

# Big Island Diet

Partial List of Value Added Products Sold at Big Island Farmers Markets That Use Local Foods



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|-------------------------|------------------------|------------------------|
| ASHWAGANDA POWDER       | HOT PEPPER SAUCES      | SALT                   |
| AVOCADO MOUSSE          | JABOTICAVA JAM         | SALTED COFFEE          |
| BANANA BREAD            | KOMBUCHA               | SPICED COFFEE          |
| BIG ISLAND TOMATO SAUCE | LILIKOI BARS           | STRAWBERRY/RHUBARB JAM |
| CHICKEN MEAT            | LILIKOI JAM            | SUNDRIED LEMON/LIME    |
| CHILE PEPPER WATER      | LILIKOI SYRUP          | TAMARIND STEAK SAUCE   |
| COCONUT CREAM           | LOCAL FRUIT ICE CREAMS | TERIAKI MARINADE       |
| COFFEE                  | LOCAL FRUIT TARTS      | TILAPIA FISH           |
| DUCK MEAT               | MACADAMIA NUT OIL      | TURMERIC PASTE         |
| GUAVA JAM               | PIES                   | TURMERIC POWDER        |

