Naturally found in coastal to mesic forests on Ni‘ihau, O‘ahu, Moloka‘i, Lāna‘i, and Hawai‘i.

**Nā Inoa ʻē Aʻe:** Hihikolo, Kinikini (Ni‘ihau), Yellow Nickers.

**Nā Hiʻohiʻona:**
- A climber or sprawling shrub that can grow up to 50 ft. tall with thorny branches.
- The leaves are round with smooth edges that alternate on the leaf stem.
- It produces small yellow flowers and large round seed pods encasing 2 - 3 grey to yellowish-grey seeds.

**Ka Hoʻohana ʻAna:**
- The seeds can be used to make lei.
- The pounded seeds can be used as a strong purgative.
- Children used the seeds for marbles.

**Ma Keanakamanō:** Zone 3
Kalo

The kalo plant is often referred to as the elder brother of all Hawaiians since it sprouted out of the grave of Häloanaka, first child of Wäkea (Sky father) and Ho‘ohokukalani (daughter of Papa, Earth mother).

In 1903, David Malo gave this account of the origin of the kalo:

The first born son of Wakea was of premature birth (keiki alualu) and was given the name Haloa-naka. The little thing died, however, and its body was buried in the ground at one end of the house. After awhile from the child’s body shot up a taro plant, the leaf of which was named lau-kapa-lili, quivering leaf; but the stem was given the name Haloa. After that another child was born to them, whom they called Haloa, from the stalk of the taro. He is the progenitor of all the peoples of earth. (Hawaiian Antiquities, p. 320)

Mary Kawena Pukui expounds on Malo’s account with her own Häloa tradition from her homeland in Ka‘ū, Hawai‘i:

The first Haloa, born to Wakea and Ho‘ohokukalani, became the taro plant. His younger brother, also named Haloa, became the ancestor of the people. In this way, taro was the elder brother and man the younger--both being children of the same parents.

Because our chiefs were of the senior line, they were referred to in respect and affection as “kalo kanu o ka aina” (The taro grown in the homeland) by the junior branches of the family. (Native Planters, p. 80)

He mau nane – Some riddles

Ma lalo ka ‘ai  Below is the food
Ma luna ka i’a  Above is the fish
Ke Kalo  The Taro

The food below referred to as ‘ai is the corm which is used to make poi.

The fish above refers to the leaves of the kalo as i’a. At times when fish could not be obtained the leaves of the kalo were prepared and eaten to take the place of the i’a dish.

Ku‘u wahi i’a  My little fish
Moku ke po‘o  Cut off the head
Moku ka hi‘u  Cut off the tail
Ho‘iho‘i i ka wai  Return to the water
A ola hou  It lives again
Ke Kalo  The Taro
Nā Hiʻoiʻona:

- There are numerous varieties of kalo in Hawaiʻi. Some records report over 300 different types of cultivars.
- They range in size from 2 - 5 ft. or larger depending on how rich the soil is.
- Colors and patterns vary greatly: a Lehua variety may have plain green leaves, some may have variegated green and white patterns like ‘Elepaio, or purple and green patterns like Uahi-a-Pele.
- The variety of stem colors includes: white, pink, red, green, black or even black with green stripes.
- Leaf shape varies between cultivars, all have a general heart shape to them but some have deeper cleavage than others (Piko varieties) and some are even cupped shaped (ʻApuwai).
- In the past, different cultivars were raised based on a number of criteria such as quality of kalo paʻa (unpounded taro), poi (pounded taro) or lūʻau (leaves), yield, medicinal purposes or for offerings to the gods.
- There are two types of taro cultures in Hawaii:
  - Wetland varieties (submerged culture)
    - Style of production in which taro is grown under frequently or constantly flooded conditions; most commonly seen with banked, flooded plots called loʻi (irrigated terrace).
    - All wetland varieties are good for poi.
  - Upland or dryland varieties (unsubmerged culture)
    - Patches or fields that are rain-fed or irrigated but not flooded as in loʻi (irrigated terrace).
    - Used primarily as table taro, only a few being suitable for poi.
Ka Ho‘ohana ‘Ana:

