

Leaf Bingo - Traditional Māori Uses



Kowhai (South Island Kowhai)

Sophora microphylla

Bark used for treating:

- internal pains
- skin diseases
- bathing bruises
- healing fractures

Kowhai and mānuka often used together



Traditional Māori Uses



Mānuka (tea tree)

Leptospermum scoparium

- Māori used the leaves and bark for medicinal purposes
- Leaves were used in vapour baths, gum was applied to scalds and burns, sap used as a blood and breath purifier
- The hard durable branches were fashioned into spears
- Wood from larger trees was used for canoe paddles
- “*The little red mānuka can break the tōtara into small pieces*” – the small tree provided material for wedges used to split tōtara.

Traditional Māori Uses



Tarata (Lemonwood)

Pittosporum eugenioides

- Leaves and flowers used as a scented garland
- Used for cosmetics - flowers or gum from this tree mixed with bird fat and other ingredients made a scented balm to rub on the skin

Traditional Māori Uses



Horopito (Pepperwood)

Pseudowintera colorata

- Leaves were steeped in water as a remedy for skin problems
- The peppery leaves were chewed to relieve toothache
- Modern Māori foods use the leaves as a spice



Traditional Māori Uses



Tōtara

Podocarpus totara and
Podocarpus cunninghamii

- Tōtara was used for canoe and house building and was a prized carving wood
- The bark was woven into food baskets
- Layers of bark were used as splints for broken limbs
- Smoke from tōtara fire was used in treating skin ailments



Traditional Māori Uses



Kahikatea (White Pine)

Dacrycarpus dacrydioides

- Valued for its long straight timber, also used for canoes
- Fruit was associated with birdlife and bird snares were set for the kererū
- Trees were climbed and baskets of fruit gathered in autumn or berries were shook onto mats on the ground
- Berries were eaten raw

Traditional Māori Uses



Makomako (Wineberry)

Aristotelia serrata

- Makomako berries were eaten and made into a drink
- The bark produced a blue/black dye
- Leaves were picked, boiled and the fluid used on burns and used for sore eyes
- Leaves were wrapped around burns



Traditional Māori Uses



Koromiko (Willow-leaved hebe)

Hebe salicifolia

- Koromiko was one of the best known medicinal plants used by Māori and Pakeha alike
- The plant was used in vapour baths
- An infusion of leaves was a powerful astringent for dysentery and other complaints
- Bruised leaves were applied as poultices for ulcers
- The leaves were chewed (but not ingested) as a remedy for dysentery and diarrhoea

Traditional Māori Uses



Kotukutuku (Tree fuchsia)

Fuchsia excorticata

- The sweet berry (named konini by Māori) is delicious to eat
- The berries make a sweet tasty jam
- Māori ate berries raw and also squeezed them to make a sweetish drink
- The watery sap from the tree was also drunk - by sucking it out from a cut off length of branch



Traditional Māori Uses



Kapuka (Broadleaf)

Griselinia littoralis

- Inner bark was used for skin infections
- Dark fruit bitter to taste was eaten in times of food shortages
- Timber was known for its durability



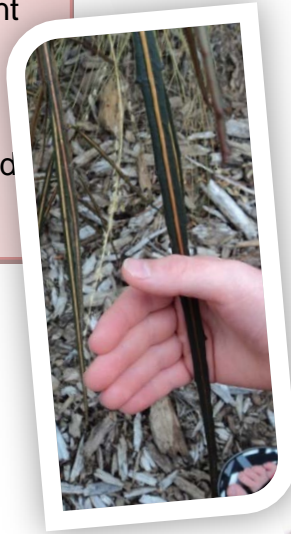
Traditional Māori Uses



Horoeka (Lancewood)

Pseudopanax crassifolius

- It's said the flowering of lancewood was an indication that birds would be plentiful the following year, because the fruits take a whole year to ripen
- South Island Māori pounded lancewood leaves and extracted its long 'hairs' for use in a kind of paint brush that was used to make rock paintings
- The straight stems were often used as spears



Traditional Māori Uses



Pokaka

Eleocarpus hookerianus

- Used for medicine
- A solution made from the bark was used for severe skin disorders

Traditional Māori Uses



Juvenile leaves



Adult leaf

