Ka Momona O Ka ʻĀina

The Bounty of the Land

16th Edition
AUGUST 2025

PUBLISHED BY
Hawaii Child Nutrition Programs

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Kaua'i Grown: Celebrating Hawaii's Garden Island

Known affectionately as "The Garden Isle," Kaua'i is a treasure of lush rainforests, valleys, and waterfalls. Its rich volcanic soil and tropical climate create the perfect environment for growing a wide variety of crops. From vibrant colored fruits like papaya, and mangos to staples like taro, ginger, cacao, and coffee. Supporting this agricultural abundance is the Kaua'i Grown Program — a community-driven initiative dedicated to promoting local agriculture and the people behind it.

The program highlights not only the fresh produce and specialty crops grown on the island but also the farmers, ranchers, retailers, and restaurants that bring these goods to market and table.

"Our goal is to help identify Kaua'i Grown products and experiences, and to capture what makes these products and experiences special – the people and fresh ingredients behind the products, and the diverse choices that are unique to Kaua'i." is Kaua'i Grown Program's mission statement. Kaua'i Grown products must include at least 51% locally sourced ingredients, ensuring authenticity and a strong connection to the land. The program supports both fresh and processed items, celebrating everything from locally roasted coffee and handmade chocolate to taro-based goods and tropical preserves.

By choosing Kaua'i Grown, consumers are supporting sustainable agriculture, local economies, and the preservation of a unique island lifestyle rooted in community, culture, and the ʻāina.

To learn more about Kaua'i Grown and where to find their products, visit www.kauaigrown.org.

Rancher's Daughter's Reserve: A Legacy of Local Ranching and Artisan Goods

Nestled in the heart of Kauai's, Rancher's Daughter's Reserve is more than just a source of exceptional local beef—it's a tribute to five generations of paniolo heritage. Operated by Sharleen Andrade alongside her father, Mac, and brother Brian, this family-run business proudly continues the legacy of Andrade's Slaughter-house and Cattle Company, which has been ranching on Kaua'i since 1886.

Sharleen, a fifth-generation rancher's daughter, now shares her family's passion and dedication through her boutique butcher label - Rancher's Daughter's Reserve. Fresh, local, organically grown, free-range, grass-fed and grass-finished beef, every cut reflects the Andrade family's unwavering commitment to quality and tradition.

Experience the spirit of authentic paniolo living at Minnie's Mercantile. One could purchase 30-day Dry-Aged Beef, cut fresh from Andrade Cattle Company herds. Taste the tradition and the legacy of Rancher's Daughter's Reserve.

Other unique finds at Minnie's Mercantile that is crafted with care and intention are Tallow Soap, Lotions Lip Balms, Homemade Vanilla Extract & more!

Chinese Oxtail Soup

Servings per Recipe: 8

Ingredients

2 lb oxtail
2 whole star anise
2 (1 inch) pieces fresh ginger, thinly sliced
3 slices dried orange peel
1 (8 ounce) package dried shiitake mushrooms, Soaked & sliced
1 tbsp salt (add more to taste)
1/2 cup shelled raw peanuts (optional)
1 whole kai choy (Chinese mustard greens), chopped
water
Garnishes: Fresh cilantro, chopped, Green onions (white and green parts) sliced on the diagonal, and Freshly grated ginger

Direction

1.Add the oxtail to a large pot and fill it with water until it covers the oxtail. Bring the pot to a boil and let it parboil for 30 minutes.
2.Drain the pot and rinse the oxtail with water. Clean the pot and add back in the oxtail.
3.Fill the pot back with water until there is an inch above the oxtail. Add in the star anise, ginger, shitake mushrooms, dried orange peel, and salt. Bring it to a boil then reduce it to a simmer. Cover and let it simmer for an hour.
4.Add in the peanuts and cover and simmer again for another 2-3 hours.
5.Oxtail should be tender enough to fall off of the bone. Add in the kai choy and let it cook for 10 minutes until it is tender (it is optional to take out the kai choy because it is bitter). Serve in a bowl, garnish with cilantro and green onions and ginger enjoy!

Kaua'i Sugarloaf Pineapple – A Taste of Paradise

Kaua'i Sugarloaf Pineapple is a rare low in acid variety, white fleshed pineapple that is incredibly sweet! Husband and wife Paul and Jude Huber of Moloa Pineapple Farm (Hole in the Mountain Farm) have 380,000 plants on 38 acres. The coastal breezes from the Paap'a Bay nourish the rare variety of pineapple. A special mo'olelo concerning the rare Sugarloaf Pineapple is that the Emperor of Japan bestowed his royal seal of approval, when he declared that the pineapple was the best he'd ever tasted. Soon after Kaua'i Sugarloaf Pineapple was dubbed the" Emperor's Choice."

From Crown to Fruit – A Labor of Love

Unlike many fruits, pineapples don't grow from seeds. Each new plant is started from a crown, or sucker (slip). Patience is key—it takes 18 to 24 months for a single Kaua'i Sugarloaf Pineapple to reach full ripeness.

Health Benefits of White Pineapple

Beyond their heavenly flavor, white pineapples offer a host of nutritional benefits:

- Rich in Vitamins C and B – Boosts immunity and energy
- High in Fiber – Supports digestive health
- Contains Bromelain – A powerful enzyme that helps break down protein, reduces inflammation, and promotes healing.

You can find Kaua'i Sugarloaf Pineapple and other local goods at: Wednesday Afternoon Farmers Market at The Shops at Kukui'ula and Saturday Morning Farmers Market in Puhi

A Symbol of Aloha

Did you know? The pineapple has long been a symbol of hospitality, Offering one is a gesture of welcome and friendship—what better way to share a taste of aloha?