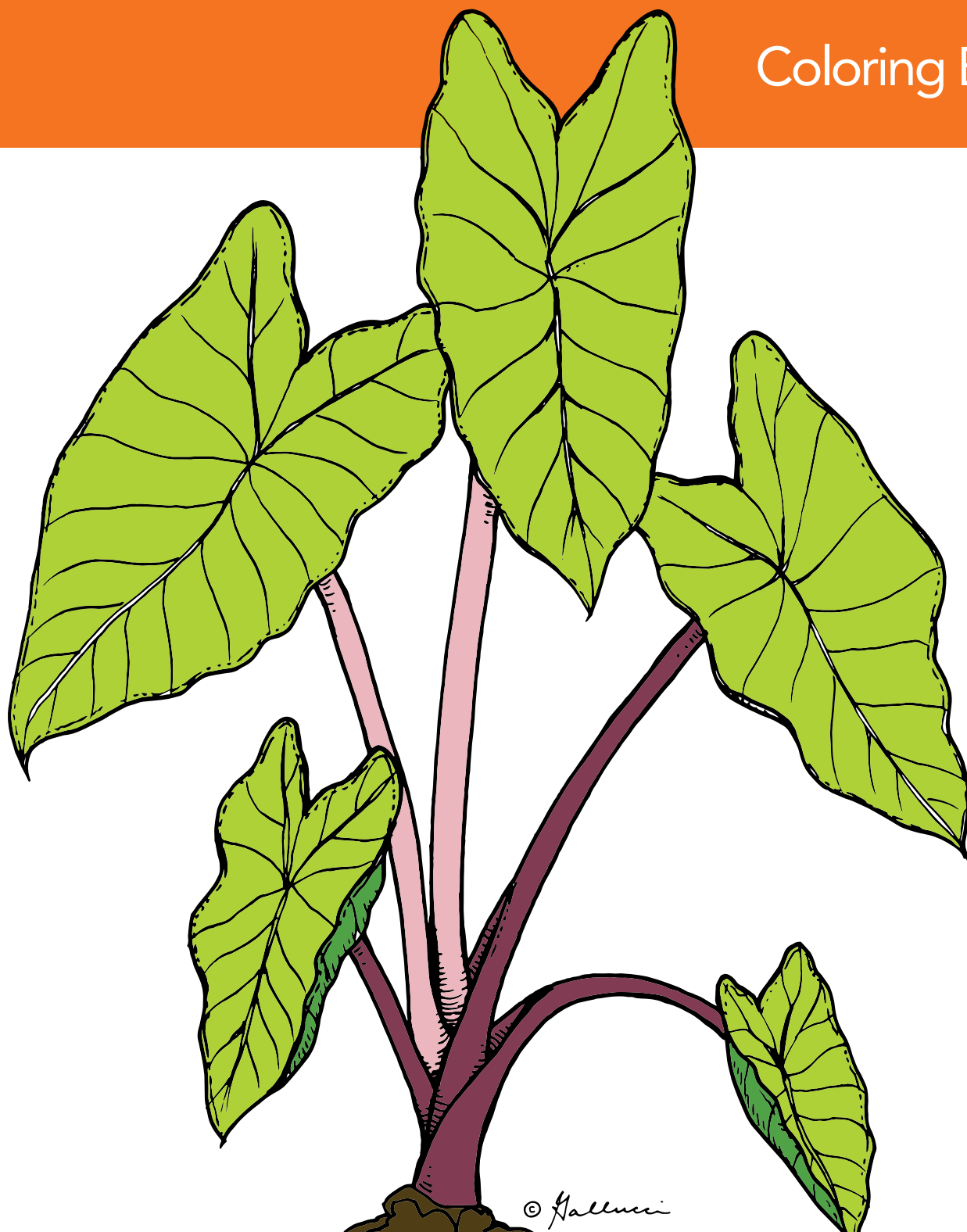


# Hawaiian Life Canoe Plants

Coloring Book



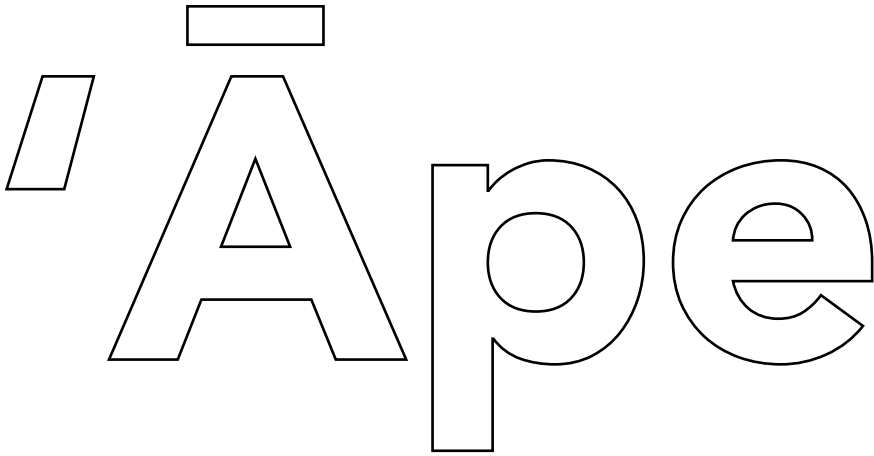
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# Hawaiian Life Canoe Plants

