

# Rongoā

## Mahinga Kai Web Series Transcript

### English

I love going into the forest, you know,

I'm a person who lives by the ocean but I'm attracted towards the mountains.

Just walking around through there,

looking at all the different plants and trees,

and having the knowledge of those plants and trees connects me more to them.

(Maurice to children)

So what the old Māori used to do is we used to get the leaves, a handful of leaves

and crush them, and get the oil, and this was our deodorant.

Yeah, this was how we smelt. Like lemon.

But we won't do that, we won't do that! Just a couple. Yeah a lemon eh, it's nice eh?

Whakataka te hau ki te uru  
Whakataka te hau ki te tonga  
Kia mākinakina ki uta  
Kia mātaratara ki tai  
E hī ake ana te atakura  
He tio, he huka, he hau hū.  
Tīhei mauri ora!

\*Maurice Manawatu mihi\*

Rongoa, for me, it's our forest or our ngahere, and our connection with it.

We have a thing here called "ki uta, ki tai",

### Te Reo Māori

E kaingākau nui ana au ki te haere ki te ngahere.

Ahakoā taku noho ki te tahatai, ka aronui atu au ki ngā maunga.

Mā te hīkoi haere noa i roto rā,

mā te tiro tiro ki ngā momo tipu me ngā momo rākau,

me te whai mōhiotanga ki aua tipu me aua rākau, e whai hononga atu ai au.

Nā, ko tā ngā tīpuna Māori o nehe he kohikohi i ngā rau, kia kiki ai te kapu o te ringa.

Ka kōpenua ērā kia puta ai te hinu, ā, koia hei patu mōrūruru.

Āna, i pēnei te rongo, pēnei i te rēmana.

Heoi, ka kore tātou e pēnā. He ruarua noa. Āna, he rēmana, he pai nē?

Whakataka te hau ki te uru  
Whakataka te hau ki te tonga  
Kia mākinakina ki uta  
Kia mātaratara ki tai  
E hī ake ana te atakura  
He tio, he huka, he hau hū.  
Tīhei mauri ora!

\*Maurice Manawatu mihi\*

Ko te rongoā, ki a au, kō tō tātou ngahere me ō tātou hononga ki te ngahere.

Arā he kōrero i konei e mea ana, "Ki uta, ki tai."



# Rongoā

## English

which is "from the mountains, to the sea" and our ocean is related to our forest, our forest to our ocean.

But that's the same as us; we are interconnected, with, with our forest.

For, for centuries our forest has fed us, it's, um, sheltered us, it's nurtured us,

and only in a few generations what's happened is things have changed, where now we have to look after our forests.

(Maurice to children)

So these berries here, they come from this tree.

It's called the hinau, or the native olive tree.

It has a berry that looks a bit like an olive, doesn't it? Just a small olive.

And so, the birds love this tree.

Child: can you eat the olives?

Maurice: no.

If you want birds in a forest, this is the tree.

See this wee tree here? This is, this is about 200 years old. Wow.

Inside the tree there's this juice, and we used to get the juice, and we used to put it on cuts and sores, and it would help with the healing.

It's got very high antiseptic properties, and see over here?

A bit of the juice is leaking out, so if you touch that and smell, it smells like antiseptic doesn't it?

Well that is very good for cuts and sores.

In pre-European times the whole community had a base knowledge of different things, before that next level of healing.

## Te Reo Māori

Ko te tikanga ia, ko ngā maunga ki te moana, arā, e hono ana tō tātou moana ki te ngahere, e hono ana te ngahere ki te moana.

He pērā hoki tātou; e tūhonohono ana tātou ki tō tātou ngahere.

Kua hia rau tau ō tātou ngahere e whāngai ana, e whakaruruhau ana, e poipoi ana i a tātou,

ā, i roto noa i ngā whakareanga e toru pea, kua huri te ao, ā, ināiane me tiaki kē tātou i ō tātou ngahere.

Ko ngā hua nei ka tipu i tēnei rākau.

He hinau tēnei, arā, ko te rākau ōriwa Māori.

Ko ana hua he āhua pērā i te ōriwa nē? He ōriwa paku noa.

Nā, he tino pai tēnei rākau ki ngā manu.

Tamaiti: He pai ngā ōriwa hei kai?

Maurice: Kāo.

Ki te hiahia koe kia nōhia te ngahere e te manu, koinei te rākau pai.

Tirohia tēnei rākau. Tōna 200 tau pea te pakeke. Anana!

