of a burden than a blessing. These issues combine with the fact that Kaua`i imports 85% of its food to make for an enormous food security issue. Increasing support for local farmers will remedy some of these barriers while also investing in our local food systems. By supporting local agriculture you can:

- **Get exceptional quality and taste** that comes with locally grown, seasonally fresh produce
- **Strengthen our local economy** when you buy from a local grower. The money spent remains in the Kaua`i economy, supporting other island restaurants and businesses. Even a 10% shift in purchases could equal hundreds of thousands of dollars that remain on island every year.
- **Support your local farmers** and neighbors who are essential to Kaua`i's food security and future. Supporting local agriculture ensures Kaua`i residents will have access to food for generations to come.
- **Be an educational model for the community** by continually learning about local choices, sustainable ingredients, and the transformation of these ingredients into delicious food.

- **Preserve the rural atmosphere and open spaces** that makes Kaua‘i unique. This also helps prevent pollution and soil erosion that would replace such farms.
- **Market your business.** With increasing awareness and popularity surrounding the local food movement, buying and promoting more local fare can in turn increase the success of your establishment. and whole or minimally processed ingredients are good for us, for local farming communities, and for the island
- **Improve the health of island residents** by serving fresh food from where you know the source and method of cultivation, rather than relying on a stream of transporters from unknown farms.
- **Significantly help the environment,** counter global warming and carbon emissions, as you can see from the map below.
- **And lastly, because you can!**



What's in a name

As environmental topics become headline news, increasing too is awareness surrounding organic foods. Seen as a solution to the many burdens of industrial agriculture, certification programs have sprouted up nation- and world-wide to give the seal of approval to farms using alternative methods. But what does organic really mean? What's available on the island? Below you will find some basic definitions to help guide you through the process.

- **Conventional:** This farming practice is what has supported our current world food system. It relies upon modernized equipment and fertilizers to create a maximum output of food. There is much controversy surrounding this method due to the environmental and health issues it can pose, and now moreover to the Genetically Modified seed that is being used internationally.
- **Certified Organic:** There are a variety of accredited certification labels available for farmers to be “organic,” although *most* farms on island are certified through HOFA (Hawai`i Organic Farmers Association), a USDA National Organic Program. If you see a farm that has been HOFA certified, the produce has been grown and handled according to standards that prohibit the use of toxic or synthetic materials, antibiotics, or hormones. Based on these regulations, farmers are required to minimize soil erosion, implement crop rotations, and prevent contamination of crops, soil, or water. Ask your farmer what type of certification they're part of to best understand their qualifying criteria.
 - Please note: you may only market “organic” produce for your establishment or business if it's certified by an accredited party.
- **CSA, Community Supported Agriculture:** This form of production is based on direct relationships between consumers and growers, where consumers pre-order a designated amount of produce and receives it on a consistent basis. This relationship ensures growers have a consistent outlet to sell to while providing the consumer with an easy-to-manage food supply.
- **Non-Spray/Natural:** You will see many farmers on Kaua`i who aren't certified organic, but are “spray-free,” “natural,” or, at times, “beyond organic.” What this means is that the grower follows certain organic methods of production, but have not pursued organic certification. This could be for a variety of reasons, sometimes involving the time or cost of organic certification process or perhaps because of personal preference regarding certification. As always, it's best to talk to your farmer or visit the farm for yourself so you best understand their methods.
- **Sustainable Agriculture:** In it's true meaning, this is the most difficult type of food production to achieve, but the one we most need to strive for. On Kaua`i, it would mean procuring *all* fertilizers, inputs, and equipment locally (guaranteeing they're organic), ending dependancy on fossil fuels for machinery and packaging, and creating a “closed-loop system” of agriculture that is island self sufficient.

So What's the Best Answer? Know Your Farmer!

The best thing you can do is know who you're buying from and what their methods of procurement are. With so many certification programs, private labels, and more, it's important to see for yourself what a farmer is doing.

Don't feel shy to ask a grower if you can stop by or bring some employees with you. Although strapped for time, many growers would love to show you around their property and discuss their growing principles with you. Ask to see where they compost, what their weeding methods are, and what they use to address pest issues and soil depletion. Questions like these will not only help you better identify what kind of farm you're purchasing food from, but also help you feel closer to your food source.

Buying from Local Farms

Where to Start:

If you've been relying on the clockwork consistency of order, supply and delivery from a regular wholesale company, the thought of beginning to buy from a local farm may seem daunting. Time is scarce and when you need an ingredient, it has to be on hand. Nevertheless, once you start the process of buying locally you may be surprised how *easy and beneficial* it can be.

