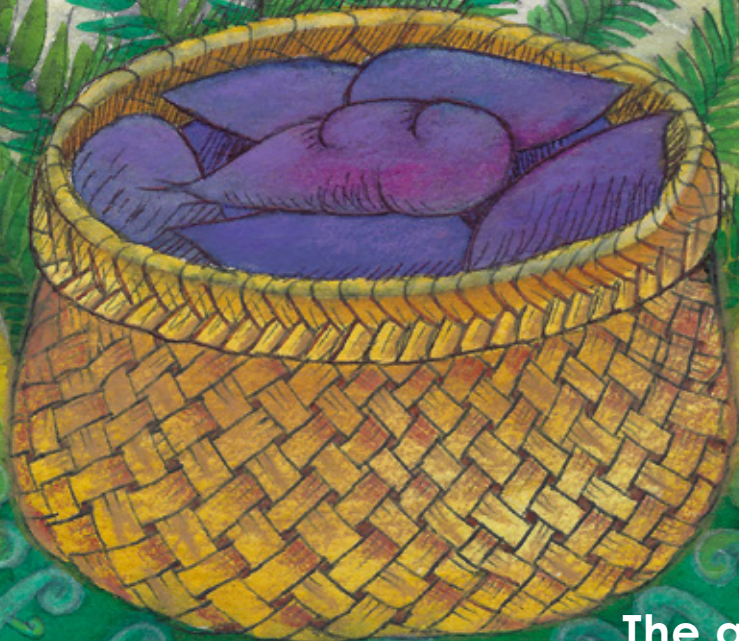


Te Taonga  
nei te  
Kūmara



The gift of Kūmara





**Te Taonga nei te Kūmara nā 5+ A Day Charitable Trust  
me Hāpai te Hauora, nā Lamia Aziz ngā whakaahua.**

**Ngā mihi ki a Kaipara Kūmara mō tā rātou tautoko.**

Te Taonga nei te Kūmara has been developed in partnership by the  
5+ A Day Charitable Trust and Hāpai te Hauora. Illustrations by Lamia Aziz.

Thanks to Kaipara Kūmara for their support.

This book was written in te reo Māori and the English interpreted.