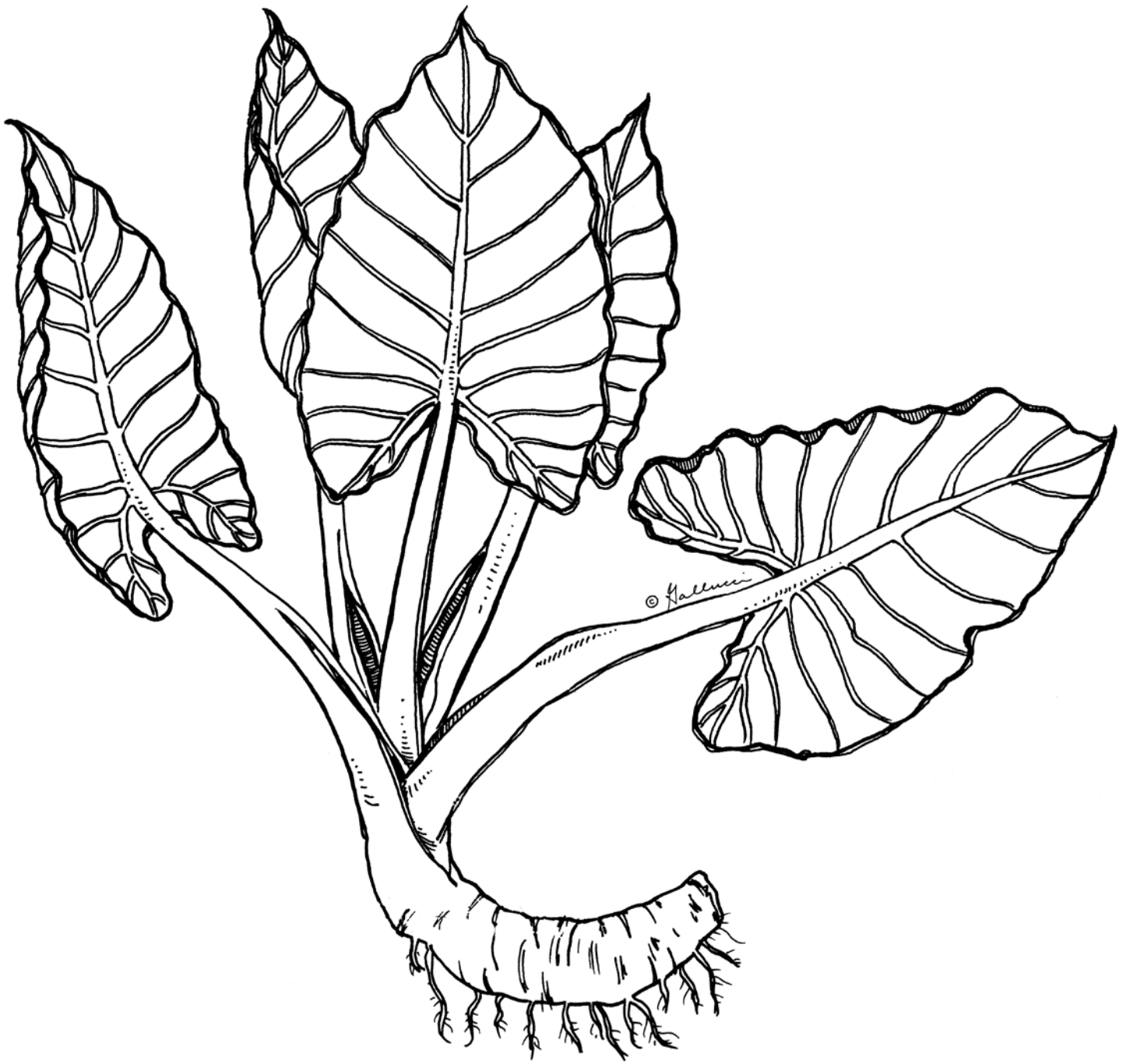
## Coloring Book

In Hawaiian culture, plants like Kalo (taro) are seen as relatives. Kalo is an older brother, who cares for and feeds his siblings. On their voyages to Hawaii, Polynesians needed the care of many plant siblings. They needed plants that could feed, shelter, heal, clothe, and do much more. Because the Polynesians arrived on canoes, we call the plants they brought with them "Canoe Plants." These plants continue to sustain the Hawaiian culture and communities across the islands. We hope you have fun learning about and coloring these important canoe plants!



## Elephant Ear | *Alocasia macrorrhizos*

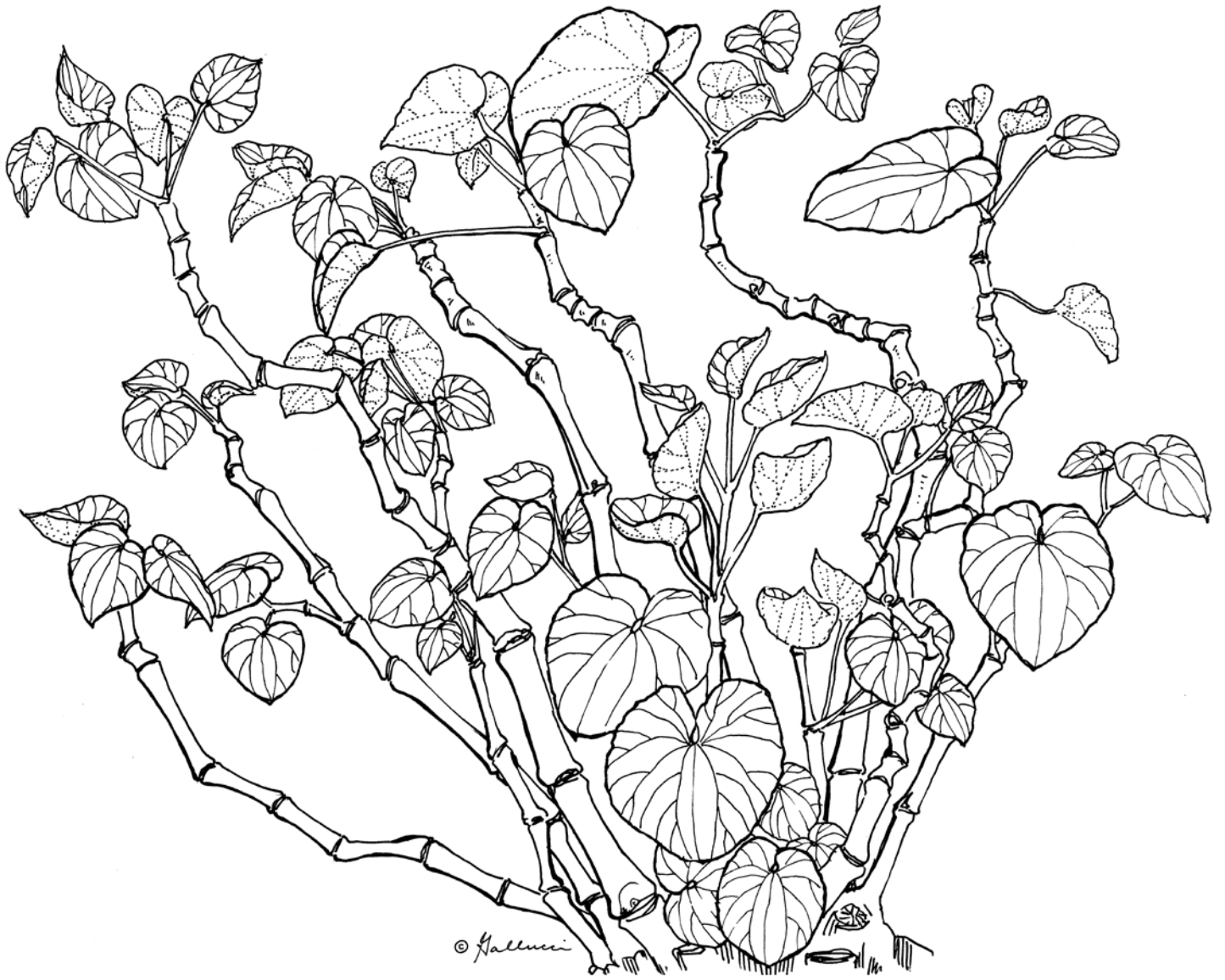
'Āpe was brought on exploring Polynesian canoes. It had many uses. Most importantly it provided food when other crops could not grow. The food part of this big-leafed plant is the underground stem. It must be cooked for a long time in order to eat it, just like kalo (taro). It's not as tasty, so it was only eaten when there was nothing else to eat. The leaves can be made into a dye or used to treat fever.