- All parts of the plant are eaten
  - The leaves (lū‘au) and stems (hā) were cooked as greens.
  - Cooked corm can be eaten as kalo pa‘a (unpounded taro), poi (pounded taro) and a variety of puddings such as kūlolo.
  - The flowers were relished as a delicacy and were cooked like the leaves (lū‘au).
- Medicinally, the root is used as a tonic and cathartic, the leaves for skin infections, and the stem for stings.
- Some varieties made dye while others were used for gluing kapa together.
- It was also used as bait for ‘ōpelu a type of island mackerel.
• A variety of upland poi taro thriving at altitudes above 450 m.
• Producing 5 - 10 ‘ōhā (corm buds) and maturing within 12 - 16 months.
• Leaf stem is light-green, tinged with reddish-brown.
• Corm flesh is white with a light-pink tinge.
• Makes excellent quality poi in comparison to other upland kalo.
Piko Kea

- A widely-planted variety of taro, important for poi especially on O'ahu.
- Like all Piko varieties, the sinus of the Piko Kea leaf blade is cut to the piko (where the leaf is attached to the stem).
- Piko Kea is distinguished by a whitish piko and leaf stems that are light-green with a pinkish base.
- Producing 5 - 10 'ohā (corm buds) and maturing within 15 - 18 months.
‘Ula‘ula Kūmū

Nā Inoa ‘Ē A‘e: Kūmū

- A variety of taro with red or purple petioles, small leaf blades with purple piko, and reddish flowers.
- Producing 5 - 10 ‘ohā (corm buds) and maturing within 8 - 12 months.
- Grown in wetland and upland cultures.
- This kalo is named after the red Hawaiian goatfish, kūmū, because of the reddish color of its petioles.
- This variety may be substituted for the red kūmū fish as an offering to be placed beneath the main post of a new house. (*Native Hawaiian Planters*, p. 116)
Uahi-a-Pele

Nā Inoa ʻĒ Aʻe: Hiwa, Ualehu, Uwahi-a-pele

- A variety of taro identified by green and purple mottled leaf blades and lilac-purple flecked stems with purplish-black streams on the lower half.
- Produces fairly numerous ʻohā (corm buds) and maturing in about 12 months.
- The name Uahi-a-pele, or “smoke of Pele,” is due to the smoky appearance of the purple and green mottled leaves and smoky grey poi.
- Known to grow in wetland cultures at ʻEwa, Oʻahu and in upland cultures on Hawaiʻi and Kauaʻi.
- Makes a smoky-grey poi; the cooked corm has a tough, rubbery consistency similar to the Kāi varieties.
- Some sources believe this variety was prized for its medicinal purposes and as an offering to the gods.
Nā Inoa ʻÈ Aʻe: Poni ‘Ula‘ula

- A variety of red-stalked taro striped with a lighter color and bright-red edge.
- Small leaf blades with purple piko and bright-red veins on the lower surface.
- Producing 5 - 10 ʻohā (corm buds) and maturing in 8 - 10 months.
- Usually found in upland cultures but can also grow in wetland cultures.
- A purple pigment extracted from the leaf stems can be used for dyeing kapa and straw hats.
‘Elepaio

- A variety of taro recognized by green and white-mottled leaves.
- The leaf stems are green and white-striped with a reddish-brown tinge on the lower half.
- Produces 5 - 10 ‘ohā (corm buds) and maturing within 7 - 12 months.
- According to some sources, the name ‘Elepaio originated because it grew wild near the forest where the ‘Elepaio bird made its home. Others believe the name originated because this taro was formerly planted at dawn when the ‘Elepaio bird was singing.
- Mainly grown in upland areas in Hawai‘i.
- Makes a good poi of light grey color, but has low yield.
Lauloa ʻEleʻele ʻŌmaʻo

