

SUPER FOODS



CLOSING KARAKIA

Kia tau tō rangimārie

Let your people reign

Ki runga i ngā iwi o te ao

On all the people of the world

WHAT ARE ANTIOXIDANTS

We all know that we need to eat healthy foods. The best foods are fresh whole foods like fruit and vegetables not processed foods that come in a packet. When we eat good foods like our ones here that are filled with good stuff (vitamins and nutrients) antioxidants are like super heros that fight the bad guys that are trying to make us sick. The bad guys are called free radicals.

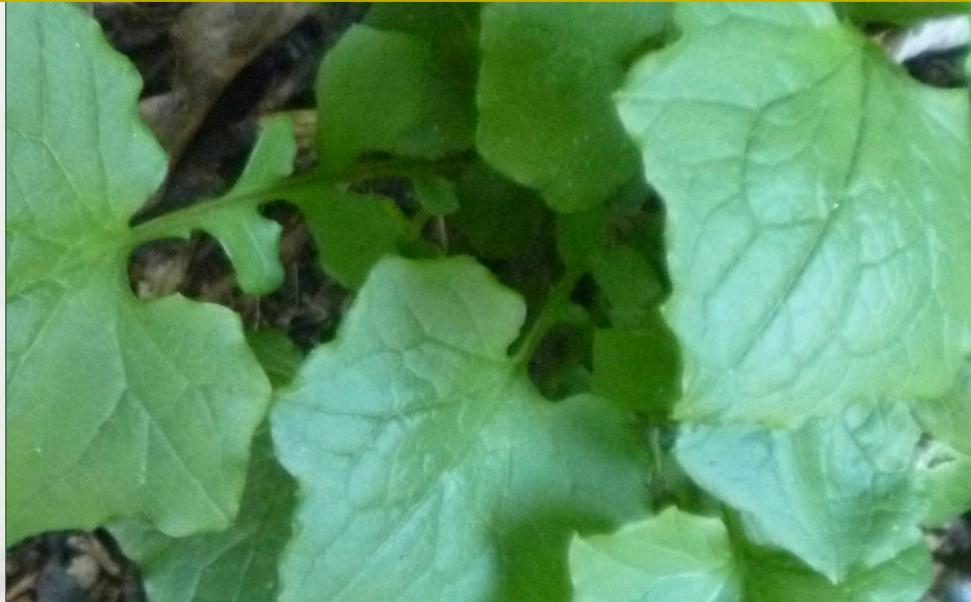
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Puha and watercress can be found all over the Wairarapa. Titoki is found in forests, reserves and gardens. Maire tawake is a bit harder to find but as its name indicates likes to be near water. What all four have in common is that parts of them are really healthy eating.

PUHA

The puha or sowthistle we normally find around gardens and forests was brought to New Zealand from other countries but that doesn't matter too much because if it grows on healthy soil it is a super food that is full of goodness. Try puha in a boil up.

Native puha can be found on the side of tracks at places like Rewanui and Kiriwhakapapa.



WATERCRESS

Watercress was brought to New Zealand as a food and now grows in even the smallest of waterways. Like puha, watercress is really good for you, eaten raw or cooked.

If you are going to pick watercress the best stuff is found in fresh running water. Pick the tops using your thumb and forefinger so that the plant can grow again. Good watercress makes a little "pop" noise when it is picked.



MAIRE TAWAKE (SWAMP MAIRE)



Although you don't see many of them around, the mairi tawake tree has berries that are packed full of goodness.

We usually think of blueberries and blackberries as having lots of good stuff in them called antioxidants. But mairi tawake berries are even better.

TITOKI

Like mairi tawake the berries of the titoki tree are high in antioxidants.

FOR MORE INFORMATION ON TITOKI, SEE TREES SECTION, PAGE T21

