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For conservation

Te Arawa Lakes Trust are using uwhi | harakeke mats to stop invasive (pest) weeds growing inside lakes Tarawera, Rotomā, and Rotoiti, and at Kaikaitāhuna | Hamurana Springs.

The uwhi are placed on top of the weeds, keeping them stuck at the bottom of the lake/spring and stopping them from getting light.

For healing

Harakeke is used as a rongoā rākau (traditional Māori plant remedy). The leaves are particularly good as a dressing to aid healing because their juice acts as a disinfectant.



Check out zines by the **Kauae Raro Research Collective** on pia and earth paint making (in te reo Māori and English).

kauaeraro.com/akoranga-1/downloads

For arts & crafts

Tūpuna Māori used tree sap to bind natural paint made from the whenua | land. Harvesting harakeke leaves for weaving is a great way to collect the pia | sap/gum. Harakeke leaves and their fine fibres can be woven into all sorts of useful and beautiful things.

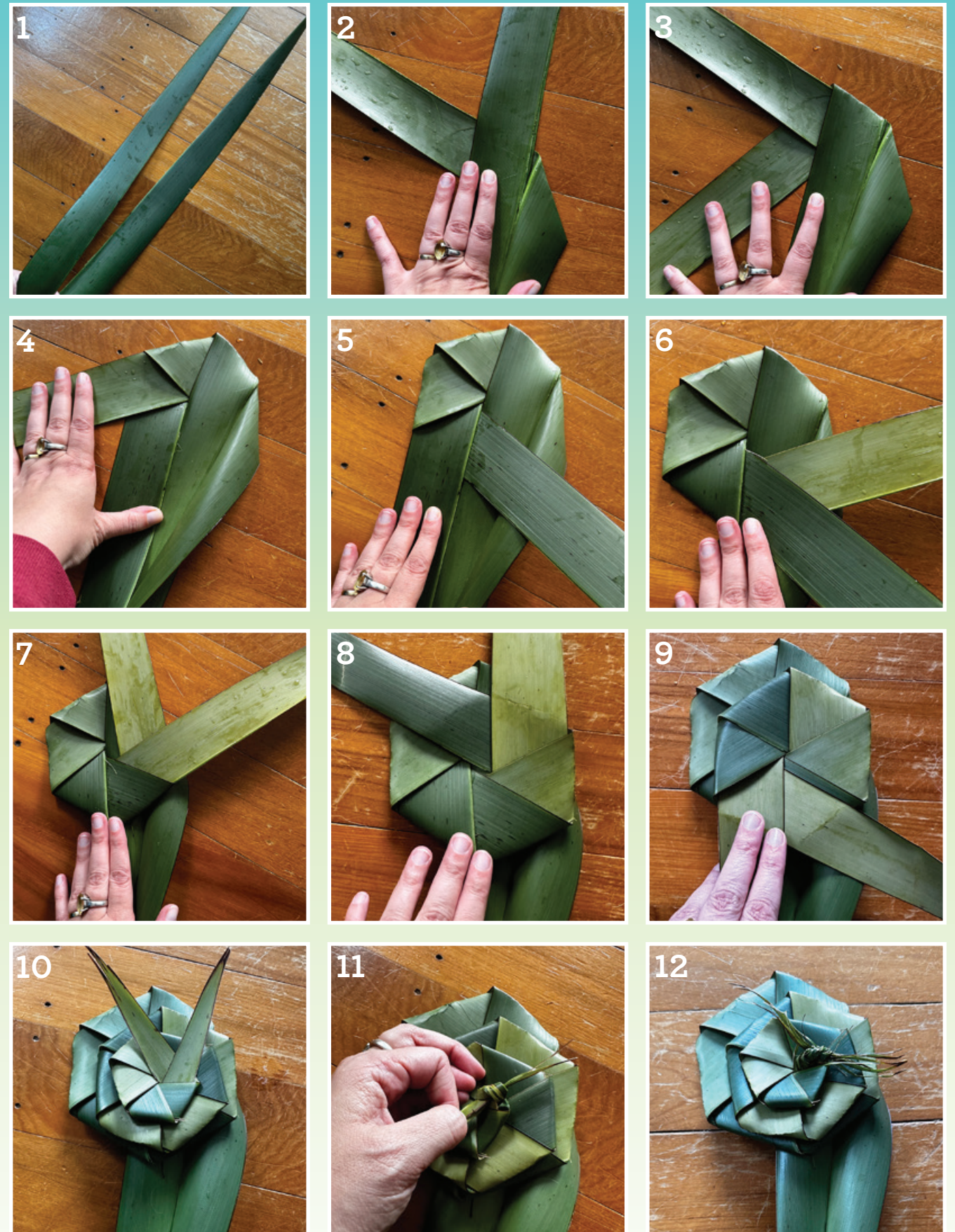
Mātauranga Māori

Making use of harakeke



TIKANGA: The flax plant is like a family. The central shoot (rito) represents the baby. The leaves protecting the rito are the parents (awhi rito or mātua). Only the leaves on the outside of the plant, the grandparents/ancestors (tūpuna/ tūpuna), can be cut, or the plant is weakened.

Show respect for te taiao | nature. Only take what is needed.



Make a putiputi | flower using one harakeke blade

REMEMBER: Wash your hands after working with harakeke.