

# Food for Thought

Coloring Book



NATIONAL TROPICAL BOTANICAL GARDEN  
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# Food for Thought

## Coloring Book

Have you thought about plants today? Plants make our lives possible in so many ways. They help provide the air we breathe. They feed, shelter, and clothe us. They have been part of our medicines and healing practices throughout history. For all these reasons and more, conserving plants is incredibly important. By taking care of plants, they can continue taking care of us. Tropical places are home to the highest diversity of plants. These places are also some of the most threatened in the world. We can all do our part to protect tropical plants. Learning about them through the art of coloring is a great way to start!

# Acai Palm

*Euterpe oleracea*

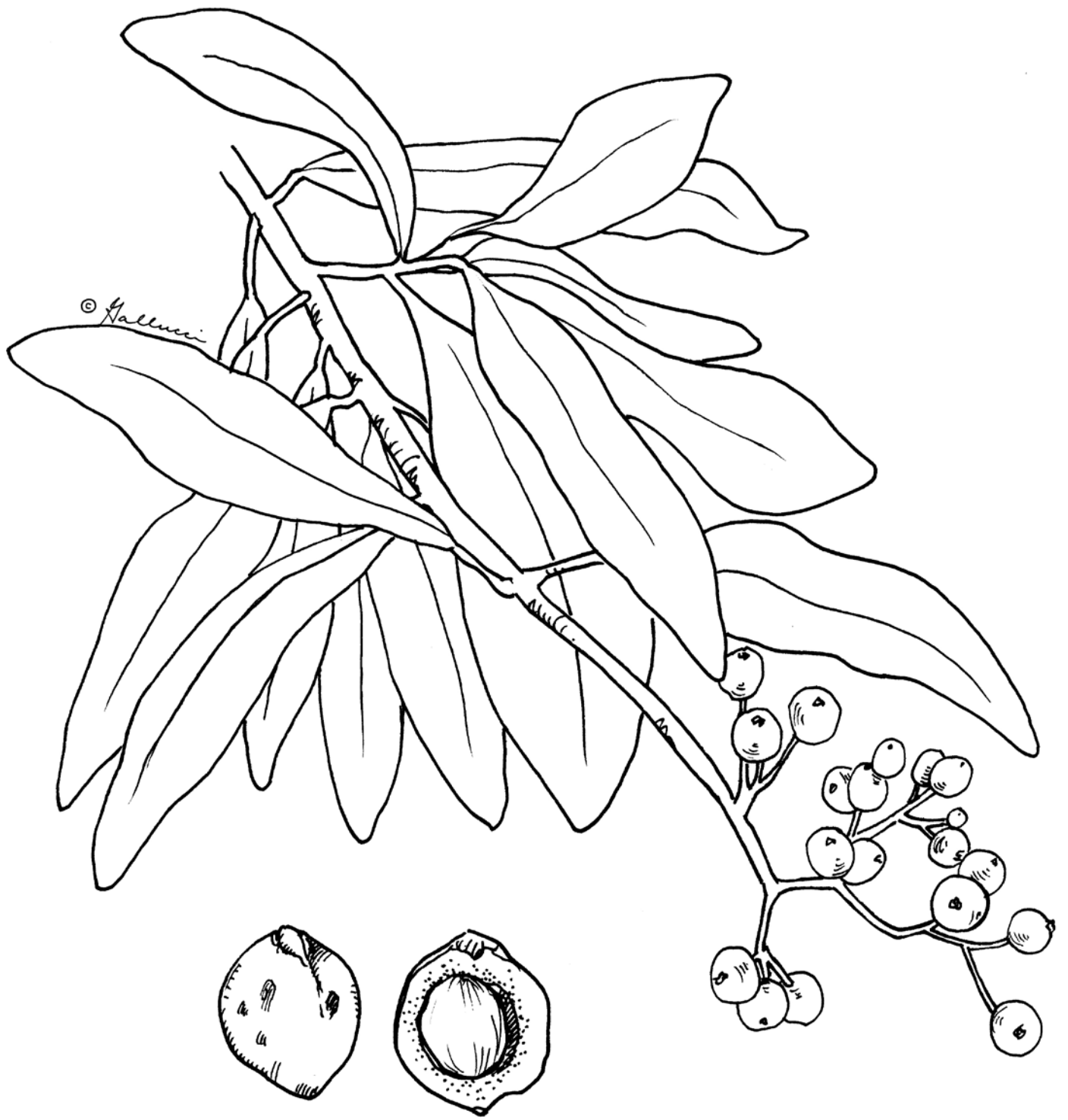
Acai has become a popular fruit. Many claim it to be a "superfood." It has certainly been an important food in its native South America. The fruits or "berries" are used in juices, ice creams, sweets, and preserves. The "heart-of-palm" is used in making "millionaire's salad." Have you ever had acai juice or an acai bowl?



# Allspice

*Pimenta dioica*

Allspice is one spice that comes from this tree. Its name comes from the taste and smell of the dried fruit, a combination of cloves, black pepper, nutmeg, and cinnamon. Even the crushed leaves smell like these spices. Think of fall and winter holidays—allspice adds flavor to dishes like pumpkin pie!

