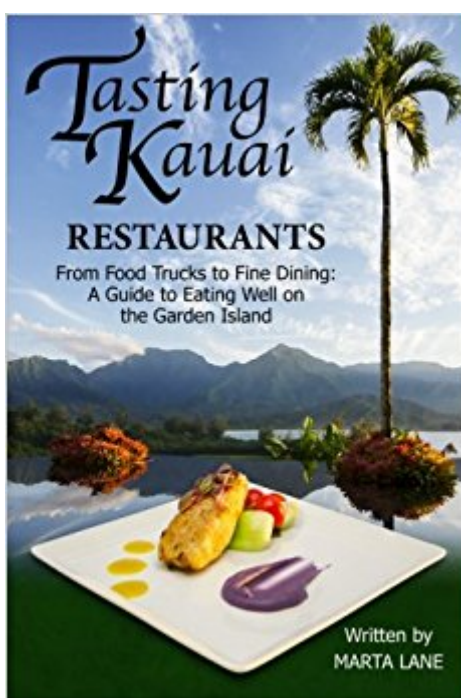


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Tasting Kauai: Restaurants: From Food Trucks To Fine Dining, A Guide To Eating Well On The Garden Island (Volume 1)



Synopsis

2014 Edition - From food trucks to fine dining, this guidebook to restaurants on Kauai is designed to take you on a culinary romp through paradise. Colorful images evoke your senses and whimsical graphics provide essential information. Icons make it easy to reference what types of meals the restaurant serves as well as price ranges and dress code. Vegetarian, vegan and gluten-free icons identify dining options for those on alternative diets. Additional icons point out free Wi-Fi, food trucks and when reservations are recommended. For easy reference, restaurants are divided by zone beginning with the west side of the island and ending on Kauai's north shore. At the beginning of each zone, large color photographs showcase the delicious food from that area. One of the things to do on Kauai is savor local flavors in gorgeous settings. After all, food defines a destination and connects people to the land and cultural history. This guide to Kauai restaurants stimulates your hunger for a taste of paradise, then takes you by hand and guides you right to what you're craving. After writing hundreds of articles about Kauai food, author Marta Lane shares 69 of her favorite restaurants on Kauai. This guidebook highlights restaurants that make fresh food from scratch using local ingredients whenever possible. A pink hibiscus indicates the best of the best and a strong farm-to-table emphasis. Marta Lane is a certified personal chef and her columns "Tastes of Kauai" and "Farmers Markets" appear every week in MidWeek Kauai. As a dedicated journalist, she hits the island's lone highway, bumps along back roads, and wades through waist-high grass to pick tropical fruit. She goes fishing in the Pacific, visits pig, sheep and beef ranches, and tries things she's never had before (beef tongue and head cheese). It's a bold quest for the best food on Kauai, but someone has to do it! Marta is also on the board of directors for the Garden Island Range & Food Festival, the Hawaii AgriTourism Association and is president of Slow Food Kauai. Daniel Lane is Marta's husband and a freelance photographer who specializes in capturing life on Kauai. His beautiful and sometimes quirky shots are seen in the "Eye on Kauai" photo spread in MidWeek Kauai. He also contributes the "Yum Shots" for his wife's articles, takes visitors on private photo tours, and captures love and family in scenic portraits. www.TastingKauai.com is an online resource dedicated to eating well on Kauai, from seed to table. The website features a list of farmers markets, recipes, Hawaii cookbook reviews, restaurant updates, and Pau Hana Friday blog posts detail Kauai food news and events. Monthly culinary tours and a weekly farmers markets class connect people to some of Kauai's best farmers and chefs.

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Customer Reviews

Marta Lane is a certified personal chef and her columns "Tastes of Kauai" and "Farmers Markets" appear every week in MidWeek Kauai. As a dedicated journalist, she hits the island's lone highway, bumps along back roads, and wades through waist-high grass to pick tropical fruit. She goes fishing in the Pacific, visits pig, sheep and beef ranches, and tries things she's never had before (beef tongue and head cheese). It's a bold quest for the best food on Kauai, but someone has to do it! Marta is also on the board of directors for the Garden Island Range & Food Festival, the Hawaii AgriTourism Association and is president of Slow Food Kauai.

This book is a well-written, visually pleasurable guide. When we visit Kauai, we're always on the lookout for new places to eat and there are many options to choose from when you're driving around the island. Some places are the kind that you may drive by and just aren't sure if you really want to "take a chance". Some are well-established restaurants where you may have doubts about getting your money's worth. Others are ones you'd possibly never notice. This book takes away the guesswork. Having had the pleasure of participating in a culinary tour with the author, we are confident she knows what she's talking about. Marta includes information about price ranges, dress codes, vegan and gluten-free options, use of locally-produced foods, and much more. The photos are beautifully displayed on my Kindle Fire. This is the very best dining guide we have seen for anywhere in Hawaii.

For my vacation rental guests this book is the finest. It reviews with style...giving the information they really need. Marta shares answers like how much, what do I wear, and what are the menu options. But Marta goes beyond the typical guide with food truck locations, vegan friendly menus, and my favorite... are they using local produce and products? Thank you Marta for going beyond the typical restaurant guide. Dawn Wooten Lihue, Kauai

Marta has outdone herself with this book. Her weekly columns on food are always provocative and this book captures what is best about Kauai food. Food made from scratch, made fresh daily mostly with fresh local ingredients, and a huge variety - from local food trucks to fancy restaurants. Who knew a local Mexican restaurant makes their own tortillas? I would love to find tortillas to take home that aren't from GMO corn. Marta's husband Daniel's photos make your mouth water and complement the book beautifully. If you plan to come to our lovely island this book should be in your carry-on so you can plan your food trips around Kauai. It will be one of the best investments you can make for your vacation.

If you're traveling to Kauai (or a resident of the island, for that matter) and if you like good food (especially locally-sourced food), you NEED this restaurant guide. It's obvious the author knows her stuff -- both about the Kauai food scene and about how to present information in a useful and eye-appealing manner. I'm a frequent traveler to the beautiful Garden Island of Kauai, and I agree heartily with these restaurant recommendations and even learned about a few new restaurants to try on my next trip. Mahalo for putting this guide together, Marta, and please tell your husband his photos are FABU, too!

Marta has done a fabulous job of listing her favorite restaurants on Kauai, those that honor Kauai-grown food. Even having lived here for 25 years, we enjoy referring to this book - it's our iPhones for when we're out and about - to remind us of places to eat that we might not know about or had forgotten. Once we try a place shown in this book, we add it to our repertoire of favorite places to eat on Kauai. There's a lot of amazing food on Kauai; it's wonderful to have a guide (Marta) and guidebook (Tasting Kauai) to let us know where to find it!

Very user friendly; a handy guide for selecting an eatery that will suit your mood, location and pocketbook! It'll work for both the hungry local and adventurous visitor.

For visitors and residents alike this is an indispensable, comprehensive, well-written, exhaustively researched and unique guide to the surprisingly wide range of cuisine on Kauai. Written by the island's foremost expert who somehow manages to cover everything from roadside food trucks offering local grinds to Thai food to the ritzy cuisine of the big resorts. Aloha.

This is a fun guide to eating well in a very fun place. I can't wait to get back and try out the establishments I have missed in the past. Lots of the familiar good ones are here too.

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