

MAARA KAI GARDEN TO TABLE PROJECT

Growing Food with Confidence
Helping Moko Club kids grow,
nurture, harvest, cook and share fresh food



Supporting the well-being of children

Tui Trust was established to support the well-being of children through a holistic approach, which includes uplifting their cultural identity, the alleviation of poverty and reconnection with the environment, thus interrupting the intergenerational cycle of disadvantage and improving outcomes for Māori. Our success is supported by sponsorship, grants, fund raising and sale of books we have published.

Tui Trust supports *Moko Club*, two ECE bilingual centres based in Huntly and Ngāruawāhia, which model was designed to increase participation in early learning for families from low socio-economic communities and *Family Start Waikato*, a free home-based service for mothers and babies that need support. Our projects include:

- Maara Kai Project
- Pataka Kai Project
- Access Project
- Through the Lens Project

MAARA KAI GARDEN TO TABLE PROJECT

This project is an extension to the successful *Gardening Growing Programme* delivered at Moko Club. This project is teaching children the skills they need to grow their own vegetables and a way to empower whānau to grow their own gardens and subsidise their food bills as well as eat healthy organic food.

We would like to provide whānau with a flat-pack ready to assemble planter box, similar to the planter boxes pictured above, made from good quality H4 6x4 treated timber, 150 litres of potting mix and a variety of vegetable seedlings to start their vegetable garden. We will include a booklet of easy to follow gardening information from Yates (a free download). To start off with we would like to trial five boxes and evaluate outcomes before proceeding with higher production numbers.

PROJECT EXPENSES

The planter boxes pictured above cost \$395.00 (2m x 1m x .45) and are made from treated Macrocarpa, crafted and designed to last a lifetime (Captain Compost). It is important that the boxes are solid and well-made so they last for many generations. 50 litres of Yates Thrive Premium Potting mix is \$15.76 from Mitre 10 per 50l and we will need 150 litres of potting mix per planter box. Vegetable seedlings vary from \$7-\$21 either from Pak n Save, Bunnings or Mitre 10.

THE STEPS

We will fundraise and contact wood suppliers in Hamilton and ask if they could consider donating good quality treated wood (6x4), either H4 treated pine or

Macrocarpa. We are able to cut the wood to size, pre-drill, curved softened edges and ready a flat-pack and provide assembly instructions. The entire planter box will be designed to fit into the back of a station wagon or sedan with seats down and will weigh under 100kg. The idea is to make this as easy as possible for whānau to pick-up, take home and assemble. If whānau are very keen to have a planter box and have no transport we will deliver.

OUTCOMES

We will keep in touch with each whānau for six months or over one or two seasons and keep a visual and/or written diary of their garden experience.

COVID-19

We acknowledge the Covid-19 Level restrictions and will work safely within the boundaries of each Level as they change.

HOW YOU CAN HELP AND ACKNOWLEDGEMENTS

For businesses or individuals that would like to partner or donate materials we will acknowledge your business on our website and publications. For further information or you would like to donate wood please email lee.major@kowhai.biz

*On behalf of Board of Trustees,
Lee Major, Tui Trust Administrator*



Pictured above and top: Moko Club Ngāruawāhia—Gardening Growing Programme