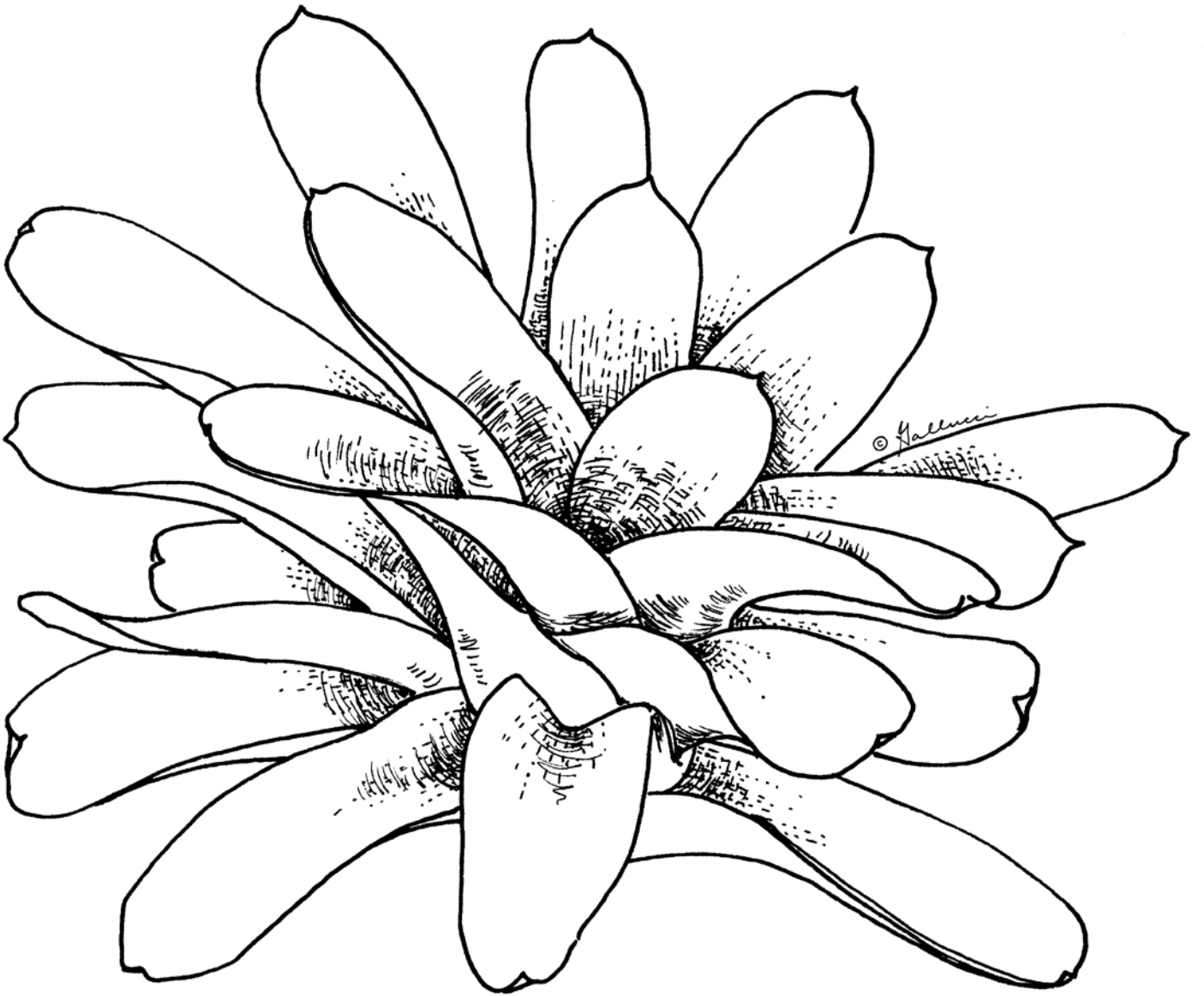


# Bromeliads

## *Bromeliaceae* family

Bromeliads have many uses indoors and outdoors. They can be used as container plants, hanging plants, in planter boxes, and in the home garden. The leaves are shaped to collect rainwater. This makes them easy to grow. Bromeliads are almost as popular as orchids. One member of the bromeliad family is an important fruit crop—pineapple!





# Cacao

## Chocolate | *Theobroma Cacao*

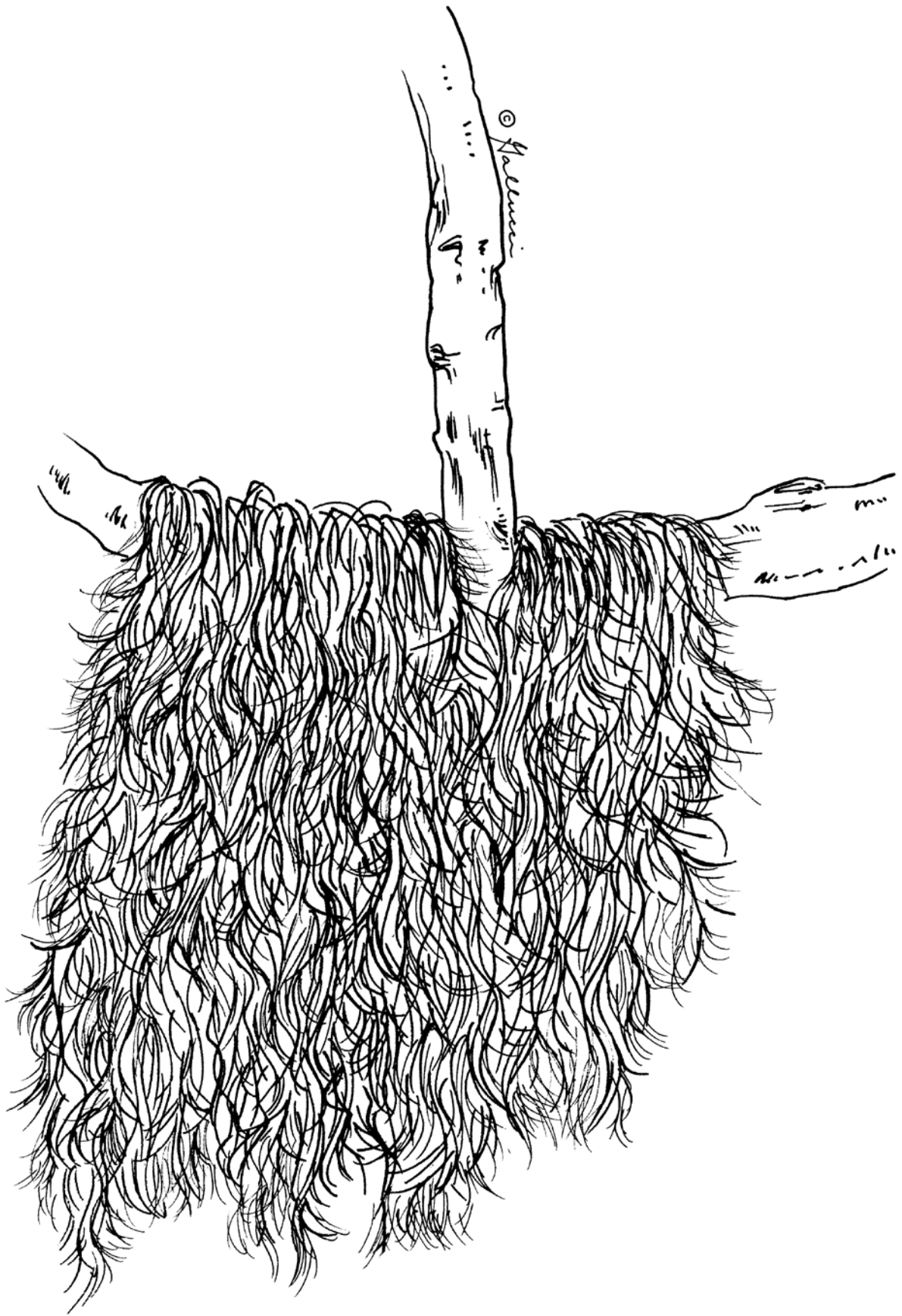
Theobroma means "food of the gods." Cacao fruits grow right out of the trunk and branches. It grows into long, orange pods any time during the year. In the pod there are several rows of seeds called cocoa "beans." These seeds are dried and ground up to make cocoa powder. Cocoa powder is the main ingredient in chocolate!



