

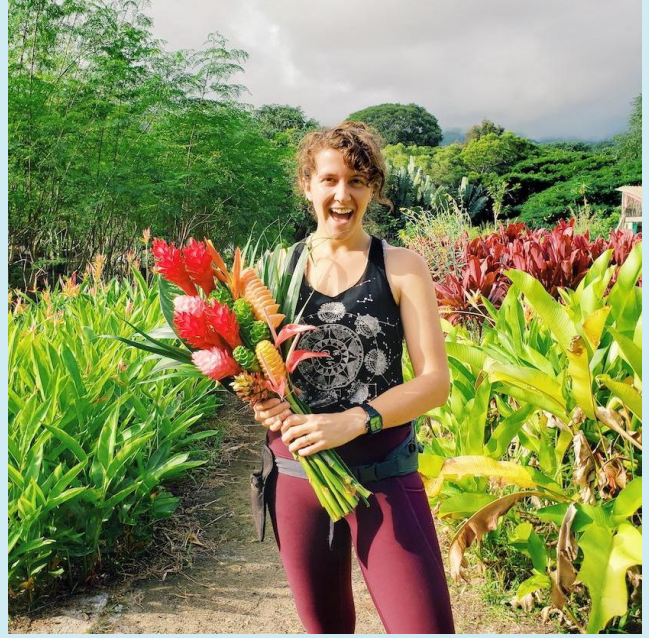


HANA TROPICALS

Visit our Website

Happy
WOMEN'S
Day





Celebrate International Women's Day With Us!

We believe that flowers should be enjoyed by all - men and women, children and the elderly. However, today is all about WOMEN! So either buy a special arrangement for a special woman in your life, or buy one for YOU because you deserve it! Today and every day.

[Check 'Em Out](#)



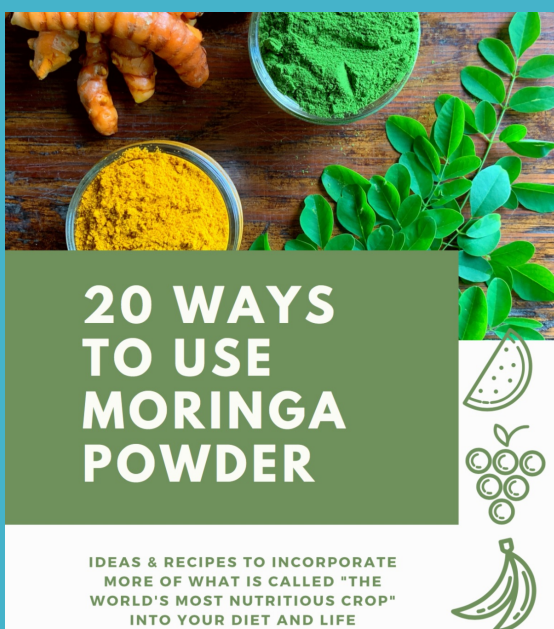
Medium Tropical Arrangement

Large Tropical Arrangement

Need something customized? We're your people! Give us a call or email and we can do custom arrangements, bouquets, leis, flower crowns, etc.!



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Moringa is an ancient SuperFood; recognized worldwide as the 'miracle plant.'

The Moringa leaves are packed with vitamins A, B, C, D, E, and minerals including potassium, calcium, iron, selenium, and magnesium.

Moringa is high in protein, contains good cholesterol (HDL) and is also a stimulant for milk production for breast feeding mothers.

Farm grown and handmade on Maui, we deliver some of the world's highest quality Moringa directly to you, wherever you are!

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Grab some Moringa

with a PDF of the E-Book will be
emailed to you within 24 hours.

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Watch our Manager Tessa Moxley create the perfect tropical
centerpiece! These are *not* just for Thanksgiving, and can be
ordered **at any time!**



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Centerpiece!



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if you order a HanaTropicals
product through Amazon!
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Hana Tropicals on AMAZON!

Hana Tropicals Pot O' Chile

Here at the farm, we often eat meals
together. A popular one is making a big pot
of chile in our croc pot, since we have so
many delicious and nutritious ingredients in



our garden that are perfect for it! Even in Maui we have winter nights that are colder than usual, and a cozy bowl of chile is just the thing we all need.

Start with putting **6 cups of water and 2 cups of dried beans** in a large croc pot. Turn the croc pot on low while you go gather the rest of your ingredients!

Ingredients:

- 2 cups of dried black and/or kidney beans
- Large onion chopped up finely
- 3 cloves of garlic chopped up finely
- 6 cups of water OR veggie broth
- 2 chayote squash diced
- 4 pieces of celery diced
- 6 tomatoes diced (can be replaced with 2 cans of tomatoes)
- 2 large carrots diced
- 2 teaspoon salt
- 2 teaspoon pepper
- 2 teaspoon turmeric
- 2 teaspoon cumin
- 1 teaspoon cayenne pepper
- 1 teaspoon paprika

Put all ingredients in the croc pot and let cook on low for 4-6 hours.
Garnish with cilantro and serve in bowls. *Enjoy!*



Don't forget to tag us in your pictures!

Whether you're using our recipes or admiring tropical flowers,
give us a tag **@hanatropicals** !

Mahalo



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