

Community Supported Agriculture and Education: A special partnership to bring you each week -- fresh produce all grown on the Hamakua Coast.

Hawaii Sustainable Education Initiative (HSEI) and Friendly Aquaponics invite you to become a member of a very special group of friends, sharing the idea of fresh food produced locally and the education of young people in the growing and marketing of this food.

Your membership will help local farmers better plan their production, which means that you get fresher produce, harvested at the peak of readiness and available for you without delay. You will receive certified organic lettuce grown aquaponically. Lettuce so sweet and crisp that even children love it. Friendly Aquaponics guarantees 100% satisfaction and 15 day freshness on their lettuce. You can only get their lettuce through our CASE or 60 miles away at Costco.



You will also receive seasonal fruits, vegetable, herbs and flowers all grown by local farmers who are parents and friends of HSEI. A student-produced newsletter full of recipes, nutritional advice, poetry and art accompanies every delivery.

Depending on which level you subscribe, you may choose to receive luscious uncooked pies as well. Created with fresh local organic fruit and nuts, you can indulge your sweet tooth at the same time you enhance your health and well-being.

You can be satisfied that you are playing an important part in support of locally grown food, helping secure food sources in these times of uncertainty and rising costs of transportation.

All proceeds go to tuition assistance at HSEI. 20 members at the Supporter Level pays for one student's tuition and fees.



Join now.

Call Ming Wei 443-9231 or kohmingwei@gmail.com to enroll and for more info.
Cash, PAYPAL or checks to HSEI accepted.

Friend Level: \$75 for three months. Receive 1/2 lb. of Friendly Aquaponics organic lettuce, plus a 1 lb. mix yummy herbs, edible flowers, fruit, and veggies every week.

Supporter Level: \$150 for 3 months. Receive double the above described amount every week.

Benefactor Level: \$240 for 3 months, adds to the Supporter Level one delicious 10" living food pie.
Lettuce only option available.

Also available to add to levels - **Local EGGS** -- \$3/half dozen or \$5.00/dozen

Join for a year and receive one month FREE

Pick up: Wednesdays - Waimea, Keck 4:30 pm, or St. James Circle 4:45 - 5:15 pm
Fridays - HSEI 45-3611 Mamane St. Honoka'a; 12 noon - 2:30 pm