

WHAT TO PLANT



ALYSSUM, SWEET ALYSSUM, CARPET FLOWER (*Lobularia maritima*) This annual flowering plant is a member of the Brassicaceae family, native to the Mediterranean. A creeper, it's a keeper for edgings, and comes in a multitude of colors.

- ◆ Light, gentle
- ☀ Full, or partial shade
- ↓ Sea level to 2,500 feet
- ✗ Use the tiny flowerheads as garnish; scatter individual flowers on a salad.



BILIMBI, KAMIAS, CUCUMBER TREE, TREE SORREL (*Averrhoa bilimbi*) Native to Southeast Asia, this cauliferous fruit-bearing tree grows to 20 feet, and is a close relative of carambola (starfruit).

- ◆ Moderate most of the year; heavy in summer
- ☀ Full
- ↓ Tropical low elevations; does not grow at higher elevations
- ✗ Fruit is ripe for picking when it begins to fall. May be candied and made into *li hing mui*-style local treats, added to curries, juiced, or eaten as is (although it will pucker your lips). Candy the flowers for desserts or garnish.



BORAGE, STARFLOWER (*Borago officinalis*) This hardy annual Mediterranean herb is used for companion planting—it helps ward off bugs and enriches the soil. In Maui's drier regions, the plant will produce blooms and greens year-round.

- ◆ Moderate; allow soil to dry out between waterings.
- ☀ Full to partial
- ↓ Sea level to 4,000 feet
- ✗ The flowers (which taste like cucumber) and tender greens are edible raw, cooked, or candied (flowers only). Allow stalks to mulch into soil to provide nutrients for next season's growth.



CHIVES (*Allium schoenoprasum*) A member of the onion family, chives will last three to four years and will need to be separated into more plants.

- ◆ Loves water
- ☀ Full
- ↓ Sea level to 2,000 feet
- ✗ Harvest by cutting leaves at the soil level. Although the leaves are the main part of the plant that's used, the tufts of purple flowers are standouts in a salad.



GARDEN NASTURTIUM (*Tropaeolum majus*) Though it's commonly called a nasturtium, this perennial plant doesn't belong to the Nasturtium (watercress) genus. Native to Central and South America, it has acclimated to many locales and elevations.

- ◆ Low to moderate
- ☀ Full
- ↓ Sea level to alpine
- ✗ All parts of the plant are edible; Maui chefs use the flowers to garnish salads because of their peppery, watercress-like flavor. When young and tender, the seedpods can be pickled in a vinegar marinade and substituted for capers.



KALO, TARO (*Colocasia esculenta*) One of the original "canoe crops" brought here by the Polynesians, kalo grows in irrigated paddies or on dry land. All parts of the plant are edible and hypoallergenic.

- ◆ Heavy
- ☀ Full
- ↓ Up to 2,000 feet
- ✗ Depending on the variety, the corm may be harvested after eight to ten months. The lū'au (leaf) may be picked throughout the growing season, but overharvesting reduces corm size. Calcium oxalate, a component of kidney stones, is present in raw and undercooked corms; steam or boil the corm until you can easily pierce it with a fork. Use in salads, stews, pound for poi, or sauté with veggies and meat. Certain varieties can be sliced raw and fried as taro chips.





KATUK (*Saururus androgynous*)

This tropical perennial is a native of Borneo; the leaves and flowers have a taste reminiscent of sweet peas.

- Needs plenty of water, can tolerate brief flooding. Cannot tolerate dry.
- Prefers shade, but can tolerate full sun if given plenty of water.
- ↓ Sea level to 2,000 feet
- ✗ Katuk may be grown as a potted plant or an edible hedge. It propagates easily from cuttings; strip the leaves and stick the stem in the ground in the shade. In Malaysia, gardeners use lots of manure and water heavily to force the shoot tips to grow extra long and tender. Called tropical asparagus in its tender stage, the leaves may be stir-fried or tossed raw into salads.

