HONOLULU—For avid culinary travelers that think “outside of the restaurant,” O‘ahu’s farm and food tours, festivals, events and cooking classes offer the perfect way for epicures to get hands-on with their food. With its consistently temperate weather and nutrient-rich volcanic soil, O‘ahu is an abundant agricultural region yielding some of the nation’s best bounty. Coupled with Hawai‘i’s rich food traditions—a blend of the many cultures that reside on the islands—O‘ahu is one of the most interesting places to eat in the country.

O‘ahu Farm Tours and Fish Auction
In pre-contact Hawai‘i, native Hawaiians would hunt and gather food within their ahupua‘a—a self-sustaining, vertical landscape which contained all the resources a community needed, from fish and salt, to fertile land for farming taro or sweet potato, to koa and other trees growing in upslope areas. After its discovery by Western civilization new crops were introduced, most notably, pineapple, sugarcane and coffee. In recent times, there has been a movement to return to and honor Hawai‘i’s food independence by farmers, chefs and local consumers. The result has been an exciting growth in local farms and consumers supporting a move towards abundant and sustainable agricultural practices on O‘ahu. Some notable farm tours on O‘ahu include the following:

Kahuku Farms
Kahuku Farms started with a handshake between gentlemen farmers Clyde Fukuyama and Melvin Matsuda in 1985. Both third-generation family farmers, the two grew up as neighbors in Kahuku on O‘ahu’s North Shore. Kahuku Farms grow fruits including papayas, watermelons, bananas and an assortment of other produce. They offer a 30-minute Smoothie Tour, which is a wagon ride around
EXPLORING O'AHU'S FOOD SCENE

Add 2

the family farm to gather fresh fruit for a Papaya Power Smoothie. There is also a one-hour Grand Tour offered where visitors can learn about the farm’s history and get an in-depth tour.

$16 per adult and $14 per child (ages 5-12) for the Smoothie Tour, $32 per adult and $22 per child for the Grand Tour, schedules may vary. 56-800 Kamehameha Highway, Kahuku, (808) 628-0639, kahukufarms.com.

Kahumana

Spanning 50 acres in Lualualei Valley, Kahumana, a 501(c)3 non-profit organization, combines farming with social work. The farm employs farmers, social workers, social entrepreneurs, people transitioning from homelessness, visitors, locals, youth and people with disabilities. The farm supplies produce to many of the best restaurants on the island, including Roy’s and Monkypod Kitchen. There are two tours available, a Farm Tour and a Farm-to-Table Tour, which includes a meal from the onsite café.

$15 per person for the Farm Tour, $50 per adult and $22 per child for the Farm-to-Table Tour, schedules may vary. 86-660 Lualualei Homestead Rd., Waianae, (808) 669-2635, kabumana.org.

Kō Hana Rum

Kō Hana Agricole Rum is meticulously crafted from farm to bottle. Single varietals are hand harvested, pressed to juice and then distilled to perfection — resulting in one of the world’s finest pure cane rums. The Kō Hana Rum Tasting Tour includes a look at the process from cane to glass and ends with a tasting of aged rums.


Naked Cow Dairy Farm & Creamery

Naked Cow Dairy Farm & Creamery is the only dairy farm on O‘ahu known for its fresh-churned butter and cheese. Naked Cow Dairy Farm and Creamery has public and private two-hour tours, as well as sunset tours for adults that feature cheese and wine.

$20 per adult, $15 per child for public dairy tours; $150 per person for cheese/butter making classes, schedules may vary. 86-344 Kuwale Road, Waianae, (808) 479-6991, tours@nakedcowdairyhawaii.com, nakedcowdairyhawaii.com.
EXPLORING O'AHU'S FOOD SCENE

Taste of Kualoa

Beginning April 1, 2018, visitors can enjoy the delicious farm fresh products grown and harvested by Kualoa Private Nature Reserve on their 4,000-acre ranch spread across three valleys on the Windward coast of O'ahu. This farm-to-table tour will see the ranch operations for cattle, sheep, pigs, and chickens. Guests will be guided through the rich agricultural lands where cacao, banana, papaya, and other seasonal fruits are grown and to the oyster and shrimp farms for an interesting look at aquaculture operations. Finally, the tour will end at the vegetable farm where a farm-to-fork meal inspired by Kualoa ingredients and crafted by local chefs will await guests.

