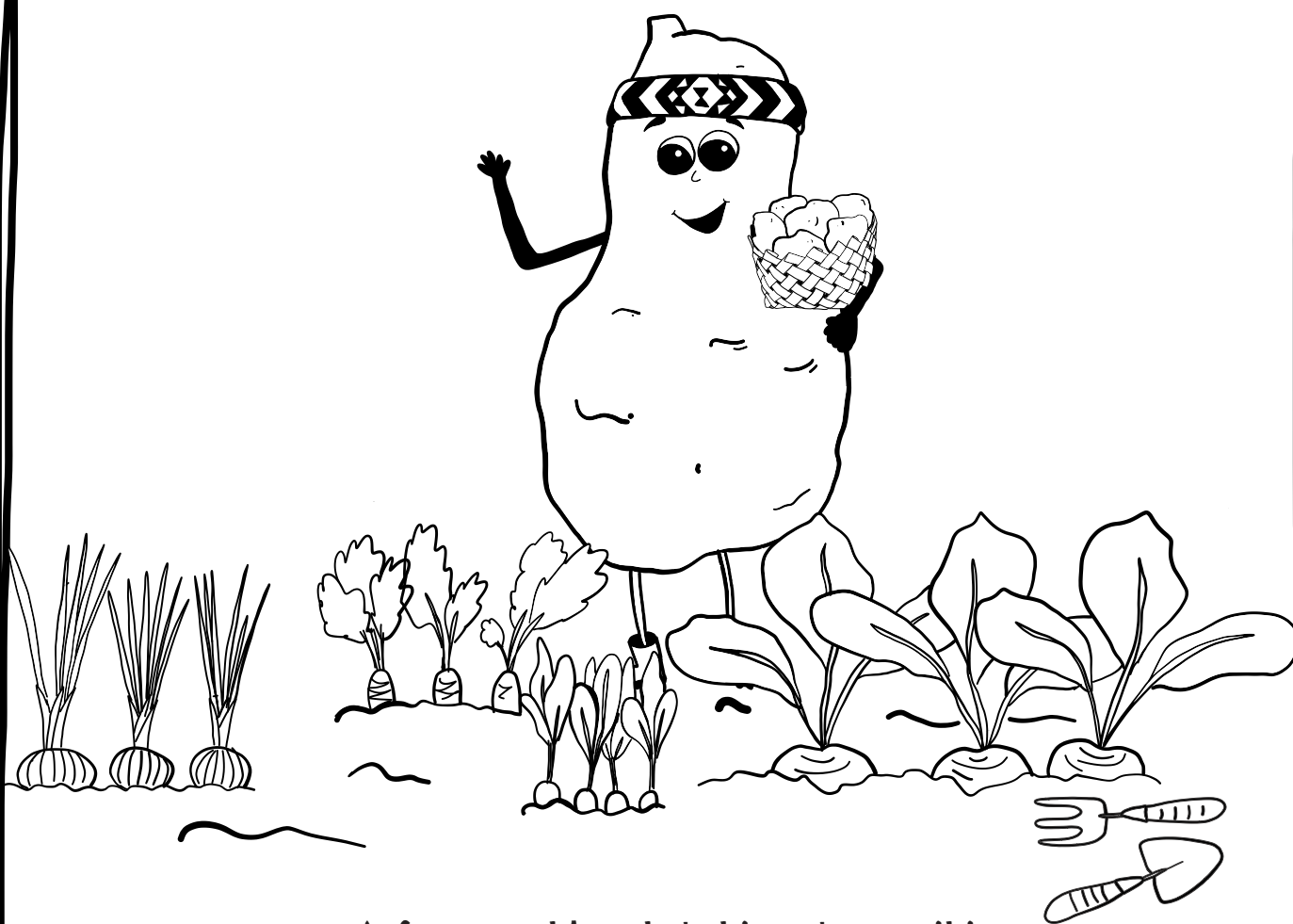


# Tuputupu

Te wāhanga tuatahi - Part 4



A fun workbook taking tamariki  
through hauhake.

# It's time to hauhake (harvest) our kūmara whānau!

If you've been following us along our kūmara growing journey, this is an exciting time because we now get to see the fruits (well, actually kūmara) of our labour!

If you haven't - you can join us on this journey by buying a kūmara at your local fruit and vegetable stall or supermarket.

## Kia ora

I'm Kiri and you may remember me from Te wiki o te reo Māori and Mental Health Awareness Week last year. Alongside the team at Sparklers at Home, we're on a mini mission to get kūmara growing around Aotearoa - in school and community gardens and the good ole backyard vege patch.



# How do we know it's time to harvest?

Did you know that many communities and whānau around Aotearoa follow the phases of the moon for planting and harvesting their kūmara? Marama is one of the traditional kupu Māori (words) that refers to the moon. Together, the moon and the stars guide all sorts of activities, including planting, harvesting, fishing and even when to celebrate Matariki, the Māori New Year. The knowledge of the Māori lunar calendar was brought to Aotearoa by our earliest Polynesian ancestors and then adapted by iwi, hapū and whānau around the country to suit their own rohe (tribal areas) and the wellbeing of the people. There are lots of cool resources you can find online to learn more about the maramataka, otherwise you could talk to your local kaumātua and kuia, whānau from your local marae, or local gardeners in your area to find out more!