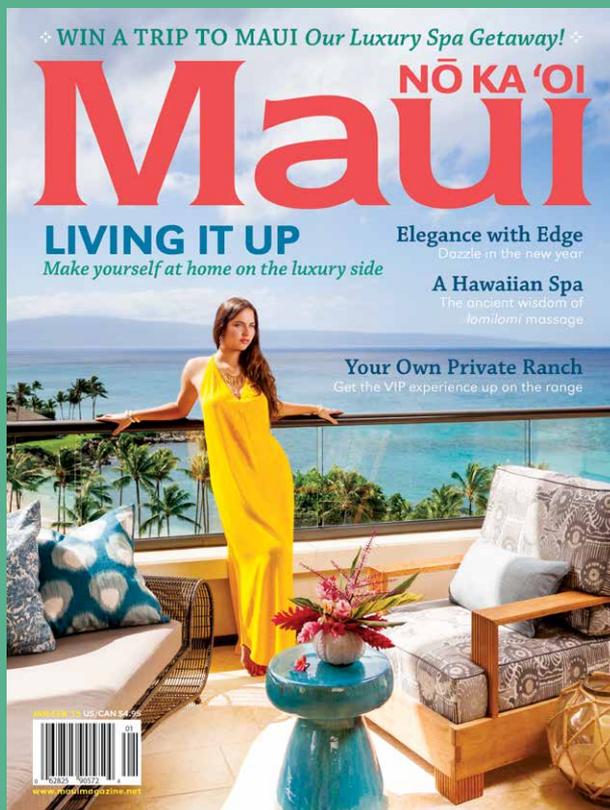


KO'OKO'OLAU (*Bidens menziesii*)

A member of the Asteraceae family, this perennial relative of the sunflower is an endemic herb that grows in widely varying conditions.

- Light
- Full
- ↓ Sea level to 8,000 feet
- ✗ Dry the leaves to make a healthful tea. Plant new crops regularly for a continual supply of leaves.

FROM TOP: FOREST & KIM STARR; JEEVAN JOSE; TOP: FOREST & KIM STARR



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LOULU (*Pritchardia glabrata*) This is Hawai'i's only native palm, but it has about 24 varieties. Grows from 15 to 30 feet tall, with a canopy 10 to 12 feet wide, and a life span of more than 5 years.

- 💧 Moderate
- ☀️ Full
- ↓ Grows at lower elevations but mainly in the wild at 1,000 feet
- ✂️ Ancient Hawaiians ate the loulu seed in times of famine. Today the seed is considered a delicacy, enjoyed raw.



MĀMAIKI (*Pipturis albidus*) Perennial and indigenous to Hawai'i, this member of the nettle family can grow as a shrub or small tree. Propagate from cuttings or seeds.

- 💧 Ample, with well-drained soil
- ☀️ Prefers partial sun; if in full sun, water frequently.
- ↓ Sea level to 4,000 feet
- ✂️ Once dried, the mature leaves can be brewed for a noncaffeinated tea; simmer in water till tea is dark, about 4 minutes. Never harvest more than a quarter of the leaves of the entire plant.



OLIVE (*Olea europaea*) This shrub or small tree is native to Africa, the Mediterranean and Asia. A few specific cultivars grow well in Maui's subtropical climate.

- 💧 Moderate until seedlings set roots; then minimal
- ☀️ Full
- ↓ Sea level to 4,000 feet
- ✂️ Young leaves dry quickly and can be brewed for tea. Serve the tea iced or hot, mixed with honey and lemon. Cure the olives in lime or brine them in salt before eating; they can also be pressed into oil.



PINEAPPLE (*Ananas comosus*) Indigenous to South America, this herbaceous perennial is part of the Bromeliad family. European explorers named the fruit for its resemblance to pine cones.

- 💧 Light
- ☀️ Full



- ↓ Sea level to 2,000 feet
- ✂️ The fruit is sweetest and ready to harvest when the skin is entirely yellow. Peel the skin and remove the core if it's tough and fibrous. Use fresh, toss in a green-papaya salad, or add to smoothies; chargrill for kabobs or pizza topping. Plant the crown, and you can produce a second, smaller generation.



SWEET OLIVE, TEA OLIVE (*Osmanthus fragrans*) This tree grows throughout Asia, where it's cultivated as an ornamental with wonderfully fragrant flowers.

- 💧 Ample, in well-drained soil
- ☀️ Partial; will tolerate full sun with increased watering
- ↓ Sea level to 3,000 feet
- ✂️ Harvest the flowers in summer and autumn and add them to simple syrup, or dry them for what is called Dragon Bead tea in China.



SWEET WILLIAM (*Dianthus barbatus*) This herbaceous biennial is a popular ornamental; it flowers in the second year. Native to Europe, it can be grown in pots or planted directly in gardens.

- 💧 Moderate
- ☀️ Full
- ↓ Sea level to 4,000 feet; does not like frost
- ✂️ The assorted colors make attractive salad garnishes for sweet and savory platings. Petals are generally stripped off the flowerhead for use.



TAHITIAN LILIKO'I, JAMAICAN HONEYSUCKLE, ORANGE LILIKO'I, WATER LEMON (*Passiflora laurifolia*) Native to the American tropics, this perennial vine grows to 30 feet, with dramatic flowers that yield to medium-sized, ovoid fruit.

- 💧 Moderate
- ☀️ Full
- ↓ Sea level to 1,000 feet
- ✂️ Fruit is ready to eat off the vine when it turns papaya yellow. The seed mass within the soft rind is sweet and floral tasting, unlike the intensely tart common yellow liliko'i.