I roto tonu i te rākau he tarawai, nā i ngā wā o nehe i kohia te tarawai, ka meatia ki ngā motu me ngā hakihaki hei āwhina i te whakamahutanga.

He momo patuero. Nā, e kite mai ana koutou i konei?

E turuturu mai ana he tarawai, nā, ki te pā atu koutou, ka hongihongi, he pērā te rongo i te patuero nē?

Nā, he tino pai tēnei hei whakamahu i ngā motu me ngā hakihaki.

I mua i te taenga mai o Taiuiwi, he mōhiotanga waiwai ō te hapori whānui ki ngā momo rongoā, i raro iho i te taumata o te pūkenga.



# Rongoā

## English

It would have been the realm of the tohunga that, that would've had that in-depth knowledge.

A lot of my knowledge comes from my great-great grandmother.

She was a lady who, who was one of the early historians of our tribe, and so, a lot of those medicinal things she wrote down.

And, and we were quite lucky because what she did, is she had the detail on things, and so that's where a lot, a lot of the knowledge comes from.

These are the ingredients that are required for making our kawakawa balm, and of course the main ingredient is kawakawa.

So we, so we get our kawakawa and we break it up, and we infuse it in olive oil.

After about, probably, 10, 15 minutes we get it out.

We're starting the process of heating it up.

What's in the oil is, has come from the kawakawa,

the life force, really, that, that, that was in the leaf has been transferred to the oil, is the belief.

And also at the same time, um, we've got the old beeswax that we cut up into small bits.

So we're going to slowly soften it up.

And we, we slowly heat our wax.

You, you don't want to do that quick, it's got to be a slow process.

At the same time, a little bit of manuka honey, um, can go in, and, and also, um vitamin C.

It sets, and, and we're talking maybe twenty minutes, it sets to where you can touch.

This cream is used for eczema, ah, for, for rash, um, you know, just, just for all sorts of things to do with the skin.

It's an amazing cream.

## Te Reo Māori

Koirā te taumata o te tohunga, te hunga e mau ana i te rētōtanga o te mātauranga.

He nui ngā mātauranga e mau nei au i heke mai i taku tāua, e whā whakareanga ki muri.

He wahine ia i mau ki ngā kōrero hītori o tō mātou iwi, nā reira, he nui ēnā mōhiotanga rongoā i tuhia e ia ki te pepa.

Nō mātou te whiwhi i pērā ai ia, inā rā, i āta whakamāramahia e ia ngā taipitopito, nā reira, koirā te pūtake o tētahi wāhi nui o aku mātauranga.

Koinei ngā mea hei mahi mai i tā mātou hinu kawakawa, ka mutu, ko te wāhi matua, ko te kawakawa tonu.

Nā reira ka kohia mai te kawakawa, ka āta wāwāhitia, ka waiwaitia ki te hinu ōriwa.

Hipa ana tōna 10, 15 mēneti, ka tango mai.

Ināianeī ka tīmata te hātepe whakamahana.

Ko ngā hua i te hinu, ko ērā i hua mai i te kawakawa.

E whakapono ana mātou, ko te mauri o te rau tērā kua whakawhitia ki te hinu.

Nā, i taua wā tonu, kei konei anō te wākihi pī ka tapatapahia kia iti tonu.

Nā me āta whakangohengohe.

Ka āta whakamahanatia te wākihi.

Me kua e tere taua mahi, me āta haere.

I taua wā tonu, he pai noa iho te tuku atu i tētahi wāhi miere mānuka me te huaora C anō.

Ka pau pea tōna rua tekau mēneti, ka totoka, ā, ka pai noa iho to pā atu.

He pani whai orange tēnei i te harehare, i te kōpukupuku me ētahi tini āhuatanga ka pā ki te kiri.

He pani mīharo.



# Rongoā

## English

I think it's important to pass these practices on so, so it won't be lost or, or forgotten or even minimised in its importance to us, you know,

we, we have a saying in Ngāi Tahu for, "for our children and our children after",

and, and this is it. And that's why it's important.

So what we're looking for here boys, is we're looking for the kareao, which is the tip of the vine...there it goes...so, no hold on, so we just unravel it here.

And this is the tip of the kareao. Now it's snap like that, yeah just break it in half...Yes.

And so what happens here is that it doesn't kill the vine, it'll grow off the joint.

We're looking for pikopiko, so we can cook it and eat it, and also some really nice kawakawa leaves.

So what we want to pick is the leaves that have lots of holes...like that one there, perfect!

Cool, thank you. So this is enough to make our tea.

This is what we gathered in the forest.