Nā Inoa ʻĒ Aʻe: Lauloa varieties of kalo may be qualified by the terms: Hāʻeleʻele, ʻEleʻele; ʻEleʻele ʻōmaʻo; ʻEleʻele ʻula or Palakea ʻEleʻele; Hāʻula, Koko, ʻUlaʻula, or Palakea ʻUla; Uliuli or Hāuliuli; Keʻokeʻo; Manini; ʻŌniʻoniʻo; Palakea or Palakea Papamū, Pānaʻe; Poni.

- A variety of taro, said to be the original taro brought to Hawaiʻi. Sometimes poetically called hāloa, long stalk, because a god of that name was said to have been in the form of this taro.
- Recognized by its purplish marginal veins on the leaves and purplish-black petioles with a distinct light green edge.
- Producing 5 - 10 ʻohâ (corm buds) and maturing in 9 - 12 months.
- Planted fairly extensively in upland areas especially in Kona, Hawaiʻi.
- Used mainly for kalo paʻa (unpounded taro).
‘Āweuweu

Nā Inoa ‘E A’e: Mā’auea, ‘Awe, ‘Āweoweo, Māmauweo, Mā’auweo

- A variety of taro often growing wild or distributed in a wild state.
- Outer skin of corm is shaggy and fibrous. The flesh is white with yellow fibers.
- Good for poi, but only used when other foods were scarce because the corms are usually small; also good for lū’au. The corms are too acrid for kalo pa’a unless cooked for a long time.

In the wild, the ‘Āweuweu sends off ‘awe’awe (runner shoots). In a propagated state of domesticity, the ‘awe’awe stop running and eventually disappear. The kalo then becomes known as Haokea. (See below)

Haokea

Nā Inoa ‘E A’e: ‘Ahakea, Ha’akea, Hā’awikea. The name, Haokea, may be qualified by the colors Hā’ula’ula and Ke’oke’o.

- A common variety of taro. Domesticated form of the ‘Āweuweu.
- Leaves are narrow and the piko, leaf attachment, and petioles are light-green.
- Grown in both wetland and upland cultures.
- This kalo supplies some grey commercial poi. The young leaves are non-acrid and are used for lū’au.
- It was formerly used both medicinally and in religious ceremonies, as for dedicating new fishing nets. (Hawaiian Dictionary, p. 58)
Naturally found only in the dry forest of the Wai'anae Mountains on O'ahu and leeward side of Hawai'i Island.

**Nā Inoa Ė A'e:** O'a (Maui)

**Nā Hi'ohi'ona:**
- Large trees growing 10 - 30 ft.
- The leaves have orange-pink veination on the underside and yellow veination on the top.
- Tiny yellow-green star-shaped flowers form into green, apple-shaped fruit (seed capsules).
- When ripe, the seed capsules will turn brown and burst open to aid in the dispersal of the seeds within.

**Ka Ho'ohana Āna:**
- This tree is one of the hardest of native hardwoods.
- It was used to make i'e kuku (kapa beaters), kāhili poles, spears and other weapons and tools that required hard wood for durable use.
- This wood took the place of metal in Hawaiian society.

**'Ike Pili:** This Kauila (*Colubrina oppositifolia*) should not be confused with the Kauila (*Alphitonia ponderosa*), which is found on the 6 main Hawaiian Islands and associated with Mauna Loa, Moloka'i. Both native trees belong in the buckhorn family.

**Ma Keanakamanō:** Zone 3
Kāwelu
Eragrostis variabilis
Endemic

Naturally found on all the main Hawaiian Islands including most of the Northwestern Hawaiian Islands in many dry areas like sand dunes, grasslands, rocky cliffs and ridges.

