

Atoll Food Futures

Rabakau n Ununiki n te Mwenga ibukini kaitaraan Bibitakin Kanoan Boong



Noran Rabakau aika Boou iaon te Ununiki n
te Mwenga ni kaitara Bibitakin Kanoan Boong
ibukin Aban Tebetebeke

Taeka ni Kamatata

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Written by: Michelle Abel, Chris Jacobson, Nick Mattiske and Heidi McCulloch.

Contributors: Teuleala Manuella, Mamarau Kairirieta, Ponijese Korovulavula, Ralph Spring and Itaia Lausaveve

Illustrations: Nick Mattiske

Graphic design & layout: Wilani van Wyk-Smit, Wildeye

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Live & Learn Environmental Education

Donkey Wheel House, Level 2, 673 Bourke Street, Melbourne, Victoria, 3000, Australia

Tel: (+613) 9650 1291

Email: enquiries@livelearn.org

www.livelearn.org



Taeka ni Kamatata	5
Ma'koro 1	6
Raoiroin Rabakau aika boou	9
Beera n ununiki aika aki kabane-ran	9
Onaroka aika raniia bon irouia	10
Onaroka aika karietaaki (n ikotaki ma te nib'a ni kamkamka i nuuka)	11
B'aina, karoana ao kabonganaana	13
Te Beera ae aki kabaneran	13
Onaroka aika raraniia bon irouia	18
Beera n Ununiki aika Karietaaki	20
Ma'koro 2	24
Te Tano	25
Onaroka n Ununiki aika Buratiteki	26
Onaroka aika raniia bon Irouia	27
Beera n Onaroka aika karietaaki	27
Rengarenga aika tangiraki	28
Ma'koro 3	34
Rinanin Aroka	35
Beera n Ununiki aika aki kabane-ran	35
Onaroka aika Raniia bon irouia	38
Beera n ununiki aika karietaak	40
Bairean taian aroka	42
Tararuuan manin te Aroka	45



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Taeka ni Kamatata

E a tia ni karoaki te boki n reirei aei iaon te ununiki n te mwenga ni kaitara bibitakin kanoan boong, ba e na buoka te kataneiai ae waaki ngkai nakoia aomata are a kabonganaaki iai rabakau aika boou iaon te ununiki n te mwenga ni kaitara bibitakin kanoan boong. E koreaki te boki aei ibukia kaain kaawa ake bon iai aia atatai iaon te ununiki, ao a kakarekea naba te ibuobuoki mairoun te tia reirei are e a kona n anga kaongora aika raka riki iaona ma aroni karoaia.

Waaki n ununiki aika boou iaon bibitakin kanoan boong ae a koreaki taekaia inanon te boki aei, a bon aki kabane ran, ao e kona ni kabonganaaki ngkana e aki tau naba te aba ibukin te ununiki. A boni kaokoro rabakau aika boou aikai ma te ununiki ae e tataneiai te aba iai ibukina b'a ko kona n uniki kaai n amwarake ni karib'arib'ai n te aro are ko a kona n uniki riki aroka aika batin te tabo ae uarereke.

Kabonganaan rabakau aika n te boki aei, a na buokiko b'a ko na uniki am'arake aika batin aika kamarurung, ni kanakoraoa riki m'aitin te tania n am'arake ibukia kaain am utu ao ni karikirakea am kona ni kaitara bibitakin kanoan boong. Man kabonganaan te rongorongo n te boki aei, ao ngkana ko mamataku raoi iai, ao ni manga tib'aua are ko rinanona ma utu riki tabeua aika ununiki naba, ao ane ko na karika te atatai ma te taneiai ni kariki uaanikai aika batin aika boou, aika kangkang ao ni bongana nakon te rab'ata.

Kakaea buokam iroun am tia ununiki ke te tia m'akuri n Live & Learn ibukin rongorongo aika bwanin riki iaon te ununiki n te mwenga.

Ma'koro

1



Te m'akoro aei e maroroakin nen aroka aika kakaokoro ae ko kona ni kabonganai ni mwengam, am kaawa, n ikotaki ma:

Beera n Ununiki



Onaroka aika raniia bon irouia

Beera n aroka aika karietaaki (n ikotaki ma onaroka aika mronron ma te ni'ba ni kamkamka inuuka)

Angiin rabakau aika boou aika kaotaki n te m'akoro aei a kona ni karoaki ti man kabonganaan b'aai aika bebete ae a boni kona n reke irouum. Onaroka ibukin kaitaraan bibitakin kanoan boong, a kona ni buokiko b'a ko na uniki aroka n taai ni kabane, ko aonga ni kona ni kang am'arake aika boou ao ni kamarurung inanon te ririki ae b'anin.



Raoiroin Rabakau aika boou

Beera n ununiki aika aki kabane-ran

Beera n ununiki aika aki kabane-ran bon te karao-beera ae boou ae karoaki man 80 te katebubua buratiteki n am'arake ae te kaoki-maange man te kamb'ana ae Biofilta International. A bebete riki ao ni kai uouotaki ao ni kam'aingaki n te tai are a kabonganaaki iai. A aki kabane ran b'a e katika te ran man te tangke n ran ae mena mwiina iaan te tano rinanon taian nib'a.

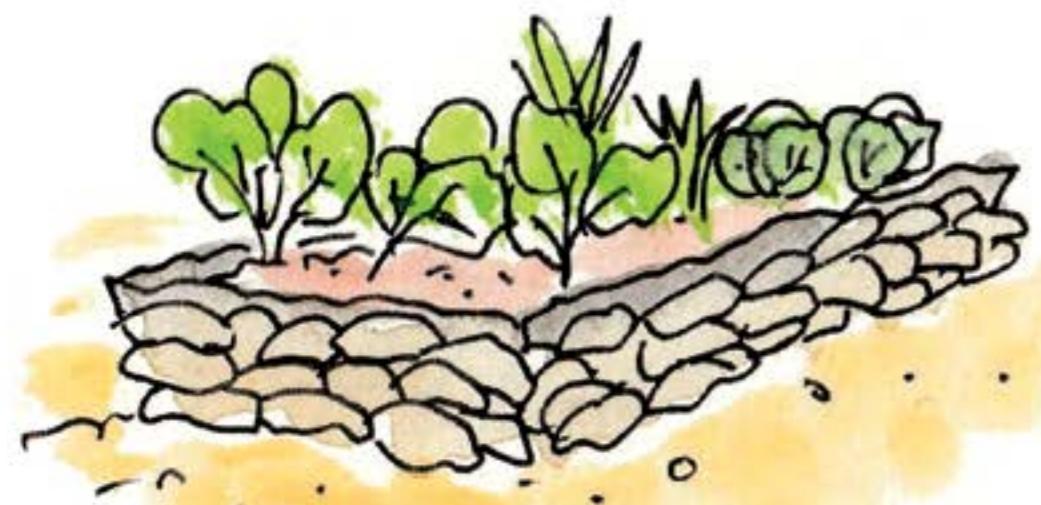
Beera aikai a bon rang tikiraoi ibukin unikakin aroka aika mawaawa n aroia nako, riki aroka aika rawata baaia ke aroka aika mawaawa aika aki kainnanoa te tabo ae bubura ibukin unikakia. Ngkana a kabonganaaki raoi, ao beera aikai, a kona ni karekea te uaanikai ma te bukinikai ae nakon 30 te kirokuraem ni katoa ririki. Beera aikai a kona naba n tomaaki nakon te beera n ununiki teuana ibukin kabonganaan te marena inanon te onaroka n te kaawa ao ni kona ni karietaaki ibukia m'auku.