# 'Awa

Kava | *Piper methysticum*

This plant is important in ceremonies and as medicine. The roots are smashed up to make a drink. The drink tastes bitter, but it can relax us and make us feel better. In the past, only men were allowed to drink 'awa.

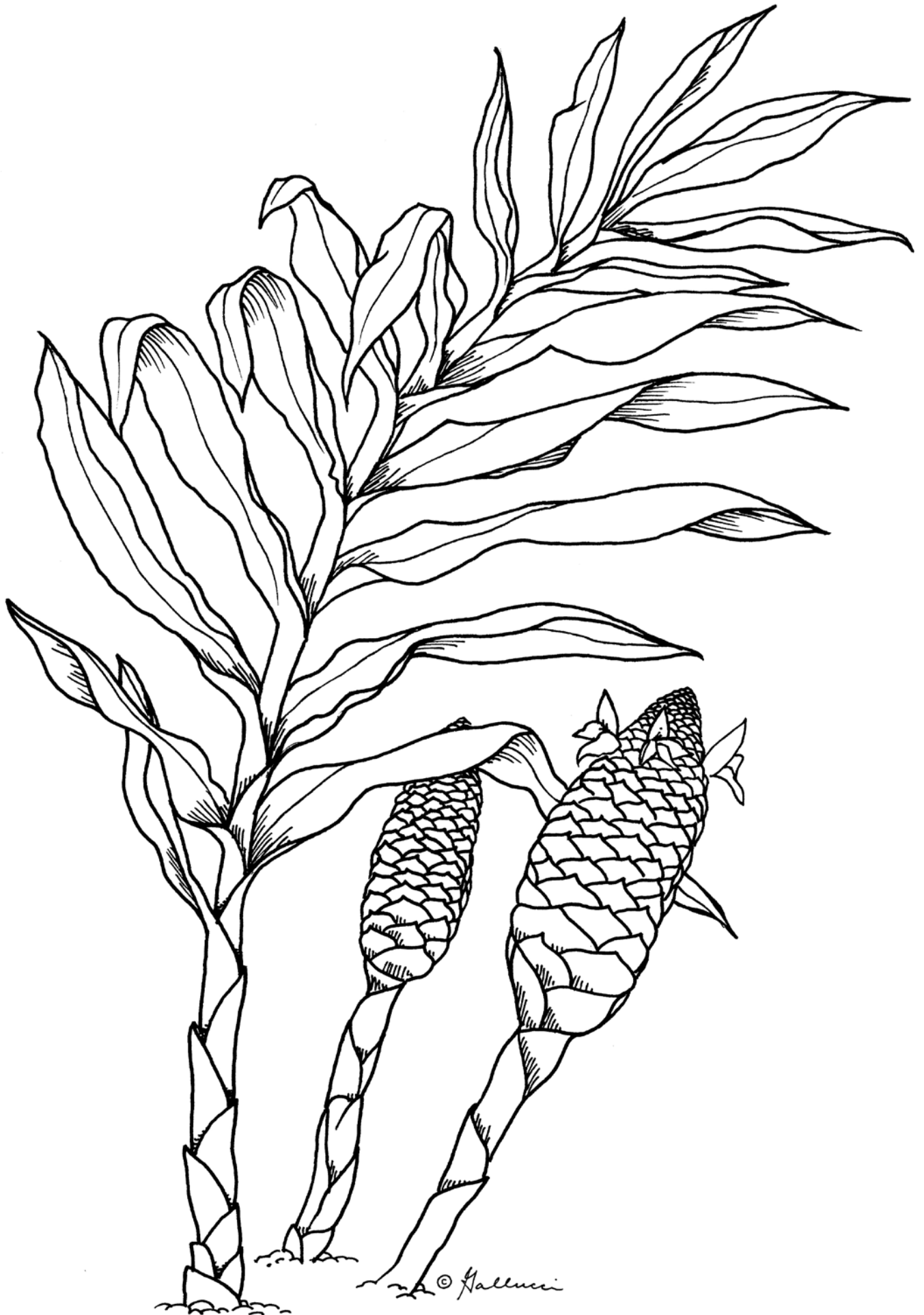


# 'Awapuhi

## Shampoo Ginger | *Zingiber zerumbet*

'Awapuhi grows all over Hawai'i. You can see it blooming in the summer. This plant is fragrant. The underground stems can be used for medicines. Polynesian explorers used liquid from the flower in shampoo. The liquid was also used to treat skin infections, toothaches, and headaches. Can you find 'awapuhi shampoo in your local store?

