



THE ROYAL HAWAIIAN
A LUXURY COLLECTION RESORT

Waikiki



SELF-GUIDED ETHNO BOTANIC TOUR



Hawai'i State Archives



NATURE'S BOUNTY

The Royal Hawaiian, a Luxury Collection Resort dates back to February 1, 1927 and its history is as unique, authentic and legendary as its namesake.

Originally a playground of Hawaiian Royalty, the resort grounds are at once sacred and tropical, renowned for their sense of abundance, good fortune and perpetual renewal.

The garden oasis which you are about to explore on this Self-Guided Ethno Botanic Tour surrounds the resort's six-storied Historic Building, which was fashioned in a Spanish Moorish style, made famous by the Rudolph Valentino film classics of the time.

The colorful history of the "Pink Palace of the Pacific" is rivaled only by its varied and exotic flora. Please enjoy your adventure through our 'āina (land), our paradise.



1. **HĀPU'U**, locally known as “Hawaiian Tree Fern” or *Cibotium glaucum* is an endemic tree fern, with a luminous green sparkle, found on all the major islands of Hawai'i. The Hāpu'u grows up to 35 feet tall, and its arching glossy fronds can reach 12 feet in length. Being a fern, it does not produce flowers; within the core of the fern, a nearly pure starch develops, weighing between 50 and 70 pounds. This starch was cooked and eaten as a staple food during times of famine in ancient Hawai'i, as well as to dress wounds and in embalming the dead. Today, these starch fibers are used to make flower-pots, fern logs and for the stuffing of mattresses and pillows.

2. **ĒKAHA**, commonly known as “bird's nest fern”, *Asplenium nidus*, is indigenous to Hawai'i and other tropical wet lowland areas of the Pacific, South-Eastern Asia, and Eastern Africa. The Ēkaha grows up to 3 feet tall, forming large, sword-shaped fern fronds, luminous in color. Linear spores develop along the veins, found

underneath the fronds. The black midrib of the plant was traditionally used to decorate small mats, pandanus hats and objects of plaited lauhala. Historically, the fronds were also used to adorn hula altars, as a common part of canoe tree cutting ceremonies, and for several medicinal treatments.

3. **PALAPALAI** or “lace fern”, *Microlepia strigosa*, is a terrestrial fern indigenous to the islands of Hawai'i. With a standard height of between 2 to 5 feet tall, this fern has small, delicate and lacy fronds that habitually grow in the form of an arch. These fronds were traditionally used to decorate the hula altar to Laka, the Goddess of Hula. The Palapalai was also used in the weaving of leis for the hula dancers, in combination with tropical flowers, and has remained a favorite among lei-makers still today.



4.
PUA KENIKENI or “perfume flower”, *Fagraea berteriana*, is indigenous to the lands from Northern Australia to Marquesas and is a tropical introduction to Hawai‘i, first collected in 1915. Typically a small to medium sized tree between 16 and 50 feet in height, the Pua kenikeni is widely grown in Hawai‘i due to its ornamental appearance and aromatic flowers that are traditionally worn in the ear and highly prized in lei making. In Hawaiian, the name Pua kenikeni means “ten cents flower” as the 2 inch long white and orange flowers it bears, used to be sold for ten cents apiece. Traditionally, the timber from the stems were valuable for the production of tool handles, house posts and furniture in places such as Samoa and Fiji, and were utilized to make drums and canoe parts in Tahiti. Today the plant remains popular as an ingredient for many oils and perfumes which feature the essence of its fragrant flowers.