# Hinahina

## Spanish Moss | *Tillandsia usneoides*

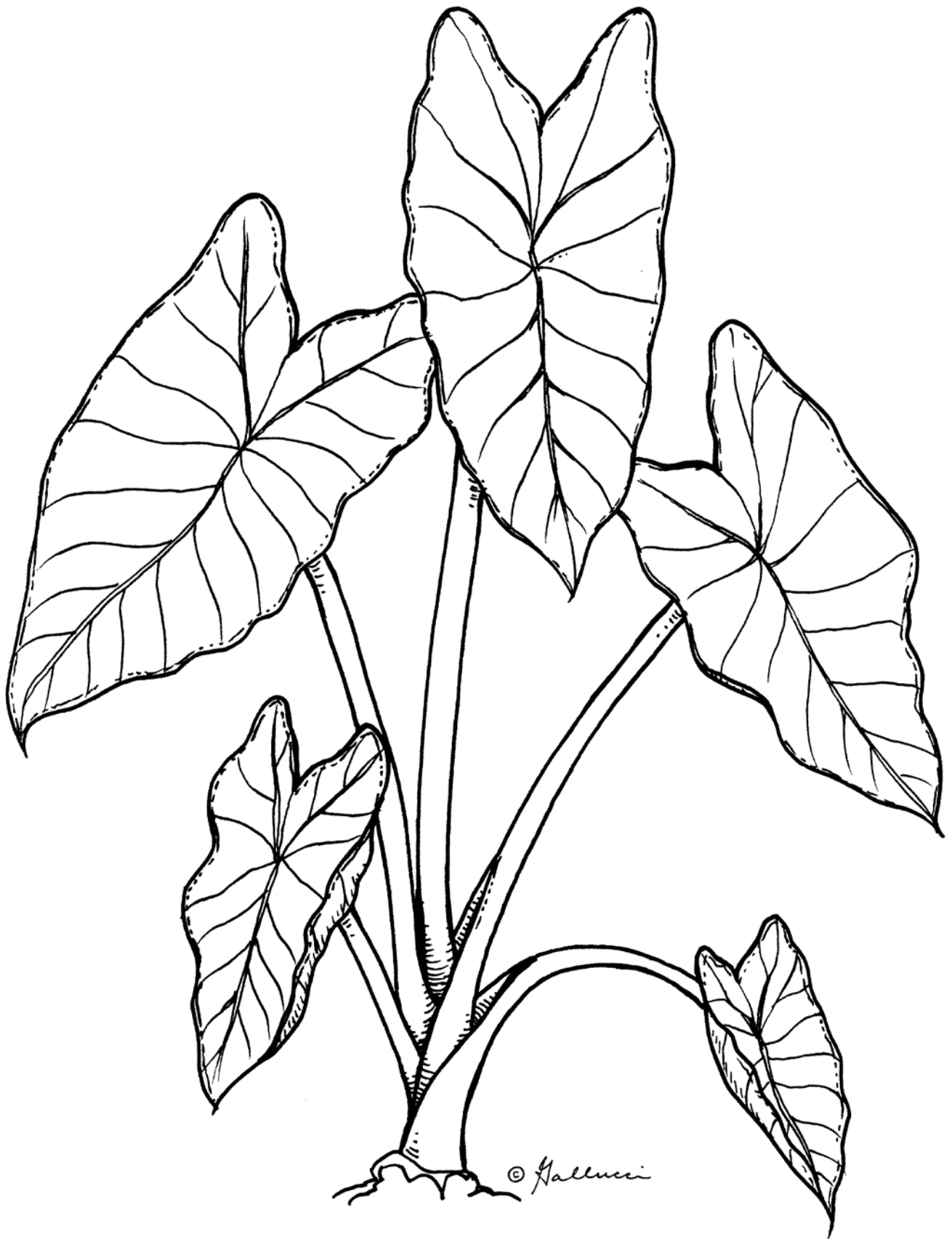
Hinahina hangs from trees, rocks, telephone wires, and baskets. Its flowers are hard to see but they smell very pleasing at night. They are "self-elongating." This means they keep growing longer and longer. In Bogota, Columbia, there was a plant measuring 60 feet long! Birds like to make their nests from this plant.

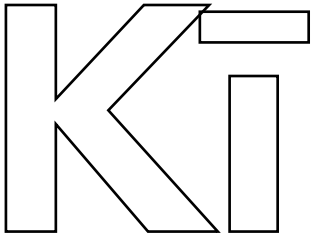


# Kalo

## Taro | *Colocasia esculenta*

In Hawaiian legends, Kalo became the older brother of all Hawaiians. Kalo is the most important food in a traditional Hawaiian diet. Early Hawaiians grew as many as 300 different kinds of Kalo. Poi is made from Kalo. It is often fed to babies as their first solid food. It can be eaten fresh (made today) or sour (made days before). Which way do you like best?