Onaroka aika raniia bon irouia

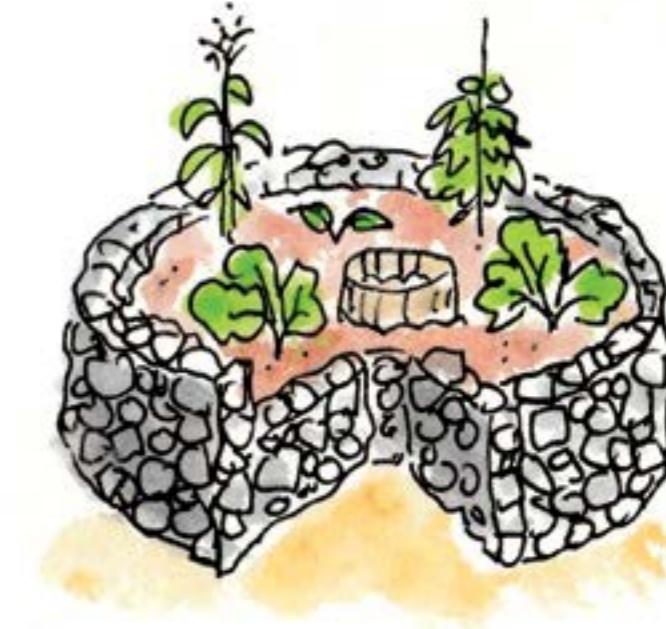
Te onaroka ae raraniiia bon irouua bon te on aroka ae karoaki man te kaonteina ae bubura (ke te taborein ae kainaki) ae akea b'angab'angana. Are nanona b'a e tiku te ran inanoni beera. A rang n nakoraoi ibukin kawakinan te ran ibukina b'a e kawakinaki te ran iaan te tano. E ataaki te ran aei b'a ranin te m'anib'a ao n te tai are e onrake iai ranin te m'anib'a, ao e a uotaki rake naba mai nano nakon wakaan kaai.

- Beera aika raniia bon irouia a kaai n m'akuri raoi ma beera aika aki kabaneran ibukina b'a anga te tabo ae e a m'awaawa riki ibukin aroka, n ikotaki ma aroka aika iai bukiiia, ae a kainnanao te am'arake ae batia te tabo ae m'awaawa riki nakon are e kona n anga te beera ae aki kabaneran.



Onaroka aika karietaaki (n ikotaki ma te nib'a ni kamkamka i nuuka)

Onaroka aika karietaaki a kona ni karoaki man kabonganaan b'aai aika kakaokoro. Iai iango tabeua ibukin karoan onaroka aika karietaaki, n ikotaki ma karoan te onaroka ae iai te nib'a iai. Beera n ununiki aika karietaaki a kona n taboro m'aitin uaaia nakon te onaroka ae kenaki, ao e kanakoraoa riki k'amaitan te uaa. Aio are e noraki koauana inanon tain te ao-m'aim'ai ibukina b'a te ran e kona ni buti nako inanoia, n te aro b'a e na aki riao m'aitin te ran nakon are bon tangiraki. Te beera n ununiki ae karietaaki, ao riki te beera ae iai te nib'a iai, e bon rang n raoiroi naba ibukia aomata aika e kanganga te kakam'akuri irouia ngkai aki rinano nako aontano.





B'aina, karaoana ao kabonganaana

Iangoa moa nen am onaroka im'aain kateana. Ibukina b'a aki kainnanoa te tabo ae bubura aekaki n onaroka aikai, ao a riai ni kateaki n te tabo ae tan raoi b'a e na kauarereke rokon te riringa ae korakora, ao te kabuehue ae e a riao (riki te riringa are i marenan te aoa 9 n te ingabong ao 3 n te b'akantaa), ao te ang ma te karau ae korakora.

Ko kona ni karekea te nuu man te riringa are ni b'akantaa ti man katean am onaroka irarikin te auti ao/ke iaani kaai. Ngkana a tauraoi b'aina, ko a kona ni katea autin am onaroka mai i etana ni kabongana te kunnikai.

Te Beera ae aki kabaneran

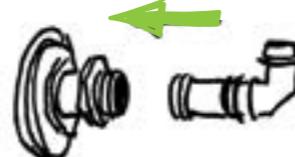
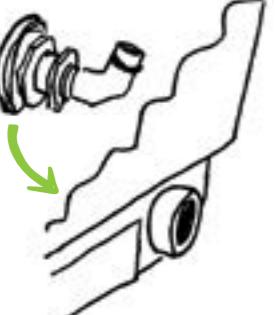
B'aina

A bane ni katauraoaki m'akorokoron nako te beera ae aki kabaneran aio. Kamaenakoi m'akorokoron nako te b'ai ni m'akuri aei man te taabu, ao taraia b'a a b'anin raoi b'aina.

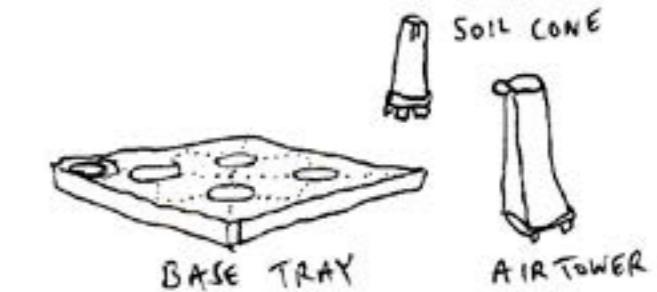
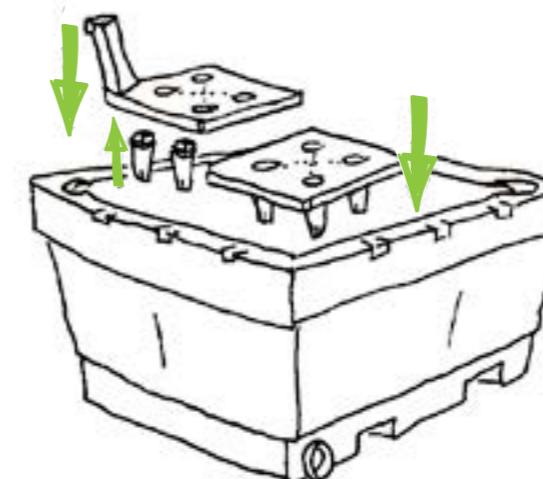
Te Beera ae aki kabaneran

Karaoana

KANIM'AN TE B'AI NI KAREBORO :

- 
1 Kanim'a matan te b'ai ni kareboro nako tabon te b'ai ni kareboro ao totokoia ni karooa tokina
 - 
2 Totokoia te b'ai ni kareboro ni kanimm'a ma are kaitaraana n unoria, ni karokoa ae ko aki nora te kauoua ni m'ama ae mronron. Kabiri m'aama aika mronron aikai ngkana e tangiraki.
 - 
3 Karina te b'ai ni kareboro n nena are e na otinako iai ao kainna mai nanon te taabu ni karokoa e kona n noraki raoi kawain te tikuruu. Taraia b'a a riai ni boraoi tabona nako aika kaieti.
 - 
4 Karinna rikaaki ao tikurunna nako tabon kawain te tikuru n taua tabona are mai tinaniku b'a e na aki b'aka rikaaki nakon te taabu.
 - 
5 Kanim'a te b'auti are mai bukina nako aon te b'ai ni kareboro ao kakooa tikurunna ni karokoa e rokoroko n te taabu. E riai aio n rang koo raoi.
 - 
6 Tikuruuna kananuan te b'ai ni kareboro ao bonotana nako nanon te b'ai ni kareboro e aonga ni boraoi rietana n aron ae kaotaki.
- Ngkana arona b'a ko aki tomai beera-n-ununiki aika aki kabaneran aika m'aiti, ao kaoki m'aneka 1 nakon 5 n iteran te Beera n ununiki aei.

