Kalo (Taro)

Uses of Kalo:

Parts of the Plant to Use

Medicinal
- juice of ha (petiole/leaf stalk)
- juice of kalo (root)
- pa’i’ai (pounded root paste)
- poi (prepared root paste)

Benefits
- removes swelling when rubbed on insect bites
- reduces bleeding if rubbed on open cuts
- removes infection if applied to open sore
- helps bone setting if used with la’au in cast

Nutritional
- juice of ha (petiole/leaf stalk)
- palu (grated raw corm)
- ‘ai (food)

Benefits
- makes red dye if pounded (esp. poni variety)
- used as fish bait (esp. to cultivate in open sea)
- laulau (leaf wrapped meat dish), lu’au (stew),
  kulolo (pudding), pa’i’ai (waterless root paste), poi