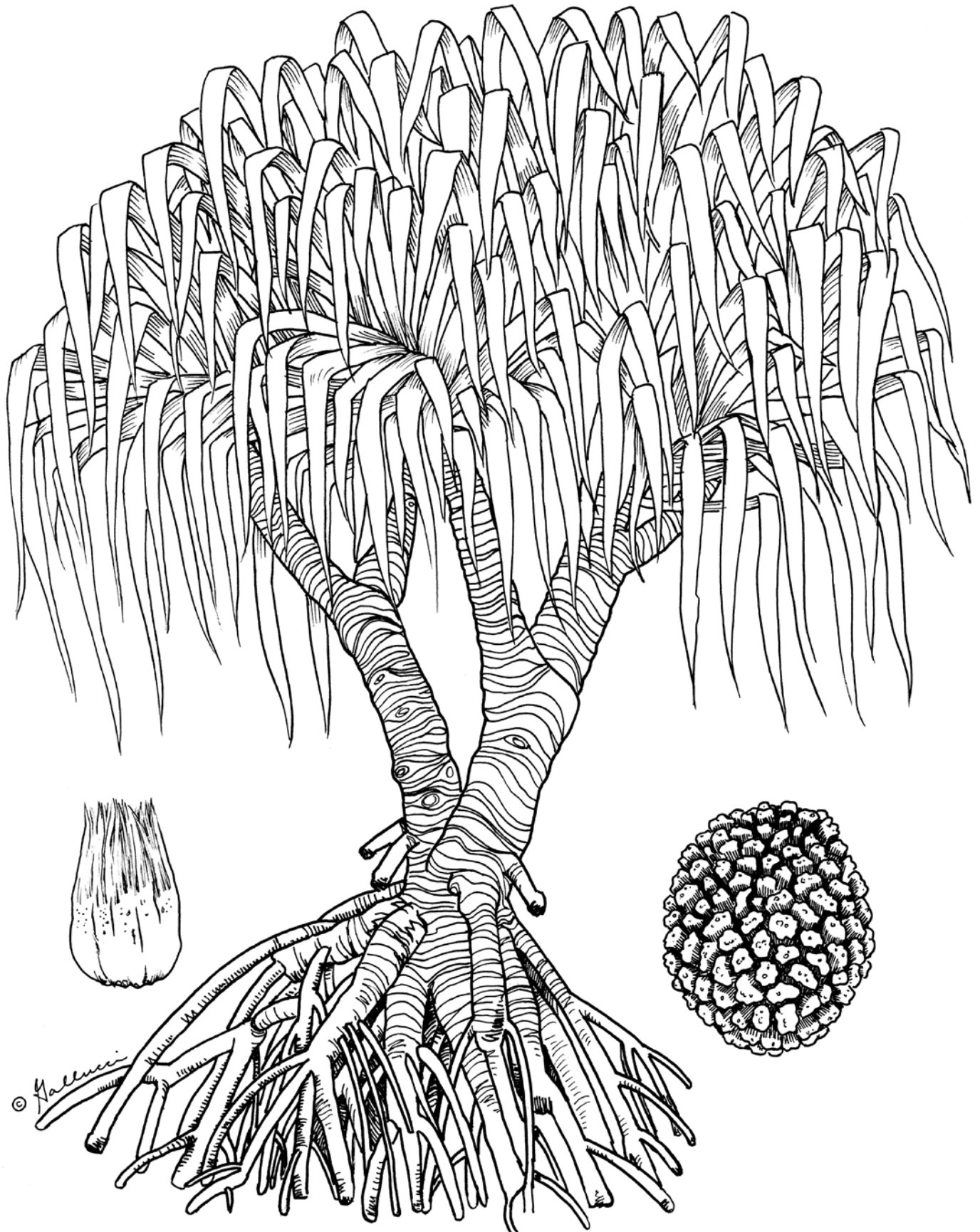




# Hala

## Screw Pine | *Pandanus tectorius*

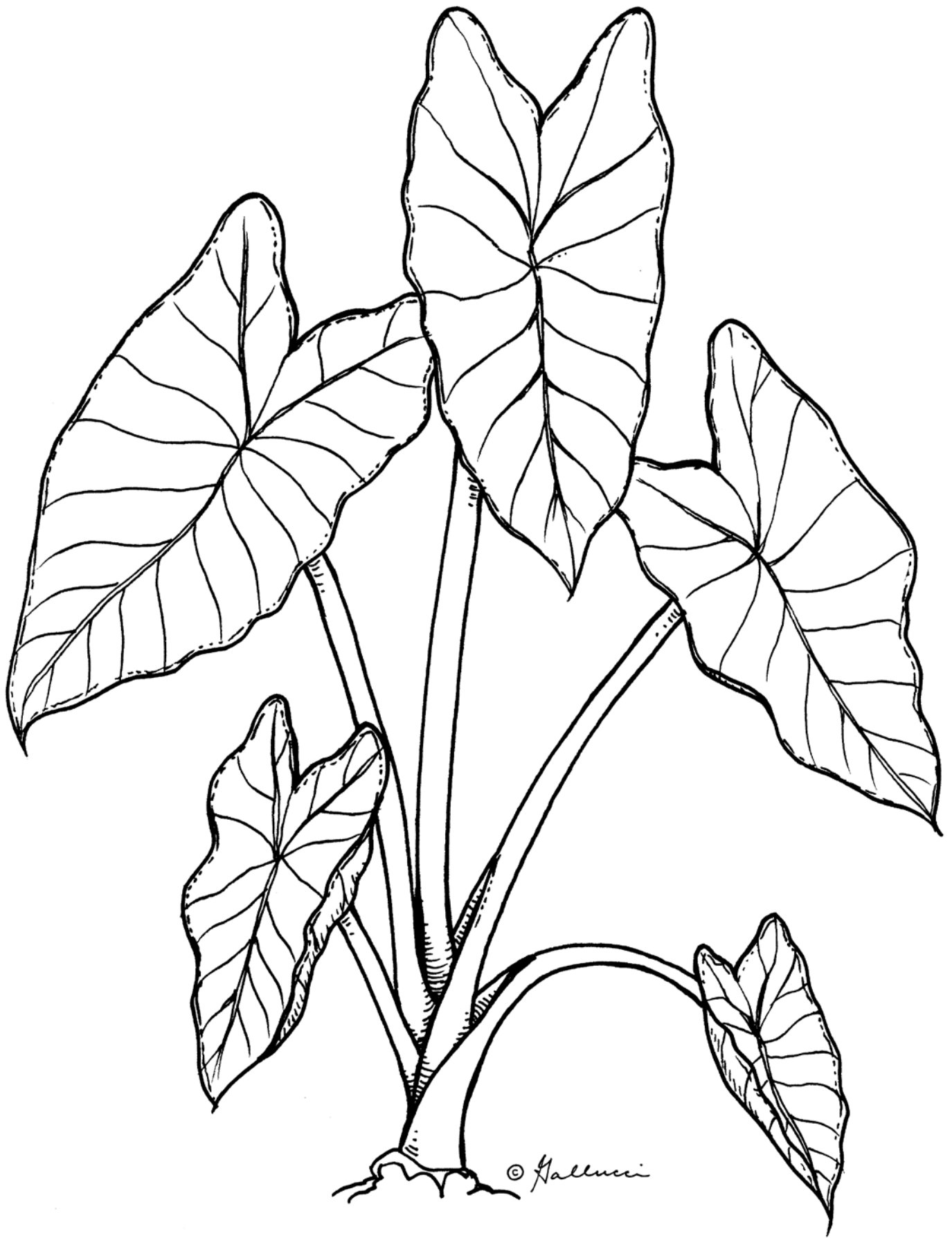
Things you need every day like baskets, fans, and floor mats can all be made from hala leaves. Preparing the leaves correctly is complicated. First harvest the leaves. Then strip, dry, and beat. Finally, weave the leaves tightly. It takes practice to create a tight and square weave. It is a rare skill today. Women traditionally do this work. They enjoy spending time with each other while working.

