

Kava

-for kids!

Kava is in the same family as black pepper.



It grows on tropical islands out in the Pacific Ocean, in places like Hawai'i, Tahiti, Papua New Guinea, and Vanuatu.

Unlike most plants, kava doesn't make seeds. It is a plant that has been "tamed" from a wild relative. Now it must be cultivated by humans.

Kava makes a good drink when a person is stressed out or anxious.

It makes a person relaxed and happy. It has been used

for centuries by island peoples for these and other reasons. It was also a drink prepared for religious ceremonies. Some say people can communicate with their ancestors thru kava.

Be careful with kava!

If a person drinks too much, it can have bad effects and make you sick. You should have an adult with you if you want to make a kava drink.