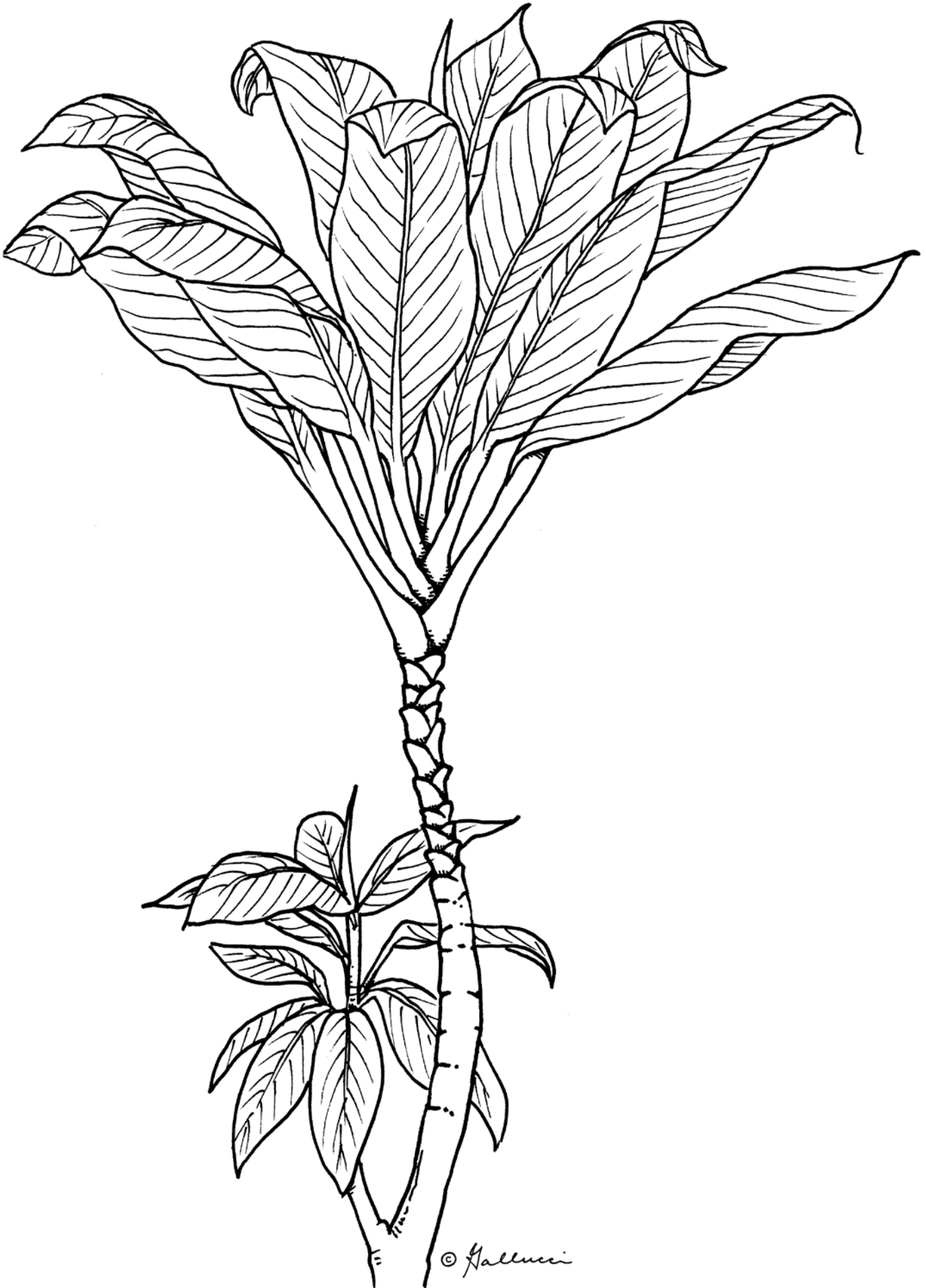




## Ti Leaf | *Cordyline fruticosa*

The leaves are the most useful part of this plant. It shoots to the sky. It was an important part of early Hawaiian daily life. People used the leaves for thatching their roofs. Lau Lau is a favorite dish. It is wrapped in ti leaves to be cooked in an imu (underground oven). The leaves are also used to make hula skirts, fans, and lei. You can cook the roots to make a sweet sugary treat.