We're going to start off with the pekopeko, and we're going to put it in the pot.

You just plonk them in, and all it takes is just a minute.

Child: is that all?

Maurice: that's it, yeah yeah. Grab them out.

Nikora get the kawakawa, put them all in, yeah, and we'll just let it sit.

E rongo e rongo,  
Homai ngā tipu,  
Hei whakakī te tinana,  
Hei oranga,  
Au eke, Au eke,  
Hui e, Tāiki e!

Maurice: mmmm...what do you think boys?

## Te Reo Māori

Me mātua tuku iho ēnei tikanga, kia kore ai e ngaro, kia kore ai e warewaretia, kia kore anō ai tōna mana e heke.

He kōrero tā mātou o Ngāi Tahu; "Mō tātou, ā, mō kā uri ā muri ake nei."

Ā, koia pū. Koirā i mana nui ai tēnei.

Nā, ko tā tātou e kimi nei tama mā, ko te kareao, koirā te hiku o te aka...anā...kāo, taihoa, ka wetekina i konei.

Koinei te hiku o te kareao. Nā, me whawhati...āe.

Nā, mā konei e kore ai te aka e mate, engari kē ka tipu tonu i te hononga.

E kimi ana tātou i te pikopiko, kia tunua ai hei kai, e kimihia anō ana he rau kawakawa.

Ko tā tātou e whai nei ko ngā rau kōputaputa...pērā i tērā, ka pai!

Tēnā koe. He rahi tēnei mō tā tātou i.

Koinei tā mātou i kōhi ai i te ngahere.

Kia tīmata ki te pikopiko, ka meatia atu ki te kōhua.

Ka meatia noatia atu, ā, ka kotahi mēneti noa, ka rite.

Tamaiti: Koinā noa iho?

Maurice: Āe, koinā noa iho. Tangohia mai.

Nikora, tīkina mai te kawakawa, meatia katoatia atu, āe, ka waiho noa.

E rongo e rongo,  
Homai ngā tipu,  
Hei whakakī te tinana,  
Hei oranga,  
Au eke, Au eke,  
Hui e, Tāiki e!

Maurice: Pēhea ō kōrua whakaaro tama mā?



# Rongoā

## English

Child: good

Maurice: So the next one is the kariao or the supplejack and so this is...

Child: do you just eat it? I thought there was beans in there.

Maurice: just eat it. He's a good, he eats his greens, he's good like that.

You know this here, the kawakawa, you know, twenty years ago not too many were doing it.

Today, it's really common. It, it, it's a general tonic, really, it's um, it, it purifies the blood.

Really good for headaches or migraines. Um, and yeah, just, just sore throat, general things.

Kōwaowao, okay, or the nickname is the hound's tongue. Hound's tongue.

And see how this one here's lime-y green? This is a young one, and we used to eat that, like a salad.

Who likes salad? Yeah, I'm more a steak, egg and chips sort of guy myself.

We've gone from what was a hunter-gatherer economy to fast food.

We've gone from no sugar to sugar, you know, and so on, and all these changes have impacted on us, our bodies.

So rongoā and going back to our forests, it's important, I think for our health and for our wellbeing.

## Te Reo Māori

Tamaiti: He pai.

Maurice: Ko te mea e whai ake nei ko te kareao, nā...

Tamaiti: Me kai noa? Pēnei au he pīni kei roto rā.

Maurice: Me kai noa. He pai ia, ka kai ia i ana korare.

I mōhio kē koe, ko te kawakawa nei, e rua tekau tau ki muri, he torutoru noa i pēnei.

I ēnei rā, e kaha kitea ana. He rongoā aro whānui nē, he mea tango atu i ngā para i te toto.

He pai mārika hei rongoā i te māhunga ānini, i te korokoro mamae, me ērā tūmomo mate.

Kōwaowao, ko tōna ingoa mōkai ko te arero kurī.

E kitea ana tēnei, he kārikikōwhai? He pītau tēnei, ā, i mua, i kainga pēnei i te huamata.

Ko wai e pai ana ki te huamata? Nē? Pai ake ki a au te mīti, te hēki me te kotakota rīwai.

Kua mahue ā tātou mahi aruaru, kohikohi kai, kua tahuri kē ki ngā ō rangaranga.

Kua ahu mai i te huka-kore, ki te huka, me aua momo, ā, kua pākia ō tātou tinana e ēnei panonitanga.

Nā reira he mana nui tō te rongoā me te hokihoki ki ō tātou ngāhere, ki ō tātou orange.

