



Pā'ū o Hi'iaka (*Jacquemontia ovalifolia*)  
Family Convolvulaceae  
Indigenous

Pā'ū o Hi'iaka is a sprawling, herbaceous vine. Leaves are oval in shape and range from fuzzy (pubescent) to smooth and glossy, with their color being anywhere

from gray to bright green. Flowers are small, star-shaped, and white to light blue or purple. Fruits are small, brown capsules. The vine can be used in lā'au lapa'au (Hawaiian medicine) to treat 'ea (thrush) in children. The name for this plant originates from a mo'olelo (story) in which the goddess Hi'iaka falls asleep on the beach. This vine crawls along her body to protect her from the sun, covering her like a pā'ū (skirt), hence "pā'ū o Hi'iaka," or "skirt of Hi'iaka."



'Uhaloa (*Waltheria indica*)  
Family Malvaceae  
Indigenous

'Uhaloa is an herbaceous to semi-woody plant, often growing as a small shrub between two and four feet tall. Leaves are light green and fuzzy (pubescent), with gently serrated margins. Flowers are very

small, yellow, and born in clusters from the leaf axils. The fruits are small capsules which each contain a single seed. This plant is often mistaken as a "weed" because it is such a common, prolific grower. Both native and introduced bees love them! 'Uhaloa stems, leaves, and root bark can be pounded and used as a gargle for sore throats. The bark can also be chewed for the same effect. The root sap was sometimes added to other basic components for staining the hull of wa'a (canoes). 'Uhaloa buds, flowers, and leaves were mixed with bark, leaves, and young buds of 'ōhi'a 'ai (mountain apple) and kukui flowers for a tonic.



'Ākulikuli (*Sesuvium portulacastrum*)  
Family Aizoaceae  
Indigenous

This succulent plant grows as a low, creeping herb. Leaves are linear, fleshy, and waxy. Flowers are small with five petals and range in color from white to pink to purple. Fruits are small capsules with tiny black

seeds. All parts of 'ākulikuli can be eaten. The leaves are salty due to their uptake of salt water. The flowers can be used to make lei, though many are needed because they are so small.



Pua kala (*Argemone glauca*)  
Family Papaveraceae  
Endemic

Pua kala is an endemic poppy, found in dryland locations from coastline to 5,000 feet above sea level. These herbaceous plants stand upright, reaching heights between two to four feet. Leaves are a bluish or

grayish-green and deeply lobed, with prickly serrated margins. The stem also contains small thorns, so be careful when walking past it! Flowers are large and showy, with white petals and yellow, showy stamens in the center. The fruits are prickly capsules that turn brown when mature, containing many dark brown to black seeds.

Pua kala contain a sap with narcotic and analgesic properties. This sap is used in lā'au lapa'au (Hawaiian medicine) to treat toothaches, nerve pain, ulcers, and warts.



Kīpūkai (*Heliotropium curassavicum*)  
Family Boraginaceae  
Indigenous

Kīpūkai is a small, succulent herb commonly found along coastlines. The leaves are hairless, often thick, slightly waxy, and about two inches long. Flowers grow along spikes that curl at the tips. Flowers are star-shaped and

white with either yellow, purple, or green centers. The fruit is a very small nutlet containing a single seed.

Kīpūkai may have ethnobotanical uses, but there does not seem to be anything recorded in the literature.



Kou (*Cordia subcordata*)  
Family Boraginaceae  
Indigenous

This hardwood tree grows between seven and 10 meters in height and can be found growing from the coast to 1,000 feet in elevation. Leaves are alternating, cordate (heart-shaped) to ovate (egg-shaped), with

dark, glossy surfaces and lighter undersides. Flowers are bright orange and develop into nuts that darken with maturity.

Kou wood has long been treasured for its beautiful grain and can be used to make 'umeke (calabashes, containers), utensils, drums, paddles, and other items. The flowers are used to make lei. A brown dye can be obtained from the leaves for use in dyeing kapa (Hawaiian bark cloth).



'Aki'aki (*Sporobolus virginicus*)  
Family Poaceae  
Indigenous

'Aki'aki is a common native grass often found along Hawai'i's shorelines. As such, this plant is highly tolerant to heat, direct sun, and saltwater. Salt crystals can often be found on the underside of the

somewhat hairy leaf blades. 'Aki'aki spreads asexually and tends to grow in large, sprawling bunches and can get to be up to 20 inches high.

'Aki'aki is used in lā'au lapa'au (Hawaiian medicine) to treat 'ea (thrush) in children.



Naupaka kahakai (*Scaevola taccada*)  
Family Goodeniaceae  
Indigenous

This coastal shrub grows best at lower elevations below 150 feet. Leaves are spatulate (spatula-shaped), slightly succulent, and grow tightly clustered together. Flowers are generally white and

occasionally light purple and grow in a "fan" or "half flower" shape. Fruits are fleshy, round drupes that turn white when ripe.

