



HANA TROPICALS



Happy Springtime
From
Hana Tropicals!

[Visit our Website](#)

~ In Regards to COVID-19 ~

Hana Tropicals is currently closed to all visitors. The entire team is taking this opportunity to work in the flower fields, expand our food beds, brainstorm new ideas, and complete farm projects. We take this pandemic very seriously and are taking all proper precautions to ensure our staff is safe, healthy, and feels supported. We extend our hearts to all and hope everyone reading this is home and has everything they need to remain in good health.

FedEx is still operating as usual, so all of our flowers are being delivered safely and on time. We are also pleased to provide a completely sanitized and fresh product that can hopefully provide joy and color throughout this dismal time. Please call or email if you have any further questions or concerns!

Sending our aloha and best wishes to you all.
Thank you for being a valued member of the Hana Tropicals' 'Ohana.

Introducing our *EASTER SPECIALS* Already includes 10% off AND the 'Taste of Hana'!



~Easter Special~
Small Arrangement
plus Taste of Hana
INCLUDED!



Taste of Hana



~Easter Special~
Phalaenopsis
Orchid plus Taste
of Hana
INCLUDED!

Our Easter Specials are the perfect way to brighten up your kitchen this Spring!

Both Specials **already include** a 10% OFF discount!
Grab the Small Arrangement OR the Phalaenopsis Orchid -
both have the 'Taste of Hana' **INCLUDED!**

For a little 'Taste of Hana', enjoy:

- ~ Our home grown and produced Moringa Superfood Powder
- ~Our home grown and produced Moringa Lemongrass Tea Bags
- ~Joe's homemade Hana Coconut Candy
- ~Rosemary's homemade Dried Hana Fruit

Check out **MORE** Tropical Gift
Baskets

[Arrangements](#)

[Orchids](#)

[Maui Made Gifts](#)

Spring has sprung! Majority of our orchids are just about to bloom - the perfect time for shipping!



Burr. Living Fire
'Glowing Ember'

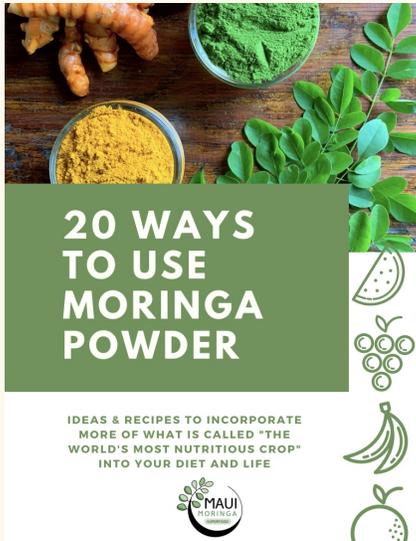


Epi. Wedding
Valley 'Yubanai'



Odcdm. Wildcat
Bobcat Orchid

Grab your **FREE Moringa E-Book Today!**



We want to thank you for being a Hana Tropicals' customer. Click the link below to download a **FREE Moringa E-Book!** Includes 20 incredible ideas & recipes to incorporate more of what is called "the world's **MOST NUTRITIOUS CROP**" into your diet and life!

Click [HERE](#) to download your **FREE Moringa E-Book**

Moringa oleifera is Immunity Boosting

Now more than ever, we all need to be focused on self-care and health. We have over 400 Moringa trees here at Hana Tropicals, and we want to share our wealth!

What is Moringa? Moringa leaves have 7 times more Vitamin C than oranges, and 15 times more potassium than bananas. They provide calcium, protein, iron, and amino acids, which help your body heal and build muscle. Moringa is also packed with antioxidants; substances that can protect cells from damage and boost your immune system. There's some evidence that some of these antioxidants also help lower blood pressure and reduce fat in the blood and body.

Wow, right?! We are proud to offer our Moringa in powder, tea and soap form. Moringa is terrific for you in all of these forms. The skin benefits are stellar as well! Check 'em out - you won't be disappointed.

Either add some to your next flower order, or buy Moringa from our website and receive FREE shipping for orders over \$50!