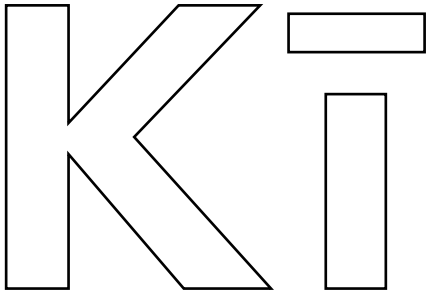


# Kalo

## Taro | *Colocasia esculenta*

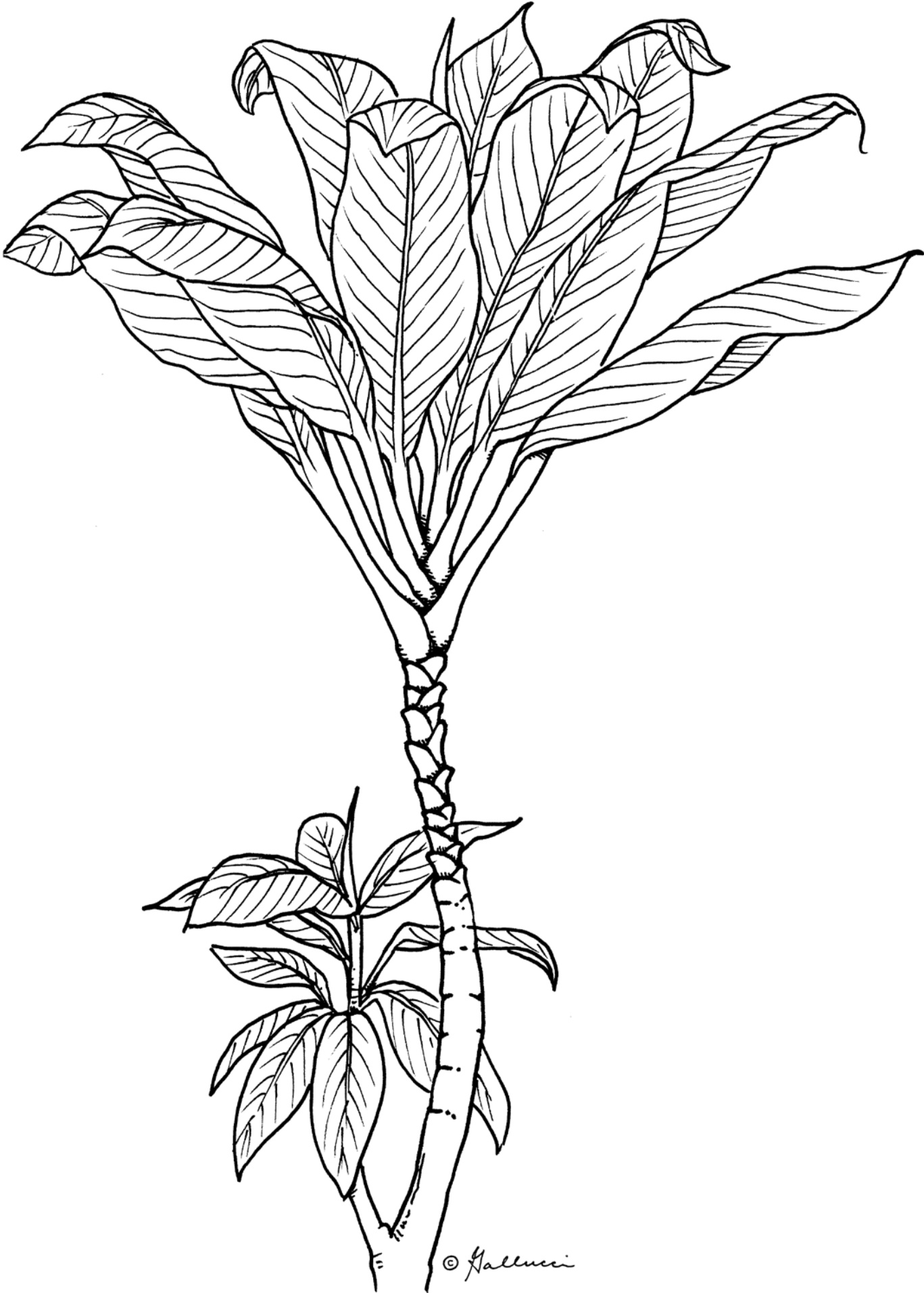
In Hawaiian legends, Kalo became the older brother of all Hawaiians. Kalo is the most important food in a traditional Hawaiian diet. Early Hawaiians grew as many as 300 different kinds of Kalo. Poi is made from Kalo. It is often fed to babies as their first solid food. It can be eaten fresh (made today)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



Kō

## Sugar Cane | *Saccharum officinarum*

For the last thousand years, Hawaiians have chewed and sucked the stems of the kō plant for its sweet taste. Haupia and kūlolo are favorite desserts. Cane juice is used to sweeten those desserts. The sugary flavor was well loved. It was used after eating bitter medicinal herbs. People still plant kō around their homes so it is always available. It is used as a windbreak. It is also used just for its good looks.



