

RELA Weekly Notice

1 July 2021

Akohia Ngā Kai o Matariki

Learn about the Foods of Matariki

Learn more about Matariki from leading experts and try some delicious kai samples at the **Rotorua Farmers Market on Sunday 4 July 2021 at 11am.**



Matariki links to the growing and harvesting of kai, its contribution to healthy families and the use of Maramataka (Māori lunar calendar).

New to the Rotorua Farmers Market, Joyann Onekawa from Soul Time will share her experience of being raised on the Whenua (land) by her grandparents. Her Koro would sit in the evenings and teach Joyann the names of the plants and what they could be used for. Her Nan and Great Nan taught her all about growing kai and the natural healing properties of native plants.

Te Rangikaheke Kiripatea, head of Kai Rotorua, will talk about “lessons that kumara can teach us” and the growing and harvesting of produce. There will also be a kumara planting demonstration. Kai Rotorua is a non-profit organisation that aims to reconnect people with papatuanuku through kai.

Following the talks, visitors will be welcome to taste a locally grown and prepared dish of kumara soup served with rewana bread.

Matariki is the Māori name for the star cluster known as The Pleiades.

When Matariki reappears in our dawn skies, around June or July each year, it heralds the start of Te Tau Hou Māori – the Māori New Year.



This week we say goodbye to

Sangita Prajapati

Julie Kim

Matariki is a time to gather with family and friends to reflect on the past, celebrate the present, and plan for the future.

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