A beloved mo'olelo (story) tells of two lovers, separated by the jealous goddess Pele. One becomes naupaka kuahiwi (mountain naupaka) and the other, naupaka kahakai (coastal naupaka). Each bear "half" flowers that can only become whole when the lovers are reunited. The fruits can be eaten in times of need. Both the fruit and root bark can be used to treat cuts, skin diseases, and wounds. In modern times, divers often use the crushed leaves to clean their goggles.



'Ilima (*Sida fallax*)  
Family Malvaceae  
Indigenous

This semi-woody shrub can grow between half a foot to four feet tall. Leaves can take a variety of forms, from ovate to oblong to lanceolate, and can sometimes exhibit pubescence (fuzz). They range from green to

almost gray in color. Flowers have five petals and are yellow to orange. Fruits are capsules containing five seeds. As seen in this picture, their nectar is enjoyed by our native nalo meli maoli (*Hylaeus* bees).

'Ilima flowers can be strung into beautiful lei; these are time consuming, as the flowers are very small! These lei were once only reserved for the ali'i (chiefly class). The blossoms are a mild laxative.

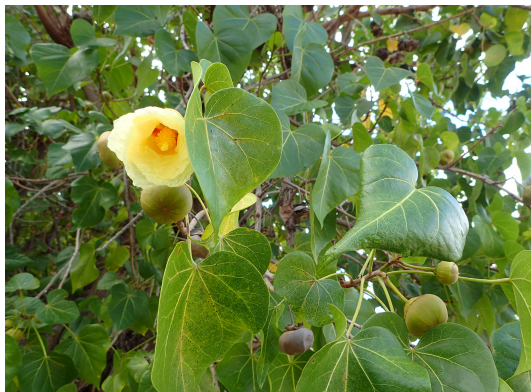


Kauna'oa (*Cuscuta sandwichiana*)  
Family Convolvulaceae  
Endemic

This sprawling vine can be seen growing on other plants, either prostrate on low-lying species or climbing up trees. It is yellow to orange in color and leafless, with

small, yellow flowers growing in clusters. The flowers develop into small, white, round fruits with tiny black seeds.

The vine can be twisted into lei haku (braided garlands). Medicinally, the vine can be pounded with water and given to women after childbirth to discharge the placenta and stagnant blood.



Milo (*Thespesia populnea*)  
Family Malvaceae  
Indigenous

Milo trees grow between 15 and 30 feet tall. Leaves are cordate (heart-shaped) to ovate (egg-shaped) and are a glossy green. Flowers are yellow with orange to maroon centers. Petals are tightly-wrapped, giving them an

almost tubular appearance. Fruits are capsules that start off green and turn brown as they ripen.

Milo wood has long been prized for use in making 'umeke (calabashes, containers) and other food-related dishes, as it does not give off any unpleasant flavors. The unripe, green capsules can be used to make a yellow-green dye for kapa (Hawaiian bark cloth).



Noni (*Morinda citrifolia*)  
Family Rubiaceae  
Polynesian introduction

Noni takes the form of a shrub or small tree, growing up to 15 feet tall. Leaves are large and glossy, with distinctive yellow-green veins. Flowers are white with five petals and grow in clusters, which fuse

into a single fruit as they mature. Fruits are large berries that turn a light yellow as they ripen; they are known for their strong smell when overripe.

Noni was brought to Hawai'i with early Polynesian arrival. This plant has a number of medicinal uses, with the fruits having value as a laxative and for treating boils, and the leaves being used to treat cancer. The fruits can also be consumed in times of famine. The roots yield a yellow dye that can be transformed to red with the addition of lime.

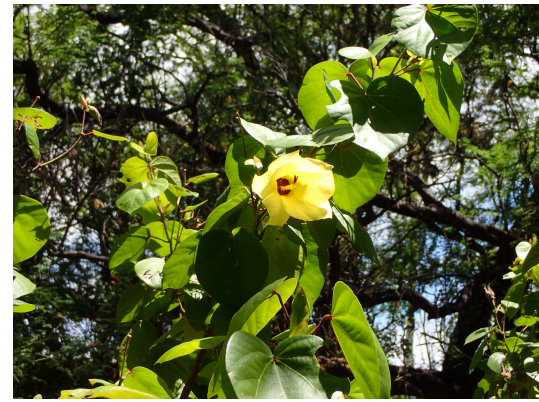


Hala (*Pandanus tectorius*)  
Family Pandanaceae  
Indigenous

Hala trees grow between 12 and 30 feet tall. Their long leaves are generally sharply serrated along the margins. Flowers are either male or female. Male flowers are known as hīnano and are pleasantly fragrant.

Female flowers develop into large fruits that are reminiscent of pineapples. These fruits ripen into fleshy yellow-orange keys which eventually drop to the ground.

Lauhala weaving relies on the leaves (lau) of the hala tree. Lauhala weavers produce a variety of items such as bracelets, pāpale (hats), and mats. The hīnano (male flowers) are highly prized for their lovely fragrance. The ripe fruits can be scraped of their waxy flesh, revealing inner fibers that can be used as a natural paintbrush.