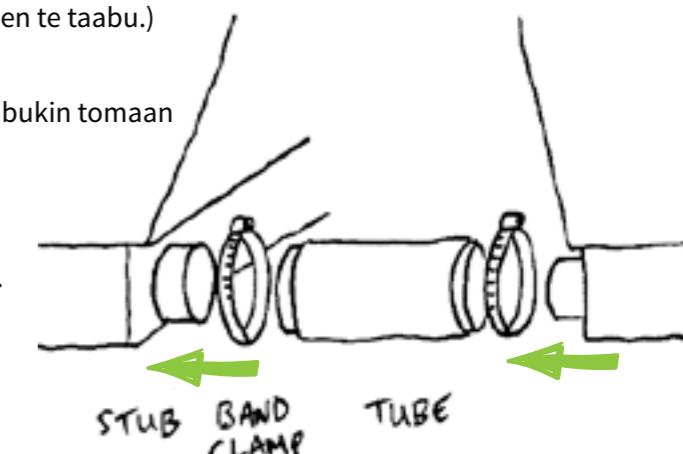
KATAURAOAN TE TUREE:



- 7 Kanim b'ain tauan te ang n tatabea nako nakon turee aika uoua ma toman te taua.
- 8 Kanim m'angko n tano nako oin turee ake aua. Katikui turee i kabin te taabu.
- 9 Kanim taubukin taua n ang n aia tabo ni koonan te taabu.

TOMATOMAAN TE TAABU AIKA BATI (E BON NAKOIM):

- 10 Bairei taabu b'a a na rang kaan ao ni kaitara b'angab'angaia. (E riai te b'ai ni kareboro n tiku i mangeen te taabu.)
- 11 Kamenai b'aai n tautau inanon nib'aia ibukin tomaan b'aibu (ma tai rang kakooa moa).
- 12 Kabuta te buratiteki n tomatoma n tomaia nakon are na nim iai n te taabu.
- 13 Kakooi b'aai ni kabaebae.



Te Beera ae aki kabaneran

Aron Kabonganaana

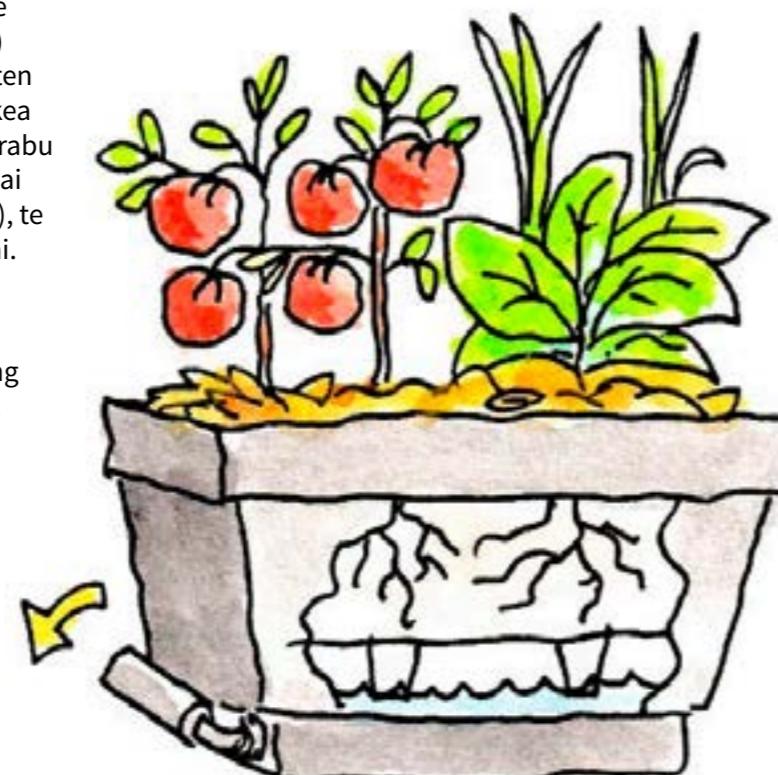
1 Noria b'a a nim raoi b'aibu ni kaineti iaon te tabo ae motoa ao ni boraoi.

2 Tuoi b'aa ni katomatoma man kanoaan te ran ni karokoa n tokin tian te ran im'aain karinan te tano ae renganaki.

3 Ngke ko a moana kanoakin te taabu, totokoa te tano are renganaki nakon tenaan m'angko n tano aonga ni kona ni boo ma te ran.

4 Rabuna aon te tano n te niutibeeb'a (ngkana iai) ao te raburabu n te maten ae (3-5cm) ni kauarerekea tiinakon te ran. Te raburabu aei e kona n ae baan kaai (e.g., te taro, te banana), te ewanin ke m'angan kaai.

5 Karina te ran man kabonganaan taua n ang ake ni koonan te taabu.



M'akuri n Onob'ai

- Kanakoa te tano ni katoa 12 nam'akaina ao onea mwiina n te tano ae boou ae renganaki. Kanakoi turee ao taraia b'a a na akea waaka n riki inanon m'angko n tano.
- Manga karaka riki n te kamkamka ngkana e tangiraki.

Raniakina

A kona n raniaki beera-n-ununiki aika aki kabaneran inanon te rab'a i boton te 'b'ai ni kareboro.' Aio te kawai ae bebete ibukin babairean m'aitin te ran are kainnanoaki inanon beera-n- ununiki aikai.

Te B'ai ni Kareboro

- Kabongana te b'ai ni kaboraoi ibukin bairean rietan te ran.
- Kabongana te babaire ae te kabanea ni bubura ni kamooa te tano ibukin aroka.
- Kabongana te babaire ae taneiai te aba iai ni karekea kawain te ang imarenan te ran ao te tano n taraia b'a e na aki reke te mka ni wakaan aroka aika a ikawai.
- Tuoa tian te ran man tutuoan te b'ai ni kareboro. Te ran e riai ni kona n noraki inanon b'ain tauana ngkana e baireaki n te tia ae riai.
- Karara te b'ai ni kareboro rikaaki iaan are te kabanea n rinano ko aonga ni kanakoa te ran man te taabu.

