

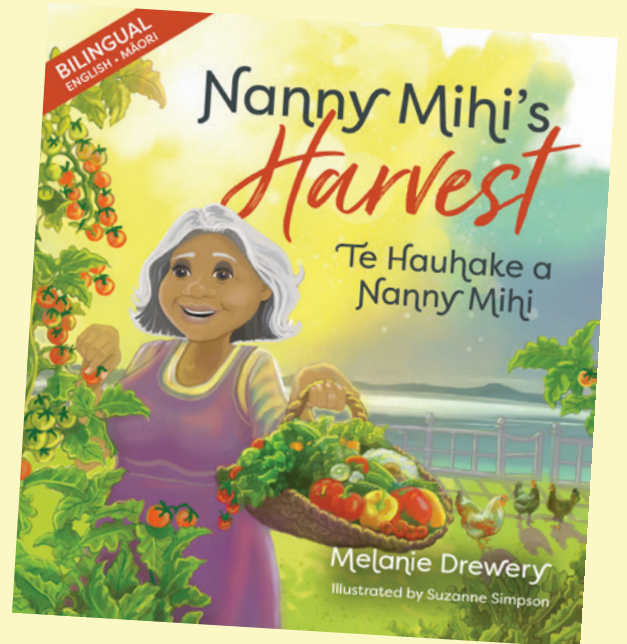
Nanny Mihi's *Harvest*

Te Hauhake a
Nanny Mihi

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TEACHER RESOURCE

'It tastes like spring and summer and autumn and winter,' we said.

'Tino pai, tamariki mā,' said Nanny Mihi. 'A year-long feast and we grew it all ourselves.'

Nanny Mihi's Harvest is a book that embraces the joy of gardening, harvesting and preserving your own produce. With Nanny's guidance, her mokopuna learn about gardening by the seasons, along the way overcoming obstacles and discovering how delicious homegrown produce can taste.



DISCUSSION

This story shows how things change over a year when looking after a garden and growing food. Do you know anyone with a vegetable garden? Have you ever grown any food at home? Why do you think gardens grow differently in different seasons? Where does your family get fruit and/or vegetables from? What are your favourite vegetables?



ACTIVITIES

1. It's important to eat a variety of fruits and vegetables of different colours. In *Nanny Mihi's Rainbow*, Nanny Mihi and her mokopuna collected found items to make a rainbow. Draw or collage a rainbow of fruits and vegetables. Working in a group, think of as many as you can to make a food rainbow poster.
2. What are te reo Māori names for the vegetables and fruits you have on your poster? Here are some to get you started:

kāpiti = cabbage	rētihi = lettuce	korare = silverbeet
rīwai = potato	kūmara = kūmara	tōmato = tomato
3. Design your own plate of food. Draw your fruits and vegetables and label them. Will you eat them cooked or raw? Will it be a salad, a stir fry or something else? Write a paragraph below your plate picture about how you like to eat your fruits and vegetables.
4. Make a vegetable soup as a class and share it for lunch. Does the school have a garden you can pick produce from? Can each person bring a vegetable from home? Hint: tinned or frozen vegetables can go in a soup, too. Save your scraps and peelings in a bucket for activity 9.



ACTIVITIES CONTINUED

5. Make your own huawhenua/vegetable bingo! Set it up and play as a class to learn the Māori words. You can see an example of vegetable bingo here: [Huawhenua Māori bingo | Teaching Resource – Heart Foundation](#)
6. Nanny Mihi shows her mokopuna how to save the food they harvest so it lasts for a long time. Why is food preservation important for people?

Look up different ways of preserving food. (<https://kids.britannica.com/kids/article/food-processing>)

How did Māori preserve food? (Resource: Traditional cooking and preserving – Te Ara Encyclopedia of New Zealand)

Make a list of foods you eat that have been preserved in some way.

(Extension: find a warm, sunny spot and experiment with letting food go off and/or grow mould. Investigate the why, where and how of the process.)

7. Plant some kākano/seeds. Split into groups and grow a different plant for each group. You could save seeds from the vegetables you eat at home such as pumpkins and tomatoes.

Divide your seedling trays and place them in different places, for example a dark corner of the classroom, a warm, sunny spot inside, an outside spot. Remember to water your seedlings. Keep a plant diary and measure their growth then compare notes with other groups.

Which seeds grew the fastest? Did sun and warmth make a difference?



ACTIVITIES CONTINUED

8. Do plants need only water to grow or are they getting food some other way? (Hint: seeds grow best in spring and summer.)

(**Extension:** learn about photosynthesis at kids.britannica.com/students/article/photosynthesis/276411)

9. Learn about compost. If you did activity 4 you could use your peelings to make or add to an existing compost heap. Encourage everyone to feed their lunchbox scraps into the compost heap. Visit 5adayeducation.org.nz for information on how to make a compost heap.

10. Grow potatoes in a bucket. Drill a few holes in the bottom of an old bucket or similar container. Fill about one third with soil or potting mix and place one or two seed potatoes in the centre. Cover with soil and keep watered.

As the potato begins to sprout, keep covering it with soil, pea straw, old leaves or compost to make sure it has to grow more to get light. Once the bucket is full, let your potato plant enjoy getting big and bushy and flowering. Once it wilts and dies back, you can tip your bucket out and count how many potatoes you made from just one or two at the beginning.

Warning! Check your potatoes closely for green skins. Green potatoes can make you sick – if any are green you can replant them to grow more, but you must not eat them. (<https://www.yates.co.nz/plants/vegetable/potatoes/how-to-grow-potatoes>)



USING THIS BOOK IN AOTEAROA NEW ZEALAND CLASSROOMS

Within the framework of Te Mātaiaho | The Refreshed New Zealand Curriculum, *Nanny Mihi's Harvest* supports the Key Competency of *Participating and contributing*, specifically of the place of the garden in the story as an important social, cultural, physical and economic activity for drawing together and supporting whānau with kai throughout the year. The values of *community and participation* and *ecological sustainability* that are woven throughout each learning area of the curriculum are reinforced in this story through the sense of working together for the common good, as well as care of the environment, enabling the sustainability of the garden over subsequent years. *Nanny Mihi's Harvest* will be especially meaningful for schools with their own gardens or involvement with local community gardens. The book also supports the Garden to Table programme, which is active in many kura in Aotearoa.

Nanny Mihi's Harvest links closely to two learning areas. In the refreshed Te ao tangata | Social sciences learning area, within *Understand big ideas* is *People participate in communities by acting on their beliefs and through the roles they play*. The whānau in the story participate to meet the need to belong, to affirm individual and collective identity, to fulfill obligations, and to survive and flourish. Within Pūtaiao | Science, the strand of *The living world* is about living things and how they interact with each other and the environment. This story lends itself to *Understanding about science* by encouraging children to ask questions that can lead to related investigations in their classrooms, such as what conditions seeds need to grow.

Additionally, *Nanny Mihi's Harvest* works well with Ka Hikitia-Ka Hāpaitia | The Māori Education Strategy (Te Tuakiritanga Domain) in supporting Māori identity, language and culture, so that Māori learners can actively participate in te ao Māori, Aotearoa and the wider world.

USEFUL LINKS

www.heartfoundation.org.nz/educators/edu-resources
lovefoodhatewaste.co.nz/food-waste-lesson-plans

