Surfer’s Short List, North Shore, Maui

by Shaunna Nygren

<http://earthskyandawagonwheel.wordpress.com>

In Maui, we rise with the sun and watch it drift above the Pacific with the waves at our back. Salty hair is fine by us. On a perfect North swell, we choose between our favorite four breaks off the Hana Highway, Ho’okipa Beach; The Point, Green Trees, Middles, and Pavils. Plan to rise early or end your day here when the wind subsides. After a morning ride, you’ll find me on the open-air lanai at Paia Bay Coffee, a small garden cafe tucked between jungle palms and quiet airy shops, drinking a double Americano.

The seasons on Maui are revealed by the fruits that fall from the trees—avocados in the springtime, mangos in summer, lilikoi in late fall. We drink coconut water straight from its grainy, earthy source. Our world here is verdant and unruly, beautiful and abundant. Island life is slow and easy. The ‘ohana is not to be missed at Mana Foods. Arguably the best health food store in the world (I’m clearly biased), friends gather in the aisle to talk story, while barefoot hippies pluck at their guitar strings on the sidewalk out front, and the folks at Mana offer up sliced avocado samples in the produce section.

In the afternoon, I like to make my friend Ashley’s favorite green juice. She’s also the photographer of these images of Maui.

2 heads bok choy

1 Bosc pear

1 cucumber

1 Tbs. peeled ginger, more or less for personal taste

Wash all the vegetables, leaving the pear and cucumber unpeeled. Core the pear and cut off the tough base of the bok choy. Add all the ingredients into the juicer, then separate the foam from the juice and serve on ice.

Contributors

Photographer

Ashley Camper

<http://www.ashleycamper.com>

Stylists

Kelsi Vande Velden [no website]

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Hair & Makeup

Chrissy Swink

<http://www.makeupmauiandhair.com>

Models

Jesse Inchauspe

<http://cargocollective.com/amerikkaur/Jessie-Inchauspe>

Molly Bennett [no website]

Locations

Kula and Haiku, Maui

Resources

Eat

Paia Bay Coffee

<http://paiabaycoffee.com>

Activities

Ho’okipa Beach

<http://co.maui.hi.us/facilities/Facility/Details/169>

Pilates with Laura Rice, 808 Pilates

<http://pilates808maui.com>

Maui Yoga Shala

<http://www.maui-yoga.com>

Shop

Imrie Boutique

<http://www.imrieonline.com>

Nuka

<http://nukamaui.com>

Mana Foods

<http://manafoodsmaui.com>

Wardrobe

On Jesse

jumpsuit, Free People <http://www.freepeople.com>

button up, J. Crew <https://www.jcrew.com/index.jsp>

shoes, Converse <http://www.converse.com>

sundial watch, Pandeia <http://pandeiastudio.com>

On Molly

overalls, Free People, <http://www.freepeople.com>

black tank, Zara, <http://www.zara.com/us/>

skirt, XTaren <http://www.xtaren.com>

pants, J. Crew <https://www.jcrew.com/index.jsp>