

## MAMAKI:

Scientific Name: *Pipturus Albidus*

-Common Names : **Mamaki, Mamake, Waimea**

Family: Urticaeae

1<sup>st</sup> Type of Potential or Traditional Uses are Fiber, landscape, or medicine

Description: It has been divided into as many as 10 different species. You can see it as a bush/shrub or a tree that range between 5-21 feet tall. it's can range from gray-brown to a red-brown bark. The leaves are dark green on top and white-gray on the bottom, often with reddish vein. The texture can vary from papery to leathery. They can come in all different shapes and sizes(from oval to diamond or even heart shaped and they have saw toothed edges. Leaves are mature when there at least 3 to 8 inches long and 1 ½ to 6 inches wide. Flowers can come in small clusters an is close to the stem. The flowers can be both male and female on one plant.

Habitat and Geographic Range:

-Occuring on all islands except Ni'ihau and Kaho'olawe

-grows mostly in moist to wet forests at ranging approximately sea level to 6000 feet

Replanting:

-The very tiny seeds form in a small white fruit, their oval and pale brown, gray or yellow-brown. They need to be removed before re-planting. It is easier when soaked in water for a little and then squeezing the fruit in the water. Wash the seed and then keep in damp paper towel and place in container. Keep in shady spot and keep moist

-Can be regrown through 4 to 6 inch long cut stems.

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### References

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## PROJECT OLONA – MAMAKI

-The berries or fruits were used for sores and dress wounds, a mild laxative for children and the seeds were given to people as a tonic (a medicinal substance taken to give a feeling of vigor or well-being)

How to use Hawaiian Mamaki – By: Barbara Fahs, July 21 2017

-Tip: do not drink more than 3 cups of tea

-Leaf supports healthy prostate glands the urinary tract, allergy and hay fever symptoms

SFGATE Home Guides // <https://homeguides.sfgate.com/how-to-use-hawaiian-mamaki-13428536.html>

SHAKA TEA – <https://www.shakatea.com/>

-naturally caffeine free and there is no added sugar

-the first hawai'i grown herbal ice tea on the market that is made from Mamaki. The people that make the tea support sustainable farming and regenerative agriculture and can found in almost every major retailers throughout all the islands, the US and on amazon.

- Began in 2016 by Kama'aina Bella Hughes, who was born and raised in Honolulu and her husband Harrison Rice and was founded out of their desire to honor Hawai'i

-Hand harvested from the ancient forests and mineral rich, volcanic soil of mauna loa and Kilauea on Hawai'i Island.