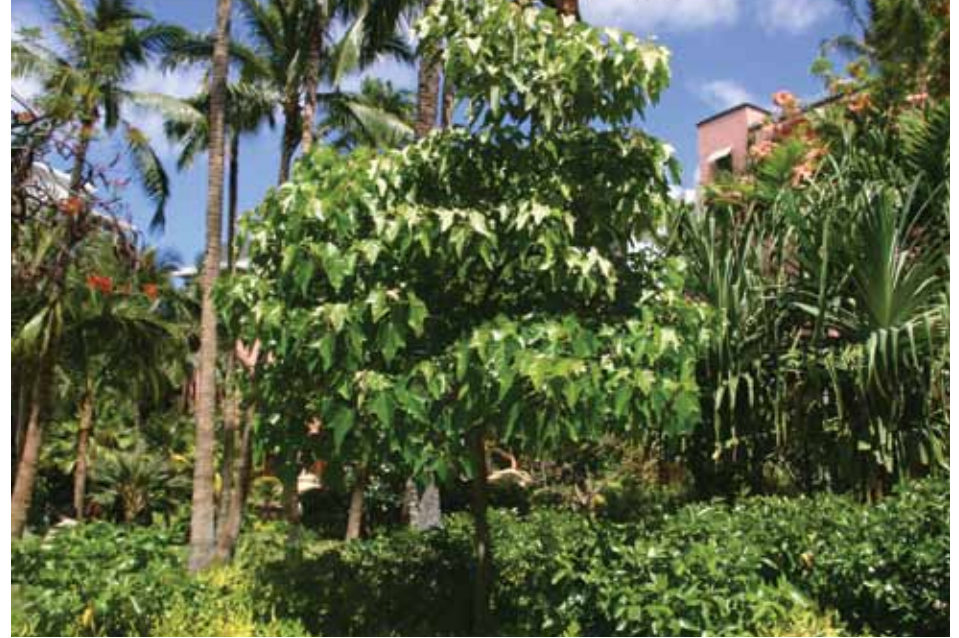


5.
KOKI'OKE'OKE'O or “native white hibiscus”, *Hibiscus arnottianus*, is a medium sized shrub, endemic to Hawai‘i. The shrub has two different species that in turn have several sub species, of which a few are rare and endangered. Averaging in height between 15 and 20 feet, yet in some cases growing up to 30 feet, the Koki'oke'oke'o produces large, exquisitely fragrant flowers that bloom white in the daybreak and transform to a beautiful light pink hue in the afternoon. In the flower's center is a bottle-brush pinkish red stamen, and on the underside of the petals, exists a velvety soft texture. The Hawaiians used these petals to produce dye and made numerous references to the shrub in songs and legends. The Koki'oke'oke'o has also been used as a parent in producing new horticultural varieties.



6.

HALA otherwise known as a “screw pine”, *Pandanus tectorius*, is a small tree, indigenous to the Hawaiian Islands. The Hala can grow up to 30 feet in height and can be distinguished in two forms: male and female. The male tree produces clusters of small, fragrant, white flowers. The female tree produces a yellowish/orange/reddish fruit that is about 8 inches in size and resembles a pineapple. It is for this reason that the female tree has also been called the “Pineapple tree” due to unfamiliar travelers mistaking the fruit from a female Hala plant to in fact be a pineapple. While the fruit of the female Hala is edible, unlike the pineapple, it is not considered a delicacy and is only consumed in times of famine. The leaves of the Hala are 3 to 5 feet long, blade-like, tough and pliable. The fibrous nature of the leaves made them valuable for weaving into sails, mats, purses, hats, and baskets. Segments of the fruit were also traditionally used as paint brushes.



7.

KUKUI, also known as the “candlenut tree”, *Aleurites moluccana*, is the official State tree of Hawai‘i and is common throughout the islands. Actually native to Southeast Asia, the Kukui was first brought to Hawai‘i by the early Polynesian settlers, 1700 years ago. It is usually 30 feet in height, but can grow as tall as 50 feet and produces small clusters of white or pink flowers that have a slight fragrance. The fruit, or the kukui nut, was most valued for its high oil concentration which made it possible to be burned for light. Traditionally, several branches were placed in a row, creating a domino

lighting effect, and keeping the area lit for hours. This system was also an effective way to estimate the passing of time. The oils were also commonly used to polish wooden bowls, canoes and surfboards for durability and water-proofing. Polished with kukui nut oil, the dried kukui nuts themselves were strung into leis and worn by male royalty, much like how they are worn today by male guests of our resort. With its long-standing history and value, the Kukui tree stands as a symbol of enlightenment, protection and peace in Hawaiian culture.



8.

KOAI'A, *Acacia koaia*, is a rare tree, endemic to Hawai'i. Part of the pea family, it has a small stature, and seldom grows taller than 15 feet. It's narrow, sickle shaped short leaves are gray in tone and progress from small, feathery and compounded young leaves to mature "leaves" called phyllodes, which resemble leafy stalks. In early Hawaiian times, the leaves were believed to have healing properties and were soaked in steam baths and used to wash diseased skin. The tree also produces yellow puffy flowers and flattened seedpods. The roots support the eco-system with a special bacteria they produce, which emanates growth-inducing nitrogen for its environment. Another beneficial element of the Koai'a is its harder and more finely grained wood, which was used to produce tools, fishhooks, spears, canoe paddles, and for the framing structures of houses.