To start, look at all the produce you buy and consider what could be substituted locally (see crop list p 12). Start with one or two items, and call the farms that supply it to ask for prices and availability. Remember, if one farm can't supply all your needs, it's possible that two or three growers together could collaborate to fulfill your order.

It's also important to consider updating your menu to meet the seasonal and product availability. During mango season, offer mango salsa with taro chips. During breadfruit (ulu) season, prepare them in substitute for your potatoes.



BUILDING A RELATIONSHIP *(Adapted from Eco-trust's Guide to Local and Seasonal Products 2007-2008)*

- Buy consistently from a core group of farmers. Maintaining relationships over time provides an opportunity to build trust, troubleshoot difficulties, and ensure satisfaction.
- Ask growers if you can visit their farms. Many will welcome you with eagerness to share their knowledge and practices and introduce you to the place you're supporting

- Introduce the growers you work with to your co-workers and employees. If you foster mutual respect, both sides will treat foods with greater care. Over time, consider coordinating a visit for your staff to the various farms you work with.
- Consider inviting growers for a meal at your restaurant.

ORDERING

- Establish a dependable routine with growers for phone calls, orders, and questions. Determine a time when both of you can speak for ease of contact and consistency.
- *Ask about harvests regularly so that you are abreast of seasonal shifts.*
- Ask about post-harvest handling practices and packaging and share your requirements so both parties understand the expectations.
- Request copies of any certifications their operations hold.
- Ask how early the producer needs to know how much product you want.
- Discuss your special requests. Rather than simply purchasing what is offered, you may help influence production plans and harvest schedules.
- Let producers know long beforehand if you are going to change or cancel a regular order. Most farmers plan their production well in advance and must expend tremendous additional energy if a buyer reneges.



DELIVERY

- Establish a consistent delivery schedule that works for both parties. Assess how often you need fresh products and what your storage capabilities are.

PAYMENT

- Establish a regular invoicing and payment schedule.
- Expect to pay a fair price. Costs for local growers may be higher than those for commercial producers.
- Always follow through on your orders. Don't put the producer in jeopardy of financial loss by changing your mind at the last moment.

TASTING & LEARNING

- Taste the products alongside producers whenever possible. Have consistent quality standards. If you are unhappy with something, let them know and tell them why. Do the same when you taste something you love.
- Use growers as a resource for learning about agricultural seasons and product use. If you have the freedom to experiment, ask producers to bring a selection of their harvest regularly so that you can follow the changing seasons and taste items that you may not currently purchase.
- Talk to producers about how you plan to prepare and serve the ingredients. Many growers have culinary wisdom you need. For example, they may know secrets for storing crops and have insights on the best preparations for items at different growth stages.
- Ask farmers when their deliveries will reach their peak ripeness.
- Continue to learn about the items your farmers grow. Inspire your co-workers and employees to do the same.

STORING

- Assess your storage space, processing facility, and the time you can set aside for preserving foods. With forward planning, you can extend seasonal harvests and

serve local foods throughout the year. Take advantage of any regional surpluses by freezing, canning, pickling, and curing.

RISK MANAGEMENT

- Remain flexible. Many farmers work diligently for weeks, only to lose their harvest overnight. Consider generalizing your menu wording, listing “seasonal fruit” or “seasonal vegetables,” so that you can offer what the farmer has ripe and fresh from week to week.
- Remember that when you factor in weather variables, there is always a degree of uncertainty regarding crop size and quality.



PRESENTATION

- Consider featuring your producer partners on your menu or website. Let eaters know who grows the food on their plate. Not only does this give producers credit for their hard work, it also establishes your commitment to local purchasing and increases the transparency in the food system.

Meet the Growers



Ahonui Farms, Moloa'a Vista

Bill Robertson

billrobertson108@gmail.com

Certified organic

Fruits: Longon (non-spray), Rambutan (non-spray), Soursop

Anuenue Plantation, Waipouli

Harry

823-8335, fred@anuenue.com

Non-spray

Fruits; Limes, Longan, Lychee, Mango

Hua Nui Farms, Kilauea

Bradley and Amy Smith

346-3299, juskruisin@hotmail.com

Non-spray

Fruits; Atemoya, Avocado, Chiku, Jak Fruit, Longan, Mangosteen, Rambutan, Star Fruit



