

FRESH CHOICE HAWAIIAN HARVEST

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



Asparagus



Avocado



Cantaloupe



Cucumber



Dragon Fruit



Green Beans



Guava



Honeydew



Kalo Taro



Liliko'i
Passionfruit



Lychee



Mai'a
Banana



Mango



Orange



Papaya



Pineapple



Rambutan



Spinach



Star Fruit



Buy Local



Plant an Orchard



Celebrate
the Bounty of
Hawai'i!



Cook with Friends



Drink Your Veggies



Connect with Culture



Try a New Snack



Grow Your Own Food



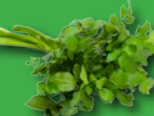
Nourish the Soil



Visit a Farm



Watermelon



Watercress



'Ulu
Breadfruit



'Uala
Sweet Potato



Tomato



Tangerine



Strawberry