Big Island Diet

List of Locally Grown Foods Found Seasonally at Big Island Farmers Markets



Abiu Articoke Asparagus Atemova Avocado Bananas Basil Beans **Beets Belgium Endive** Breadfruit Broccoli **Brussel Sprouts** Cabbage Cacao Carrots Cauliflower Celeriac Celery Cherimoya

Cherry Tomatoes Chives Cilantro Coconut Coffee Corn Cucumbers Delphinian Dill Dragonfruit Durian Eggfruit Eggplant Fennel Fig Flat Leaf Parsley Garlic Garlic Chives Grapefruit Green Onions

Guava Ice Cream Bean Jaboticaba Jackfruit Joi Choi Greens Kale Kumquat Leeks Lemon Lettuce Lime Longan Lychee Macadamian Nut Mamey Sapote Mango Mangosteen Marjoram Melon Marang

Mexican Oregano Micro Greens Mint Mountain Apple Noni Okra Onion Orange Oregano Papaya Parsley Parsnip Passion Fruit Peach Peas Peppers Persimon Phlox Pineapple Pohaberry

Pomegrante **Provider Bush Beans** Radish Rambutan Rhubarb Rollinia **Royal Burgandy Beans** Rutabaga **Snap Beans** Soursop Soybeans Spinach Squash - Dunja Squash - Patty Pan Squash - Sunbeam Starfruit Strawberry Guava Sweet Potato Strawberries Summer Squash

Sunflowers Swiss Chard Taro Tangerine Thyme Tomatoes on vine Turnips Turtle Beans Watermelon Winter Squash





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