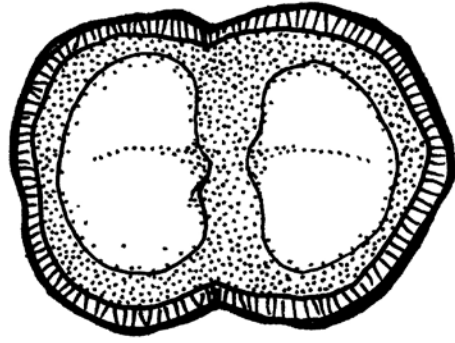
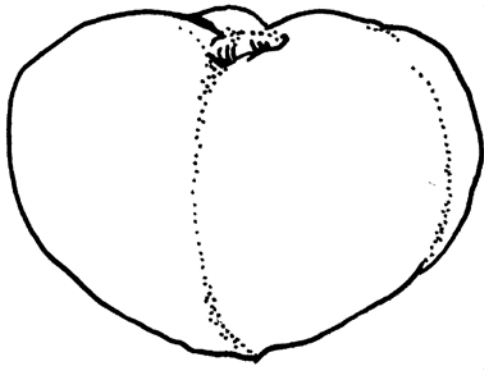


© Gallucci

# Kukui

## Candlenut Tree | *Aleurites moluccana*

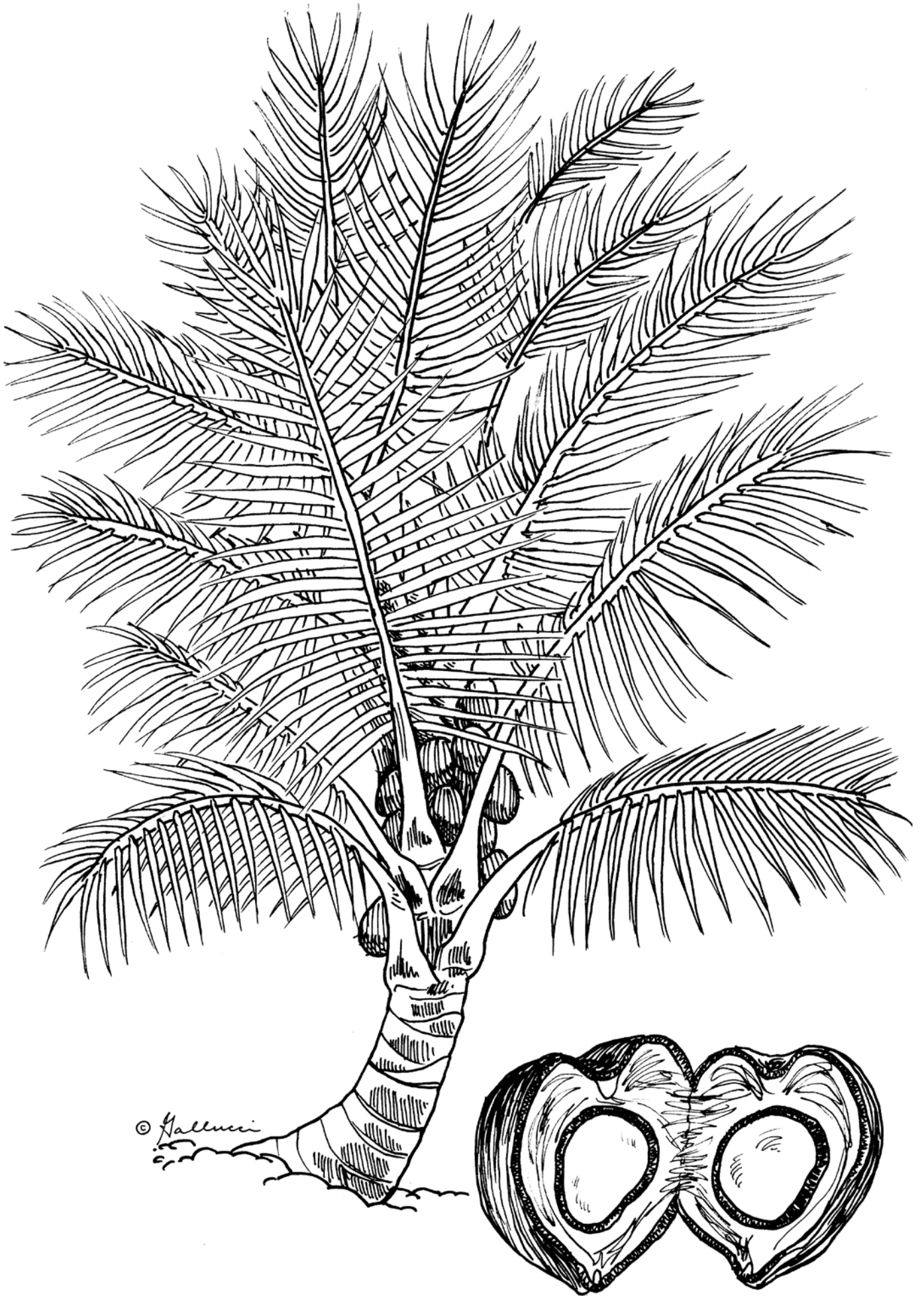
The Hawaiian word for lamp and this tree are the same. The oily seeds from this tree were used as fuel for lamps. The seeds can be skewered and burned easily to make a simple but effective lamp. But there's more! You can make a tasty relish from the roasted seeds. You can make a lei with the nuts. You can also create medicines from the seeds, flowers, and bark.



# Niu

## Coconut | *Cocos nucifera*

This life-giving plant is the most useful tree in all of Polynesia. Every part of this tall and sturdy niu, or coconut tree, has a use. The fruit provides fresh water and food. Their shells make drinking cups. Drums are made from the trunk. Rope can be made from the coconut husk fibers. The leaves make baskets, hats, mats, and toys. Did you know that the coconut tree can live as long as 100 years?



# Noni

## Indian Mulberry | *Morinda citrifolia*

Noni is one of the most valuable of all the canoe plants for medicines. It is shaped like a grenade. It is really bad-smelling. The lumpy noni fruit has many healing uses. It can be mashed and put on broken bones. It can be made into a juice to drink. The drink helps with cramps, high blood pressure, ulcers, and arthritis. The glossy dark green leaves can be put on bruises, sores, and wounds.



ʻōlena

Turmeric | *Curcuma longa*

People around the world use this plant as a spice. Early Hawaiians used it as a medicine. The plant grows from rhizomes (underground stems) in the spring. A juice can be made by pounding the rhizomes. It can be used to heal ear and nose infections. Yellow and orange dyes can be made to decorate kapa (cloth).