Kailani Farms, Kilauea Farms

Phil Davies

639-1355, kailanifarms@hawaiiantel.net

Certified Organic

Vegetables: Arugula, Asian Greens (baby tatsoi), Eggplant (round), Kale (baby), Lettuce (baby and head variety), Micro Greens (basil, mix, radish), Onion (green), Salad mix

Herbs: Basil, Braising Mix, Ginger, Marjoram, Mint, Mizuna, Parsley (italian), Thyme, Turmeric

Kauapea Farms, Kīlauea

Jillian Seals

828-0800, kauaifarmerscoop@yahoo.com

Non-Spray, "Beyond Organic," CSA option available

Vegetables: Arugula, Asian Greens (Joi choi, Mei king choi, Tatsoi Beans, Broccoli, Beets, Brussel sprouts, Cabbage, Carrots, Cassava, Cauliflower, Chard, Chayote squash, Collards, Cucumbers, Daikon, Eggplant, Kabocha squash, Kale, Lettuce, Micro-greens, Mustards, Okra, Peas, Peppers (variety hot/sweet), Potatoes (sweet), Radishes, Sprouts, Taro (dryland), Tomatoes, Turnips

Fruits: Bananas (apple, cuban red)

Herbs: Aloe, Amaranth, Basil (lemon, thai), Braising mixes, Chives, Cilantro, Comfrey, Chrysanthemum (edible, Shungiko), Dandelion, Dill, Fennel, Lemongrass, Mizuna, Oregano, Parsley, Rosemary, Sage

Other: Bouquet Flowers

Kaua`i Fresh Farms, Kīlauea

Sam

826-0077, samantha@kauaifreshfarms.com

Non-spray, hydroponic

Vegetables: Salad mix, Tomatoes (variety). By mid 2009, will be producing head lettuce and herbs. Available season-round

Kaua`i Fungi, Kīlauea

Philly White

639-3067, phillyfungi@me.com

Non-spray

Crop: Gourmet mushrooms: 4 variety oyster mushrooms, shitake coming soon

Kaua`i Kunana Dairy, Waipake

Bob and Louisa Wooton

828-0095, kunana@juno.com

Certified Organic

Vegetables: Arugula, Beans, Beet, Broccoli, Cabbage, Cucumber, Eggplant, Lettuce, Onion (green), Peas, Peppers (hot chiles, jalapenos, Hawaiian Chile)

Fruits: Avocado, Banana, Breadfruit (ulu), Lemon, Lime, Lychee, Mango, Oranges, Papaya, Pommelo

Herbs: Basil, Chives, Cilantro, Mint, Oregano, Parsley, Rosemary, Thyme

Nuts: Coconuts

Kaua`i Mac and Farm, Kīlauea

Jorge Ayala

634-6673, kauaimac@aol.com

Non-Spray

Nuts: Macadamias

Kaua`i Organic Farms, Kīlauea Farms

Phil Green

651-8843, phil@kauaiorganicfarms.com

Certified Organic

Fruit: Lychee, Pineapple

Herbs: Ginger, Thai Ginger (galanga), Turmeric

Kolo Kai Organic Farm, Kīlauea

Ben Ferris

828-1712, kolokaiorganicfarm@gmail.com

Certified Organic

Herbs: Ginger, Turmeric

Medeiros Farms, Kalaheo

4365 Papalina Rd

Kalaheo, HI 96741

332-8211

Grass-fed, Free-range beef

Eggs: From Oahu

Meat: For restaurants: Ground beef, ground beef patties, teriyaki sliced beef for bbq.

Moloa`a Organica`a, Moloa`a

Ned and Marta Whitlock

651-1446, martaned@gmail.com

Certified Organic

Vegetables: Arugula, Asian Greens (Bok choy, Tatsoi)
Beans, Beets, Broccoli, Carrots, Chard, Collards, Corn,
Cucumber, Daikon, Eggplant, Jicama, Kale, Lettuce, Mus-
tard, Okra, Onion (green), Popcorn, Radicchio, Radish,
Tarragon, Turnips

Fruits: Avocado, Banana, Breadfruit (ulu), Breadnut,
Dragonfruit, Eggfruit, Figs, Lemon, Lime, Orange, Papaya,
Passionfruit (lilikoi), Pineapple, Pitaya, Pomegranate,
Soursop

Herbs: Basil, Cilantro, Dill, Fennel, Lemongrass, Oregano,
Parsley, Rosemary, Sage, Sugarcane, Thyme

