



## Tour the Enchanted Māmaki Forest

Amaumau Road near Volcano Village

Welcome to the enchanted māmaki forest. Experience both the ongoing development of a commercial forest farm as well as 29 acres of native Hawaiian rainforest on a guided tour.

Tours wind through managed native forest and descend to māmaki groves. Walking farm tours meander through pathways where natural clearings allow māmaki planting.

Your lead tour educator offers a deep knowledge of the forest, history of the site, native and invasive species, and farming and processing methods used to produce māmaki tea.

Tours customarily end with a tasting & blending experience on the Hawaii Forest Farm lanai. There are at least 5 distinct varieties in abundance on the Hawaii Forest Farm and many options for flavors: Mint, lemongrass, poha, oregano, ginger. Countless combinations can be made at home with hibiscus, guava, lemon, lilikoi, mango, etc.

Regularly Weekly Tours: Wednesdays at 1pm; Fridays at 10am; \$44 for 90-minute tour. Includes a bag of dried Hawaii Forest Farm mamaki tea to take home. Custom Tours: 2-4 visitors for \$50 each; 5-10 visitors for \$40 each (kids & students half price)

Hawaii Forest Farms, Volcano HI 96785; <http://www.hawaiiforestfarms.com> Schedule tours at least 36 hours in advance with [jordanwesterholm@gmail.com](mailto:jordanwesterholm@gmail.com) Jordan Westerholm, farm manager and Grant Ferrer, owner are both VCA members.

Māmaki is a culturally significant plant native to the Hawaiian Islands. Its Latin name is *Pipturus albidus* and it is part of the nettle family. Māmaki evolved in Hawaii as a stingless variety unlike most other varieties of nettles used in herbal medicine, as ecosystems in the Hawaiian Islands evolved without grazing herbivores.

Māmaki has been revered for centuries by Hawaiians and in traditional Native Hawaiian medicine or *lā'au lapa'au* (literally plant healing) as a both a tonic or preventative medicine, and as a treatment of curative medicine. The whole māmaki plant was customarily used: the bark to make kapa (Hawaiian Cloth); the roots in dyes; but the leaves were by far the most treasured.

Māmaki leaves were traditionally used as a tea for debility or listlessness, and for pre-natal and post-natal care for mothers and infants. More recent benefits have been observed for stomach upset, swelling, fatigue, insomnia and depression... and as fantastic refreshment.

Mamaki, along with kava, ginger and noni, are the main botanical medicines consistently administered by the Kahuna La'au Lapa'au (traditional Hawaiian medical practitioner). Māmaki leaves produce color, flavor and nutrition on multiple brews.

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### Volcano Community Association (VCA) Mission Statement

To improve and protect the quality of life in Volcano, County and State of Hawaii, on behalf of all residents of the area. To promote the social and educational advancement, increase recreational opportunities, ensure health, protect natural environment, and develop community spirit. Also, it will undertake any consonant project the community may be moved to assign to it.

However, it will remain nonpartisan and nonsectarian.



## Compact Fluorescent Lightbulb (CFL) Recycling and Disposal Information

- Household Hazardous Waste Collection Events – Hilo on the 3rd Saturday in June(not in 2021) and the 1st Saturday in December; Kona on the 1st Saturday in June(not in 2021)and the 2nd Saturday in December. Also, Waimea & Pahoa annually in March.

**We will keep you posted, maybe in August for Kona & Hilo.**

- Home Depot provides free CFL recycling drop-off by the Customer Service Area.

## Benefits of Energy Efficient Light Emitting Diode (LED) Lights

Switching from traditional light bulbs or fluorescents to LEDs is a cost effective way to reduce energy usage and save money (estimated in Hawai'i County to be \$135 per year with regular usage!). They may cost slightly more up-front but will save you tons over their longer lifetime. The U.S. EPA recommends the use of LEDs, when compared to incandescent bulbs, for the following reasons:

- LEDs produce the same amount of light using up to 90% percent less energy
- LEDs last up to 20 years
- LEDs produce less heat and are cool to the touch
- LED's reduced energy usage also reduces air pollution

taken from [www.hawaiizerowaste.org](http://www.hawaiizerowaste.org)

**Mercury in CFLs** Each CFL contains a small amount of mercury sealed within the glass tubing – an average of 5 milligrams (roughly equivalent to the size of the tip of a ball point pen). Mercury poses health risks and CFLs should not be disposed of in your regular trash. Note: there is no mercury in LED lights.

### Time to join or renew your membership?

#### Membership Form -- Volcano Community Association

Name(s) \_\_\_\_\_

Mailing address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zipcode \_\_\_\_\_

Email (important) \_\_\_\_\_

Phone(s) \_\_\_\_\_ (day) \_\_\_\_\_ (eve) \_\_\_\_\_ (cell) \_\_\_\_\_

*Your information will be kept private and will only be used for VCA official business.*

**VCA is a Group of Volunteers serving the wider Community. We welcome your help! Please check your interests:**

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> 4 <sup>th</sup> of July   | <input type="checkbox"/> VCA table at Farmers Market | <input type="checkbox"/> Volcano Long Range Plan |
| <input type="checkbox"/> Environmental Committee   | <input type="checkbox"/> Fundraising                 | <input type="checkbox"/> Misc. Grunt Work        |
| <input type="checkbox"/> Newsletter/Communications | <input type="checkbox"/> Membership                  | <input type="checkbox"/> Other _____             |

Annual dues \$15 individual \$25 family (2 household members) ..... \$ \_\_\_\_\_

Additional donation for printing and mailing of brochures and guidebooks, etc..... \$ \_\_\_\_\_

Membership Card Expires: \_\_\_\_\_ Total amount received: ..... \$ \_\_\_\_\_  
(office use only)

Please make your check out to the Volcano Community Association, and send with this form to:  
Volcano Community Association, P.O. Box 600, Volcano, HI 96785  
You can also join or renew at [www.volcanocommunity.org](http://www.volcanocommunity.org)

Mahalo!

The Voice of the Volcano Community Association is published by the VCA Board of Directors: Jim Buck, Chris Corley, Ida Gager, Sher Glass, Aubrey Hawk, Dan Morimoto and Mahi Snell.

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