Nā \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

tēnei pukapuka



# Te Taonga nei te Kūmara





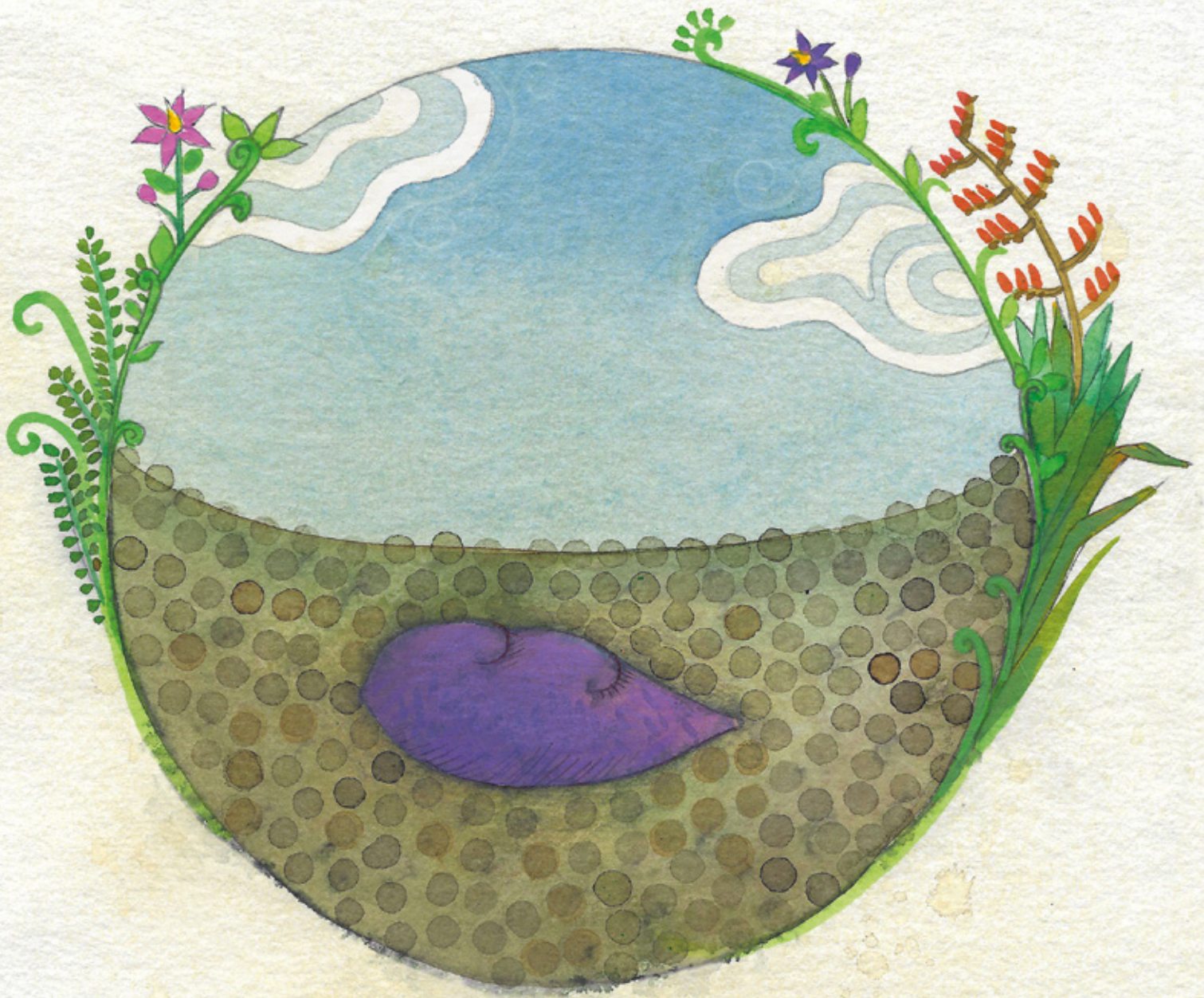
Whakatōkia te kūmara

Plant the kūmara

ki te onepunga kiwikiwi.

into the grey, sandy soil.





He waiporoporo te hua kūmara.

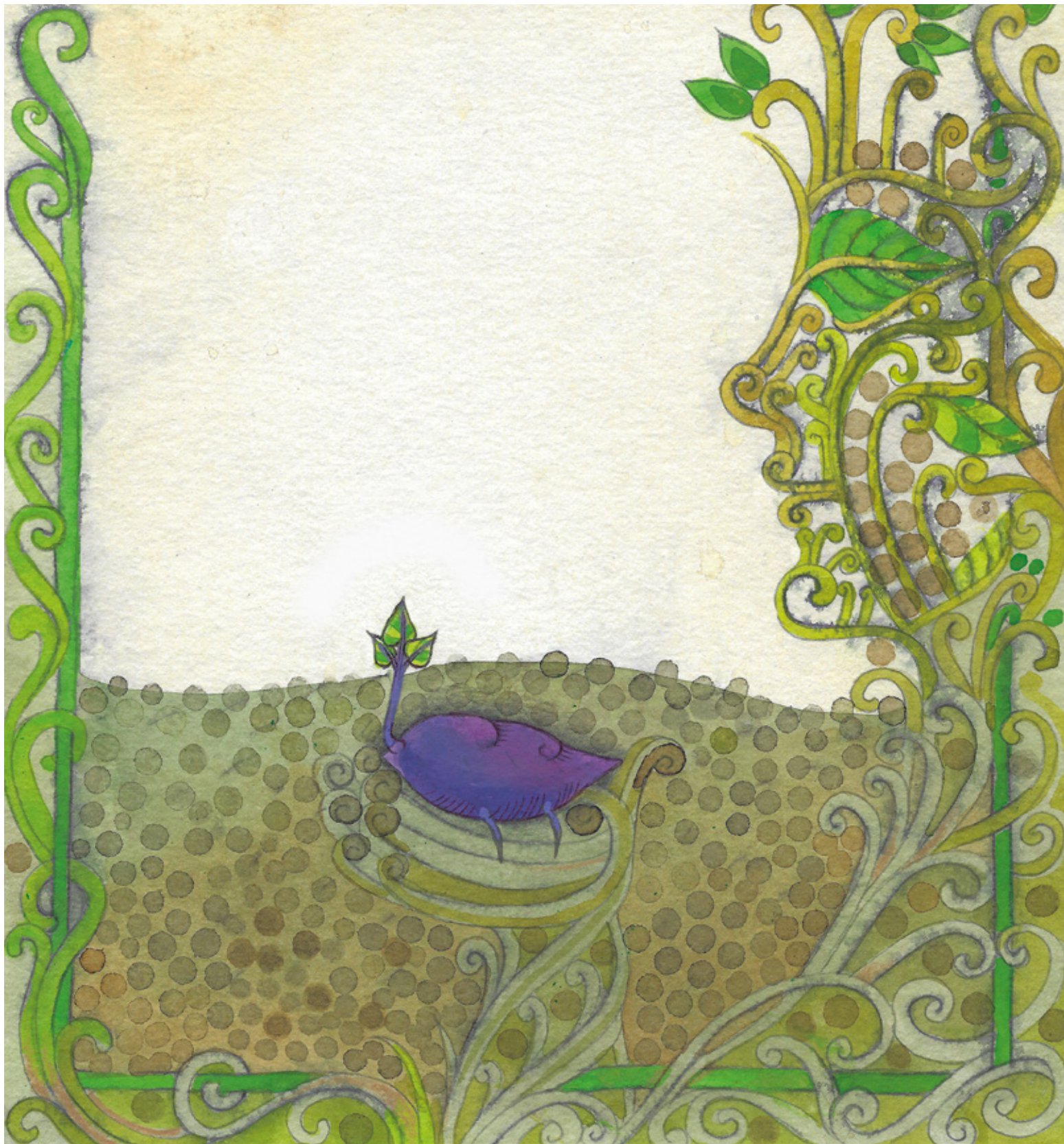
The shoot of the kūmara is purple.

