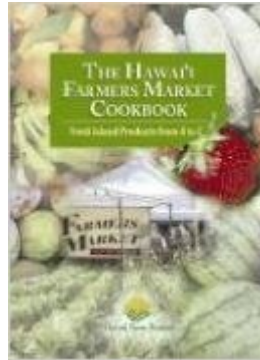


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# The Hawaii Farmers Market Cookbook



## Synopsis

With the increased availability of fresh local produce, shoppers often wonder, "What is that hairy fruit and what do I do with it?" The Hawaii Farmers Market Cookbook â Fresh Island Products from A to Z provides complete descriptions of products, explains what to look for when purchasing, and how to prepare your finds. Full-color photographs help identify "mystery fruits" and the unprocessed form of foods market visitors may have previously only encountered chopped and cooked. Tips on shopping at farmers' markets, a complete listing of the state's current markets and their hours, and product seasonality charts are also included.

## Book Information

Spiral-bound: 182 pages

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Average Customer Review: 4.4 out of 5 starsÂÂ See all reviewsÂ (5 customer reviews)

Best Sellers Rank: #1,215,475 in Books (See Top 100 in Books) #79 inÂ Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Hawaii #236 inÂ Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > West

## Customer Reviews

Wanted more of local recipe cookbook. This one is for fancy recipes that don't commonly use. The presentation of the cookbook is great hwever, so it is nice to look at. May gift to my mainland family.

This book will add a whole new dimension to a Hawaii Vacation! I suggest renting a room or cottage with a kitchen, hitting the farmers market with your cookbook and trying out the recipes that makes your mouth water! I love vacationing "off the beaten path" and this book is right up my alley. It will help give you an appreciation for the culture, not just the sandy beaches and surf. There is a culture there that should be appreciated and respected. When my husband and I vacationed in Hawaii we were careful to buy local products and skip anything shipped to the island. Try it, this book will open your eyes and your tastebuds! You'll also be able to identify some of the less common fruits and vegetables grown on the islands.

With the excellent climate of Hawaii, one can get quite the cornucopia out of a simple farmer's market. "The Hawaii Farmers Market Cookbook: Fresh Island Products from A-Z" is the first volume of the Hawaii Farm Bureau Federation's guides to the finer points of the meals one can make from locally grown foods in the Hawaiian isles. From Hawaiian grown meatloaf to staples of the more traditional pineapple, "The Hawaii Farmers Market Cookbook" is a must for any environmentally conscious Hawaiian who wants to enjoy the range Hawaii offers. Also recommended is the follow up volume, "The Hawaii Farmers Market Cookbook Volume II: The Chef's Guide to Fresh Island Foods", with more of the same wisdom.

I love this island style cookbook! It has diverse recipes with healthy tips. Recommend it highly! Love love, love it!

Even though I have never been to Hawaii, this book gave me a way to cook like a native. I shall look forward to seeing many things when I do visit, and tasting new products.

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