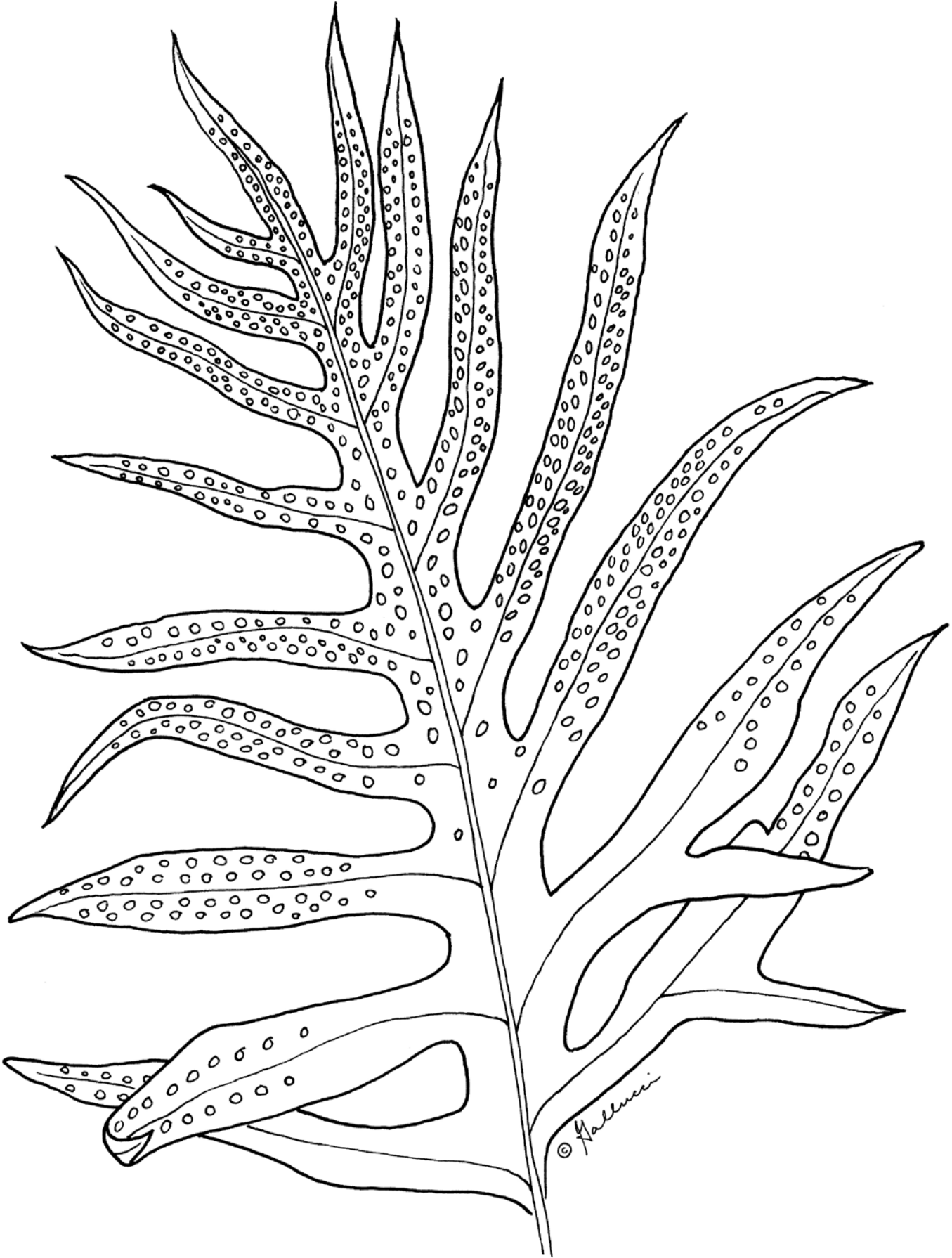


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# Laua'e Fern

## *Microsorium scolopendria*

Laua'e fern was brought to Hawai'i over 100 years ago. It is found on all the main Hawaiian islands. It grows as a ground cover in the forests. Laua'e smells a little like "vanilla," just like maile, making it popular in lei making. Hula dancers make them into lei for their heads and wrists. Laua'e means "beloved" or "sweet."



# Loulu

Pritchardia Palm | *Pritchardia* sp.

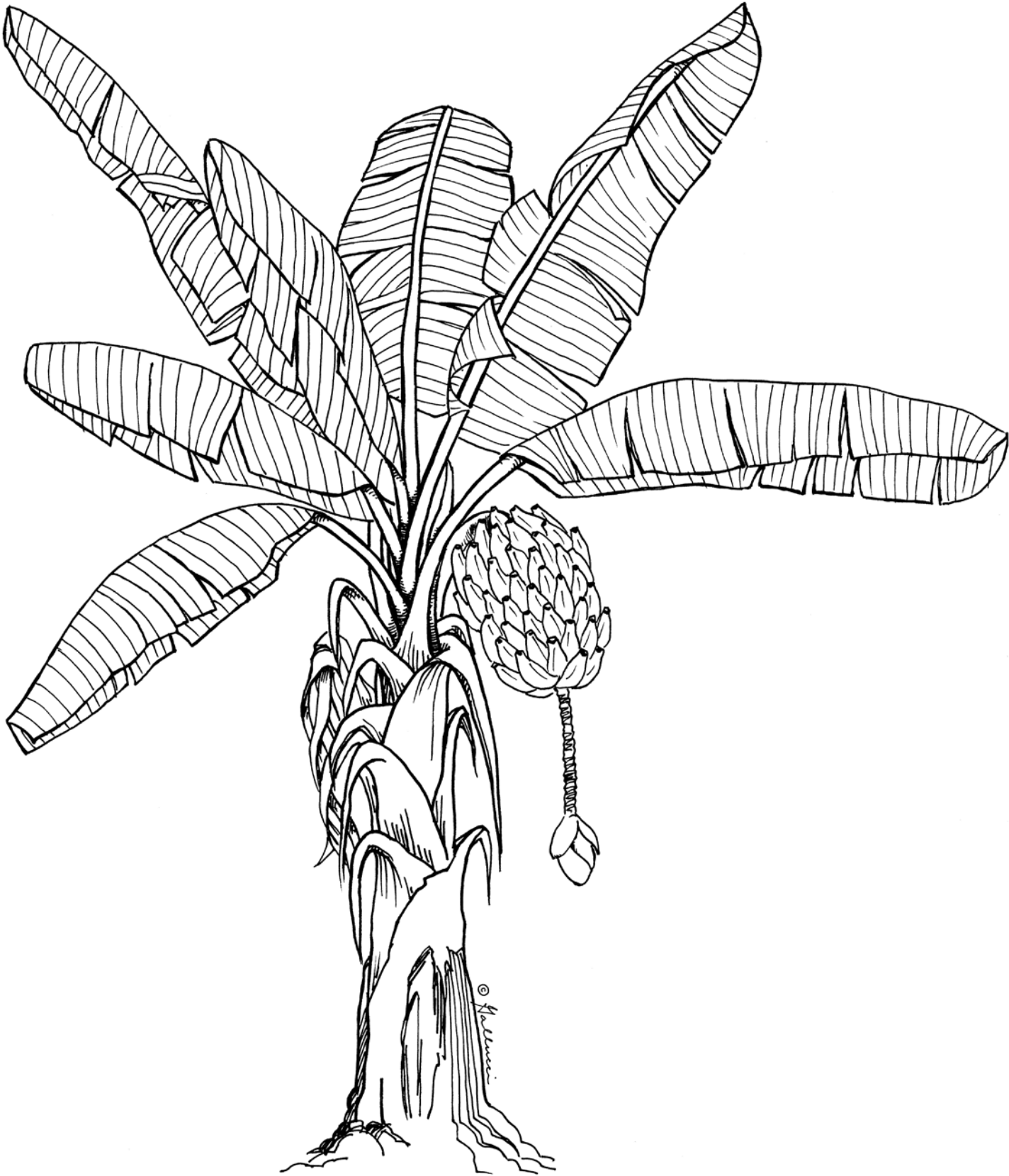
This is the only palm tree native to Hawai'i. Each island has its very own type of loulu. These beautiful palms are found nowhere else in the world. Many loulu are close to becoming extinct. Growing them in gardens will help them to survive. Unripe loulu seeds are called hāwane. Hāwane tastes a little like coconut gummy bears. Loulu means "umbrella". The leaves can be used to protect you from the rain or sun.



# Mai'a

## Banana | *Musa acuminata*

The fruit of mai'a is sweet. The Hawaiians have enjoyed the fruit since the early days when Polynesians landed with them in their canoes. The banana fruit can be eaten raw or cooked. It added a special treat to the traditional Hawaiian diet. The leaves were useful as thatching for the inside of a hale, or "house." The leaves can keep water out for two months!