Nā Inoa ʻĒ Aʻe: ʻEmoloa, Kalamālō

Nā Hiʻohiʻona:
- A perennial clumping grass with long, slender, bluish-green leaf blades that reach over 2 ft. in length.
- When in bloom, a panicle of tiny flowers will protrude up on a stalk.

Ka Hoʻohana ʻAna:
- It was used as substitute for pili in thatching.

ʻIke Pili:
- Many chants and hula refer to this plant for the way it moves and flows in the wind, similar to that of a graceful hula dancer.
- In some hula schools kawelu is a hula step, said to be named for this plant.
- The first 2 lines in a mele inoa (name chant) for Alexander Liholiho, Kamehameha IV, reference the Kāwelu:
  
  Ua nani ʻo Nuʻuanu
  Beautiful is Nuʻuanu
  I ka lau o ke kāwelu
  with the kāwelu grass.

ʻŌlelo Noʻeau: Kāwelu holu o Lanihuli.
The swaying grass of Lanihuli.
Visitors to Nuʻuanu Pali know the kāwelu grass on the slope of the hill, dipping, rippling, and swaying in the breeze.
Naturally occurs in dry forests, slopes, lava fields, and remnant patches of dry forest.

**Nā Hiʻōhīʻona:**
- Large dioecious shrub to medium-sized tree growing 30 - 35 ft. tall.
- The leaves are short, leathery, and elliptical in shape. The undersides of the leaves are covered in brown “wooly” hairs.
- The small, whitish flowers develop along the stems of the tree.

**Ma Keanakamanō:** Zone 3
Naturalized in mesic forests and valleys, often in secondary hala forests.

**Nā Inoa ‘E A’e:** Lā‘ī, Lau‘ī, Kānāwai, Ti Leaf

**Kinolau:** Kamapua‘a and Lono

**Nā Hi‘ohi‘ona:**
- A shrub (6 -10 ft.) with large green leaves and few branches.

**Ka Ho‘ohana ‘Ana:**
- The leaves have many uses which include and are not limited to: thatch for shelter; in cooking, the leaves are used to cover the food in the imu (underground oven), as food wrappers and platters for serving food. Various shaped packages are made by bundling the leaves together, and clothing articles such as hula skirts, sandals, and rain capes were made from the leaves.
- The Kī plant played an important role in religious ceremonies (principally indicating a kapu) it was called kānāwai, “the law”.
- The Kī stalk, raised like a kāhili (feather standard), served as an actual flag of truce in battle.
- Medicinally, the Kī played an important role in psychological and spiritual healing. “The leaves are believed to have potent properties as protective agents against psychic evil.” *(Native Planters, p. 223)*
- The plant was used to mark a protected personage or place. The kī was a purifying symbol and used to announce or recognize a kapu place or person.

**‘Ōlelo No‘eau:** *E pale lau‘i i ko akua ke hiki aku i Kona.*

*Place a shield of ti leaves before your god when you arrive in Kona.*

A message sent by Ka‘ahumanu to Liholiho requesting him to free the kapu of his god Kūkā‘ilimoku. Ka‘ahumanu was at the time striving to abolish the kapu system.

**Ma Keanakamanō:** Zone 3

**Ma Kawaiahu‘o:** Māla
This Polynesian introduced plant can be found on all the main Hawaiian Islands.

**Kīnolau:** Kāne

**Nā Hi‘oi‘ona:**
- Generally, they are large grasses with hard stems (stalks) and long blades.
- This plant can reach heights of up to 15 ft.
- The stalk color range from light yellow (Kō Kea) to dark red (Kō Honua ‘Ula). Many varieties have different striped combinations like maroon and green (Kō Manulele) or yellow, pink and green (Kō Halālī’i).

**Ka Ho‘ohana ‘Ana:**
- Juice was extracted from the fibrous stalk and used to sweeten puddings and to make medicines more palatable.
- The sweet stalk was chewed to strengthen and clean teeth and gums.
- The juice of certain varieties was used as a love potion to induce the love of another person, while other varieties were used to block that love spell.
- When the more preferred pili grass was not available, the blades were used for house thatching.
- The bloom stalk and tassel served as darts in a children’s game called ke‘a pua.
- The skin of the stalks has been used for plaiting hat braids. It has a look of cellophane.

