

# Matariki Market Day 2019

Christchurch South Community Gardens



**Saturday 22nd June 10am – 1pm**

**188 Strickland Street, Sydenham**

*Matariki ahunga nui* ~ Matariki, provider of plentiful food

Plants, Produce, Preserves ~ Baking & Books

Hot Soup & Sausage Sizzle ~ Free lucky visitor raffle prize



*1999 - 2019 ~ 20 years of Growing in the Community*

**Winter**

**2019 Edition 41**

**Takurua**

**What is Matariki?:** It is a cluster of stars also called Pleiades or 'tiny eyes'. Arriving in June ( this year 25 June) , it has been used as a way to calculate time and seasons, navigate oceans, preserve knowledge, maintain customary practices and inspire action and achievement. Coinciding with winter solstice, it is a time for harvest festivals and crop planning in many cultures.

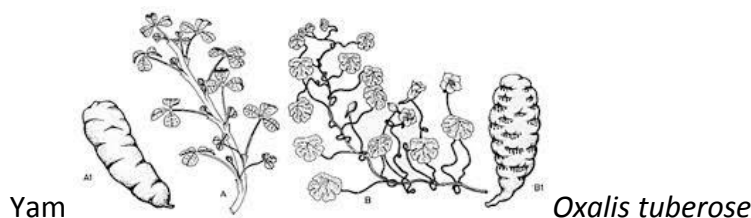


### Roasted Yams & Kumara with Apple

A great dish to use the last of the apples and the first of the winter root crops.

Slice 1 large onion, 1 large kumara and 2 large apples . Place in an oiled roasting pan with 500gms of yams . Season with salt & pepper. Bake for 45 mins at 180°C. Great with roast meat or on its own with some extra apple sauce.

### Plant broad beans & peas now ~ harvest yams



Many thanks to our supporters ~ we appreciate the resources and encouragement

See you at the Matariki Market Day ~ Saturday 22<sup>nd</sup> June 10-2pm

Contact: Ph. 9426630 [info@csccommunitygardens.net.nz](mailto:info@csccommunitygardens.net.nz) [www.csccommunitygardens.net.nz](http://www.csccommunitygardens.net.nz)