

Coastal Plants



Rylen & Izak

'Ākia – Wikstroemia uva-ursi
Endemic

The bark was used to make rope and fishing line. The leaves and bark were used to stun fish so they could be caught more easily.

Ma'o – Gossypium tomentosum
Endemic

The flowers and leaves are used to make a green dye for kapa. Ma'o was bred with other cotton plants in the U.S. to make them resistant to pests, saving the cotton industry.



Reef & Gianluca



Naru & Kingston

'Ōhai – Sesbania tomentosa
Endemic/Endangered

The salmon colored flower makes it a favorite lei flower. The new leaf clusters have a nectarine fragrance.

Dry Forest Plants



Rylie & Elyse

Ko'oloa'ula – Abutilon menziesii
Endemic/Endangered

Ko'oloa'ula is a shrub with small hibiscus shaped flowers. 'Ula means red and refers to the color of the flower. The flowers are used to make lei and for medicine.



Maia & Andy

Ma'o Hau Hele – Hibiscus brackenridgei
Endemic/Endangered

Ma'o hau hele is the official state flower. The flowers only last a day and turn green. The petals are used to treat stomach issues. They can boost appetite and put an end to common cold symptoms.



Chappell & Reilynn

Wiliwili – Erythrina sandwicensis
Endemic

Wiliwili means to twist and refers to the twisted seed pods. The wood was used to make canoes and surfboards.

Forest Plants



Hikaru, Max & Luna

'Iliahi – Santalum freycinetianum
Endemic

'Iliahi is the Hawaiian sandalwood. Due to its fragrance, it is used for perfume and soap. Leaves and wood from this species were sold to China to make carved items.

Koa – Koa acacia
Endemic

Koa is the largest native tree with crescent shaped leaves. The wood was used to make weapons, surfboards and canoes. It remains a favored wood for calabashes and bowls.



Louise & Leinani



Mina & Lilian

'Koki'o 'ula'ula – Hibiscus kokio
Endemic/Endangered

Almost went extinct in the wild but is now being successfully propagated. Leaves and bark used as a medicine for sore throat and blood purification. If used in a lei, the flower only lasts one day.



LĒ'AHĪ PLANT GUIDE

DIAMOND HEAD STATE MONUMENT

Written and Illustrated by
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Canoe Plants



Katie & Natsuki

Milo – *Thespesia populnea*
Canoe Plant/Indigenous

The wood was favored for making food bowls and platters. The bark was used for cordage while the fruit was used as a dye and medicine.

Kou – *Cordia subcordata*
Canoe Plant/Indigenous

The wood was favored for carving food bowls because it did not affect the flavor of the food.



Manoa & Dane

Kukui – *Aleurites moluccanus*
Canoe Plant/Indigenous

Kukui is the state tree and is known as the candlenut tree. The nut was lit and used as a candle, mashed as food and charcoal for tattoos.



Carter, Nazeem, & Brixto

Kī or Tī – *Fruticosa Cordyline*
Canoe Plant/Indigenous

Kī leaves come in many colors. The leaves are used to wrap food for cooking, woven into skirts, capes, and lei.



Brayden & Myli

Coastal Plants



Lily & Orzie

'Ākulikuli – *Sesuvium portulacastrum*
Indigenous

It is edible with a salty flavor. The flowers are used for lei but too tiny to string an 'ākulikuli lei. Used as medicine for its anti-bacterial property.

'Ilima papa – *Sida fallax*
Indigenous

'Ilima is in the hibiscus family and is the lei flower of O'ahu.

The flowers are used to string lei and often used as a lei for the ali'i. Medicinal uses include soothing injuries and healing dry skin.



Theo & Kaiji

Pōhinahina – *Vitex rotundifolia*
Indigenous

Pōhinahina has silvery green leaves and purple flowers. It has a sage scent.

In fact, the leaves were placed in kapa to keep insects away and could be used for a green dye. Also a medicine for headaches and stomach pain.



Miranda & Clara

Dry Forest Plants



Kento & William

'A'ali'i – *Dodonaea viscosa*
Indigenous

The wood was favored for making spears and house posts. Medicinal plant for skin rashes. The long tap root enables it to stand strong and not break in the wind.

Alahe'e – *Psydrax odorata*
Indigenous
Name means "slippery like an octopus". Strong wood used to make digging sticks, spears and adze handles.



Luna & Allie

Pili Grass – *Heterogpogon contortus*
Indigenous

Pili means to stick or cling. The grass was used for thatching Hawaiian houses to make them rain proof. Also used as mattress stuffing because of its pleasant odor.



Naru, Adam, & Kingston

Forest Plants



Makeila, Denali, & Cata Lina

Kupukupu – *Nephrolepis Cordifolia*
Indigenous

Kupu means to sprout or grow. This fern is one of the first plants to appear on lava flows.

Palapalai – *Microlepia strigosa*
Indigenous

This plant is sacred to Laka, goddess of hula, and believed to be Laka's physical form. Leaves used to make hula skirts and lei to be worn on the head, around the neck and wrists.



Cata Lina, Denali, & Makeila

'Uki'uki – *Dianella sandwicensis*
Indigenous

The berries are used for purple dyes and to make lei. The leaves were used for cordage and roof thatching.



Calym & Myka