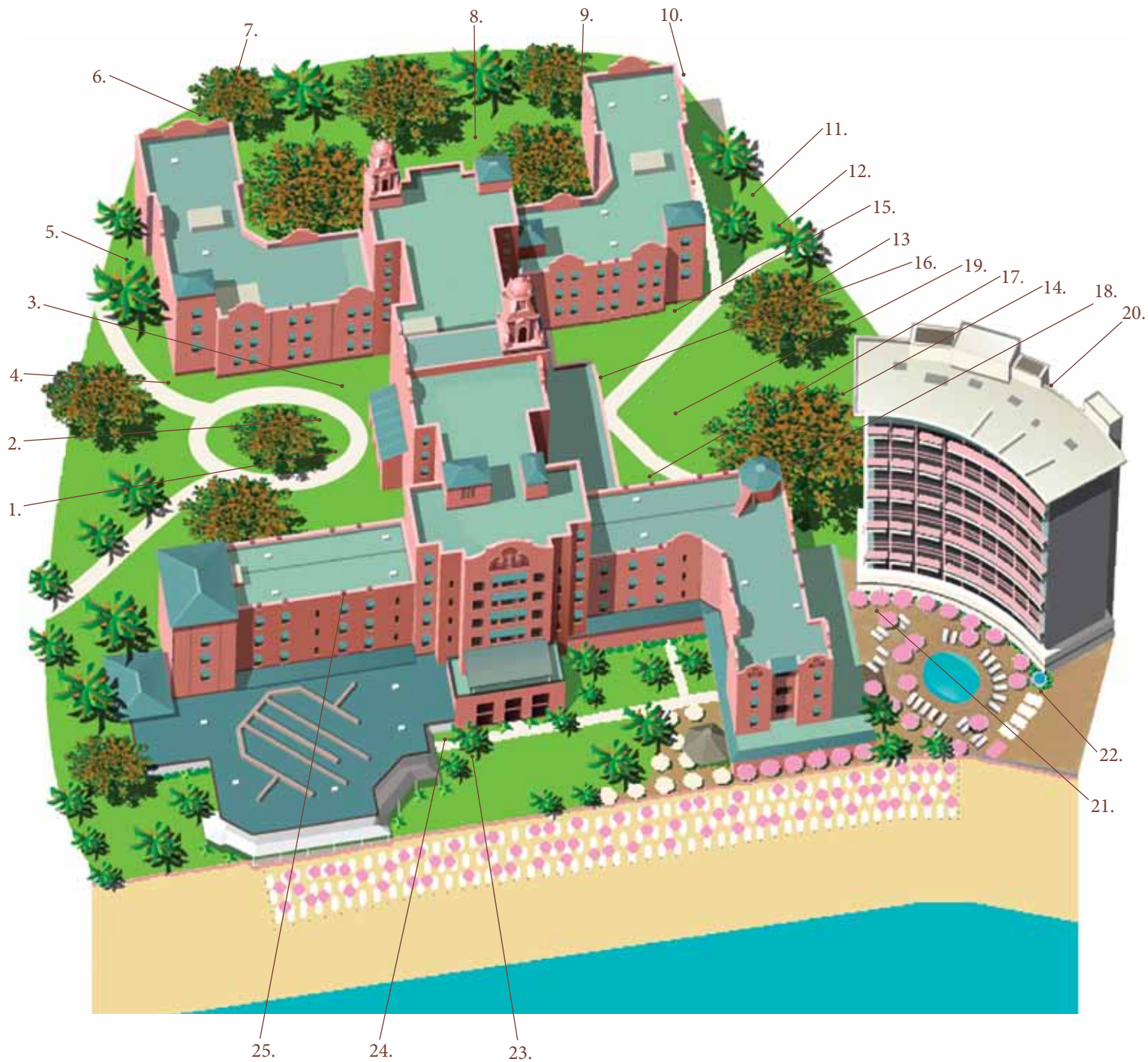
9.

