

## GARDEN PLANTINGS INCLUDE:

### 'ĒKAHA GARDEN (located Mauka of the clubhouse, surrounding the green chillers)

- 'Ilie'e (*Plumbago zeylanica*)
- 'Ēkaha, Bird's nest fern (*Asplenium nidus*)
- Māmaki (*Pipturus albidus*)
- Koki'o ke'oke'o, O'ahu white hibiscus (*Hibiscus arnottianus*)
- Ma'o hau hele, Hawaii State flower (*Hibiscus brackenridgei*)
- Koa (*Acacia koa*)
- Ki, Ti plant (*Cordyline fruticosa*)

### MAUKA ISLAND GARDEN (located on the parking island closest to the Ko'olau)

- Nā'ū, Forest Gardenia (*Gardenia brighamii*)
- Maile (*Alyxia stellata*)
- 'Ēkaha, Bird's nest fern (*Asplenium nidus*)
- Ōhi'a lehua (*Metrosideros polymorpha*)
- Palapalai (*Microlepia strigosa*)
- 'Ilima (*Sida fallax*)

### MAKAI ISLAND GARDEN (located on the parking island of the first parking section)

- Nā'ū, Forest Gardenia (*Gardenia brighamii*)
- Maile (*Alyxia stellata*)
- Ōhi'a lehua (*Metrosideros polymorpha*)
- Pōhinahina, Beach vitex (*Vitex rotundifolia*)
- Ūlei (*Osteomeles anthyllidifolia*)
- O'ahu sedge (*Carex wahuensis*)
- 'Ape, Elephant ear (*Alocasia macrorrhiza*)

## THE STORY OF THE 'ĒKAHA AND ISLAND GARDENS

This project was a collaboration of Hakuha Ministry of First Presbyterian Church and Kaneohe Troop 73, and served to fulfill an Eagle Scout Project. The signage and plants were a generous donation of the Kelsey Family (the Eagle Scout 's family) with support from Hui Ku Maoli Ola Native Plant Nursery. Mahalo Troop 73, volunteers of Pilina Restoration Days, Lee Stein, and Hakuha Ministry. You're shining examples of connecting people and plants on this 'aina.

The 'Ēkaha Garden was affectionately named after an 'Ēkaha fern, or indigenous Birds-nest fern, was found growing naturally in the surrounding Mock Orange bushes that grow next to the large green units (responsible for AC for the clubhouse). Ko'olau Mountain Watershed Partnership planted the 'Ēkaha Garden on December 2021 with native plants that serve to "take up space" in a deforested cleared area and deter invasive plants from re-seeding. We are thankful to Troop 73 and their work to maintain and replant this area during this project.

## MAHALO!

A special mahalo to the following who made the 'Ēkaha and Island Gardens project possible:



Troop 73, Kaneohe  
Boy Scouts of America



Ko'olau Mountains  
Watershed Partnership



Hui ku Maoli Ola

# 'Ēkaha and Island Gardens



AT FIRST PRESBYTERIAN CHURCH  
OF HONOLULU AT KO'OLAU



## SOME OF THE PLANTS IN THE GARDENS

### Nā'ū

Nā'ū is a large shrub or small tree that can grow up to 12 feet tall. Nā'ū can be easily distinguished by its light green leaves and light tan trunk. Nā'ū flowers



are white and smell like coconut oil; however, the flower does not taste as good as it smells. Once its flowers are pollinated, a green golf ball-sized fruit forms. Nā'ū is an endangered species with only 10 wild plants left in the entire world. In Hawaiian culture, the seed capsule Nā'ū fruit was highly valued and used to make a rich yellow dye for the ali'i (chiefs). The fragrant Nā'ū flower was also used in lei making.

### Māmaki

Māmaki is a large shrub that can grow up to 15 feet tall. Māmaki flowers are basic in appearance, but the plant bears fleshy, white fruit that forms while being



connected directly to the stem of the plant. Māmaki can be found primarily in wet forests and valleys in Hawaii. In Hawaiian culture, Māmaki was used as a substitute

to make Kapa (Hawaiian clothing) when Paper Mulberry wasn't available. Today Māmaki is commonly used to make a mild tea that has significant health benefits.

### Kuki'o Ke'oke'o

Kuki'o Ke'oke'o, or the White Hibiscus, is a shrub or small tree that can grow up to 20 feet tall. White Hibiscus is known for its beautiful and fragrant white flowers. Traditionally in Hawaiian culture, White Hibiscus was used as a natural laxative, and



some believe the flower of the native red hibiscus was eaten by the women.

### Koa

Koa is a large tree that can grow to about 20 to 30 feet. It can easily be distinguished by its sickle-



shaped stems (which look like leaves). Koa can only be found in high-altitude places now, but it is believed that before, it could be found in many other places. Koa can live to be hundreds of years old, and its wood is very valuable. The Hawaiian word *koa* can be translated to "warrior." It's because of the strength and durability of the Koa wood itself. Traditionally, Koa wood was best known for being what wood canoes are made from, but its wood is also used to make many other items, including hair picks!

### Ki

Ki is a shrub that can grow up to 10 feet tall. Ki can be easily distinguished by its large leaves and very few branches. Ki can often be found in mesic forests and valleys.



Ki are very important in Hawaiian culture. Their leaves are used to wrap food that is put in a Hawaiian oven called an imu. Ki leaves are also used as hula skirts and sandals.

### Ma'o Hau Hele

Ma'o Hau Hele is a shrub that can grow up to 10 feet tall. It's Hawaii's official state flower, best known for its maple-like leaves and bright yellow hibiscus flowers. Ma'o Hau Hele has three subspecies but is considered endangered and very rare to find in the wild.



Ma'o Hau Hele translates to "traveling green hau." It's because when the plant gets to be 3 to 5 years old, it becomes top heavy and falls over, sprouting new roots where the fallen branches touch the ground. Sometimes the old roots will die off, but the same plant will continue to thrive in a different spot. This process can repeat itself, causing the plant to travel good distances over



### THE MISSION OF FPC'S HAKUHIA MINISTRY

Hakuhia is a First Presbyterian Church (FPC) ministry dedicated to stewarding the 'aina (land) that God has entrusted to the church. Hakuhia's guiding vision is to renew the people and places through community. Hakuhia aims to steward the land God gifted the church in ways that align with FPC's goals to love God, love people, and reach the world for Jesus Christ.