$119.95 per person without wine pairing; 10:00 a.m. daily (except Christmas and New Year's Day); more information soon at kualoa.com

The United Fishing Agency – Honolulu Fish Auction

The Honolulu Fish Auction is the anchor of the Commercial Fishing Village on Pier 38. It’s the only fish auction between Tokyo and Maine. In fact, it’s the only fresh tuna auction of its kind in the U.S. Fishing boats tie up and unload their catch just a few feet from this modern, state-of-the-art facility. Before sunrise, local fishermen bring their fresh catch to the Honolulu Fish Auction and sell them to the highest bidders, primarily chefs and buyers who supply local restaurants, hotel and retail venues. The day starts at 1 a.m. when unloading begins and operates six days a week. The fishing vessels are unloaded in order of arrival. Fish are weighed, tagged with the vessel name, displayed on pallets, and kept clean and cold. Before being offered for sale, each fish is carefully inspected by the United Fishing Agency staff to ensure fish quality and safety. Buyers arrive before the auction begins to inspect the day’s landings. By tradition, the auctioneer rings a brass bell at 5:30 a.m. and the bidding begins. Tours are conducted by reservation only.

$25 per adult, $20 per child (8-12), select Saturdays from 6-7:30 a.m. 1131 N. Nimitz Hvy, Honolulu, tours@hawaii-seafood.org or 808.521.5020, hawaii-seafood.org.

O'ahu Food Tours

Hawai'i’s modern-day food culture is a reflection of the state’s multicultural history, with roots influenced by the islands’ first Polynesian settlers, the arrival of Christian missionaries from Europe and America, and the immigration of sugar and pineapple laborers. This diversity of cultures—primarily Hawaiian, Japanese, Chinese, Portuguese, Filipino, Korean, Okinawan and Puerto Rican influences—make for some incredible dishes found nowhere else in the world. Those looking to eat

-more-
EXPLORING O‘AHU’S FOOD SCENE

like a local can opt for a led-by-a-local food tour. These tours frequent true hole-in-the-wall spots for a taste of Hawai‘i’s diverse cuisine.

Aloha Food Tours
Aloha Food Tours features only locally-owned, non-chain restaurants and eateries that provide foodies with an array of cuisine favored by the local, Hawai‘i palate. The 2.5-hour tour takes diners to off-the-beaten-path restaurants in either the Ala Moana area or through Chinatown.
$99.99 + tax per person for the Ala Moana Area Tour, $124.99 + tax per person for the Chinatown Tour, schedules may vary. (808) 330-5602, alohafoodtours.com

Hawai‘i Food Tours
Hawai‘i Food Tours finds the best local-style comfort food restaurants and offers two tours—a North Shore Food Tour and a Hole-in-the-Wall Tour. The cost includes food, transportation, and taxes with pick-ups in Waikīkī.
$139 per person for the Hole-in-the-Wall tour, $159 per person for the North Shore Food Tour. (808) 926-FOOD (3663), hawaiifoodtours.com.

Culinary Festivals and Events on O‘ahu

Food is such an important part of O‘ahu’s cultural diversity and there are festivals and events throughout the year that bring the two together. Some of the bigger events celebrating Hawai‘i’s food scene are listed below.

Filipino Fiesta and Parade (often in May)
The annual Filipino Flores De Mayo Parade features numerous bands, floats, and marching groups manned by various civic, cultural and community organizations. The post parade fiesta in Kapi‘olani Park showcases an assortment of food, educational and craft booths. www.filcom.org

Greek Festival (often in August)
The annual Greek Festival, held at McCoy Pavilion at Ala Moana Beach Park, celebrates Greek culture with ethnic food, live entertainment, cultural booths and more. The popular festival is sponsored by the Saints Constantine and Helen Greek Orthodox Cathedral. www.greekfestivalhawaii.com

-more-
EXPLORING O'AHU’S FOOD SCENE

Hawaii Chocolate Festival (often in October)
The annual Hawaii Chocolate Festival is where chocolate lovers can learn the steps that go into making this sweet treat from start to finish. There are chocolate tastings, guest speakers, chocolate inspired activities, live entertainment and more. The festival was created to raise awareness about Hawai'i’s growing cacao industry. [www.hawaiichocolatefestival.com](http://www.hawaiichocolatefestival.com)

Hawai'i Food & Wine Festival (often in September/October)
The festival includes culinary-focused events and evening receptions featuring dishes prepared by an all-star lineup of chefs from Hawai'i and around the world, using locally sourced ingredients. The Hawai'i Food & Wine Festival is co-chaired by chefs Roy Yamaguchi and Alan Wong and serves to showcase the state’s bounty of produce and proteins and highlights the islands’ return to a sustainable eco-system of agriculture, environment and economy. [www.hawaiifoodandwinefestival.com](http://www.hawaiifoodandwinefestival.com)

Joy of Sake Festival (often in August)
The Joy of Sake celebrates Hawai'i’s hundred-year love affair with sake—from the early days of Japanese immigration and the founding of the Honolulu Sake Brewery up to the present. Today, Honolulu hosts the annual U.S. National Sake Appraisal. After this blind tasting, all of the sake is presented for tasting by the public at The Joy of Sake. This event, with entries from every region and representing virtually every brewing style, gives an unparalleled perspective on the great variety of delicious sakes being produced today. [www.joyofsake.com](http://www.joyofsake.com)

