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FARM TOURS PROVIDE FIRST-HAND LOOK INTO FARM-TO-TABLE CUISINE PRACTICES

With the increasing popularity of farm-to-table cuisine in Hawai'i, more and more Island farms are opening their doors (and their plantations) to guests interested in learning about the produce and ingredients that make their way into their favorite meals. There are an abundance of farm tours across the state that welcome the public to walk through and in some cases, sample the fruits, vegetables, nuts and herbs grown on the very land they tour. Below is a sampling of several farm tours that are sure to delight any foodie:

KAUAI

Train Hike Orchard Tour

www.kauaiplantationrailway.com

Experience the very best of Kilohana Plantation on an elegantly-designed railway car. A local guide narrates the train ride, pointing out more than 50 varieties of fruits and vegetables grown on the plantation. The trip is then followed by a leisurely hike, lunch, and a tour through the plantation's exotic fruit orchard. Guests are also invited to interact with the many animals that roam the land.

Kaua'i Coffee Walking Tour

www.kauaicoffee.com/index.php?page=walking-tour

Take a walk under the coffee trees and through the estate on which Kaua'i Coffee is grown. This leisurely walking tour offers a great learning experience, educating guests about the five different coffee varieties and the entire coffee-making process, from initial blossoming, through harvesting and processing, to the final roasting. To cap it off, browse through and sample the entire line of Kaua'i Coffee at the Visitor Center!

Historic Rice Mill & Taro Farm Tour

www.haraguchiricemill.org

Visit Hawai'i's only remaining rice mill, listed on the National Register of Historic Places. Learn about Hawai'i's agriculture history and explore the many uses of taro, a traditional Polynesian food source. The tour offers a complimentary lunch to finish off the morning. Special and private tours available.

O'AHU

Dole Plantation Garden Tour

www.dole-plantation.com

Get an up-close look at America's favorite tropical fruit through Dole Plantation's Garden Tour! This self-guided tour through eight different gardens is sure to delight all

senses. See the variety of pineapples growing on the plantation and smell the sweet aroma of pineapple ready to be picked. Other tropical delights complete this educational tour, from coffee to exotic fruit to colorful cacao pods. While you're there, don't forget to take a stroll through the World's Largest Maze!

Ali'i Tour at Tropical Farms of Hawaii

www.macnutfarm.com/tropicalfarms.html

Venture to the windward side of O'ahu and discover Tropical Farms of Hawaii, also known as The Macadamia Nut Farm Outlet. Tour the plantation and fish pond, and learn about macadamia nuts and other fruits grown here. Sample a variety of macadamia nuts not available in stores. Tropical Farms is a true, off-the-beaten-path jewel on the island!

MAUI

O'o Farm Tour

www.oofarm.com/tour.htm

Located in Kula, upcountry Maui, O'o Farm provides a great farm-to-table experience through its lunch tour. Explore the farm and learn about the ecologically-sound organic and biodynamic practices used to grow its various crops. Guests end the tour with a picnic lunch on farm grounds. Private and customized tours available. Reservations required.

Ali'i Kula Lavender Farm Walking Tour

www.aliikulalavender.com/t-akltours.aspx

Explore the beautiful and picturesque Ali'i Kula Lavender Farm, located in Kula. Learn about lavender's health benefits and different uses in products we use everyday and the food we eat. See, touch and smell different varieties, and add on a Lavender Gourmet Lunch to your tour to complement the entire experience.

HAWAII'S BIG ISLAND

Holualoa Kona Coffee Company's Farm Tour

www.konalea.com/tour.htm

Explore Kona Le'a Plantation, home of Holualoa Kona Coffee Company, on which world-famous Kona coffee is harvested. The plantation uses organic farming methods, including the use of organic fertilizers and naturally occurring soil amendments to ensure a healthy environment for its crops. Take a walk through the orchards and mill, and finish in the roasting room as you enjoy a complimentary cup of freshly roasted Kona coffee.

Peter Merriman's Farm Tour

www.merrimanshawaii.com/farmtours.php

Take a stroll through historic Kohala grasslands, sheep and cattle ranches, and the picturesque Honopua Family Farm, known for its organic vegetables, lavender and cut flowers. Following the tour, guests return to Merriman's for a special three-course dinner highlighting the farms' very own produce and products.