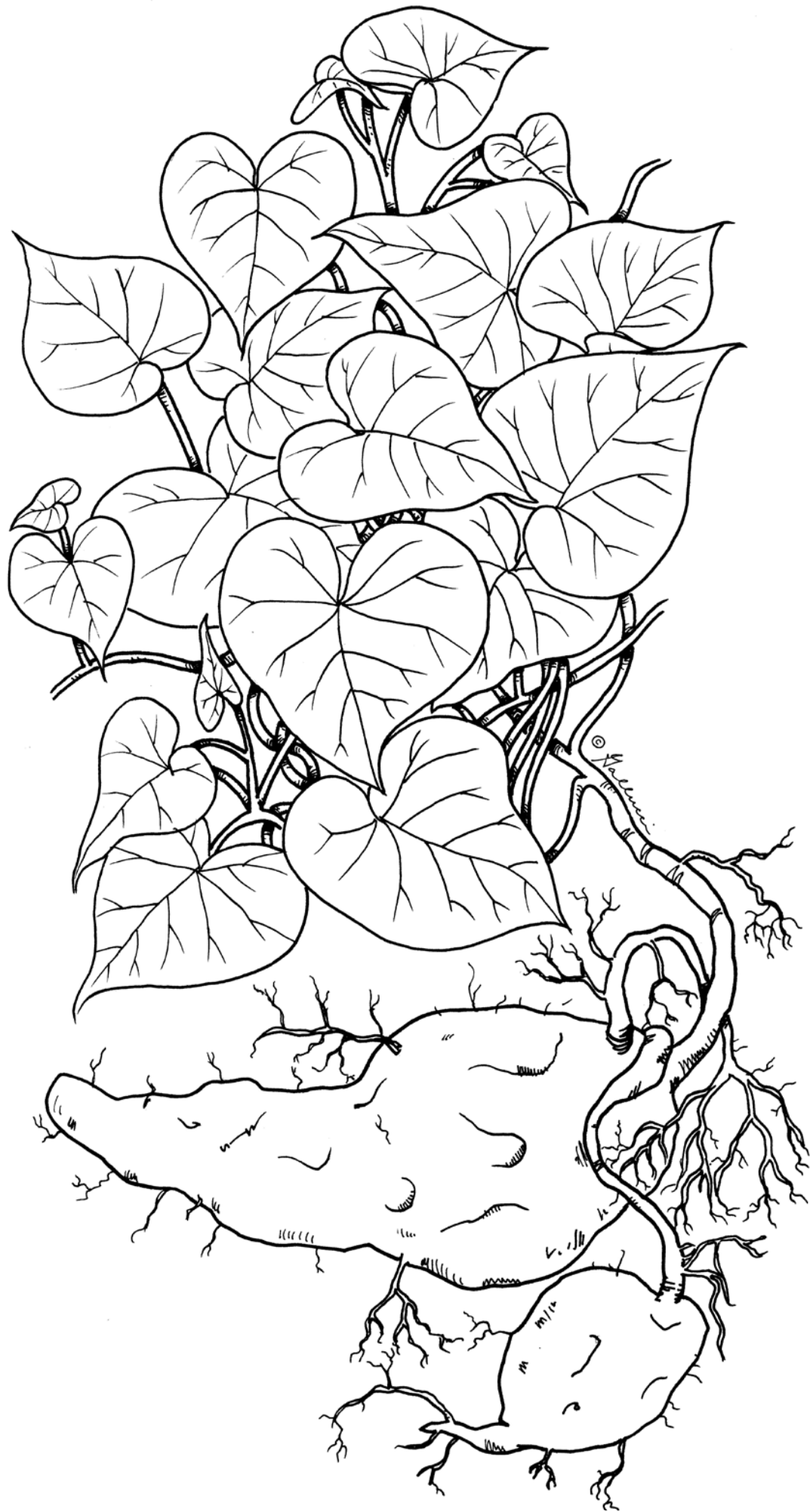


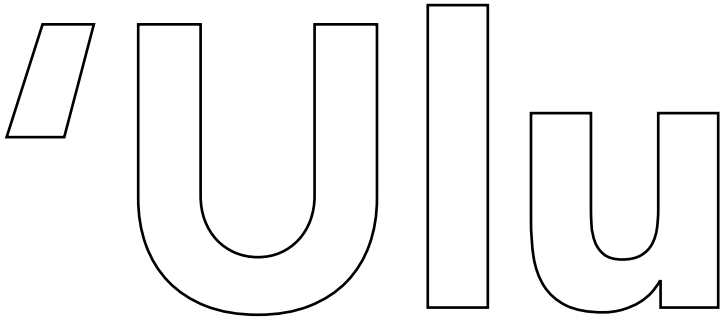


# 'Uala

## Sweet Potato | *Ipomoea batatas*

'Uala is the second-most important food in Hawai'i. The 'uala was an important partner to kalo (taro). It grows in drier places. It came from South America. The voyaging Polynesians traveled to South America and brought it back! The Hawaiian god of peace, planting, and fertility is Lono. Lono took the shape of many things, including 'uala.





## Breadfruit | *Artocarpus altilis*

The exploring Polynesians brought this tree in their canoes. It has many uses. It can live up to 50 years. 'Ulu provides food. It also provides glue and wood for drums and surfboards. The ripe fruits have a sweet and mild flavor. One fruit provides between two and seven pounds of highly nutritious starch. That is enough to feed a whole family!

