

Acai



Acai is high in antioxidants containing Vitamin C, A and minerals such as iron and calcium. It also contains a lot of fiber and boost our energy levels.



The acai berry is small, round and the color is a mix between purple and black. It only contains one seed in the middle.



Acai is not locally grown in Hawaii. Acai palms are mainly grown in rainforests, but are also capable of growing in Hawaii too.

the palm trees are slim and tall and can grow up to a height of 90 feet tall. Acai grows primarily in South America.