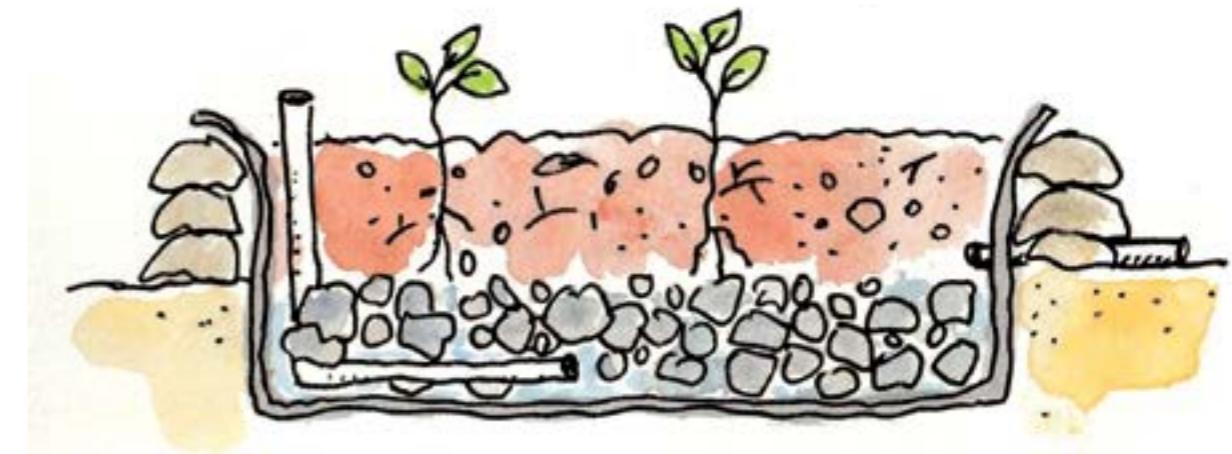
Onaroka aika raraniia bon irouia

B'aina

- Te taborein ae bubura ae kona n taua te ran ibukin te beera n ununiki n te onaroka. E kona ni kabonganaaki te kaonteina ngkana e aki tauraoi aei, te katoto, te taabu ae te rab'a.
- Te b'ai teuana i boton te kaonteina ae na karika te m'aawa ibukin te ran ao n taua kanoana anne ieta iaona, te katoto, atiibu aika uarereke ke raab'a ni mooi aika maan
- Warawara ibukin kamaenakoan te tano ao te tangke n ran ae riki man taiani b'aa (e riai te warawara n rang ribonobono e aonga ni kona n taua te tano b'a e na aki kona n rin te tano inanon te tangke)
- B'aibu aika buratiteki ke Raab'a: teuana ti tebo rietana ma te kaonteina ao are teuana 20 nakon 30 te tientemiita ab'akina.
- B'aai ni m'akuri ibukin oon te onaroka ae raraniia bon irouuna – te ewanin ke ane titebo ma ngaia
- Te tano (Nora M'akoro 2: te Tano)
- Te Raburabu: Ko tangira te raburabu ae tau mai aon te tano ae ab'akin baim rikaaki nanona (mai tabonibaim nakon toun baim).

Karoaana

- Kena te nib'a ibukin am beera n ununiki aei; e riai n 15 te tientemiita nanona ao n aki rang rababa nakon 1 te miita (ko aonga ni kona n roko i nuukan te beera). Anauna e riai n nakon 2 te miita ibukin te waaki n ununiki aei b'a e na m'akuri raoi.
- Te moan rinan inanon am kaonteina ae taua te ran/ae te taborein boni ngaia te b'ai ae ko na rineia ibukin karekean te marena ibukin te ran ao n boutoka te tano are mai iaona (te katoto, atiibu aika uarereke ke raab'a ni mooi aika maan). E riai te rinan aio n 15 te tientemiita nanona. E na riki b'a te tangke n ran.
- Ana am moan ooti ae te rab'a ao kateia ni kaetia rake n te aro b'a e na kaniia ae toko ma aontano ao n rebenako riki e nakon 40 te tientemiita mai taubukina.
- Rabunna n warawara (ko riai ni kab'angab'anga ibukin te ooti ae te rab'a).
- Kawenea am kauoua n ooti te rab'a iaon te warawara, ao m'akorona inanon te beera ao m'akorona are teuana e na otinako.
- Katabuka rarikin am beera n tenaan mm'a-ni'kannii, atiibu ke ane titebo ma ngaia.
- Karina am tano ae renganaki ao rabunna n te kabanea n toka n raburabu. Tai rabuna aon te ooti te buratiteki.



Raniakina ao Kabonganaana

Te b'aibu are tei ni waerake n rebenako mai taubukin te kaonteina boni ngaia te b'aibu ibukin raniakin te beera. Kab'aroa te ran nako nanon te b'aibu aei e aonga ni kanoa te m'anib'a are mai kabina. Ane ko na ataia b'a e a on ibukina b'a e na otinako te ran man te b'aibu are taorake. Ko riai ni kakaitau nakon te b'aibu aei b'a e aki kona n riao te ran are kam'aim'a nanon am beera, e ngae naba ngkana e b'aka te karau.

Ngkana ko a tia n uniki arokam inanon am beera are raraniia bon irouuna, ao raniia aona ni waekoa aonga ni kona ni moana rikirakeia. Imwiin am ununiki, ao ti raniia am onaroka ni kabongana tabon te b'aibu are mai ieta. Te m'aim'ai ane e na tib'atib'aaki raoi iaon aroka ibukin wakaia ba e na reke irouia te ran are a kainnanoia.

Imwiin uoua te ririki ni kabonganaaki, taeki kanoana ni kabane ao manga moani kanoaia riki. Nte aro aei, ko kona n onei m'akoro ake a tia n uruaki ke n mka, ao ni karaka riki raoiroin te tano. Ibukin reitan kabonganaan am onaroka n ununiki aei, onea mwiin ke manga kakorua riki m'aitin te tano are m ai ieta are kerikaaki imwiin anaakin uaana.

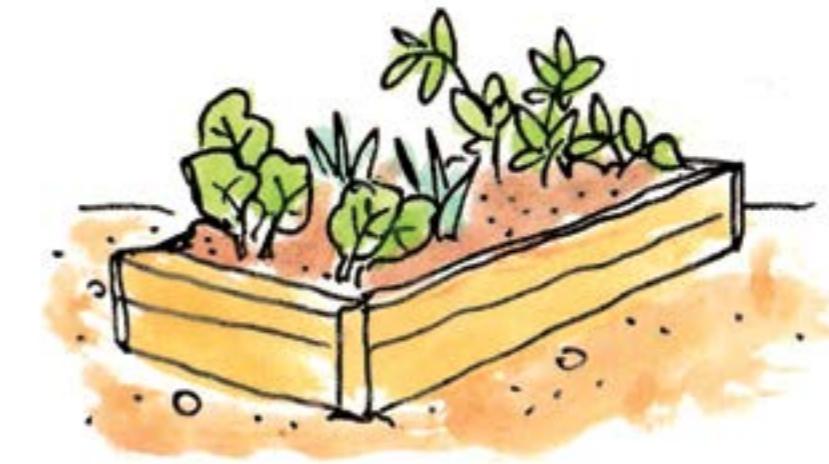


A tauraoi aekaki ni karo onaroka riki aika raraniia bon irouia. Ao ibukin karekean aei tuangia taani m'akuri n Live & Learn ke am tia ununiki.

