



## ***Maui:*** a Feast for the Eyes and the Palate

Come for the stunning scenery, but stay for the incredible food and drinks you'll find here

By Cathy Senecal

The lushness of palm and mango trees and abundant greenery on Maui's leeward side is undeniable. Revel in it and feast on these tasty treats. But take time to appreciate Maui's "other" side. Beyond the bougainvillea and hibiscus rich scenes and scents of Kihei and Wailea, the open, windswept expanses of Southeast Maui—past Hana—are another sort of gorgeous. In terms of food and drink, start with these memorable flavours.

### ► ***Dragon Fruit***

At the biggest organic dragon fruit farm in the U.S., Maui Dragon Fruit Farm, take a one hour tour to see how dragon fruit, pineapple and papaya are grown. Then, while overlooking uninhabited Kaho'olawe Island, taste seasonal fruits, including dragon fruit. For added fun, you can also roll down a hill in a giant Aquaball.



### ► ***Olowalu Lime Pie***

Sure, Leoda's Kitchen and Pie Shop in Olowalu has a full menu of delicious sandwiches and burgers, but let's be real. The lineups are for the pies. See if you can have only one from the menu, which includes banana cream, chocolate mac nut, apple crumb, coconut cream and, my favourite, Olowalu lime pie.



► ***Poke—Rhymes With Okay***

You can get poke—typically diced and raw marinated tuna—everywhere, including at grocery stores by the airport in Kahului, but for a splurge, head to Spago, chef Wolfgang Puck’s Hawaiian outpost at Four Seasons Wailea. Here you’ll be treated to their bigeye ahi poke in wee sesame tuile cones, with ginger and a dab of tobiko caviar. Simply perfect.



► ***Spam***

Hawaiians eat an average of five cans of Spam per year in its many flavours, from hickory smoke to jalapeño. Do as the locals do and pick up some Spam musubi at Oyako Tei in Kahului. This popular snack or lunch item features cooked Spam and rice wrapped in a nori sheet.

► ***Pineapple Everything***

Open since 1974, Maui Wine offers several ways to enjoy their unique offerings, including by the glass, in flights and wine cocktails. Along with a flight of bright-tasting wines made from their own raspberries, grapes and pineapples, we had goat cheese balls with pineapple wine syrup and black lava salt at what also happens to be Maui’s only winery.



► ***Hana and Beyond***

Many visitors pick a day to take the 600+ turn road to Hana and then drive back. Keep going! About 20 kilometres south of Hana, after a few kilometres of gravel, smooth black highway reappears. The views on the isle’s windy side are stunning. Pass upcountry ranches and expansive grasslands that ripple like golden waves as you drive high above the Pacific on a road devoid of cars. Drive clockwise around the island starting early in the morning. Better yet, stay a night or two in Hana to soak up its gentler vibe and check out the sites, especially the two below.



► ***Mai Tai***

For happy hour, head to Monkeypod Kitchen for what’s been voted the best Mai Tai on the island because of its honey and lilikoi (passionfruit) foam topping and boozy deliciousness.



► ***Pipiwai Trail***

Park at the Haleakala Kipahulu Visitor Center about 12 kilometres past Hana and follow the signs to this popular six kilometre hike along a gorgeous valley, past guava trees and giant bamboo to the 120 metre Waimoku Falls. On your way back, walk the level, 800 metre Kuloa Point Trail to yet another cove with crashing waves that you can sit and stare at—seemingly forever.



► ***Wai’anapanapa Park***

Book ahead to visit one of the most beautiful stretches of coastline in all of Maui. Head to the right from the parking lot for a superb hike, which after the first 100 metres, you’ll have to yourself. Walk the ocean’s edge with lush forest to your right. On your left, waves crash into massive black lava crevices and arches creating repeated splashes of blue, white and black that one does not tire of. Don’t forget to visit the black sand beach.