**ʻŌlelo No‘eau:**
- Pua ke kō; kū mai ka heʻe
  When the sugar cane tassels; the squid comes in.

**Ma Keanakamano:** Zone 3, 6
**Ma Kawaiahaʻo:** Māla
Naturally found in dry-wet forests on all of the main Hawaiian Islands except Ni‘ihau and Kaho‘olawe.

**Nā Hi‘oi‘ona:**
- These large trees can reach over 100 ft. tall.
- It has sickle shaped “leaves” that are actually modified stems called phyllodes.
- These phyllodes are rich with chlorophyll and take the place of its true leaves in more mature plants.
- Koa seeds are arranged horizontally in the pod rather than vertically as in Koai‘a. *(Hawaiian Dictionary, p. 157)*
- When a seedling, the Koa plant has bipinnate compound leaves, much like its non-native cousin the Koa Haole (introduced Koa).

**Ka Ho‘ohana ‘Ana:**
- The lumber from this tree was used to make canoes, surfboards, calabashes, kāhili poles, and spears.

**‘Ike Pili:**
- The Koa tree’s size, usefulness and function as a dominant canopy tree of the forest lends to the tree being metaphorically symbolized with the virtues of: strength, longevity, courage, bravery and endurance.

**‘Ōlelo No‘eau:**
*E ola koa.*  
*Live like a koa tree.*  
Live a long time, like a koa tree in the forest.

**Ma Keanakamanō:**  
Zone 3
Found on Maui, Moloka‘i, Kaua‘i, Lāna‘i and Hawai‘i in very restricted populations.

**Nā Inoa ‘Ē A’e:** Koai‘e

**Nā Hi‘oi‘ona:**
- A tree resembling Koa but shorter in size (up to 15 ft.).
- Koai‘a pods are narrower with seeds arranged vertically in the pod, rather than horizontally as in koa. (*Hawaiian Dictionary*, p. 157)
- It has sickle shaped “leaves” that are actually modified stems called phyllodes.
- The wood of the tree is hard and dense.

**Ka Ho‘ohana ‘Ana:**
- Hand tools such as i'e (kapa beaters) and similar anvil-like tools are made from this food.
- Koai‘a spears were made for their durability and strength.
- Its strong wood was used to make fishhooks to catch large fish. Oftentimes, shark hooks were made from Koai‘a.

**‘Ike Pili:**
The Koai‘a/ Koai‘e tree was used as a metaphor for the uplands.
- Fig., “Person from the upland country” (*Hawaiian Dictionary*, p. 157)
- Fig., “Anything from the upland country. (*In Gardens of Hawaii*, p. 405)

**Ma Keanakamanō:** Zone 3
**Ma Kawaiaha‘o:** Pua‘i Wai
Naturally found on the margins of ponds and marshes on Kaua’i, O’ahu, and Kaho’olawe.

Nā Inoa ‘Ē A’e: Pipīwai, Spikerush

Nā Hi’ohi’ona:
- A small rush with narrow sheaths up to about 3 ft. tall ending in a sharp point.
- The flowers are small spikelets on the upper portion of the sheath and are light brown-grey in color.
- This plant closely resembles the Makaloa but differs physically. The Kohekohe spikelets’ shape conforms to the top of the sheath and the Makaloa spikelets jut out to the side near the top of the sheath.

Ka Ho’ohana ‘Ana:
- Although very similar to the Makaloa in appearance its use was much less prevalent.
- It is often used as a secondary ingredient in numerous medicinal treatments.

‘Ōlelo No’eau: Lulu kohekohe.