Beera n Ununiki aika Karietaaki

B'aina

- B'ain mataniwiin am beera: Rarikin ke mataniwiin am beera n ununiki ae karietaaki e kona ni karaoaki man te b'ai are e bon tauraoi iroum, n aron atiibu, te kai, ke te buriki. (Te beera n ununiki ae karietaaki e kona ni karaoaki n akea b'aín mataniwiina, ma imwiin te tai ae maan ao ane e na katikaki nako te tano mai aon te beera.)
- Te Tano ae Renganaki (*Nora M'akoro 2: te Tano*).



Karaoana

- 1 Kabonganai b'aai ibukin te mataniwi, karaoa tian am beera ae karietaaki. Am beera n ununiki ae karietaaki e na riai n uarereke n te aro b'a ko na kona n rooti arokam ni kabane n aki toubekaia, ma a rababa n te aro b'a a na kona n taua te ran. Te bubura ae tikiraoi ae na iraki bon 2 te miita ao 1 te miita, ao 40 nakon 50 te tientemiita rietana.
- 2 Katoka te tano ae i aona.



Raniakina

Ngkana ko kan noria b'a e kainnanoa te ran am beera ae karietaaki, ao iai teuana te kakatai ae ko kona ni karaoia. Ko a ti karina naba tabonibaim rikaaki inanon te tano (n te nano ae teniua te tientemiita). Ao ngkana arona b'a e m'aim'ai te tano ao e nim te tano i tabonibaim ngke ko buuta rake tabonibaim, ao ko ataia b'a e aki tangiria b'a ko na raniia. Ma ngkana e aki m'aim'ai te tano ao e aki nim te tano i tabonibaim, ao e riai b'a ko na raniia.



Te Onaroka ae te Nib'a ni kamkamka i nuukan aroka

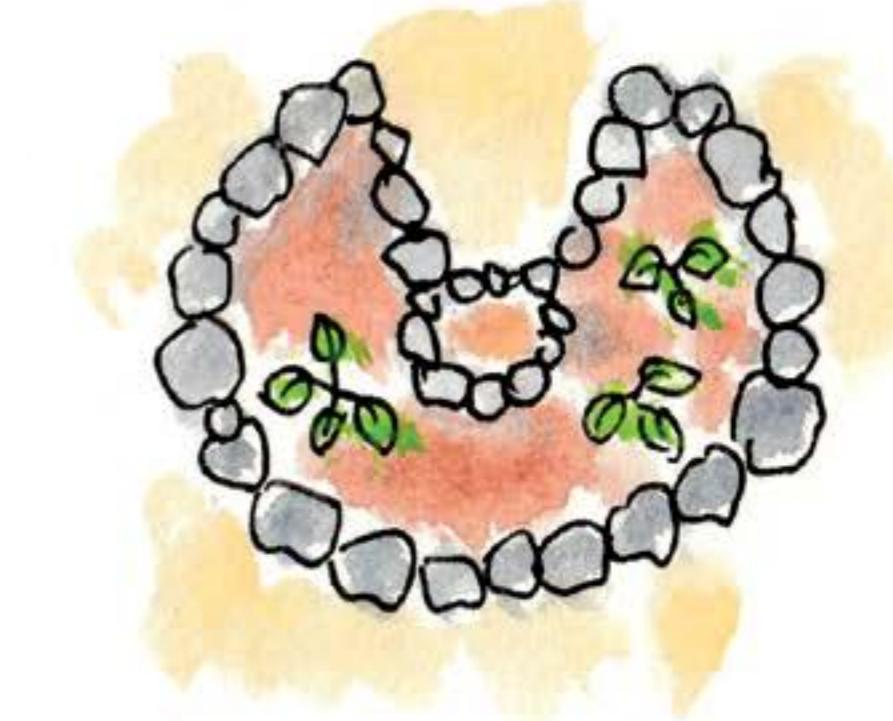
Te onaroka ae te nib'a ni kamkamka i nuukana bon te aekaki n onaroka naba teuana ae karietaaki ae bebete te m'akuri iaona, b'a e karaoaki n te aro ae iai te kawai nako nuukan te beera.

B'aina

- B'ain mataniwiina: atiibu, timanti, buriki ni kawai, te kai, ao a batiriki.
- B'ain Oon te Kamkamka: kaai, kain te bannii, boua kaai aika irariki, m'aanga aika irariki, te uteute ke te wakaa ae manni
- Kanoa am Nib'a ni b'aa'i aikai: te tano, butaen te man, te kam'aung, bubun te atiibu, baanikai aika kiriin, baanikai aika m'au, te tiwiita, te tiakoo, te mannang (te iterana te b'aketi)

Karaoana

- 1 M'aakena te mronron iaontano ae 3 te miita ni katobibi are ko tangira am Nib'a ni kamkamka b'a e na mena iai. Kamrorona naba nuukana ibukin nen te kamkamka, 90 te tientemiita ni katobibi. Karekea te kawai nakon te mronron ni kamkamka i nuuka. E riai n tau buburana ibukin te aomata.
- 2 Ko na moa man te mironron ni kamkamka are i nuuka. Katei kaai ke boua aika maan nako nanon nukan te beera ba ena reke te oo ni kamkamka iai. Kataia noria b'a kaai ake ko kabonganai a riai n 150 te tientemiita rietaia ao n reberake iaoia ake tabeua. Ao nikiran kaai a riai n rinano riki (e nakon 100 nakon 120 te tientemiita rietaia) b'a ko aonga ni kona ni kai karina te kamkamka. Taui kaai akanne n te uteute, te tuwain ke te kora.
- 3 Kanoa te mronron ni kamkamka (Nora M'akoro 2: Te Tano).
- 4 Moana katean te Oo are mai tinanikun am onaroka are te Nib'a ni kamkamka ni b'aa'i ni kateitei aika a bon tauraoi iroum. E kona n ae taian atiibu, timanti ke buriki. Taraia b'a e a na tia raoi te oo are mai tinaniku im'aain ae ko moana kanoaan am beera n ununiki.
- 5 Kanoa am beera n ununiki n te tano ae renganaki ma butaen te man. Taraia b'a aona mai i eta bon te tano ae renganaki/te kamkamka ae 10 te tientemiita matenna. Aio are e anganiko naba te kona n ununiki bon ngkekei naba. Ngke ko karaoa am onaroka ao n raniia te tano ao ni kab'anina am m'akuri ma am raburabu.
- 6 E A BON NAKOIM AEI: Kabongan te kunnikai ibukin karekean te nuu ke karaoa am taubuki te uteute iaon am kamkamka ni katanna man te riringa ao te karau. Ke ko kona n uniki aroka aika ririeta, n aron te biin ae kawakawa, ni katena nakon am kamkamka ibukin katanakina.



Raniakina

Uniki arokam n am beera n ununiki ao raniia raoi. Imwiin tabeua te wiiki, ngkana a maiu raoi arokam, ko kona n raniia am nib'a are n te mronron ni kamkamka are i nuuka. Ane a na riki wakaan arokam ni kaeineta te kamkamka. Karin riki am rengarenga tabeua nakon am kamkamka b'a e na teimatoa n on.

