

HWST 285 : Lā'au Lapa'au I: Hawaiian Medicinal Herbs

In this class students will learn the basic philosophy and traditions surrounding Hawaiian healing herbs. Students will also learn how to identify, grow, harvest, prepare, store and use these herbs for various human ailments.

Credits 4

Lecture Hours 3

Designation

DH

Prerequisites

Credit for HWST 107 or BOT 105.

Course Outcomes

- Learn Hawaiian and introduced medicinal herbs and be able to identify them by name, color, smell, taste, and sight.
- Learn the beliefs and practices of Hawaiian herbal healing.
- Learn planting, growing and harvesting techniques used to raise traditional Hawaiian herbal healing plants.
- Prepare, use and store Hawaiian herbal remedies.