



#instaGuam



#instaGuam

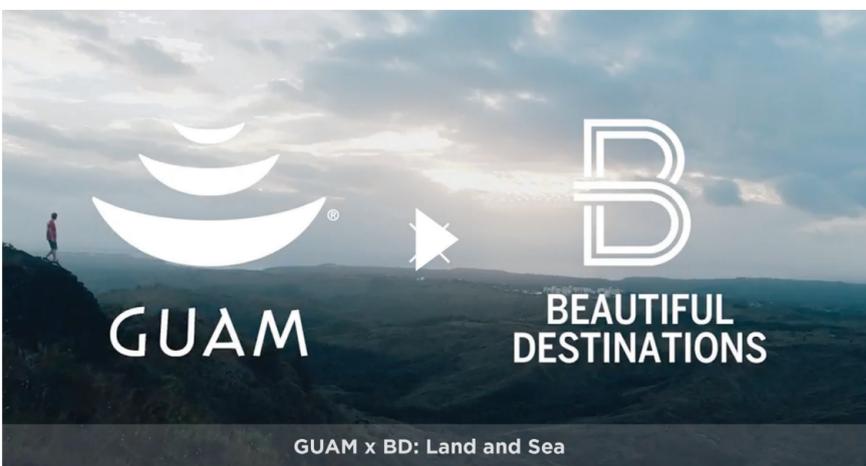
Get to Know Guam's Tree of Life

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 to sustain them in various ways. From top to bottom, the nuts, leaves, and trunks of the coconut tree were used by the Chamorro people 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.



[READ MORE](#)

Have you seen our **GUAMxBD** video?





#instaGuam

Weekly
\$100
CONTEST

SHARE
what you love most about Guam

+

SUBMIT
your best photos and videos on
instaguam.visitguam.com







UPCOMING EVENTS

ELECTRIC ISLAND FESTIVAL
August 25, 2018

2018 PROLINE DRIFTING CHAMPIONSHIPS
ROUND 4
September 16, 2018
Guam International Raceway Park

COACH PAIN MOTIVATIONAL WORKSHOP
September 27, 2018

visitguam.com