Ma'koro

2



Te Tano

E rang kakawaki te tano are inanon am onaroka ibukina b'a te tano ae raoiroi e buokira b'a ti na marurung n uniki aroka aika raoiroi ma uuaia aika raoiroi. Onaroka ni kabane a tangira te tano ae renganaki ao te kamkamka b'a e na angan te aroka kanana ni kabane aika e kainnanoi. Te m'akoro aio, e na kab'arab'ara raoiroin te tano ao karikan te tano ae tamaroa ibukin am onaroka.

Ngkana ko kabongana te tano, ao ko riai n iangoa raoiroina. N aba aika taian ane, ao angiin te tano e rang warawara ao n tano-bike ke e karaoaki man te ane ae e a rang urubekabebe n te aro b'a e na anga te am'arake ae kainnanoaki ibukia aroka b'a a na maiu raoi. Ao ai arona naba, b'a te tano are aki toki n rabunaki n te nao ma taari e bon aki raoiroi naba ibukin unikakin aekaki n aroka ni kabane, ibukina b'a e rang korakora iai te tarika ao e aki nakoraoi te ununuki ao n tabetai e totokoi maiuraken aroka.



KO NA KANGA N ATA TE TANO B'A E RAOIROI?

Iai kanikina tabeua ibukin te tano ae raoiroi. A riai ni m'aiti maan n aron m'atan te tano, ae a mena inanon am tano. E riai n rang roo riki taraana, are nanona e m'aiti inanona aroka ni kawai ma mwiia maan. Te tano ae raoiroi e katika raoi te m'aim'ai ao e m'aim'ai ma e angan naba te ran te kona n rinnako inanona ngkana e b'aka te karau ae korakora. E rang taua raoi te ran te tano ae m'au ke n tano-bike.

Tai kabongana ti te tano mai aontano ni kanoa iai am beera n ununuki; ma karaoa am rengarenga-n-tano ni kabatia te kamkamka ibukin arokam b'a e maiu inanona. N taabo tabeua, aomata a na iai arokaia nii, ao m'aangan te mai ke te b'ab'aia ae bon iai aia tai n mka. A kona n renganaki aikai ma te tano ae ngkai. E rang raoiroi te aekaki n tano aei ibukin onaroka aika aki kabaneran, beera aika raraniia bon irouia ao beera aika karietaaki.

Onaroka n Ununiki aika Buratiteki

Kaonteina n ununiki a riai ni kanoaaki n 330 te riita (33 te b'aketi) n te tano ae renganaki. Te rengarenga n tano aio e tangiria b'a e na m'aiti iai te kamkamka. Aio te rengarenga ae ko kona ni karaoia:

- 70% te kamkamka
- 30% te ewanin (ae aranaki naba b'a te "coir" ke "cocopeat") ibukin tauakin te ran.

Ngkana e aki tau am kamkamka, Ko kona ni karina 20 te katebubua te tano ae bikebike, ma tai karaka riki nakon aei ibukina b'a te tano ae bikebike e karako iai kanaia aroka ao e aki kona n taua te ran.

Te "Coir" e rang m'aiti iai te kaabon, ao e rang bongana ibukin raonakin te kamkamka, n ibuobuoki ni kabaeranti b'aai aika e bat iai kanan te aroka ae te nitrogen n aron baan uteute ao buakakan am'arake man te um'anikuuka. Te "Coir" bon renganakin kanoan ewanin ao te raburabu te ewanin, ao iai raoiroina ae teimatoa n aron bubun te kobee.

Ngkana e aki tau iroum m'aitin te kamkamka, reitaki nakon am tabo are ko kakarekae iai. Taani m'akuri n Live & Learn ke taani m'akuri n am kauntira a kona n ibuobuoki b'a a na reke lai.

Onaroka aika raniia bon Irouia

Tai kabongana ti te tano mai aontano ibukin kanoaan am beera n ununiki aei. Ma karaoa oin am rengarenga n aron aei:

- 50 te katebubua te tano
- 25 te katebubua te kamkamka
- 25 te katebubua ewanin te ben ae m'au.

M'aitin te tano ae tangiraki e na kabotoaki iaon buburan am beera n ununiki are ko na karaoia.

Beera n Onaroka aika karietaaki

Te Rengarenga n Tano ao te Kamkamka e riai n:

- 60 te katebubua te tano
- 40 te katebubua te kamkamka ke te butaeniman.

Ko kona n rengana naba te ewanin ae m'au ("te coir ke te cocopeat"), ma te tib'atib'a ae 40 te katebubua te tano, 30 te katebubua te kamkamka ao 30 te katebubua te "coir".

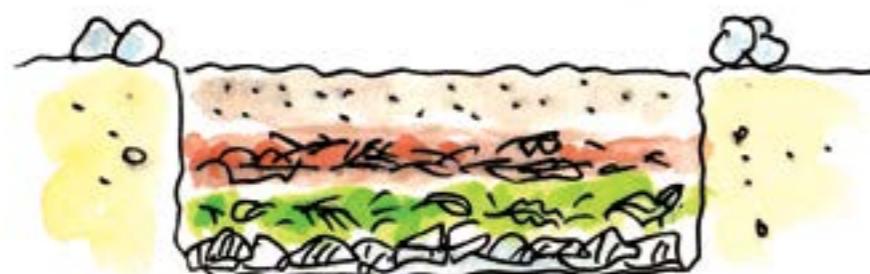
Rengarenga aika tangiraki

E tangiraki m'aitin te kamkamka ae m'aiti ibukin am onaroka. Ngkana arona b'a e m'aiti te kamkamka inanon am tano, ao aei e na karika te eniwaromenta ae raoiroi ibukin arokam b'a a maiuraoi iai.

TE WAAKI IAON KAMKAN AM'ARAKE

Te waaki aei e urui b'aai ake aki kabonganaaki ma e kaokoro teutana ma te kamkamka ibukina b'a kanoana aki tangira ae a na rairaki ibukin butin te ang. A iremwe n uruaki rab'ataia ma e kona ni kabonganaaki te tano ibukin kanoaan onaroka aika karietaaki ke onaroka aika raraniia bon irouia. E kona ni kabonganaaki te tabo are e boni mena iai, ke iaontano, te beera, ma e ti kakawaki b'a e na aki rin taari inanona mai nano.

- 1 Kanoa te moan 10-n-tientemiita ma b'aai aika ko na katea iai aan arokam n aron: kaai aika raeaki, katibooti ke b'aai aika karoaki man te beeb'a, ewanin te ben, boto-ni-kanii, ao tabeua riki.
- 2 Raonna 10 te tientemiita b'aai aika kiriin, te katoto; maangen am'arake, te uteute, uaanikai aika mka ke bukinikai.
- 3 Raonna 15 te tientemiita b'aai aika buraaun n aron, te tiwiita ao botonikai aika korokoreaki (e tikiraoi ae a renganaki b'aai aikai).
- 4 Raonna n 12 te tientemiita te kamkamka ae renganaki ma te tano-bike ae roro/te tano. E tikiraoi te m'aiti ae 50/50.



