



Māra kai

Māra kai is a long standing tradition of growing and cultivating kai. Before the first European explorers came to Aotearoa, Māori had well established māra kai practices to feed the village. Kai from the māra was also used as koha to a hui or gathering.

Māori traded produce with settlers and were quick to try growing the new vegetables and fruit they introduced, such as rīwai.

Making your own māra kai, planting a fruit tree or going to harvest kai is a great activity for the whole whānau – a chance to do activities our tīpuna did.