



# Vegetable Garden WORKSHOPS

WITH TAHURI WHENUA  
MAORI VEGETABLES GROWERS COLLECTIVE

GARDEN · LEARN · NETWORK

## Nau mai, haere mai!

Tarereare marae and Tahuri Whenua invites you to participate in a four part wananga on vegetable growing and nutrition. The marae garden Te Moeone and its activities strongly align with the Ngati Tawhirikura hapu aspirations and is a conduit for positive whanau and wider community engagement. We believe that kai/food and kaitiakitanga/guardianship of land and people are primary foundations for positive health and wellbeing of whanau, hapu, iwi and community.

Also our wider community holds a large amount of knowledge about home vegetable gardening and this project seeks to build on this knowledge and test current community observations and practices using science and technology. The ultimate outcome is to move another step closer to whanau empowerment around our kai and to raise community expertise in nutrient dense vegetable cultivation, whanau ora , hauora, mouri ora!

## Schedule

### WORKSHOP 1

28 November 2015, 9.00am - 4.00pm

### WORKSHOP 2

Jan - Feb 2016, 9.00am - 4.00pm

### WORKSHOP 3

April - May 2016, 9.00am - 4.00pm

### WORKSHOP 4

June 2016, 9.00am - 4.00pm

*Final workshop: to align with Puanga/matariki*

To register your interest and for more information contact

### GLEN SKIPPER

EMAIL: [tawhirikura.hapu@gmail.com](mailto:tawhirikura.hapu@gmail.com)

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#### WORKSHOP ADDRESS:

Tarereare Marae (Katere Marae),  
11 Cody Place, Waiwhakaiho, New Plymouth

## Wananga Outcomes

- Strengthen whanau and community garden growers networks
- Develop a community growing/harvesting template, visual diary and build a common strategic understanding for gathering data on crop production
- Develop a template for undertaking crop observations (Decision Systems)
- Explore vegetable nutritional qualities, health and wellbeing
- Investigate how we can best use our land to produce nutrient-dense food in a sustainable manner.
- Learn about crop physiology and plant health aspects (any symptoms or signs of plant health issues)
- Learn about soil and compost, interpreting soil samples and amending for soil health.
- Test (brix test etc) for crop maturity and readiness for harvest storage preparation and selection for seed
- Learn about seed saving, crop improvement, adaptation of crops to regional biome