DEPT OF NATIVE HAWAIIAN HEALTH
JOHN A. BURNS SCHOOL OF MEDICINE

MĀLA
LĀʻAU
LAPAʻAU

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USES: yellow and red dyes are made from the bark and roots, fruit can be eaten raw or cooked, oil can be used on your hair

MEDICINAL: fruit is used to treat constipation, leaves treat cysts on the skin, this plant also treats kidney disease, high blood pressure, diabetes, concussions and cuts.

Noni

- indian mulberry, great morinda, cheese fruit
- introduced by Polynesians
- small trees, up to 30 ft.
- fruit is white when mature
- 2 main types, the large-fruited noni with oval leaves (common in Hawaii) and the small-fruited noni with elongate leaves (common in Micronesia)
Hala
-pū hala, lauhala, screw pine
-indigenous and found on all islands except Kahoʻolawe
-tall tree with aerial roots, and long leaves
-female tree has fruit clusters
-male tree has blossoms
-4 types of Hala: common Hala, Hala‘ula, Hala Lihilihi‘ula, and Hala pia

USES: hua (keys are wedge shaped parts of the fruit) used for lei and dye brushes, leaves weaved into mats, thatching material and sails.

MEDICINAL: The blossoms are a mild laxative. The fruit treats thrush and latent childhood disease. The root can be used for vitamin B and C.
USES: bark used for kapa (cloth), long fibers are used for cordage and ropes.

MEDICINAL: Fruit is used to treat thrush and latent childhood disease. The leaves are used to make an herbal tea which helps to soothe someone who is generally tired.

*Consult your doctor or traditional healer before using plants as medicine.

COLOR ME!

pōpolo

uhaloa

ʻawa

olenā