*The kohekohe grass is stilled.*

Trouble is over. The kohekohe grass, which grows in wet patches, is taken up, washed, and allowed to wilt. Then it is spread on the ground with a mat over it. The owner of the mat then sits down in comfort.
Naturally found on Moloka‘i.

**Nā Inoa ‘Ē A‘e:** Pāmakani, Hau Hele, Koki’o Kea

**Nā Hi‘ohi‘ona:**
- This native hibiscus grows more upright (upwards of 10 ft.) than other non-native hibiscus that are more bushy.
- Its flower is entirely white, unlike other native white hibiscus that have a pinkish-red staminal column.
- The petals of this hibiscus are longer, more separated and much narrower than other white varieties.
- All native white hibiscus have a slight fragrance.

**Ka Ho‘ohana ‘Ana:**
- Koki’o Ke‘oke‘o buds are eaten for use as a gentle laxative.
- Cordage was made from the stripped bark.

**Ma Keanakamanō:** Zone 2, 3, 4
**Ma Kawaiahaʻo:** Māla, Pu‘ai Wai
Kokiʻo ‘Ulaʻula

_Hibiscus kokio_

Endemic

Naturally found in the dry-wet forests of all main Hawaiian islands except Niʻihau and Kahoʻolawe.

**Nā Hīʻōhiʻona:**
- A shrub growing 4 - 10 ft.
- It has extremely glossy, dark-green leaves and small-red flowers.
- This species as well as _Hibiscus clayi_ are the only native red hibiscus. (_Hibiscus clayi_ is not in the māla)

**Ka Hoʻohana ʻAna:**
- The flowers of this plant can be used as a mild laxative.
- A dye can be made from the flowers.

**Ma Keanakamanō:** Zone 4
**Ma Kawaihaʻo:** Māla
Kōlea Lau Liʻi
Myrsine sandwicense
Endemic

Naturally found on Oʻahu, Molokaʻi, Lānaʻi, Maui and Hawaiʻi in wet forests and bogs.

Nā Hiʻohiʻona:
- Shrubs or small trees up to 20 ft. tall.
- It has small elliptical leaves that cluster up towards the stem tips.
- Like all Kōlea, the young leaves, called liko, are bright-pink and add color to the plant.
- Small yellow flowers tinged with red and purple emerge from small woody knobs along the length of the branch.
- Once these are pollinated they develop into tiny black fruit about ¼ in. in diameter.

Ka Hoʻohana ʻAna:
- The bright yellow-green liko with purple mid-vein and margins can be used to make lei.
Kōlea Lau Nui

*Myrsine lessertiana*

Endemic

Naturally found in mesic to wet forests on all of the main Hawaiian Islands except Ni‘ihau and Kaho‘olawe.

**Nā Hi‘ōhi‘ona:**
- Trees or large shrubs reaching heights of up to 25 ft. tall.
- They have glossy, light-green leaves.
- When they are young, they have pink colored leaves.
- The flowers are small, green with purple tinges and emerge from woody knobs along the branches.
- Once the flowers are pollinated they develop into tiny black fruit about \(\frac{1}{4}\) in. across.

**Ka Hoʻohana ʻAna:**
- The strong wood of Kōlea can be used for posts and beams in house construction.
- The wood can be used to make anvils for beating kapa.
- The red sap of the plant is used to make a red dye and the wood charcoal, a black dye.
Naturally found throughout the main Hawaiian Islands, from coastal, lowland forests through moderately moist to wet forests.

**Nā Hiʻoiʻona:**
- A small, herbaceous shrub with dark-green leaves and bright-yellow daisy flowers.
- Though similar in appearance to the Spanish needle weed (*Bidens pilosa*), the major physical difference is that the tiny seeds do not have prongs to latch on to animals.
- Instead, the seeds evolved to become twisty in shape, allowing them to be easily dispersed as the wind blows and rolls them along the ground.

**Ka Hoʻohana ʻAna:**
- The most common use is to make a tea from the fresh leaves and flowers of this plant.
- The leaves are used for asthma treatments and the flowers used for heartburn.

