



# HAWAII

## Hawai'i Department of Land and Natural Resources, Division of Forestry and Wildlife

The Hawai'i Urban & Community Forestry Program, Kaulunani, supports community efforts to enhance relationships with trees as a means to improve health. In Hawai'i, Polynesian-introduced fruit producing trees nourish cultural and physical vitality as well as sustainable island communities. Partners, Mālama Kauai and Sustainable Molokai, carried out a successful tree distribution program focused on health, resiliency, and social justice.

“Canoe Plant Tree Giveaways for the Health & Resiliency of the Lāhui” increased local food security, consumption, and production, as well as built community capacity for Kānaka Maoli (Indigenous) communities on the islands of Kaua'i and Moloka'i. Through providing access to, and education about, canoe plant trees (i.e., those transported by Polynesian voyagers in their canoes), the program strengthens community and environmental health, well-being, resiliency, and food security. In the unprecedented times of COVID-19, Mālama Kauai and Sustainable Molokai adapted their tree distribution and outreach events by having drive-through tree distributions and the dissemination of printed educational materials.

The trees from this program will produce millions of pounds of nutritious food in their maturity: 'Ulu (Breadfruit), Ōhi'a'ai (Mountain Apple), and Noni (Indian Mulberry).

'Ulu sustained the Hawaiian population for over a millennia, and its starchy, protein and nutrient-rich fruit continues to be enjoyed firm and unripe (tasting like a potato) to soft and ripe (tasting like a ripe banana). According to the Hawai'i Department of

Agriculture, the 'ulu is high in complex carbohydrates, low in fat, and cholesterol and gluten free.

Noni is widely known for its health benefits and as a functional food. In Hawai'i, its fruit has long been used to prepare health tonics and as topical treatments for wounds. Its bark also makes a beautiful dye.

Ōhi'a'ai is valued for its medicinal properties as well as its delicious red fruit. Its bark has been used to aid sore throat and, when combined with salt, can be used to tend wounds. The fruit is low in calories (15 calories per fruit), high in water content, and high in vitamin C, not to mention ono (delicious)!



**E Ulu ē!**  
(To growth and life!)



**1.** Sust'ainable Moloka'i staff transplant 'Ulu (breadfruit) in preparation for the seedling distribution in Ho'olehua, in May 2020. Photo Credit: Sust'ainable Moloka'i. **2.** Kaua'i resident picks up an 'Ōhi'a'ai (mountain apple) from Malama Kauai's socially distanced mobile seedling distribution in Anahola, September 2020. Photo Credit: Malama Kauai.