North Country Farms, Kīlauea

Lee Roversi

828-1513, ncfarms@aloha.net

Non-Spray, CSA option available

Vegetables: Arugula, Asian Greens (Bok choy, Tatsoi),
Beets, Cabbage, Carrots, Chard, Kale, Lettuce, Radishes,
Tomatoes

Fruit: Avocado, Banana, Lime, Lychee, Oranges, Pineap-
ple, Tangelo, Tangerine

Herbs: Basil, Cilantro, Mint

Princeville Ranch Stables, Princeville

Karen

826-6777

Grass-fed, Free-range

Meat: Beef

SOS Farms, Kilauea

Yuichi and Kelly Sato

346-6843, sosfarminfo@yahoo.com

Non-Spray

Vegetables: Arugula, Asian Greens (Tatsoi), Beans, Beets,
Broccoli, Carrots, Cauliflower, Cucumbers (japanese),
Daikon, Lettuce, Onions (green), Peas, Radish

Herbs: Basil, Chrysanthemum (edible, Shungiko), Cilan-
tro, Dandelion, Lemongrass, Mint, Mizuna, Oregano,
Parsley (curly and flat leaf), Rosemary, Shiso (japanese
basil)

Eggs: Available beginning May 2009, pasture raised

Spirit of the Earth Farm, Moloa`a

Marie Mauger

822-7899, Mariemauger@yahoo.com

Certified Organic, Biodynamic

Vegetables: Asian Greens (Bok choy, Tatsoi, Yukina Sa-
voy), Beets (Cylindra, Golden, Red), Carrots, Chicory (Red
Ribbed), Kale (Curly, Red Russian, Dino, Ethiopian), Katuk
(Sweet Leaf), Radish, Salad Mix, Spinach (Okinawan),
Sweet Potato leaves, Taro, Turnip (white, red)

Fruits: Avocado, Banana, Breadfruit (ulu), Dragon Fruit,
Grapefruit, Lemon, Lime, Lychee, Mango, Orange, Pa-
paya, Pomelo, Starfruit, Tangelo

Herbs: Basil, Chives (garlic), Cilantro, Dandelion, Dill,
Fennel, Ginger, Oregano (French, Mexican), Rosemary,
Turmeric

Other: Bouquet flowers, Honey, Leis

Wai`oli Farms, Hanalei

Chris Kobayashi

826-7839, waioli2@hawaiiintel.net

Non-Spray

Vegetables: Taro (wetland)

Wootens Produce of Kaua`i, Anahola

John and Nandie Wooten

823-6807, wootenkauai@gmail.com

Non-Spray

Vegetables: Arugula, Asian Greens (Bok Choy, Tatsoi),
Beets, Broccoli, Cabbage, Cauliflower, Chard, Collards,
Eggplant, Kale, Lettuce, Okra, Onion, Radish, Salad mix,
Tomato

Fruits: Atamoya, Avocado, Banana, Breadfruit (ulu), Egg-
fruit, Lemon, Lime, Longan, Oranges, Pineapple, Rambu-
tan, Soursop,

Herbs: Basil, Cilantro, Dill, Ginger, Leeks, Mizuna, Parsley

Yadao Farms, Moloa`a

Rodney Yadao

482-0689, doty_ry@yahoo.com

Pesticide-free

Vegetables: Eggplant

Fruit: Avocado, Banana, Mango, Oranges, Pineapple

Mustard										X			X							
Okra										X			X						X	
Onion (green)				X			X						X		X				X	
Onion (sweet)																				
Peas							X			X					X					
Peppers (Hawaiian chile)							X			X										
Peppers (hot chiles)							X													
Peppers (jalapeno)							X													
Peppers (sweet)										X										
Potato (sweet)																X				
Radicchio													X							
Radish										X			X	X	X	X			X	
Salad Mix				X	X													X	X	
Spinach																		X		
Sprouts										X										
Taro										X							X	X		
Tarragon													X							
Tomato					X					X				X					X	
Turnips										X			X				X			
Fruit Crops	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Atamoya			X																	X
Avocado			X				X						X	X			X		X	X
Banana							X			X			X	X			X		X	X
Breadfruit (ulu)							X						X				X			
Breadnut													X							X
Chiku			X																	
Dragonfruit													X				X			
Eggfruit													X							X
Fig													X							
Grapefruit																	X			
Jabon																				
Jackfruit			X																	
Lemon							X						X				X		X	
Lime (key)																	X		X	
Lime		X					X						X	X						
Longan	X	X	X																	X
Lychee		X					X	X						X			X			
Mango		X					X										X			X
Mangosteen			X																	
Orange							X							X			X		X	X
Papaya							X						X				X			
Passion Fruit (lilikoi)													X							
Pineapple								X					X	X						X
Pineapple (white)																				X
Pitaya													X							
Pomegranate													X							
Pommelo							X										X			

