

# KONA COFFEE NEWS

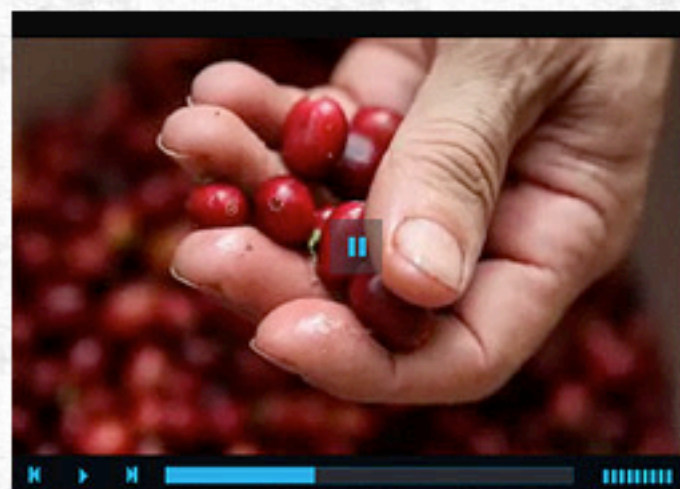
Issue #7      What's happening on the farm and beyond      APRIL 2010

## A Little Film about a Little Farm

It all started with an email from our friend [Tara Sgroi](#), who wanted to relax with us for a week or so. Tara is the kind of person you don't have to remind to bring her camera along, as she is a successful photographer who breathes beautiful imagery day-in, day-out.

She traveled along with her newest apparatus, and barely left it out of her hands. Nothing worse for a photographer when encountering the perfect raindrop on a flower, although the instrument is left in the car, or on the kitchen counter. Tara's relaxation was overwhelmed by her need to drag the bulky camera from one natural encounter to another. Best of all, it had a video function in this sophisticated, optical machinery, and therefore she also filmed little tidbits of our farm life, the beaches, the bees, the beans, the works.

We were of course very curious of what she and her camera lens saw, but didn't want to spoil her take on our precious and caffeinated Hawaiian environment until she was ready to show us. In short, her vacation made her work harder than ever, but the result she came up with made us feel wonderful. Judge for yourself--it's only a minute and a half and shows you what's in your Blue Horse Kona coffee cup!



(click image and new window will open up)



## Tribute to a Fellow Coffee Farmer

Henry was a neighboring coffee farmer, who lived up on our hillside in Kona. Henry didn't have a 'brand' of coffee, or heaven forbid, a fancy website. He sold the coffee fruit straight from the tree to a local processor. He worked almost single handedly, the 14 acres of rock strewn terrain with a sweeping view of the Pacific coastline below.

Henry drove a 1953 Jeep pickup truck with an original set of tires. From time to time, he also drove an '84 Cadillac, which he supposedly acquired just to tick his neighbor off who had bought one first. And yes, I saw him once heaving a wet burlap sack with freshly picked coffee cherry into its padded trunk. Besides that, he was a rather modest fellow.

When we moved here years back, he introduced himself to us with two bulging plastic bags full of lemons, tangerines, mandarins, grapefruits and oranges from his grove. A vitamin C overload, but mighty delicious for a weary group of travelers.

Henry told me that his father didn't have a caddy, or even a Willy Jeep, but he did have a four legged donkey. After the harvest was done, he dragged the beast-of-burden up into the Honaunau jungle to pick from the wild coffee trees ripening later in the season. A bag a day was all he could get from the sparsely growing, and uncultivated trees. But it was extra money to feed his family.



Henry in his 50+ year old pickup truck

Henry walked and drove the farm roads his dad and him had built nearly every day. One should not call them roads, but megalithic monuments, like the sacbes of Mayans traversing the Yucatan, comparable to Goldsworthy landscape art. Over 5 decades they moved, tilted, lifted, pushed, cobbled, paved, layered, set, hammered, chiseled at least 3 miles of roads through the coffee fields. No mortar, asphalt, concrete needed--just plain eye sight, patience, persistence and wisely invested bicep work. Pretty sure, scrapes, yanked backs, pinched fingers and toes were a common occurrence, yet rarely mentioned to mom.

