

Bosucu – vine that is crushed and the juice is directly applied to cuts for healing or can be drunk for to help soothe an upset stomach

Vau (hibiscus family) tree leaves – can be applied to an area with a broken bone, leaves are wrapped up around it to help heal

Kalabucidamu – dark red leaved plant that can be used to help ease menstruation cramping and to help the menstrual flow easier

Tavola – the seeds can be eaten (similar to a walnut in taste); the large stems/trunks of the tree itself can be used to make boats

Voivoi (pandanus) – the leaves of the pandanus are used to make mats, fans, etc.

Kuwawa (guava leaves) – chewed up or crushed leaves is a good tincture to drink for upset stomach, menstruation, sunburn and more

Kurea (Noni) – used for skin diseases, perfume, soap....sold all over the world

Vulukaka tree – used to treat headaches and toothaches

Moko moko vine – used for chest pain and congestions

Draubasanga vine – also used for chest pain and congestion

*both vines grow on old coconut trees

Mangrove leaves – boiled to use as black dye for pandanus leaves in weaving

Coconut tree/fruit – used to build furniture, cooking oil, body oil, soap, eaten, loofah, jewelry, and more

Breadfruit leaves are good to use to wrap food in for the llovo and for “lids”

- The sap of the tree can be used as a glue

Noni + small red chilis – used to treat men with stomach issues

Guava leaves and Para grass – used to treat diarrhea

Deniose – broken stems can be used as toothbrushes