He taonga nā Rongo.

It is a gift from Rongo.









**Kia iti noa te kōpaki  
i ngā kāwai,**

**Cover the shoots lightly,**

**kia mirimiria  
ai e Tānerore.**

**so that they are wrapped  
in the warmth of Tānerore.**





Kia toroihi mai ngā rau  
kākārīki o te tipu kūmara,

Once they have sprouted  
with green leaves,







huaranga hohonutia te tipu  
kūmara ki te paru **para**uri.

plant the seedlings deep  
into the **brown** soil.



Kia āhuru ai ngā tipu i te  
kōpū o Papatūānuku.

So that the shoots are cradled  
by Papatūānuku.







Me anga ngā aka  
ki Te Tairāwhiti,

Turn the roots to the east,

ki te ata tū o  
Tamanui-te-Rā.

towards where the sun rises.







**Ka whāngaihia ki te waimāori.**

**Water the kūmara.**

**Ka pāina ki ngā hihi  
o Tamanui-te-Rā.**

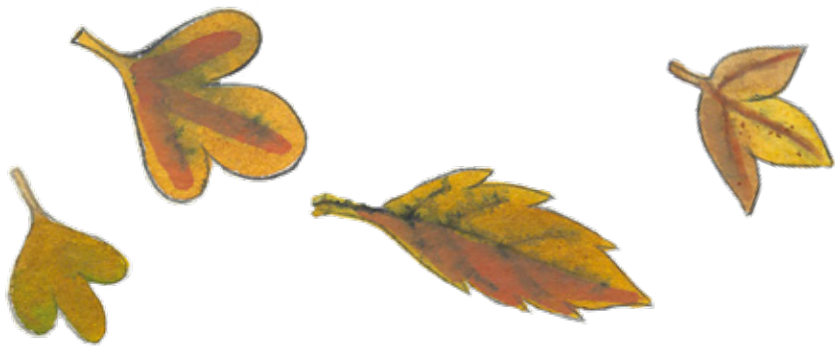
**Let it soak up the rays  
of Tamanui-te-Rā.**

**Ka manaakitia ki te  
whakaaro pai.**

**Care for it kindly.**







Ina **kōwhai** mai  
te tipu o te rau,

When the leaves are **yellow**,

he tohu tēnei me  
hauhake i ngā kūmara.

it's time to harvest.















The  
**5+ADay** Est. 2007  
Charitable Trust