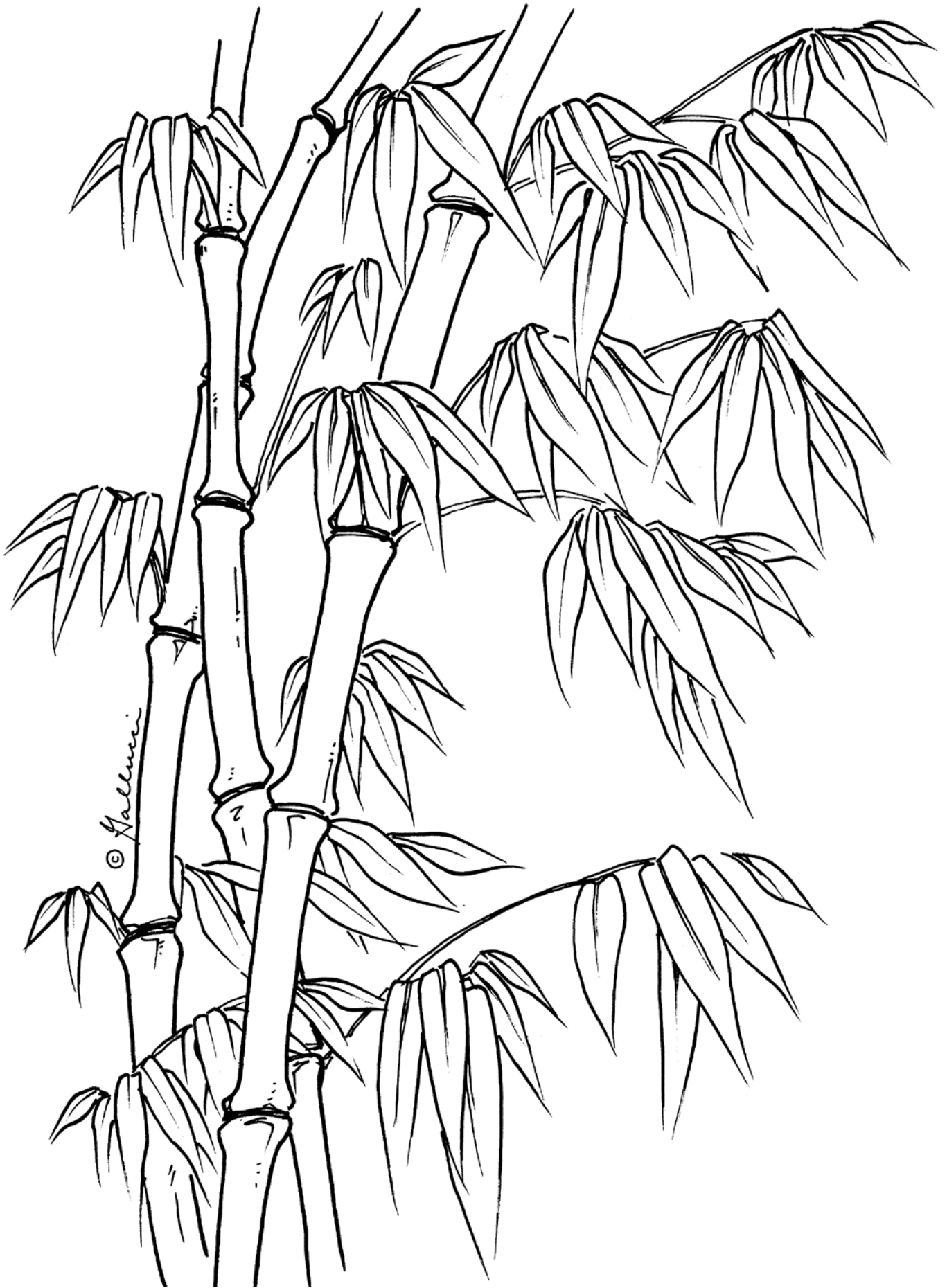


'Ohe

## Bamboo | *Schizostachyum glaucifolium*

The stems of these giant grasses are useful in many ways. 'Ohe is made into spears, water containers, fishing poles, house frames, and cutting tools for everyday use. Bamboo pieces can be filled with kukui nuts and burned for light. You can use bamboo to create sounds for music. Make them into nose flutes and pū'ili (bamboo sticks in hula).





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# Orchids

## Orchidaceae family

The largest flowering plant family in the world are orchids.

