



Local Food Resources

Produce Edition

A quick and concise guide to local fruit and vegetable resources in Hawaii.

What kinds of fresh produce resources are available on the islands?

Despite disruptions in the U.S. food supply chain due to the pandemic, Hawaii is better positioned than most regions to be able to **produce fresh local food year-round**. There is a wide range of local food resources grown on the islands including starches, proteins, fruits, and vegetables, in addition to animal products. Check out the Hawaii Department of Agriculture [Island Fresh Seasonality Chart](#) to see what is in season.¹

Local farmers and ranchers have been working quickly to shift their marketing strategies and still reach consumers safely since many farmers markets and restaurants are currently closed. **Community Supported Agriculture (CSA)** produce boxes are one popular option for buying directly from farmers, and many farms are offering delivery service for people staying at home. This model has [benefits to producers and consumers](#).



Photo: [Aina Hookupu o Kilauea](#)

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A wide variety of produce is grown locally²

Starches

Breadfruit, cassava, potatoes, sweet potatoes, taro

Proteins

Beans, cashews, chickpeas, macadamia nuts, mushrooms

Fruits

Avocado, banana, citrus, guava, mango, melons, papaya, pineapple, and many other tropical fruits

Vegetables

Asparagus, beets, broccoli, cabbage, carrots, cauliflower, cucumber, daikon, eggplant, ginger, leafy greens, onions, seaweed, specialty vegetables, squashes, tomatoes, turmeric, and many more

Now is an especially good time to support local agriculture. Buying local creates a multiplier effect, meaning the money earned by purchasing from local producers goes to pay for labor, inputs, etc. that will go back into the local economy and community.

There are many great resources across the state for sourcing local products. Here are examples of some Hawaii organizations providing more extensive resource lists or serving as food hubs:

Statewide – [Go Farm Hawaii](#) ; [Hawaii Farm Bureau](#)

Oahu – [Farm Link Hawaii](#) ; [Oahu Fresh](#)

Kauai – [Malama Kauai Local Food Connector](#)

Maui – [Common Ground Collective](#)

Molokai – [Sustainable Molokai Mobile Market](#)

Big Island – [Kohala Food Hub](#)

Disclaimer: CTAHR is not endorsing those organizations listed here to the exclusion of other resources.

References

¹Hawaii Dept. of Agriculture (2013). Buy Local, It Matters poster. Retrieved from <http://go.hawaii.edu/A4m>

²USDA. (2017) Census of Agriculture: Vegetables, Potatoes, and Melons Harvested for Sale: 2017 and 2012. Retrieved from <http://go.hawaii.edu/r4A>

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