TE RENGARENGA AE KABUEBUE N TE KAMKAMKA

BAENAKIN BWAINA NAKO

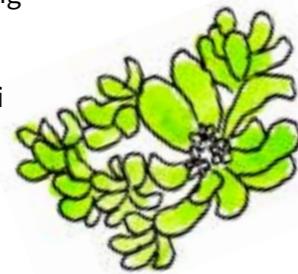
3 te m'akoro te buraaun - 3 te m'akoro te kiriin - 1 te m'akoro te butaeniman



Te Buraaun: Banikaai aika mrara (n aron te Mai ma te "Premna" ao te "Guettarda"), ke mka ni kanii

Kiriin: Kaabitin te Bike ke baanikai aika kiriin ni kabane, te katoto, baan te banana ke m'akorokoron uaanikai ma baanikai (tai kabongana baan te reemon ke te aoranti ibukina b'a e rang korakora te aetiete iai)

Te Butaeniman: Butaen te beeki, mimin te aomata, te kamkamka ni kawai



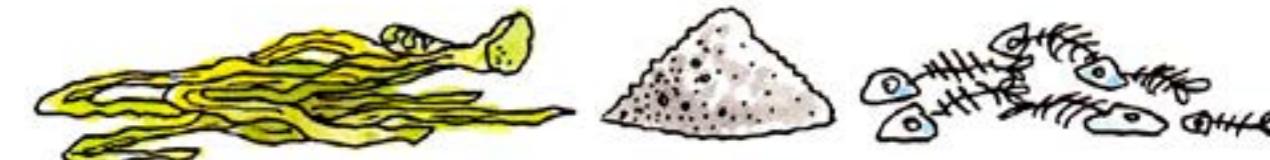
TAIN TE KAMKAMKA IBUKIN REITAN TE KAM'ARAKE

(n ai aron te taoro inanon te am'arake ae kangkang):

Te Tiwiita: Karina naba te potassium, te iron, te manganese, te copper, te phosphorus, te zinc ao te sulphur. E riai n katukaki b'a e na tunga inanon te karau (e aonga n nako te taoro)

Mannangin te Ben: Karina te potassium, te iron, te manganese, te copper, te phosphorus, te zinc ao te boron. Katimtim'a 1 te m'angko te ewanin ao te nana ni ben ae kauraaki ngkana a mariri, n te ai ni kuuka ni kaitaoaki ni waerake n aron te buraaun, ke 2 te tiabora (4-5 te kirokuraem) ae renganaki inanon te kamkamka ae katabukaki teuana te kiubiki miita

Buakakan te Ika ke Mimin te Aomata : Karina te nitrogen



TE MITIIN

B'aai ni m'akuri aika kainnanoaki bon ti te kai-ni-waiteke, te reeke ao te rabuna ae aki rin te ran iai.

TE RENGARENGA AE KABUEBUE N TE KAMKAMKA

ARONI KARAOANA

1 Karaoa botona 20 te tientemiita rietana ma taiani kai ke ewanin te ben ba e aonga ni buti raoi te ang inanona.



2 Manga raonna riki 25 te tientemiita b'aai aika buraaun (kaai aika mate).



3 Kab'aroa uoua te tiabora te manang iaon te tabuki are buraaun.



4 Manga ikota riki 15 te tientemiita te kiriin (baanikai aika kiriin ao nikiran am'arake), buakakan te ika ao te mim.



5 Ikota teutana te butaeniman ao/ke te kamkamka ni kawai.



6 Katimtim'a te ran iaon rinanin am'arake n te aro b'a a na aki bubu. Ko riai ni kona n ongira nako te timna te ran man teuana te abuta-ni-bai ae on imwiin 4 te bong.



7 Manga kaokia riki iaon te rinan are buraaun ao are kiriin, ao raniia ni kabebetea baim te rinan teuana imwiin teuana ni karokoa e roko te tabuki n te rieta ae 1 te miita.



8

Rabuna te tabuki anne n te taborein, baan te banana ke baan te nii b'a e aonga ni kabuebue.



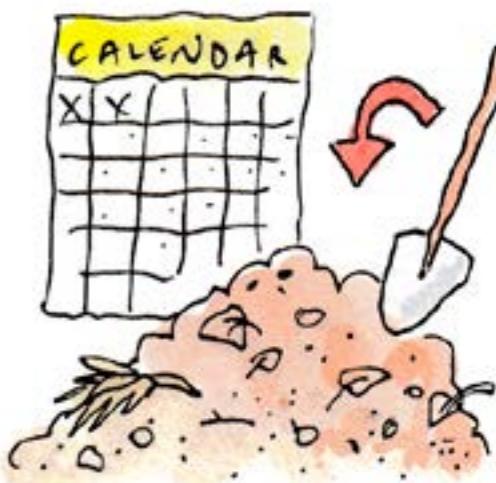
9

Tataninga 2-3 te bong ao manga nora kabuebuena man karinan am biti nako nuukan te tabuki. E riai ni kabuebue rab'atan te biti ngkana ko buutia.*



10

Katuka te tabuki b'a e na kabuebue inanon teuana te wiiki, ao manga raira te kamkamka ni katoa uoua te bong.



11

N te ka-18 ni bong, ao e riai te kamkamka ae e a bane arona n titebo buburana ma are ni moani karoana, ma e a tia ni bitaki matan b'aai ni kabane nakon te kara ae roo, ma taraana ae raoiroi ao te kabuebue ae raoiroi ae abue.



!Teboka baim n taai nako ma te toobu ao te ran imwiin am m'akuri ma te kamkamka!

B'AIN TE AROKA TE BUTAENIMAN AE TE RAN

Te butaeniman ae te ran e kona ni kabonganaaki nakon am onaroka ngkana aki rang maiu raoi arokam n aron are ko taku b'a e bon riai. E rang kakawaki riki te rengarenga aio b'a e na kabonganaaki ngkana e a riaon teniua te nam'akaina am tano are renganaki ibukina b'a e na karin am'arake aika kainnanoaki nakon am tano. Ko tangiria naba b'a ko na kabongana te butaeniman ae te ran ngkana a babobo baan ae te bukinikai bukinikai.

B'AINA

- Te butaenimoa ae Menaai ke butaen te beeki
- Te Ran
- 2 kaonteina



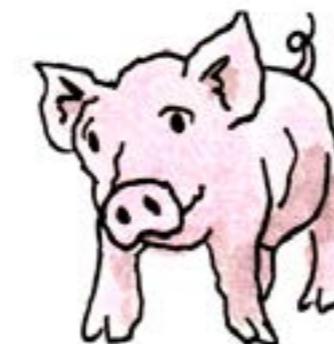
ARONI KARAOANA

- 1 Kanoa te kuata ni kaonteina n te butaeniman ao kanoaia n te ran ni kaonrakea te kaonteina ao rabuna matana.
- 2 Kakibea te rere anne teniua te tai inanon uoua te bong, ni karokoa e bitaki matan te rere anne nakon te kara ae maii-babobo.
- 3 Kab'aroa te ran nako nanon te kaonteina teuana ni karokoa te kuata, ao manga taona aona n te ran ae mam. E a tia n renganaki ngkai te ran aei ao e a tauraoi ni kabonganaaki nakon te tano ao te raburabu are e raunia te aroka.

Kaboboa raoi kanan te aroka ae ran i main ae ko kabongana. Ko kona ni kabongana nakon te tano are iaan are te kabanea mai ieta iaan te aroka. Kab'aroa e nakon 1/2 te riita iaon teuana te tikuea-miita inanon am onaroka ae b'anin.