'ULU, commonly known as "breadfruit tree", *Artocarpus* species, was brought to the Hawaiian Islands by Polynesian settlers when they sailed out from Tahiti. Towering 30 to 60 feet high, with leaves which grow to 3 feet in length, the 'Ulu is one of the highest yielding food plants with trees producing between 50 to 200 fruits annually. Each fruit weighs up to 10 pounds and can be eaten once cooked. Aside from being a staple source of starchy food, the tree's light wood was used to carve out canoes, drums and surfboards. Its sap was also used to catch birds, and its fibers to make cloth. In addition, the male and female flowers (which grow on separate trees), provided a tan-colored dye and were burnt as a natural mosquito repellent.



10.

MAI'A or "banana", *Musa* species, is a giant herb, first introduced to Hawai'i by the Polynesian settlers. It grows to a height of 20 to 25 feet and produces a drooping stem of flowers that develop into bananas with little or no seeds. Its large leaves were widely used to line cooking pits, for wrapping, cooking and storing foods, and as dining plates. There existed over 70 varieties of the original Mai'a that came to Hawai'i, *Musa paradisiacal*, and each had many uses. Early Hawaiians used the young plants to symbolize truce in wars and some were used to treat asthma and to give strength to babies. Up until the 1800s, certain bananas were considered taboo to women and carried the penalty of death.



LEGEND

1. Hāpu'u
2. 'Ēkaha
3. Palapalai
4. Pua kenikeni
5. Koki'oke'oke'o
6. Hala
7. Kukui
8. Koa'i'a
9. 'Ulu
10. Mai'a
11. Nanu
12. Koa
13. Ohai lau nui
14. Paniana
15. Laua'e
16. Awapuhi 'ula 'ula
17. Monstera
18. Kī
19. Niu
20. The Royal Hawaiian Herb Garden
21. Tiare
22. Naupaka Kahakai
23. Kalo
24. Kupukupu
25. Mauritius hemp



11.

NANU or “native gardenia”, *Gardenia brighamii x taittensis*, is a hybrid of the endangered small tree in the Gardenia family, *Gardenia brighamii*, that is endemic to the Hawaiian Islands. Usually growing 10 to 20 feet tall with large, glossy green leaves, the Nanu produces white, single petal flowers that grow at the tips of the branches and have a mild gardenia-like fragrance. These flowers bloom in the late afternoon and last about one day. The Nanu also produces oval fruit that is green with white spots and has a yellow pulp, which was used to make dye. Native Hawaiians utilized its wood to construct kua kuku (wooden anvils) that were used to beat kapa (bark cloth). A v-shaped groove was cut out of the anvil’s base to produce a different sound each time it was pounded, a practice that was unique to Hawai‘i, and resulted in a superior kapa product.



12.

KOA, *Acacia koa*, is the largest tree endemic to Hawai‘i and grows to over 100 feet tall. It produces tiny clusters of pale yellow flowers and wide seed pods. Its leaves undergo a change from true leaves to phyllodes, as it matures. Koa stands (groves or in some cases even forest) were once abundant on all the major Hawaiian Islands, but have unfortunately recently diminished due to intense logging for this highly prized and world renowned wood. The name “Koa” means “bold, fearless warrior” and symbolizes respect. To the early Hawaiians, Koa was a long-lived king of the forest, protected by powerful gods and its hard wood was used for the production of giant war canoes, paddles and spears. Today, Koa wood is often utilized in furniture creation as well as in the making of string instruments, such as ukuleles and guitars.



13.

OHAI LAU NUI, *Samanea saman*, commonly known as the “monkey pod tree” in Hawai‘i, is indigenous to the northern regions of South America and has naturalized throughout the tropics. First introduced to Hawai‘i in 1847, this large tropical tree can grow up to 90 feet tall and develops a broad umbrella shaped canopy. This canopy, which provides exceptional shade, as does the one in the center of our Coconut Grove, assumes the tree’s most important function in

Hawai‘i. The Ohai lau nui’s crowns are known as the largest tree crowns on earth, creating a circumference of up to three times the tree’s height. The distinctive light and dark woven grained wood is also used for carving bowls, furniture, interior trimming, flooring, veneer, plywood, crates and paneling. The seeds the tree produces also serve a function, their sweet sticky brown pulp is used as feed for cattle in Central America.



