



Exploring Hua Parakore and Biodynamics

Nau mai haere mai ki Papawhakaritorito, ki Kaitoke, Remutaka. Come and join us for a weekend workshop that brings Hua Parakore and Biodynamics together to celebrate Organic week.

This hands on practical weekend workshop is co-led by Te Waka Kai Ora member and Hua Parakore whānau food grower, Jessica Hutchings and Biodynamics practitioner Rachel Pomeroy is run under the umbrella of Toru Education www.toru.nz.

The workshop will be a mix of kōrero and hands on activities that aims to deepen our collective understanding of how to bring Kaupapa Māori and biodynamics to the soil and kai.

When: Saturday September 11 and Sunday September 12, 2021

Where: 80 Gilbert Road, Kaitoke (Papawhakaritorito Farm)
- 10 mins from Upper Hutt, Wellington

Tutors: Jessica Hutchings and Rachel Pomeroy

Kai: Lovingly provided by Gretta Carney of Hāpi Clean Kai Co-op

The workshop will cover:

- Introduction to Hua Parakore and Biodynamics
- Relationship between maramataka and the biodynamic planting calendar
- Māori food and soil sovereignty
- Biodynamic preparations and their uses

And practical applications:

- Making biodynamic compost to enhance the mauri of soil
- Enhancing soil fertility with preparations 500
- Making and using cow pat pit (CPP)
- Planting fruit trees, basic pruning, applying tree paste
- Learn about the stars above us and how they can guide us

Course Cost: \$100.00 (The cost will include catering for each day, food provided by Gretta Carney from Hāpi)

There are 5 subsidised places, please email by 15 August to secure a subsidised place.

There are some accommodation options for those travelling from afar in the nearby Kaitoke Regional Park - www.gw.govt.nz/Kaitoke (camping) or chalet accommodation at www.astonnorwood.co.nz/accommodation.

Contact Sue at squeasley@gmail.com for inquiries or head to <http://bit.ly/HuaParakore> to register.

We look forward to the opportunity to teach and learn from one another.

SOLD OUT

We gratefully acknowledge the financial support of the
Kete Ora Trust and Commonsense Organics.

The Kete Ora Charitable Trust



commonsense



Workshop Programme



A little about your tutors:

Rachel Pomeroy Rachel Pomeroy is a biodynamic tutor, home gardener, star watcher, and contributor of the Moon calendar for the Organic New Zealand magazine. Rachel has an active interest in hua parakore, Maramataka and traditional navigation.

Jessica Hutchings (Ngāi Tahu, Ngāti Huirapa, Gujarati) is a hua parakore whānau food grower, Māori food sovereignty activist and a long-time member of Te Waka Kai Ora (National Māori Organics Authority). Jessica is also a widely published author, including recent books, *Te Mahi Oneone Hua Prakore: A Māori Soil Sovereignty Handbook* (Freerange Press 2020) and *Te Mahi Māra Hua Parakore: A Māori Food Sovereignty Handbook* (Te Tākupu, 2015). She lives on a small whānau food farm in Kaitoke north of Wellington where she lives by and practices Hua Parakore with whānau. For further information see jessicahutchings.org.nz.

Day 1: Saturday September 11

9:00 am	Arrival
9:30 am	Karakia Whakawhanaungtanga
11:00 am	Morning tea
11:30 am	Introduction to the Hua Parakore Framework and Biodynamics
12:30 - 1:30 pm	Lunch
1:30 pm	The art of composting- creating a living, dynamic organism to improve soil health – Hands on session
3:30 pm	Afternoon tea
4:00 pm	Creating and applying the preparation 500
5:30 pm	End of day 1
6:00 pm	Dinner for those staying to star watch
7:00 pm	Reading the heavens - Star watching with Rachel

Day 2: Sunday September 12

9:00 am	Arrival
9:30 am	Reflections on Day 1
10:30 am	Creating a Cow Pat Pit (CPP) and applying tree paste
11:30 am	Creating a home garden- some hints and ideas for seed propagation and planting
12:30 pm	Lunch
1:30 pm	Poroporoaki
2:00 pm	End of Day 2