

Iulai 3, 2008 (July 3, 2008)

Boys & Girls Club Hale Pono 'Ewa Beach Clubhouse  
Class conducted by *Makua* Kalani Apana and *Kupuna* Arline Eaton

## Vocabulary Words

- *Ho'olohe* means to listen
- *Nanamaka* means to watch
- *Paa kawaha* means to keep mouth closed
- *Makua* means adult or parent
- *Kupuna* means grandparent or knowledgeable person
- *Mea Kanu* means plants

Native plants arrived with no help from humans, instead being transported to Hawai'i via the wind, wing (birds), or waves (jet stream in the ocean). These indigenous species are native to Hawaii and can also be found outside the islands. Endemic plants are completely unique to Hawai'i.

- Naupaka (Hawaiians used to eat the fruit when there was not enough food. It was also used for medicine)
  - The Naupaka flower is a half flower. One indigenous variety (shown at right) is found near the ocean, the endemic plant is found in the mountains. *Makua* Apana shared the *mo'olelo* (story) of two lovers that could not be together, as represented by the two half flowers.



Plants Introduced by Polynesians, sometimes referred to as "Canoe" plants because Hawaiians brought these with them to the Hawaiian Islands.

- Kou
  - Traditionally, the orange blossoms were used to make lei. Trunk used to make tools and bowls. Plant also used to make rope.



- Ti Leaf (also known as Ki)
  - Used to draw heat away from Head
  - Leaves used to wrap food
  - Used medicinally
  - Used on hula altars
  - Used as thatch



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*To ensure good stewardship of the land and heritage of the 'Ewa Plain*

# Hoakalei

CULTURAL FOUNDATION

- Laua‘e
  - Some believe the plant commonly referred to as Laua‘e today (shown at right) is actually a non-native species that is used in place of the true Laua‘e because it is not readily available. The Laua‘e mentioned in hula chants (and spoken of in Mary Kawena Pukui’s *‘Ōlelo No‘eau*) actually refers to another much more rare fern (*Microsorium spectrum wainiha*) found in Wainiha Valley on Kaua‘i. Photo of the true Laua‘e courtesy of The Nature Conservancy.
  - Used on hula altars
  - Used for perfuming kapa (smells like maile)
  - Used medicinally
  - Used to make lei



- Koa
  - Backbone of the Hawaiian forest.
  - Used to make outrigger canoes, wood bowls, ukulele and furniture
  - Used medicinally
- Kukui
  - Hawaiians use to roast the nuts then mix it with the salt from the ocean to season food.
  - Valued for its use as a light source (sometimes called the Candlenut Tree)
  - Used medicinally

## Another Introduced Plant

- Crown Flower
  - Brought over as a gift for Queen Lili‘uokalani
  - Flower is shaped like a crown

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