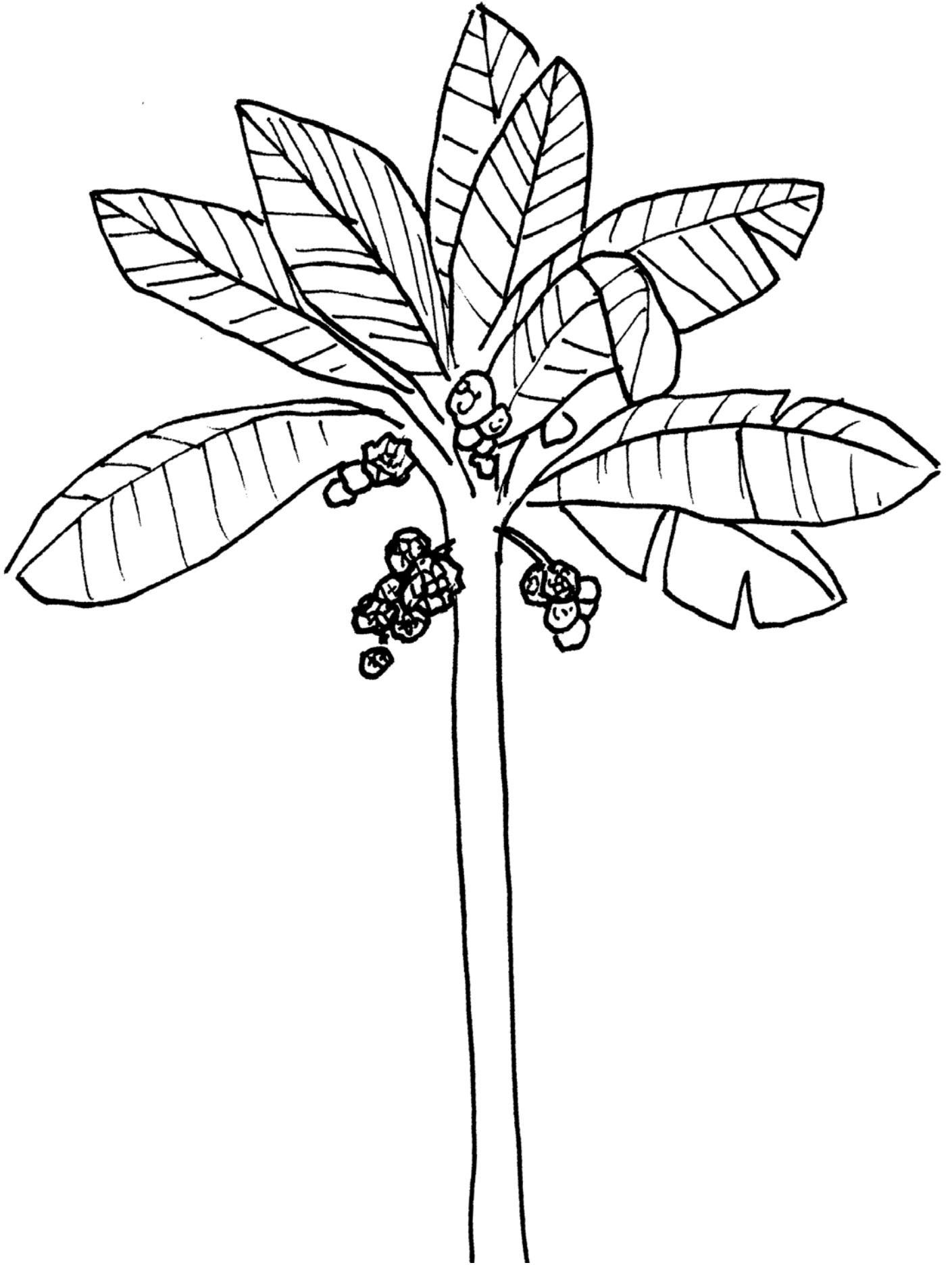
Orchids are grown for their beauty. They are used to decorate homes, gardens, and offices. Orchids can be bought from florists and garden shops. Orchids can be given as gifts for special occasions. The Hawaiian name for all types of orchids is 'okika. Some of the most well-known orchids in Hawai'i are *Phalaenopsis*, *Vanda*, *Cattleya*, and *Dendrobium*.



# Vahana Palm

Enu Palm | *Pelagodoxa henryana*

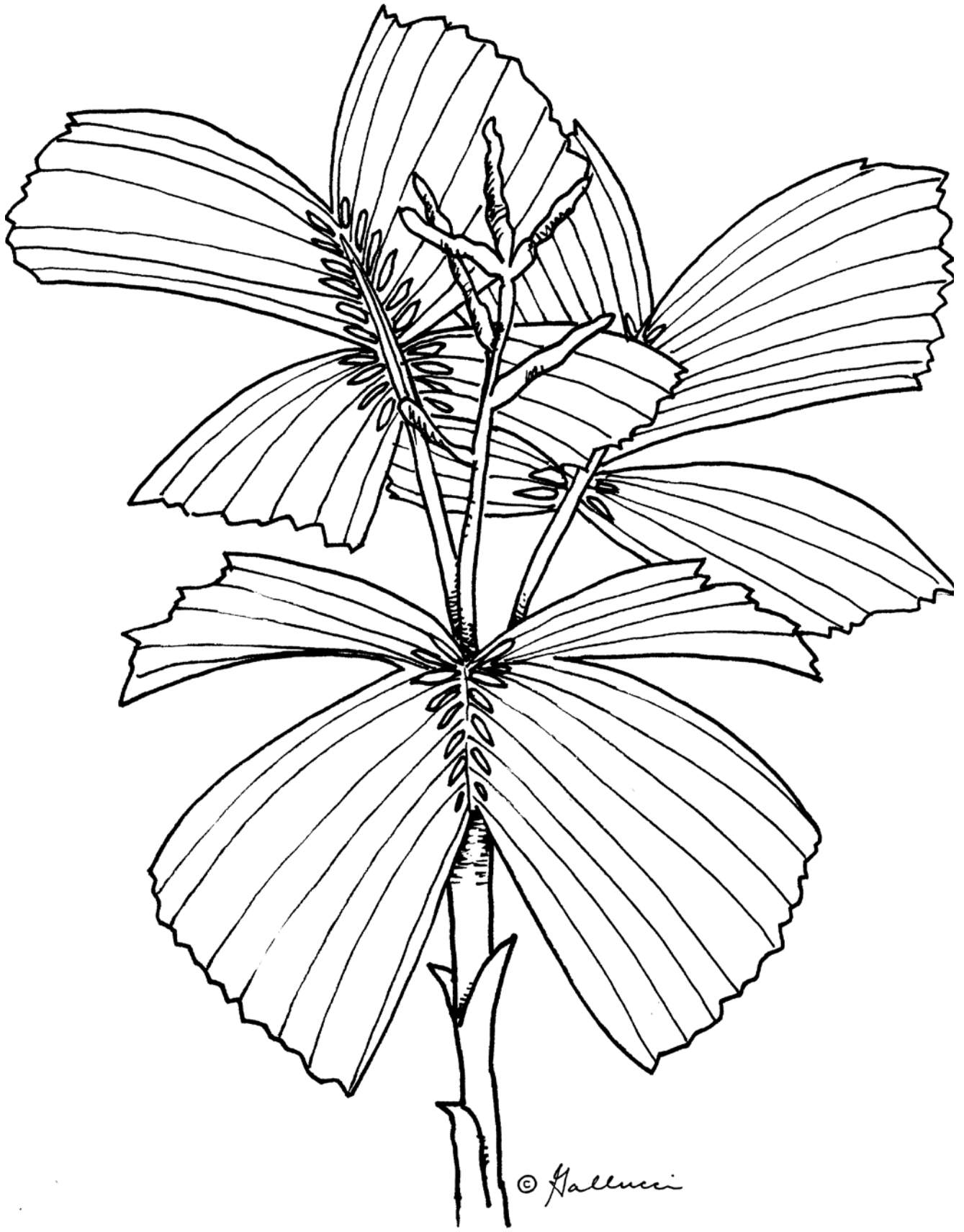
The most unusual part of the Vahana palm are its fruits. The fruits are large, dense, and bumpy all over. You might not want to stand under this palm in case a fruit falls off the tree. Most Vahana palms now live in botanical gardens. There are only 12 plants left in the wild. They are found on Nuku Hiva, one of the Marquesas Islands in French Polynesia.

