



# The Hawaii Farmers Market Cookbook

*Hawaii Farm Bureau Federation*

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## **The Hawaii Farmers Market Cookbook** Hawaii Farm Bureau Federation

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 — 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.

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