Moringa Superfood Powder



Moringa Soap

Year of Flowers - Receive 20% OFF on 12 Arrangements!



Call for customization and special requests! [Click to purchase](#)

We believe strongly that we should leave the earth better than we found it, so we work sustainably by replenishing and giving back to the land and people around us. Quite often we find ourselves with dirt under our fingernails and a smile on our faces because we love what we do!

Since we operate to the highest standard, we have a no questions asked, 100%

Chayote Squash & Carrot Soup

Ingredients:

- 1 Tbsp coconut oil
- 1 large onion (thinly diced)
- 2 cloves garlic, minced
- 6 cups chopped chayote
- 4 cups chopped carrot
- 1 big pinch each sea salt + black pepper
- 1 1/2 Tbsp curry powder (click for how to DIY)
- 1/4 tsp ground cinnamon
- 1 14-ounce can light coconut milk
- 2 cups vegetable broth
- 2-3 Tbsp maple syrup (or sub coconut sugar)
- 1-2 tsp chili garlic paste (optional)

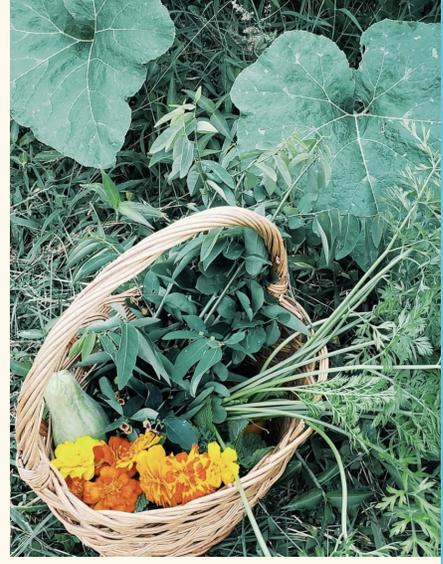
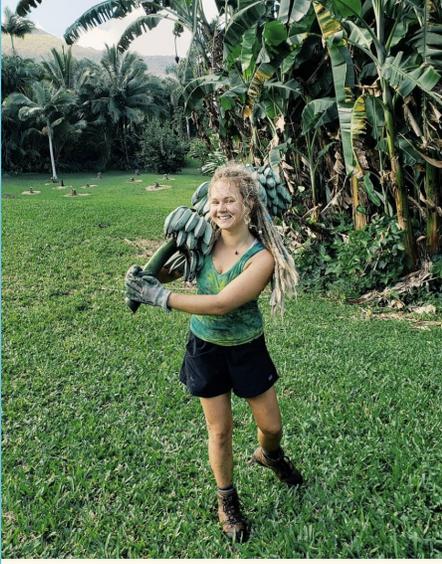


Check Out More Farm Recipes!

Garnish your soup with cilantro, sour cream, peppers!

Instructions:

1. Boil chayote squash & carrots in a large pot of water until somewhat soft.
 2. While the veggies are boiling, heat a large pot over medium heat.
 3. Once hot, add oil, onion and garlic.
 4. Sauté for 2 minutes, stirring frequently.
 5. Add boiled chayote squash and carrots to pan and season with a pinch each of salt, pepper, curry powder and ground cinnamon. Stir to coat. Then cover and cook for 4 minutes, stirring occasionally.
 6. Add coconut milk, vegetable broth, maple syrup or coconut sugar, and chili powder (optional - for heat).
 7. Bring to a low boil over medium heat and then reduce heat to low. Cover and simmer for 15 minutes or until squash is fork tender.
 8. Transfer soup to a high speed blender, and purée on high until creamy and smooth. Return soup to pot when it's super creamaaaay.
 9. Taste and adjust seasonings, adding more curry powder, salt or sweetener as needed. Continue cooking for a few more minutes over medium heat.
 10. Serve the soup and feel the warmth and deliciousness of the soup spread throughout your whole body.
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"Gardening is the most therapeutic and defiant act you can do. Plus you get strawberries."
-Ron Finley

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