



Manaaki Whenua  
Landcare Research

# **Te hauora i roto i te pā harakeke**

## *Hauora i roto i te pā harakeke*

He mea waihanga e Katarina Tawiri,  
rātou ko Moana Tawiri, ko Alison Greenway,  
ko Anouk Wanrooy, ko Ray Prebble



# Te Kite

Whiria he pū harakeke e pai ana koe, ka noho atu ai.  
Mātakihia ngā nekehanga e karapoti ana i a koe. Tuhia,  
tāngia rānei kia 3-5 ngā mea e kite ana koe.

Hei tauira:

- Ngā rau pirau kei waho o te wheranga
- Te perehunga mā kei muri o te rau
- Ka rere te manu i runga ake i tōku māhunga



# Tuhia, Tāngia rānei

# Te Pā

I a koe e noho atu ana ki te pū harakeke kua whiria e koa, pā atu kia 3-5 ngā mea e karapoti ana i a koe. Tuhia, tāngia rānei tōna āhua ki a koe.

Hei tauira:

- E rongo ana ahau i ngā rara i taha whakarunga o te rau
- E rongo ana ahau i te hau i te taha mauī o tōku mata.
- E rongo ana ahau i te makariri i te one e noho nei au.



# Tuhia, Tāngia rānei

# Te Hongihongi

Hīkoi haere i te pā harakeke, ā, tuhia, tāngia rānei kia 3-5 ngā mea e hongihongi ana koe.

Hei tauira:

- Ka kite ahau i tētahi harore mohoao me te rite o tōna kakara ki te ngahere uriuri.
- Ka hongihongi ahau i ōku ringa, ā, he rite tōna kakara ki te hanawiti i kai ai ahau i mua ake.
- Ka hongihongi ahau i te auahi taraka kātahi nei ka hipa mai rā.



# Tuhia, Tāngia rānei

# Te Whakarongo

Hoki atu ki tō pū harakeke, ka noho atu ai. E moe ō karu, kātahi koe ka whakarongo. Tuhia, tāngia rānei kia 3-5 ngā mea e rongo ana koe.

Hei tauira:

- Te korihi manu
- Ngā waka
- Ngā rau e neke ana i te hau





# Tuhia, Tāngia rānei

# Te Tāwara

- Mena kua whaipua te pū harakeke (raumati), tangohia he pua, ka ngotea mai ai te waihonga. Ko te ingoa o taua waihonga ko te wai harakeke. Whakamahia ai hei whakareka e te tāngata whenua, waihoki, reka rawa atu ana ki ngā manu, ki ngā ngāngara me ngā mokomoko. Tuhia te āhua o te tāwara, ka tā kē rānei.
- Mena kua oti i te pū harakeke ngā kākano te waihanga, tukua ētahi o aua kākano mā te whati i ngā ipu kākano kia rua. Mena kākāriki tonu te ipu, ka mā, ka tuawhiti ngā kākano, waihoki, e pai ana kia kainga. Mena maroke ana, pango ana, ka pango ngā kākano, ā, he nati iti, nati hinuhinu hoki. Tukua kia kaikaingia kia rongohia ai te tāwara. Tuhaina tōna angaanga pango me te kākoa. Tuia te āhua o te tāwara, ka tā kē rānei.



# Tuhia, Tāngia rānei

**Te harakeke**

**Te kōrari**

**Ngā taonga whakarere iho**

**O te rangi, o te whenua,  
o ngā tipuna**

**Homai he oranga mō mātau**

**Tihei mauri ora**

