Often referred to as “The Tree of Life,” the coconut tree, called trongkon niyok in Chamorro, is the most used of all native plants on Guam. Historically, the Chamorro people used all of the parts of the coconut tree in subtle forms in various ways. From top to bottom, the nuts, leaves, and trunk of the coconut were utilized to build shelters and thatch roofs, weave items for everyday use, and make oil, milk, and medicine. Coconut meat and juice were sources of food and nutrition not only for the ancient Chamorros but are essential in many local dishes today.

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