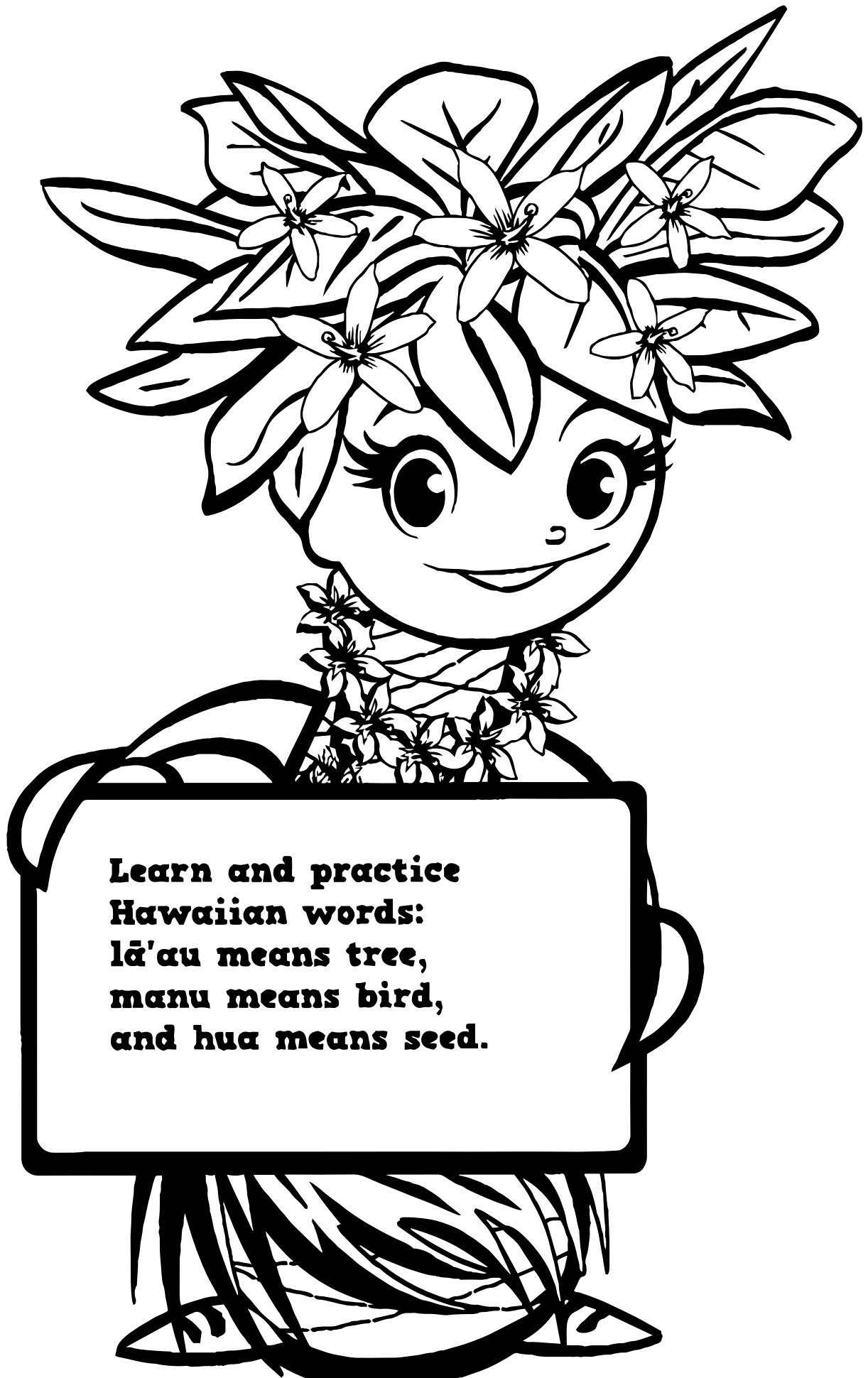


# Window Palm

*Reinhardtia gracilis*

This small, dainty palm gets its name from the tiny, narrow openings or “windows” in its leaves. These unusual leaves look like the bows on presents. They are a favorite house plant. They grow slowly to only about four feet tall. Make sure they have plenty of moisture and shade!





**Learn and practice  
Hawaiian words:  
lā'au means tree,  
manu means bird,  
and hua means seed.**



# The Story of Briggy and Ālula

Briggy and Ālula are brother and sister, and are a very special type of plant from the island of Kauaʻi. They have a cousin on the island of Molokaʻi that looks a lot like them, but our Kauaʻi plants have yellow flowers, and their cousin on Molokaʻi has white ones.

Ālula is the Hawaiian name for these special plants. Their scientific name is a long one—*Brighamia insignis*. But they like their friends to call them Briggy and Ālula. Will you be their friend?

Briggy and Ālula had their home on the high sea cliffs of Kauaʻi and Niʻihau. They had lots of brothers and sisters who lived there too. They all grew strong and healthy until some other plants and animals moved in and destroyed their home.

Your friends at the National Tropical Botanical Garden found Briggy and Ālula. They helped them get more brothers and sisters by growing them in their gardens. Today Briggy and Ālula have a HUGE number of brothers and sisters.

There are many Hawaiian plants that are disappearing. Can you help save them? Can you help save their homes?



# **The National Tropical Botanical Garden**

**At the National Tropical Botanical Garden, we love plants and hope you do too! Plants are so important for the health of our habitats and communities. At NTBG, we care for many tropical plants in our gardens and habitats.**

**Think about the plants that you see and enjoy on a daily basis. What would life be like without them? We hope the plants in these pages have inspired you to think about the plants around you. No matter who you are, you can love and protect plants!**

# National Tropical Botanical Garden

Allerton | McBryde | Kahanu | Limahuli | The Kampong



*E kuhikuhi pono i na au iki  
a me na au nui o ka 'ike.*

Instruct well in the little and the large currents of knowledge.

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