

DID YOU KNOW?

Nearly 90% of the food consumed in Hawaii is imported into our state. If residents replaced only 10% of imported food with locally-grown items, \$313 million would remain in Hawaii's economy and would create an additional 2,300 jobs.

1 The nutritional value of vegetables and fruits starts dropping the moment they are harvested. "Buying local" provides the freshest products with the highest nutritional value because Hawaii-grown produce has NOT travelled thousands of miles before getting to your local store.



2 Lake Wilson is the 3 billion gallon reservoir in Wahiawa that once provided most of the water for the sugarcane plantation on the North Shore. However, it is non-potable water that must be cleaned up so a wider variety of edible crops can be grown.

3 At its peak, Hawaii's sugarcane and pineapple crops covered over 22,000 acres on the North Shore. Today, two-thirds of that land is still available for agriculture, creating a great opportunity for the North Shore to increase food production, expand diversified Ag and become the breadbasket of Oahu again.



4 The largest asparagus farm in the state is located on the North Shore. Asparagus contains more glutathione than any other food. Glutathione is known as a "master antioxidant" that may help reduce the risk of cancer.

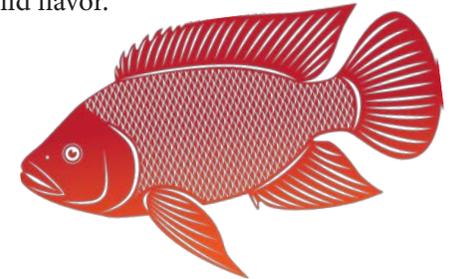
5 Five varieties of hydroponic lettuce are grown in large quantities by one North Shore farm. An average of 8,000 heads of lettuce are harvested per day and distributed to major retailers.



6 Hawaii's largest cacao farm in the state is located in Waialua. It produces world-class, award-winning chocolate made from pure, Hawaiian cacao grown exclusively on the North Shore.



8 Hawaii's largest tilapia farm is located in Waialua. Most of these fish are sold to Chinatown markets and to chefs who like tilapia for their moist, white flesh and mild flavor.



9 The largest fresh-produce farm in Hawaii grows half of its production on the North Shore. It produces one million pounds per week including watermelon, bell peppers, cabbage, bananas, and tomatoes.



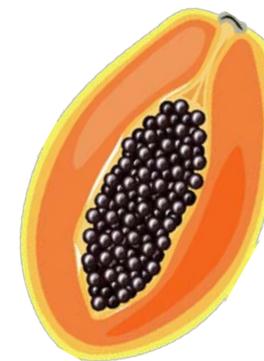
10 The largest pineapple producer in Hawaii, which also grows Waialua coffee, is located on the North Shore. Both products are sold locally, as well as exported.



11 Hawaii's eggs are the "clean white eggs"! Imported eggs have a purple "U.S." stamped on their shells and are likely 10 to 15 days older than our fresh local eggs.



7 Tuberoses are the most popular and fragrant flowers used in lei making, and the largest tuberoses farm in the state is right above Haleiwa. At night, their fragrance fills the air.



12 The largest production of papaya on Oahu is grown on the North Shore. Papayas contain more Vitamin C than oranges and are also a great source of Vitamin A. The Rainbow hybrid is a firmer, sweeter, odor-free variety.



For more information on North Shore agriculture products, farms, farmers and special events, go to www.GoNorthShore.org