



Hua Parakore and Biodynamic Two Day Workshop

Kōrero Whakataki - Introduction

In late November 2021 a two day Hua Parakore and Biodynamic workshop was held at Papawhakaritorito, a Hua Parakore verified food farm in Kaitoke, just north of Wellington. The workshop explored the interface of Hua Parakore and Biodynamic approaches to soil, kai and te ao turoa. Biodynamics practitioner Rachel Pomeroy joined Te Waka Kai Ora member and Hua Parakore whānau food grower, Jessica Hutchings in offering a mix of kōrero and hands-on activities, with the aim of the workshop being to deepen our collective understanding of how to bring Kaupapa Māori and biodynamics to our kai and soil growing activities. There were over 45 people who attended the workshop from across diverse cultural backgrounds with different levels of experience and interest in biodynamics and Hua Parakore.

The two days together were grounded in community through whanaungatanga and manaakitanga. There was a sense of gratitude of being able to gather in person due to Covid and hope for soil and food secure futures that work with nature not against her.

Ngā kaupapa - Workshop Focus

The workshop featured conversations grounded in the Kaupapa Māori principles underpinning Hua Parakore practices and the ordering principles of the cosmos as understood through biodynamics. Just as Ranginui and Papatūānuku ground the woven universe that is te ao Māori, biodynamic approaches acknowledge and harness the polarity of light and dark and the relationship between stars and soil. Both approaches task tangata (people) with the role of rebuilding the vitality of our soils and strengthening the relationships between people and nature. Understanding ourselves as nature, and as nurturers of nature, were key learnings from our time together.



Ngā hua – Outcomes

Throughout the workshop we made biodynamic compost to further learnings about soil health and microbiology and also held conversations about the mauri, mana, whakapapa, Te Ao Turoa, maramatanga and wairua in relation to soil and Te Ao Turoa (the natural Māori world). We also lifted a cow pat pit (CPP) that was made six months prior to the workshop, learnt about the application and use of CPP including tree paste. A new CPP was also made so participants could experience the full cycle of CCP from making it to lifting it to the application itself.

The evening was spent exploring the stars and the diverse kōrero and stories that relate to the starry realms. This kōrero was led by wāhine Māori who attended the workshop providing an opportunity to share their tikanga and kawa in relation to Matariki and the stars. This was followed by a kōrero from Rachel Pomeroy who shared her deep knowledge and wisdom from many decades of looking to the heavens and working with stars and soil from a biodynamic perspective.

Ngā mihi – Gratitude

We are very grateful to the the Kete Ora Trust and Commonsense Organics and for financial support to host the workshop. We also are deeply grateful to the Toru Education Trust for supporting with seeding the idea for the workshop and then the subsequent organisation. Big mihi to Gretta Carney from Hāpi who nourished and feed the hui for the two days and those who helped in the wharekai.



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