



What is Matariki?

Matariki is the Māori name for the cluster of stars also known as the Pleiades. It rises just once a year, in mid-winter – late May or early June. For many Māori, it heralds the start of a new year.

Traditionally, Matariki was a time to remember those who had died in the last year. But it was also a happy event – crops had been harvested and seafood and birds had been collected. With plenty of food in the storehouses, Matariki was a time for singing, dancing and feasting.

From: www.teara.govt.nz/en/matariki-maori-new-year

Below is a recipe for Takakau - Māori Bread. Why not make some with your children and celebrate Matariki by singing waiata, dancing (kanikani) and feasting on takakau. Enjoy! 😊

Takakau - Māori Bread

(recipe from Canterbury playcentre)

2 ½ cups flour

2 ½ tsps baking powder

300 mls milk (approximately)

1 tsp salt

Preparation:

1. Preheat oven to 200° C.
2. Sift flour, salt and baking powder into a bowl.
3. Make a well in the centre and pour in milk. Combine the mixture together.
4. Turn out onto a floured bench and knead gently with floured hands.
5. Roll out to a flattish round shape.
6. Bake for approximately 20 minutes.
7. Serve hot with butter. Leftover takakau can be covered with a damp cloth and stored in an airtight container.



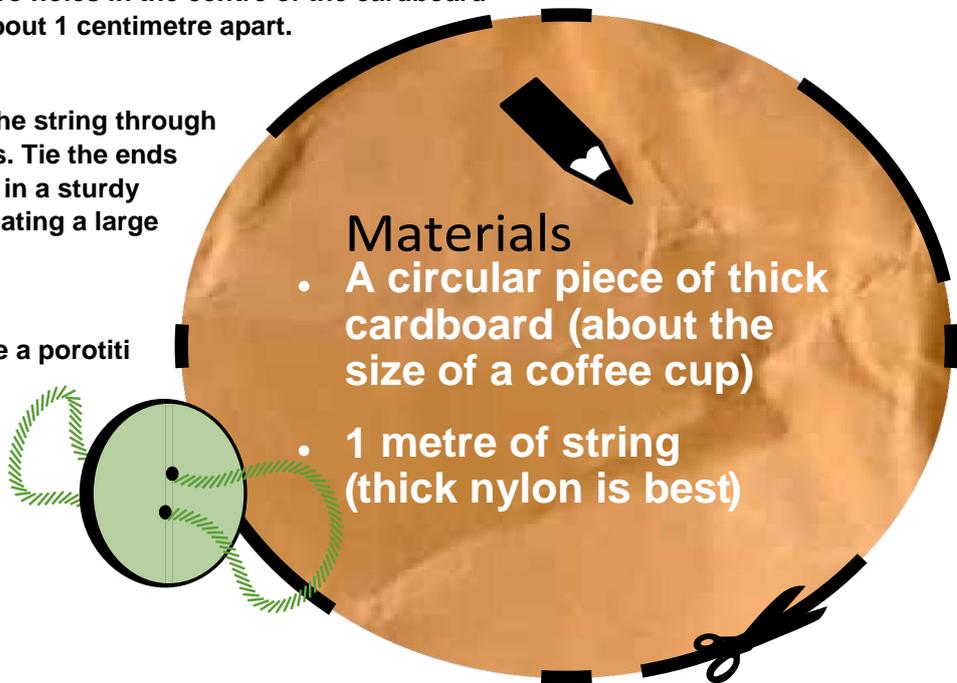
Sprout your own kūmara!

Lay your kūmara in damp sand, or suspend it in a jar of water using toothpicks. Keep in a warm place. After a couple of weeks, you will notice shoots growing off the kūmara. When the shoots are about 10 centimetres long, pull them away from the original kūmara.

Plant your kūmara in yoghurt pottles and water them well. Give them to your friends and whānau (family) as gifts.

Make your own Porotiti!

1. Pierce two holes in the centre of the cardboard circle, about 1 centimetre apart.
2. Thread the string through the holes. Tie the ends together in a sturdy knot, creating a large loop.
3. You have a porotiti ready to go!



Using your porotiti

1. Hold the loop at each end.
2. Place the porotiti in the centre of the string and then wind it towards you so that the string begins to twist and tighten.
3. When the string is tight enough, pull your arms apart and listen to your porotiti's beautiful voice!
4. To create a different tone, you can blow air from the side into your spinning porotiti. Just watch out for your head!