Korean Festival (often in August)
The Korean Festival is an annual event run by the Hawaii Korean Chamber of Commerce in partnership with dozens of community organizations and businesses and hundreds of volunteers. This popular cultural celebration highlights the unique food, dance, art and music of Korea. In the past, festivities included Korean cooking lessons, a singing competition and even a kimchee eating contest. [www.koreanfestivalhi.com](http://www.koreanfestivalhi.com)

Mangoes at the Moana (often in July)
The Moana Surfrider, a Westin Resort & Spa, Waikiki Beach, hosts the annual Mangoes at the Moana festival. Mango enthusiasts are invited to visit food and activity booths featuring this local

-more-
EXPLORING O'AHU’S FOOD SCENE

Add 6

favorite. This celebration of all things mango includes recipe contests, cooking demonstrations and a mango cocktail throw down. With more than 60 varieties of mango grown in Hawai‘i, visitors will be sure to find something they like. www.moana-surfider.com

Okinawan Festival (often in Sept.)
The Hawai‘i United Okinawa Association presents the largest ethnic festival in the state of Hawai‘i. The event kicks off with a mini procession at Kapi‘olani Park featuring a taiko drum performance. The three-day festival celebrates Okinawan culture with food, entertainment, arts, crafts and cultural activities. www.okinawanfestival.com

Rice Festival (often in September)
September is national rice month and what better way to celebrate than to attend the ninth annual Rice Festival. The celebration features entertainment, cultural performances and cooking demonstrations by local celebrity chefs. Rice Fest is a free, one-day event which explores the many uses for rice, as well as the cultures that use it. Attendees leave with a deeper appreciation for rice and its many manifestations. www.ricefest.com

Waikiki SPAM Jam (often in April)
The Waikiki SPAM Jam is an exciting street festival that takes place on Kalākaua Avenue in Waikīkī. This annual event celebrates Hawai‘i’s love of SPAM and features a variety of Honolulu's finest restaurants serving up SPAM-inspired creations. Two entertainment stages provide non-stop entertainment ranging from hula dancers to local musicians, and merchandise vendors sell SPAM-themed items and Hawaiian crafts. Proceeds from the event benefit the Hawaii Food Bank. www.spamjamhawaii.com

Culinary Classes and Participatory Events
Those looking for a true hands-on experience can partake in a cooking class on O‘ahu. Some only-in-Hawai‘i experiences include:

Kapi‘olani Community College (KCC) Cooking Class
Visitors can learn to cook from O‘ahu's top chefs at Kapi‘olani Community College’s cooking classes. Classes are held in the culinary arts laboratories and lecture rooms. In most cases, aspiring
EXPLORING O'AHU'S FOOD SCENE

Add 7

cooks have the opportunity to prepare and produce certain foods, sample, and discuss methods and
techniques with the chef instructor. continuimg.kapiolani.hawaii.edu/cooking-classes

Lē‘ahi Concept Kitchen

Every Monday, Lē‘ahi Concept Kitchen holds a weekly “Educate Your Plate” cooking
demonstration. The demonstrations feature a main entrée followed by a full pūpū (appetizer) buffet.
Guests receive take home recipes of featured items from the night.
$50 per person includes dinner, Monday’s from 4 p.m. to 6 p.m. 4303 Diamond Head Road, Honolulu, (808)
971-6302, leiattheparc.kapiolani.hawaii.edu

Madre Chocolate

From bean-to-bar, Madre Chocolate aims to connect and educate chocolate eaters about the rich
cultural heritage and ecological diversity surrounding cacao. The company holds events including
Make Your Own Chocolate Bar, Whiskey and Chocolate Pairing and Wine and Chocolate Pairing.
$25 per person to make your own chocolate bar, prices vary for the whiskey and wine pairings. madrechocolate.com

Na Mea Kūpono

Visitors should expect to get their hands dirty, but will experience an authentic Hawaiian cultural
practice. Kalo (taro) was the staple starch of the Hawaiian people and tour goers will learn how to
prepare, plant, maintain and harvest this important food at Na Mea Kūpono. There is also
traditional craft-making, songs, stories and games as part of the tour.
$10 per adult and $7 per child (7-12) and $5 per child (3-6) for one-hour walking tours, $25-45 per person
depending on size of the group for three-hour tour with lunch, 9 a.m. to 5 p.m., schedules may vary. 66-220
Kaamooloa Road, Wai‘alua, (808) 637-6529, facebook.com/NaMeaKupono.

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