As an adult, Henry's answer to most things was a long, almost whispered, "Ohhhhh....," combined with an adjective, and some gentle head nodding. Like in "Henry, did you hear that they had a fire down in Kailua?" "Ohhhh, bad." Or "Henry, we have a terrible drought these days." "Ohhh, yes, terrible." "Henry, why don't you try to sell some of your coffee on the internet?" "Ohhh, difficult!"

Henry was a quiet man, although he did have a penchant for cockfighting before it became tabu here in Hawaii. Not many of us were aware of this, until the Shinto priest during Henry's funeral service had to praise his skills in that matter. Many eyebrows were raised when we heard Henry's little secret, including a few gasps, as Henry didn't seem the type. Following Henry's service, plenty of Heineken's (Henry's favorite beer), and some small estate Kona coffees were served. Along with traditional sushi, and local pork brought in by some of the pig hunters.

Henry passed on the very same day two years after his mom had passed. I walked his roads this morning and found myself adjusting a few loose boulders; even pinched my finger tip whilst doing so. "Ohhhh, careful!" I swear I heard Henry's voice coming from somewhere. His vibrant coffee trees swayed silently in the wind.

## Kona Coffee Trivia:

### Lilo & Stitch - TV Episode 151- Babyfier

Babyfier is a small, pink creature in the childrens TV series Lilo & Stitch. It emits a pink powder from its rattle-shaped tail, which turned all adults of an Hawaiian island into infants. Lilo discovers how to reverse the trick. She breaks into a store and gets some **Kona coffee** (She's too young to buy the coffee, is given as an excuse). Lilo & Stitch collect the apples and bananas. Then they once again save the day when Stitch shoots the mixture into the sky and turns the entire islands population back to adults.

Here's their recipe to turn cry-babies back into adults:

- 1 cup of milk
- 3 mashed bananas
- 1 teaspoon of applesauce
- 1 dollop of 100% Kona Coffee

(Don't forget to tell us how that goes...)

## Busy Bees desire Coffee and a Smoke.

Researchers in Haifa, Israel, have offered honey bees various choices of flowering buds. And lo and behold, the bees prefer the nectar of coffee and tobacco plants over any other. Guess they're not named 'worker' bees for nothing!

The scientists offer as a possible cause, the tough competition for pollination between plants with a short flowering cycle. In countering this problem, some plants developed caffeine and nicotine containing fructose nectar as a stronger attractant to pollinating insects. It's us humans who noticed much later in the game the effects of caffeine and nicotine. But those little busy bees knew all along!



Winged Kona coffee addict

## Mother's Day is coming up!

From the busy bees to your very own mom--this is not a far stretch by any means. So this year, surprise her with something delicious, delightfully energizing, and eco-friendly to boot! A gift of Blue Horse 100% Kona Coffee, handmade in the USA, along with a hand inscribed gift card. Happy Mother's Day, Mom!



## Made from Kona Coffee Fruit. Not beans!

The pulp of the coffee fruit is one of the richest antioxidants known to man; some studies show it contains even more age- and free-radicals defying power than the sought after Acai berry. We are very excited that there's now the possibility to utilize our Kona coffee fruit pulp, which is normally used only as a natural fertilizer for our trees. The coffee fruit itself was originally made into tea, energy snacks, wine, and medicine in Africa, and known as the 'nectar of Gods.' So we're thrilled that BLUE HORSE KONA is allowed to offer this precious wellness and energy beverage to you.

You can read more and purchase the [KonaRed™](#) coffee fruit drink here.



visit our website & store:  
[www.BlueHorseKona.com](http://www.BlueHorseKona.com)

previous  
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Mahalo to all of our Kona coffee friends. For the time spent to read our news letter and enjoying our beans. Contact us for a leisurely personal tour of our plantation, your special orders or with any questions you might have. Till next time!

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