

A Hawaiian comfort food staple, **loco moco** dates to the 1940s and consists of white rice topped with a hamburger patty and an egg, then crowned with rich gravy. An excellent protein source.



Say what?! Hawai'i's state fish is the **humuhumunukunukuapua'a** (humuhumu for short), or "fish that grunts like a pig." The less tongue-twisty name for the fish is the reef triggerfish.



Spam came to Hawai'i during World War II and was quickly adopted into local cuisine. Try it out with a Spam musubi snack—grilled Spam atop of a block of rice, wrapped with dried seaweed.



Hawai'i's historic **plate lunch** is a carb-rich mix of global cuisines. Entrees ranging from Hawaiian kalua pork to Japanese chicken katsu accompany a standard two scoops of rice and one scoop of macaroni salad.



Due to its unique climate and location, Hawai'i is the only state that grows **coffee**, **orchids**, and **vanilla** (which comes from orchid plants).



The written **Hawaiian alphabet** consists of only 12 letters: the five vowels (A, E, I, O, and U) plus seven more consonants (H, K, L, M, N, P, and W).



Hawai'i has its own **time zone**,
Hawaiian Standard Time, and
does not observe daylight
saving time.



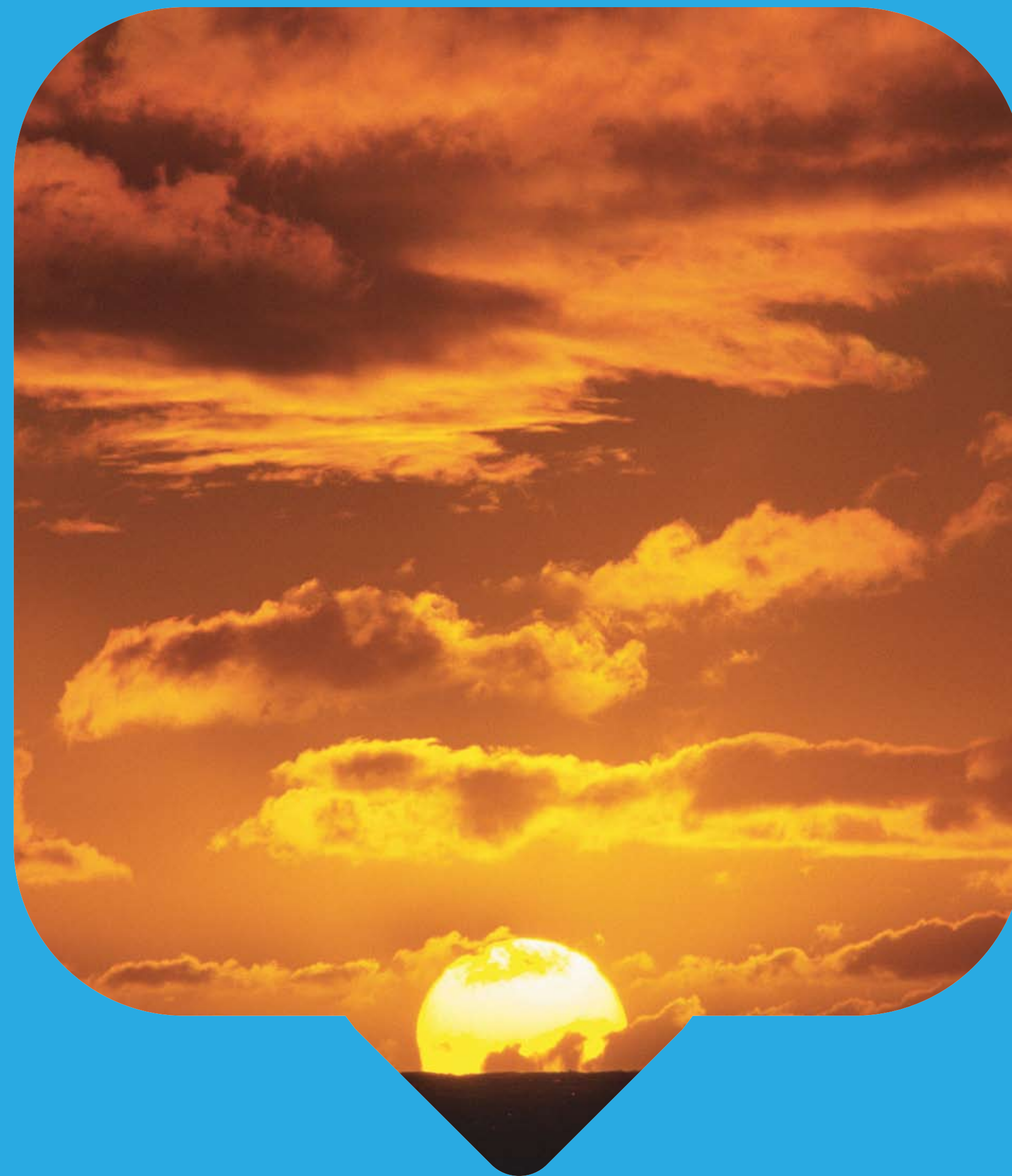
Leis were traditionally worn for special occasions and formal ceremonies. Lei Day is celebrated on May 1st, with each island participating in the festivities.



Keep an eye out for signs with **Kamehameha the Great** on them. These signs mark the entrances to Hawai'i State Landmarks—sites that the state considers as significant in Hawai'i's history or culture.



Hawai'i is one of the best places to see the phenomenon known as the **Green Flash**—a quick moment of intense green light that appears on the horizon right after sunset or immediately before sunrise. (Chances of seeing the Green Flash are greatest when watching the sun rise or set over the ocean with a clear view all the way to the horizon.)



Hula has a variety of forms. The more familiar *hula auana* (modern hula) is accompanied by western-influenced music and features a modern and fluid dancing style. *Hula kahiko* (ancient hula) performers dance to chants and percussion and wear traditional costumes.



The uniquely Hawaiian **hula dance**—with its accompanying chant or song—helps to preserve and spread the traditions and culture of Hawai‘i. Legend places hula’s origins on the islands of Moloka‘i and Kaua‘i.



The sweet musical sounds of the **Hawaiian ukulele** evolved from the Portuguese machete, a small guitar brought to the islands in the late 1800s by immigrants who worked in the sugar cane fields.



Hawaii Five-0 was a popular island-set police drama that originally aired in the 1970s. It was reimagined and put back into production with a new cast in 2010. The original gained notoriety for filming much of the series on location in Hawai'i, as opposed to using soundstages.

