

Māmaki

(*Pipturus albidus*)

A native Hawaiian plant revered for its medicinal properties & prime habitat for native butterflies!

GROW

- **Size:** 6–20 ft tall × 5–10 ft wide (can vary depending on pruning and environment)
- **Light:** Partial shade to filtered sun (can tolerate full sun with enough moisture)
- **Soil:** Moist, well-draining soil rich in organic matter
- **Water:** Medium to high—prefers consistent moisture
- **Maintenance:** Mulch base to retain water; prune to encourage bushy form and ease of harvest
- **Pests:** May be affected by Chinese rose beetles, spider mites, & scale

PROPAGATE

Māmaki is best propagated by seed. But cuttings also works:

- **Cut:** Take a 6–8 inch green stem cutting with at least 3–4 nodes
- **Prep:** Remove lower leaves; optional to dip in rooting hormone
- **Plant:** Place into moist potting mix or soil—2 nodes buried, 1–2 above soil
- **Water:** Keep consistently moist in shaded area until roots form (2–4 weeks)
- **Transplant:** Once rooted and new leaves emerge, plant in permanent location

HARVEST

- Pick young to mid-sized leaves once plant is well-established and at least 3–4 ft tall
- **Harvest every 1–2 weeks** to encourage new growth

DRINK

Leaves are commonly used to brew herbal tea (fresh or dried). Tea has a slightly sweet, smooth flavor and is caffeine-free.

- Rinse fresh leaves
- Steep 6 leaves per cup in hot water for 10–15 minutes
- Drink hot or cold

Air-dry leaves in shade for long-term storage.

Scan here for recipe!