**Ma Keanakamanō:** Zone 6
**Ma Kawaihaʻo:** Mala
Kōpiko

*Psychotria hawaiensis*

Endemic

Naturally found on Moloka‘i, Maui and Hawai‘i Island.

**Nā Inoa ‘E A‘e:** Köpiko‘ula, ‘Ōpiko

**Nā Hi‘ohi‘ona:**
- This tree is in the coffee family (Rubiaceae) and can reach heights of up to 25 ft.
- The glossy leaves are very waxy in appearance.
- The white flowers usually cluster in 3 at the ends of long stems and branch tips.
- The fruit ripens to a bright orange color.
- The bark can range in color from reddish-brown to yellow-grey.

**Ka Ho‘ohana ‘Ana:**
- The wood of this tree is often used in house construction.
- It is used for making kua kuku kapa (tapa anvil).
- The fruit and flower clusters can be used in lei.

**ʻOlelo Noʻeau:**

Ke kōpiko i ka piko o Wai‘ale‘ale.

A kōpiko tree on the summit of Wai‘ale‘ale.

A boast about an outstanding person.
Today, kou trees can be found naturally on all of the main Hawaiian Islands except Kaho'olawe and Moloka'i.

Nā Hiʻohiʻona:
- Strong trees up to 40 ft. tall that have light-green leaves about 8 - 10 in. long and about 6 in. wide with yellow veins.
- It has bright-orange, tubular flowers which are arranged in groups near the branch tips.
- Hard nut-like fruit containing four seeds each form after the flowers fall.

Ka Hoʻohanana ʻAna:
- The flowers of Kou are used in lei.
- The leaves were used to dye fish lines.
- Kou is a preferred wood to make food containers and utensils, as the tannin of other woods affected the flavor of foods.
- Traditionally used as a shade tree that could often times be found next to homes.

Ma Keanakamanō: Zone 2, 3
Ma Kawaiahaʻo:  Kīhāpai
Naturally found on all of the main Hawaiian Islands in the mesic forests from sea level to about 2000 ft. in elevation.

**Kinolau:** Lono and Kamapua’a. “As a form (kinolau) of Kamapua’a, the kukui was a symbol of Lono, the rain god. Small logs roughly carved to resemble a hog’s head, and colored with red ocher, were placed as symbols of Lono on altars where harvest offerings were presented.” (Native Planters, p. 229.)

**Nā Inoa ‘Ē A‘e:** Kuikui, Candlenut Tree

**Nā Hi‘ōhi‘ona:**
- Large trees up to 60 ft. tall easily distinguished from far distances by its light-green foliage.
- Its leaves have a glossy color on the underside and a silvery grey powder on the top side.

**Ka Ho‘ohana ‘Ana:**
- The seeds were strung on a palm midrib (nī‘au) and burned to make candles (ihoiho), hence the name candlenut tree, but can also be made into lei. The leaves and flowers are also used in lei making.
- A relish called ‘inamona was made from the roasted nuts.
- The roasted nuts were used as a laxative.
- Tree resin and sap can be used for medicinal purposes.
- Tree resin and sap can be used as a glue substance.

**Ma Keanakamanō:** Zone 6
**Ma Kawaiha‘o:** Māla
Naturally found on all the main Hawaiian Islands.

Nā Hiʻohiʻona:
- Kuluʻi has very dense foliage and can reach a height of up to 6-8 ft.
- The underside, margins and veins of the leaves are pubescent. As a result, they have silvery-golden shine. The more sun it receives, the shinier the plant becomes.
- The flowers emerge in dangling spike clusters, 1-2 in. long that resemble tear drops.
- It should also be noted that not only is it an endemic species, but the genus is endemic as well, making it even more unique to Hawaiʻi.

Ka Hoʻohana ʻAna:
- The flower spikes and new leaves are used in lei making.