Rambutan	X		X																X	
Soursop	X											X							X	
Star Fruit			X														X			
Tangelo													X				X			
Tangerine													X							
Herbs	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Aloe										X										
Basil				X			X			X			X	X		X	X			X
Braising Mixes				X						X										
Chives							X			X						X	X			
Cilantro							X			X			X	X		X	X			X
Comfrey										X										
Chrysanthemum, edible (Shungiko)										X						X				
Dandelion										X								X		
Dill										X			X			X	X			X
Fennel										X			X				X			
Ginger				X				X			X							X		X
Leeks																				X
Lemongrass													X				X			
Marjoram				X																
Mint				X			X							X		X				
Mizuna				X						X							X			X
Noni																				
Oregano							X			X			X			X	X			
Parsley				X			X			X			X			X				X
Rosemary							X			X			X			X	X			
Sage										X			X							
Shiso (japanese basil)																	X			
Sugarcane													X							
Summer Savory																				
Thai Ginger (galanga)								X												
Thyme				X			X						X							
Turmeric				X				X			X							X		
Nuts	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Coconut							X													
Macadamia									X											
Dairy/Eggs	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Feta							X													
Chevre							X													
Eggs							X					X				X				
Goat cheese							X													
Meat	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Beef												X				X				



Farmers Markets

Stop by the Farmers Markets to meet your growers, sample produce, and see what's in season. Sunshine markets are sponsored through the county and will offer a variety of fresh produce. Private markets also have fresh produce, but are also able to offer value-added products such as goat cheese, pestos, and salsa, as well as having craft booths and local artists displays.

Sunshine Markets

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
12:00 pm	3:00 pm	3:00 pm	4:30 pm, Ke- neke, off Ki- lauea (Light- house) Road	3:00 am	9:00 am	
Koloa Knudsen Ball Park Side Parking Lot	Kalaheo Neighbor- hood Center	Kapaa New Town Ball Park Parking	3:00, Ha- napepe Park	Vidinha Sta- dium Parking Lot, Lihu'e	Kekaha Neighbor- hood Center	

Private Markets

Monday	Tuesday				Saturday	
3:00 pm	2:00 pm				9:30 am	
Kukui Grove Shopping Center	Waipa, Ha- nalei				Hanalei Community Center and Park	

Compost



The waste from restaurants can be more than 76% organic, and makes up 14.6% of Kaua'i's trash. A single restaurant, on average, disposes more than 50 tons of organic waste every year! Re-routing these scraps from your trash not only helps the island environment, but your bottom line. Each participating restaurant can keep nearly five refuse truck loads of waste out of local landfills every year, so if you're paying for 8 yards of trash hauling now, imagine if you could cut it down to 2 yards tomorrow.

How to:

Connect with a local farmer or vermaculturist to pick up your food scraps. Many local farmers are interested in picking up compost from restaurants free of charge in exchange for these scraps. Such farms include:

Farms that will pick up your compost include:

ʻAina Love Gardens
Kaua'i Kunana Dairy
Moloa'a Organica'a
Wai'oli Farms
Crystal Harmony, Worms Work, *not listed, (634-0292)

Restaurants place food and other organic waste in special marked bins located throughout the kitchen and food preparation areas. The "Food Waste Only" bins typically replace an existing trash bin so as not to take up kitchen space, and the farmer you contract with picks up the organic waste as often as necessary.

Why Compost?

- Save money! Restaurants may be able to recycle more than 75% of their waste by starting a composting program
- Save the environment – divert waste from landfills and turns organic waste into useful by-products, such as soil amendments and fertilizers.
- It's easy, so why not? Assistance is offered to make your program a success

Acceptable Materials

Depending on your hauler, food waste and trimmings may include:

- Fruits and vegetables
- Meats and bones, sea food, poultry
- Dairy products
- Bread and grains
- Coffee grounds
- Plant trimmings
- Soiled paper products, milk cartons and waxed cardboard.
- Compostable containers (restaurants are encouraged to use bio-degradable food service

containers that can be recycled with their food waste)

Non-Acceptable Materials

- Plastics
- Glass
- Metals
- Styrofoam
- Non-biodegradable material