Hau (*Hibiscus tiliaceus*)  
Family Malvaceae  
Indigenous/ Polynesian introduction

Hau trees grow between 12 and 30 feet tall. Leaves are generally cordate (heart-shaped) and glossy-green, sometimes variegated. Flowers are large and yellow with five petals and a deep maroon

center. Throughout the day, the flowers gradually die and turn pink, eventually dropping.

The inner bast of the hau tree can be used to make 'ili hau, or hau cordage. Hau wood is very light and useful in making fires, or for fishnet floats. The flower buds and sap have been used in lā'au lapa'au (Hawaiian medicine) for treating thrush, as a laxative, and to aid in childbirth.



Niu (*Cocos nucifera*)  
Family Arecaceae  
Indigenous/ Polynesian introduction

Niu, or coconut trees, are a common sight along our coastlines. These trees generally grow between 15 to 30 feet tall, but some can reach heights over 50 feet! Leaves are large fronds that grow at the top of the

trunk. Flowers are borne along an inflorescence called a spadix, which grows from the leaf axis. These flowers develop into fruits called drupes, open mistakenly referred to as a nut. The fruits are green when immature and gradually brown as they ripen.

Niu fibers were historically used to create 'aha, coconut cordage. The dried gourds can be used to make rattles called 'ulī'ulī, filled with pebbles or shells. Coconut wood was used to make certain types of pahu (drums). The fruits have long been enjoyed for their sweet, white inner meat and wai niu, coconut water.



Pōhuehue (*Ipomoea pes-caprae*)  
Family Convolvulaceae  
Indigenous

Pōhuehue is a sprawling, coastal vine. Leaves are bright green, glossy, and taco-shaped. Flowers are a vivid purple-pink and open in the cool morning, generally closing as the day progresses. Fruits are brown,

leathery capsules.

Pōhuehue vines can be mashed into a poultice for sprains, and the pounded roots are an effective cathartic. The leaves can be used to make a poultice for stings and bites. The vines were sometimes used to make a thick rope that was attached to two sticks on either end of a bag net, and pulled in order to sweep fish for catching.



Forest and Kim Starr

Maiapilo (*Capparis sandwichiana*)  
Family Capparaceae  
Endemic

Maiapilo are small shrubs that generally grow between 2 to 6 feet in height. Leaves are 1 to 2 inches long, slightly pubescent when young but glabrous (smooth) when mature with a slight blue-gray hue. Their flowers bloom in

the afternoon and are very showy with over 100 stamens, generally white to yellow. By the following day, the flowers begin to die. Maiapilo is insect-pollinated; our rare, endemic 'oka'i (Blackburn's Sphinx Moth, *Manduca blackburni*) feeds on the nectar. Fruits are small, orange, oval berries that emit a bad smell, which is likely where this plant gets its name as maiapilo can be translated to "foul-smelling banana."

In la'au lapa'au, or traditional Hawaiian medicine this plant is used to treat broken or fractured bones, and the milky sap was mixed with other ingredients to treat boils on the skin.



Friends of Kealia Pond

Naio papa (*Myoporum sandwicense*)  
Family Myoporaceae  
Endemic

Naio papa is the coastal, prostrate form of the naio tree. This coastal variety has a sprawling, branchy growth form. Leaves are generally shorter than the mauka variety, from 2 to 4 inches, dark to bright green,

with slightly dentate (toothed) margins. Flowers are small, white to pinkish-white, and cupped with 6 petals and honey fragrance. Fruits are a small, round, white drupes that contain several seeds.

Upland naio has long been prized for its durable wood, which can be used for pou (house posts), torches, and in sections of wa'a (canoes). The leaves can be used with other ingredients to treat asthma. Naio papa may not have been as useful for wood, but may have had other uses.



David Eickhoff

[http://nativeplants.hawaii.edu/plant/view/Bacopa\\_monneri/](http://nativeplants.hawaii.edu/plant/view/Bacopa_monneri/)

'Ae'ae (*Bacopa monnieri*)  
Family Lamiaceae  
Indigenous

'Ae'ae is a sprawling, clumping vine. Leaves are very small, often less than an inch long, bright green, and slightly waxy. Flowers are small and white with 5 petals, slightly cupped and star-shaped.

They are highly salt-tolerant and do well close to brackish and salt water environments.

While historic uses of the plant are not noted, in India, the whole plant can be used as an antioxidant and in neurological remedies. It is possible it was similarly used here, but not recorded in early written accounts.



[nativeplants.hawaii.edu/plant/view/Cyperus\\_laevigatus](http://nativeplants.hawaii.edu/plant/view/Cyperus_laevigatus)

Makaloa (*Cyperus laevigatus*)  
Family Cyperaceae  
Indigenous

Makaloa is a sedge with a clumpy, bushy growth form, reaching heights up to 2.5 feet. Leaves are narrow, linear, with three distinct edges. Spikelets contain small, non-showy flowers that develop into light brown,

papery seeds. Makaloa is highly salt tolerant and can be found growing near the sea and brackish waters.

Makaloa leaves were long used to make beautifully detailed, woven mats. On Ni'ihau, the leaves were also woven to make clothing. The fibers can also be used to strain medicinal liquids. Stalks were burned and the ash mixed with kukui nut juice to treat general debility.