14. **PANIANA**, commonly known as the “Indian banyan tree”, *Ficus benghalensis*, is native to tropical Asia and was first imported to Hawai‘i from India in 1873 as a gift to the Hawaiian royalty. The Indian Banyan tree belongs to the fig family and has large leathery leaves and aerial prop roots that drop downwards from the branches, finding their way to the earth, where they root themselves to form additional trunks. The Paniana thrives in tropical weather and, as such, has flourished throughout the Hawaiian Islands. The unusual and impressive way in which the tree spreads and re-roots itself, is an attraction in itself, as in Lahaina, Maui, where the Paniana covers two-thirds of an acre and has become a popular location for markets, artists and tourists, all enjoying the shade it brings. The common name, “banyan” was given by the British in reference to “Banias”, or traders of India, who also used the space beneath the spreading branches of the tree for a market place. In addition to the wonderful shade Panianas provide, they serve an ecological function by conserving the soil. They are also believed to offer some medicinal benefits and their wood and bark is used in the making of furniture and paper pulp, respectively.



15. **LAUA'E** or “maile scented fern”, *Microsorium scolopendria*, was first introduced to the Hawaiian Islands in the late 1920s and has subsequently naturalized rapidly. It is one of the most beautiful and well known ferns throughout Hawai‘i. Growing vertically, the fronds shiny, finger-like leaves may attain a length of up to 3 feet and, with their raised spores, have earned the Laua'e the nickname “wart fern of Hawai‘i”. A Maile fragrance is produced when the leaves are crushed, and due to this, the Hawaiians adopted the Laua'e for scenting their kapa cloths. The leaves were also sometimes woven together with Hala to make leis for hula altars and dancers.



16. **AWAPUHI 'ULA 'ULA** or “red ginger”, *Alpinia pururata*, was introduced to Hawai‘i as an ornamental from the tropics of the South Pacific, in 1928. This tall plant with oblong leaves stands 3 to 15 feet tall and produces a flower 6 to 12 inches tall with clusters of reddish pink bracts overlapping to form a cone shape. Small, tubular white flowers grow from the spike and due to its colorful nature the Awapuhi 'ula 'ula is commonly used in landscaping to enhance a tropical theme. The bracts may also be cut off individually for lei making purposes or the whole cone can be effectively utilized as part of tropical flower arrangements. Traditionally, Hawaiian royalty wore Awapuhi 'ula 'ula leis during important ceremonies and used the stems to treat stomachaches and headaches, and the leaves to produce yellow dyes.



17.
MONSTERA, *Monstera deliciosa*, is a tropical foliage plant native to Mexico and Central America, which has been cultivated in Hawai'i. Nicknamed the "Swiss-cheese plant," its large, leathery, heart-shaped leaves have Swiss cheese-like perforations along their midrib. The Monstera produces tiny yellowish flowers and large fruits resembling corn-cobs. When ripe, the fruit's white flesh is edible and has a flavor like tropical fruit salad. When unripe, the fruit is poisonous and can cause severe irritation to the mouth and throat. Consequently, the Monstera is largely ornamental in Hawai'i and its foliage is commonly utilized in the cut flower industry.



18.
KĪ or "ti leaf" plant, *Cordyline fruticosa*, is native to tropical Asia, Micronesia and Australia, and was introduced to Hawai'i by early Polynesian settlers. The original color of the plant was thought to be green, but today there are hundreds of varieties of the Kī in Hawai'i in various colors, shapes and sizes. The Kī's tall, wooden stalks reach heights of between 2 and 12 feet, with oval shaped leaves approximately 4 inches wide and 30 inches long. Considered sacred to Hawaiian deities, the leaves were used in religious ceremonies and planted around homes for good luck, in addition to more basic uses, such as food storage and the creation of hula skirts and sandals. The sweet roots were baked for food or distilled for making Okolehao, an alcoholic beer-like beverage, while the juice from the roots proved effective to polish canoes and was also believed to cure asthma. Today, the leaves are braided and woven into leis, used as decoration in religious ceremonies, and remain popular in traditional cooking.



19.
NIU, or "coconut palms", *Cocos nucifera*, were valuable cargo items transported in canoes by Polynesian voyagers sailing to Hawai'i. Niu grow well near the salty spray of the ocean and have been known to live as long as 100 years, growing up to 100 feet tall. This palm tree bears tiny yellowish-green flowers high in the tree's head which develop into coconuts that are 2 to 5 pounds in weight and can be as large as a human head. Considered to be the most useful plant in the tropics, Niu provided the Hawaiians with food, drink, shade, housing, clothing, furniture, musical instruments and medicinal benefits. The Coconut Grove, the tranquil garden in which you now stand, is formally known as Helumoa, and was the home to ten thousand coconut palms which were allegedly the offspring of one single coconut, planted by Oahu's ruler after a visit from the mystical rooster, Ka'auhelemaoa. The Niu is viewed as a symbol of life and of continual renewal.



