



1. Pua Kala | 2. 'Ilima | 3. Pōhinahina | 4. 'Ulu | 5. Hala | 6. 'Ōhi'a

NATIVE HAWAIIAN PLANT PEOPLE

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The Hawaiian Quilt images in this activity were created by Katia Pōhaikealoha Worley, MPH, the State Opioid Coordinator at the Alcohol and Drug Abuse Division of the State Department of Health. The following information is drawn from these resources for Native Hawaiian plants:

- Hui Kū Maoli Ola, LLC website: <https://hawaiiannativeplants.com/>
- Wagner, W. L., Herbst, D. R., & Sohmer, S. H. (1999). Manual of the flowering plants of Hawai'i. In *Manual of the Flowering Plants of Hawai'i*. University of Hawaii Press.

April is #NativeHawaiianPlantMonth! The Māpuna Lab of the Thompson School of Social Work and Public Health invites you to celebrate by learning about some of Hawai'i's plant people and their relationship to our cultural training webinar series on Disaster Response. Follow the key above to identify the plants featured in this coloring page. The restoration of these native, endemic¹, and Indigenous² plant warriors helps to protect the aquifer, shape the health of the 'āina, and make Hawai'i Hawaiian.

1. **Pua Kala - *Argemone glauca*** (endemic): Disaster Preparedness
Disaster preparedness involves working to prevent substance misuse and serious mental illness. The native poppy, and the Hawaiian word *kala*, equips us with the openness to have hard but necessary conversations about colonization, the erasure of cultural truth, and the occupation of Hawaiian land.
2. **'Ilima - *Sida fallax*** (Indigenous): Violence Prevention
As making a lei with the small and delicate 'ilima flower requires a great deal of patience and tenderness in the hands, it is an indicator of one's capacity to love with safety and care.
3. **Pōhinahina - *Vitex rotundifolia*** (Indigenous): Stress Management & Social Isolation
Pōhinahina is good for the skin and has a beautiful, calming fragrance. When it's happy it grows prolifically and will need a consistent haircut. Throw the trimmings in your bath on a stressful day or keep a sprig with berries in your car before heading into a lot of traffic.
4. **'Ulu - *Artocarpus altilis*** (Polynesian introduction)³: Food Security
The 'ulu plant (breadfruit), which is the theme of our series, reminds us that disaster preparedness requires kanaka, 'āina, akua connections - deep relation to sustenance, spirit, land, and each other.
5. **Hala *Pandanus tectorius*** (Indigenous): Housing Security
In Hawai'i and other parts of the Pacific, the lauhala mat is a safe space for healing conversations. In this webinar, practitioners joined us from the field to discuss cultural perspectives on housing security.
6. **'Ōhi'a *Lehua* *Metrosideros polymorpha*** (endemic): School, Childcare & Job Security
The 'ōhia lehua plant is part of a larger natural system that involves root, water, aquifer, and forest. This webinar uplifted systematic solutions to economic crises, capitalism and corporate greed.

¹ Endemic: "Species occurring only in the Hawaiian Archipelago, but not necessarily on a single island within the archipelago." (page 14, Wagner et al., 1999)

² Indigenous: "Species that occur naturally in the archipelago but that also have a wider distribution outside Hawai'i." (page 14, Wagner et al., 1999)

³ Polynesian introduction: "Species that apparently were introduced by the Polynesians migrating from to Hawai'i, either intentionally or unintentionally, and are now naturalized. Note that ... *Artocarpus altilis* (S. Parkinson ex Z) ... [has] not become naturalized." (page 14, Wagner et al., 1999)