

Me mātua whai i te ara

Stay on the track

ponga
silver fern

kōtukutuku
fuchsia

nīkau
palm tree

whenua
land

ngahere
forest

ara
track

Me hīkoi haere tāua i te puihi ā ngā rā whakatā?

Shall we go for a bushwalk this weekend?

ongaonga
stinging nettle

māra kai
cultivation and vegetable garden

Tiakina a Papatūānuku

Protect the Earth Mother

kōpurawhetū - werewere kōkako
native fungi - blue mushroom

rongoā
medicine

puihi
bush

rau
leaf

He aha te rākau hei whakatō mā tāua?

What tree shall we plant?

rautini
Chatham Island Christmas tree

pōānanga
native clematis

tātārāmoa
bush lawyer vine

tawhai
beech tree

pikopiko
edible fern shoots

kōtaratara
Māori holly

patupaiarehe
fairy people

Me mahara ki te whakapaipai i ō hū

Remember to clean your shoes

pūtu hīkoi
tramping boots

āniwaniwa, uenuku
rainbow