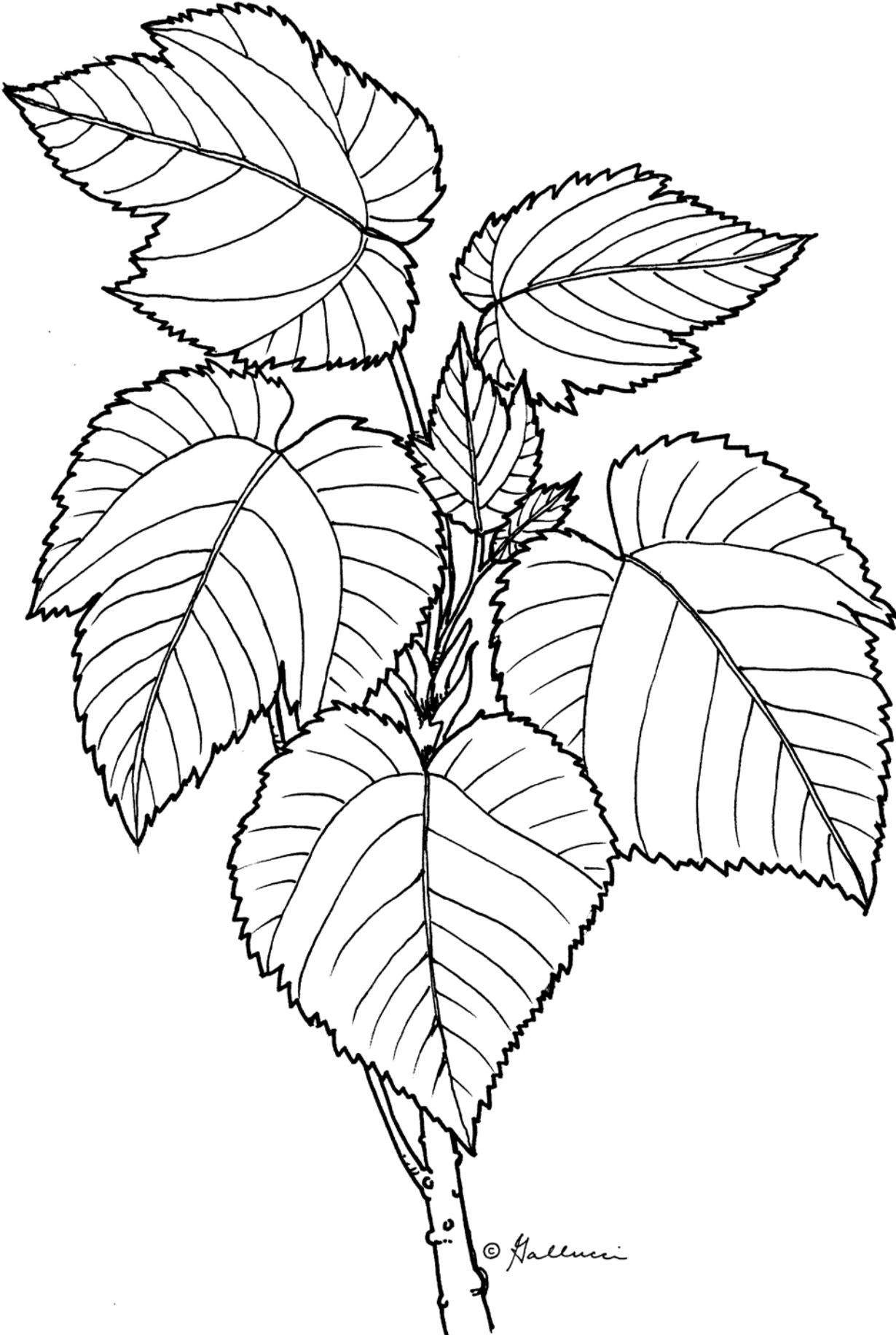


original artwork by Mary Grierson  
for the Breadfruit Institute of the  
National Tropical Botanical Garden

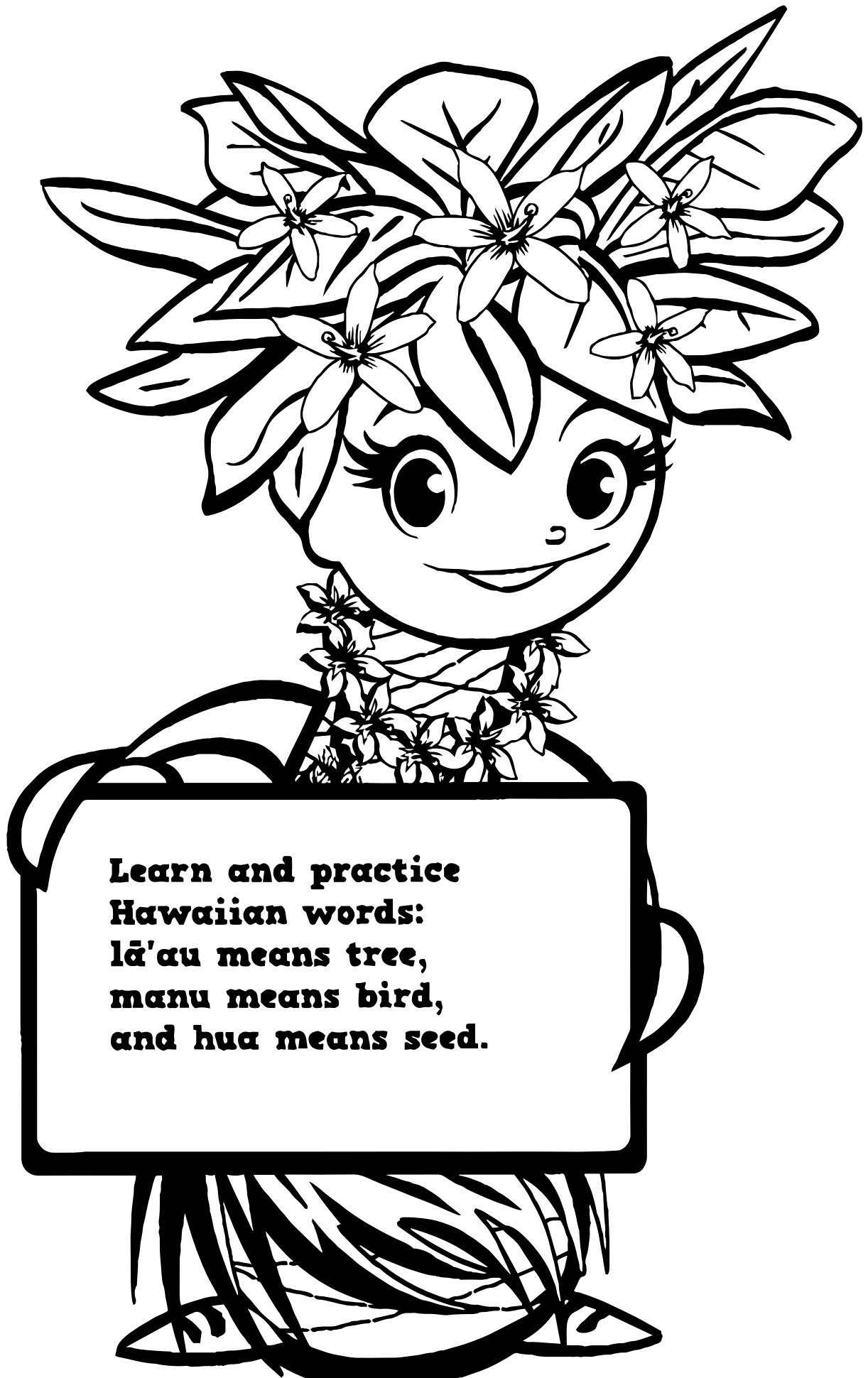
# Wauke

Paper Mulberry | *Broussonetia papyrifera*

Wauke is a shaggy shrub. The inner bark provides the material for making kapa, an important fabric. It becomes cloth after separating, cleaning, soaking, and beating. Then it can be bleached, dyed, and decorated. Hawaiian kapa is famous. It has the best quality, texture, and design in all of Polynesia.



© Halluci



**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 Kaua'i. They have a cousin on the island of Moloka'i that looks a lot like them, but our Kaua'i plants have yellow flowers, and their cousin on Moloka'i 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 Kaua'i and Ni'ihau. 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

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*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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