OIKE



KOREKORE  
TUATAHI



KOREKORE  
RAWEA



TANGAROA  
WHAKAPAU



TANGAROA  
WHĀRIKI  
KIOKIO



ŌTĀNE



WHIRO



TIREA



HOATA



TAMATEA A  
NGANA



TAMATEA  
KAI-ARIKI



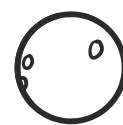
TAMATEA  
TUHĀHĀ



ŌHAU



ATUA  
WHAKAHAEHAE



TURU

## Learn more about Maramataka

Check out these websites:

[www.teara.govt.nz](http://www.teara.govt.nz)

[www.nrait.co.nz](http://www.nrait.co.nz)

Download the Hina app:

It's free to download from the Apple or Google store

# Our Atua...

While the moon and our kuia and kāumatua determine the best time to harvest our kūmara, there are elements and Atua Māori who also guide how healthy our kūmara are. And you will have played a role in this too by tending to the kūmara plant!

**Ranginui**

our sky father

**Papatūānuku**

our earth mother



**Tāwhirimātea**

atua of the wind and storms  
(some say weather)

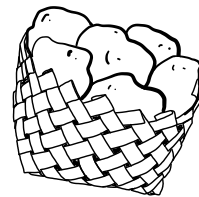


**Rehua**

our atua of  
kindness and  
enjoyment

**Rongo or  
Rongo-mā-Tāne**

atua of peace, kūmara and all  
cultivated foods





Draw a picture of the  
Atua all playing their  
part to make your  
kūmara grow!

# Find the translation!

## Activity time

Draw a line between the English and the Te Reo Māori translation!  
(We've done the first one for you)



Wind

Rainbow

Fine weather

Hail

Thunder

Lightning

Rain

Snow

Uira

Whaitiri &  
Rangipōpō-i-runga

Kahukura &  
Tūāwhiorangi

Hukarere -  
hukapapa

Ua

Hau

Ua whatu

Paki



# Bugs...

You may find that when you've been cultivating your kūmara that there's been beetles, bugs and worms hanging around. At Sparklers we got a bit worried because our kūmara looked to have a bad case of ants, but it turns out that ants are cool. They turn the soil and aerate (add air) to it, so we didn't have anything to worry about. Again – nature and Atua are caring for our crop. Which bugs do you want to tend to your kūmara, and which ones do you wish would buzz (or wriggle) off?!

*Can you find all the bugs hiding in the garden?*

**NOKE**

*Worm*

**PŪNGĀWEREWERE**

*Spider*

**RANGO**

*Blow Fly*

**WĀPI**

*Wasp*

**PĪ**

*Bee*

**NGARO  
HURUHURU**

*Native bee*

**MUMUTAWA**

*Ladybird*

**HĀTARETARE**

*Slug*

**NGATA**

*Snail*

**PŌPOKORIKI**

*Ant*



# Aunty's baked kūmara

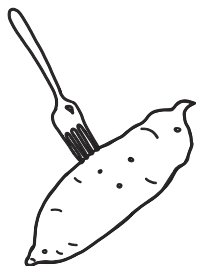
Aunty invited us into her whare to show us how she makes baked kūmara.

## Ingredients:

- 4 medium kumara
- a baking tray
- 1/2 onion
- 3 garlic cloves
- 1/2 cup of grated cheese
- 1/2 cup of sour cream
- 1 tsp butter
- 2 tbsp fresh chives

### Step 1:

Preheat your oven to 170°C bake/fanbake.

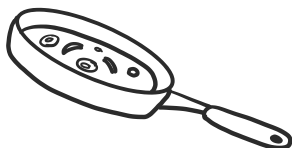


### Step 2:

Place kūmara on a lined baking tray, poke holes in them and bake for 45 minutes.

### Step 3:

If you have some, lightly fry the onion and garlic in a pan until soft.



### Step 4:

When the kumara is finished cooking let it rest until cool enough to handle. Cut off the top, scoop out the inside flesh and place in a bowl.



### Step 5:

Mash the flesh with a fork and stir through the onions, garlic, 1 Tbsp sour cream, ¼ cup of cheese, butter, and season with salt and pepper. Pile the flesh back into the scooped-out skins.



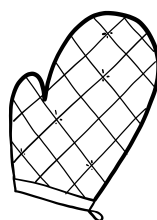
### Step 6:

Place the kumara on a baking tray and sprinkle over the remaining cheese. Turn the grill to high and grill the kumara until the cheese has melted.



### Step 7:

Remove from the oven and spoon over the remaining sour cream.





I will see you  
again for  
Matariki our  
super special  
NZ New Year!