Ma Keanakamanō:  Zone 2, 3, 4
Ma Kawaihaʻo:  Māla
Kupukupu
Nephrolepis cordifolia
Indigenous

Naturally found on all of the main Hawaiian Islands.

Nā Hiʻoihiʻona:
- A type of sword fern with erect fronds standing 1 - 2 ft. tall and 2 - 3 in. wide.
- Each frond is comprised of many smaller pinnae (frondlets), each about 1 - 1½ in. long and about ¼ in. wide.
- The most distinguishing characteristic of this fern is that it is the only species of Nephrolepis in Hawai‘i to have underground tubers that develop on the stolons which serve as food storage as well as a means to reproduce since new ferns will develop from it.
- There are at least 5 different species found in the wild. Of these, only 2 are native, this plant and Nephrolepis exaltata subsp. hawaiensis. The other 3 are alien species and very invasive.

Ka Hoʻohana ʻAna:
- Kupukupu was often placed on or around the hula altar symbolizing that it was a place of learning, or sprouting knowledge. The word kupu means to sprout, grow, and increase.
- The fronds are also used for making lei.

Ma Keanakamanō: Zone 4
Ma Kawaihaʻo: Māla, Kīhāpai
Naturally found on all of the main Hawaiian Islands except Kaho'olawe and Ni'ihau in dry-mesic valleys and ridges.

**Nā Inoa ‘Ē Aʻe:** Ēlama, Hawaiian Ebony/Persimmon

**Nā Hiʻohiʻona:**
- Small to medium-sized trees 5 - 40 ft. tall that has a dark-brown bark and pale-green foliage.
- The liko (new leaves) are bright pinkish-orange.
- Its flowers are about 1/8 in. in diameter and emerge at the leaf axis.
- Once pollinated, small, oval-shaped fruit that are about an inch in length develop that contain from 1 - 3 seeds.
- Lama wood is very hard and can be polished to reveal its deep, dark luster.

**Ka Hoʻohana ʻAna:**
- Lama was used in hula and medicine because it suggested enlightenment.
- In some hālau hula, an uncarved block of Lama wood was wrapped in a robe of choice yellow kapa, scented with ʻōlena (turmeric) and set conspicuously upon the hula altar to represent Laka, the goddess of hula. (Emerson, *Unwritten Literature of Hawaii*, p. 23)
- Houses were built of lama wood in a single day during daylight (lama) hours and the sick were placed inside them for curing.
- Fence posts of lama wood were also used to mark sacred areas.

**ʻIke Pili:**
- The Kapālama area received its name because their used to be a sacred enclosure made of lama wood. Young aliʻi were brought here for potential betrothals.

**Ma Keanakamanō:** Zone 4
**Ma Kawaiahaʻo:** Māla
Laukahi (Fern)
*Pneumatopteris hudsoniana*
Endemic

Naturally found on all of the main Hawaiian Islands except Kahoʻolawe in mesic to wet forests.

**Nā Hiʻohiʻona:**
- Tall ferns about 3 ft. tall with large light-green fronds.

**Ma Keanakamanō:** Zone 3
Lonomea
Sapindus oahuensis
Endemic

Naturally found only on the western side of Kaua‘i, and both mountain ranges on O‘ahu in dry to mesic forests.

Nā Inoa ʻE A‘e: Āulu, Kaulu

Nā Hi‘ohi‘ona:
- Trees up to 45 ft. tall with dark, pale-green leaves up to 1 ft. long and 3 - 4 in. wide.
- The outer bark is often a very light-grey almost white color.
- Small flowers emerge on skinny spikes.
- Once pollinated, the fruit, about 2 in. long and over 1 in. across, look like dried dates.
- Within the fruit is a large, black, pear-shaped seed that is somewhat rough in texture.

Ka Hoʻohana ʻAna:
- The black and naturally glossy seeds were strung into lei.

Ma Keanakamanō: Zone 3