20. **THE ROYAL HAWAIIAN HERB GARDEN** features an array of common household herbs as well as exotic scents and spices. Basil, chiso, chives, dill, lavender, mint, parsley, sage, tarragon, vanilla bean, black pepper, acai palm, yuzu lime, lemon grass and kaffir lime are just a few of the various herbs we cultivate. Many of these savory and spicy herbs were traditionally used for medicinal purposes, and are now primarily used for adding flavor and presentation to cooking and plating, respectively. Our culinary chefs can be seen picking from this abundant garden daily to enhance the many fresh and flavorful locally inspired dining options we offer at our restaurant outlets.



21. **THE TIARE FLOWER**, also known as the “Tahitian gardenia”, *Gardenia taittensis*, is an evergreen tropical shrub indigenous to Melanesia and Western Polynesia, and was first collected in Hawai‘i in 1931. It grows up to 15 feet tall and produces single petal flowers, almost pure white in color, that form a star-shaped pinwheel. The Tiare’s sweet fragrance, which is often described as heavenly, make it a very popular choice in lei making, as adornments on crowns, and for cosmetic oils. Customarily, a single Tiare flower is worn behind the left ear to signify that one is taken (married) or behind the right ear if the wearer is single.



22. **NAUPAKA KAHAKAI** or “beach Naupaka”, *Scaevola sericea*, is an evergreen shrub indigenous to the tropical and sub-tropical Pacific, Indian Ocean coasts, and the Eastern Hawaiian Islands. There are nine different species of Naupaka and the majority are found along the seashore. Growing up to 10 feet tall and 15 feet wide, the Naupaka develops thick pulpy

leaves and small white flowers with purple streaks that are used in lei making. Interestingly, the flower only grows petals on its lower half, which inspired the famous Hawaiian legend that the shrub was the reincarnation of the beautiful Hawaiian princess, Naupaka, who was separated from her “other half” (her lover).



23.
KALO, or “taro”, *Colocasia esculenta*, was brought to Hawai‘i in the canoes of the early Polynesian settlers and has since been cultivated as one of the staple foods of the islands. There are approximately 87 varieties of this hearty perennial herb, all with slight differences in appearance and color. It is particularly significant because the entire plant is edible. The stems were cooked and the starchy taro itself was baked or pounded into poi. The heart-shaped leaves are highly nutritional and traditionally used to wrap around pork, chicken or fish to make lau lau. Additionally, mud from the taro path was used as a black dye for woven products and kapa cloths, while the juice of the leaves’ stems produced a red dye, and diluted poi was used to create natural glue. Kalo is not only a main staple food for the Hawaiians, it is strongly bound to Hawaiian culture and the beliefs about the origins of life itself. In one legend of creation, the first taro plant grew from the burial site of the Gods first born child. Their second child, Haloa, is believed to be the ancestor of the Hawaiian nation. Kalo is therefore viewed as an extension, or big brother, of the Hawaiian people, and is treated with the utmost respect.



24.
KUPUKUPU, or “sword fern”, *Nephrolepis cordifolia*, is indigenous to Hawai‘i and is the only species in native Hawai‘i to have underground tubers that store food. It is also one of the first plants to inhabit a fresh lava field. The Kupukupu’s narrow fronds stand erect at 1 to 2 feet tall with stems that sprawl across the surface of the earth. The word “kupu” means “to sprout”. This fern is common in lei making and was often used to decorate hula altars; symbolizing a place of learning, or sprouting of knowledge.



25.
MAURITIUS HEMP, *Furcraea variegata*, is a perennial sub-shrub indigenous to South America, which has since become naturalized in Hawai‘i, Mauritius and India. The fibrous woody sheath surrounding the core of the Mauritius hemp’s stem, can bloom up to 16 feet in height. Both ornamental and functional, its yellowy-green leaves have threaded parallel fibers, traditionally used for the creation of hammocks, bags, and twine.

LIFE IS A COLLECTION OF EXPERIENCES
LET US BE YOUR GUIDE



**THE ROYAL HAWAIIAN,
A LUXURY COLLECTION RESORT,
WAIKĪKĪ**

808 923 7311 *telephone*

808 931 7098 *facsimile*

2259 KALĀKAUA AVENUE
HONOLULU, HAWAII 96815

royal-hawaiian.com