

KAI, IRON & PAPATŪĀNUKU

#WORLDIRONWEEK



1. Kai can support us to be in good relation with Papatūānuku

3. As it rains, wai māori infuses with the mauri of Papatūānuku, dissolving the iron as well as other vitamins and minerals into our streams and springs.

5. This iron is further passed down to the plants, creatures and insects etc which feed off of and grow within the various domains of atua, and which are eventually harvested as kai for tangata

2. Iron comes from the unique composition of rock, granite, dirt, mud, stone, sand etc that make up the body of Papatūānuku.

4. Iron thus moves through the realms of te ao marama, feeding and giving mana to atua including Tangaroa, Haumie-tiketike, Rongo and Tāne.

6. To ensure that we are in good relation with Papatūānuku, we must maintain te mana o te oneone me te wai. This in turn, ensures that the kai we grow is nutritious!