Uringnga: ko kona ni kabongana butaen te beeki, ma a m'aiti riki b'aai aikai inanon butaen te moa; te Nitrogen (N), te phosphorous (P) ao te potassium (K).

Butaen te Moa: N – 1.8 te katebubua,
P – 2.7 te katebubua, K – 1.5 te katebubua
Butaen te beeki: N – 0.3 te katebubua,
P – 0.4 te katebubua, K – 0.2 te katebubua



BWAIN AORAKIAN TE AROKA MAN KABONGANAN TE TIWIITA

Iai ana m'akuri te Bain Aoraki aei aika uoua: e totokoa te man ao e kawakina raoiroin te tano. E onrake ni kanan te aroka aika batia rang bongana. E rang m'akuri raoi te rengarenga aio man onean mwiiin te tiwiita ni kunin te banana. Ko aki tangira ae ko na raniia te b'ai ane ran anne imwiin kamaraan kunin te banana.

B'AINA

- Te b'aketi ae te 20 – te riita ae iai matana
- Te Tiwiita (tiaki utenten taari)
- Te ran ae mam
- Te Kai, ibukin kakibeana



ARONI KARAOANA

- 1 Nnea te tiwiita inanon te b'aketi.
- 2 Kanoaia n 5 te riita te ran ao karaua kaina matan te b'aketi bon ni matana.
- 3 Katikua n te maan ae 2 te wiiki inanon te b'aketi, ao kakibea ni katoa tabeua te bong.
- 4 Raumea nako te ran.
- 5 Te tiwiita are tiku inanon te b'aketi e kona ni kabonganaaki ibukin rabunan te beera are raniia bon irouna ke ni kabonganaaki ibukin karaoan riki te kamkamka.
- 6 Ana te itera ni m'angko te tiwiita ae e a tia n renganaki ao renganna ma teniua te kuata te m'angko te ran ae mam ibukin am b'ai n tiriman ao kanan arokam.
- 7 Raniia am onaroka n aron ae taneiai te aba iai ni kabongana te rere aei.

Ma'koro

3

E rang kakawaki unikan koraa ni bukinikai aika rengarenga n te aro b'a e na bongana raoi te rabakau iaon karekean te am'arake ibukin kaitaraan bilitakin kanoan boong. Aroka aika kakaokoro a boni kakaokoro bonganaia ao ngkana a unikaki raoi n taia ni koaua n rinanii aika kakaokoro, ao e kona n ae ko a bon am'am'arake naba inanon te ririki ae b'anin. Te m'akoro aio e buokiko ni kairiko inanon rinerine aika kakaokoro ibukin te ununiki inanon rabakau n tatabeua nako.

E rang kakawaki b'a ko na iangoa kanaia am utu ae a kainnanoia n te tai are ko rinei iai arokam. Unikakin kaai n am'arake aika kakaokoro man karinan n am'arake aika kakaokoro inanon am onaroka, e kona n anganiko am'arake aika ko kainnanoi, te katoto: te biin, te bukinikai ae turu kirinna ao bukinikai aika aoranti n aron te carrot. Katai uniki aroka aika kakaokoro aika ko tuai atai ao noria b'a e nga ae rang maiu riki. Ngkana ko baireia b'a ko na kaboaanako uaan arokam, ko na bae ni kona n taareaa m'aitin am karekem'ane b'a iruaa boon te aroka teuana are ko unikia.

Rinanin Aroka

Beera n Ununiki aika aki kabane-ran

E ngae ngke a rang uarereke beera n ununiki aikai ao aki rang n nano, ma ko kona n uniki aroka aika bat iai ae aroka aika kakaokoro. Aikai b'aai tabeua aika na iangoaki n unikakin kaai n am'arake inanon am beera n ununiki ae aron aei:

- Rietana aika kakaokoro e kona ni karekea otan taai ae e a rairoi riki. Aroka aika kawakawa n aron te biin ao te kukamb'a e kona ni kataneiaaki b'a e na tam'arakei baika kateaki ake ko karaoi nakon am beera n ununiki aei, e aonga n ae m'aawa riki nen aroka riki tabeua b'a na unikaki.
- Aroka tabeua a rang maranga nako iaan te tano (te katoto. Taro Futuna), are nanona a rang kamarangaaki riki ao n aki manena raoi te tabo ae uarereke. Aroka ake tabeua aika rang ana te tabo ae bubura (te katoto bon te carrot).
- Aroka tabeua aika rang tangira te riringa – a kona ni kanuuaki irouia aroka ake tabeua inanon te beera n ununiki aei.
- Aroka tabeua a kabonganai kanan aroka aika m'aiti riki nakoia ake tabeua. Ti aran aikai b'a 'taan am'arake aika bat'. Aroka tabeua, a buoka kanan te aroka b'a e na tauraoi ibukia ake tabeua. Ti aran aikai b'a taan anganga am'arake aika bat'. Aroka tabeua a mena imarenan aikai (ti aran b'a nuuka n am'arake). Ti riai n uniki rinanin aroka aika kakaokoro inanon te beera n ununiki aei. Ti kataia ni kararoai aroka aika rang am'am'arake (a kainnanoa naba te tabo ae m'awaawa!).
- Iangoa unikakin koraa ae te aekaki n aroka ae ti te arona 2 te wiiki marangaia – b'a aio e na anganiko te uaa ae e a bat iki inanon te tai ae e a maan riki.

Aomata aki toki n uniki aroka aika kaabiti ke bukinikai ke kaai n am'arake inanon beera n ununiki aika aki kabane-ran aikai, ma aroka aikai a rang kai maiu ao ni kona n unikaki itinanikun beera aikai. A kona ni kabonganai te tibeti ae bubura inanon te beera ake a kona n unikaki iai aroka riki tabeua. Ti tangira te beera n ununiki aei b'a e na rang m'aiti uaana.

Aio te b'ai ni kairiri iaon unikakin aekan aroka nako, ma taia n taiaki ae kabotoaki man te tai are a moani kateboaki iai b'a te koraa. Ngkana ko unika am kabwebwe, kauarerekea te tai are e baireaki n 2-3 te wiiki.

AROKA	RINAN/UTUUNA	IAAN TE TANO	RIETANA	MARANGA	TAINA	TAAI	RAN
Te Anian ae te Spring	Tweener/ Amaryllidaceae (Lily or Onion)	E ora	40cm	10 X 10cm	8 wiiki	B'anin	Bon tau
Te Carrot	Tweener/ Apiaceae	30cm	30cm	5 X 10cm	10 wiiki	Iterana	Bon tau
Te Broccoli	Heavy feeder/ Brassica (cabbage)	15cm	40cm	40 X 30cm	8 wiiki (kouta atuuna ao e na manga riki)	B'anin	Bon tau
Chinese cabbage / bok choi / wong bok	Tweener/ Brassica (cabbage)	Ora	30cm	15 X 20cm	8 wiiki	B'anin	Bon tau
Kale	Heavy feeder/ Brassica or (cabbage)	Bon tau	40cm	40 X 30	8 wiiki (kouta baana tabeua ao e na rikirake)	B'anin	Bon tau
Kumala (Sweet Potato)	Tweener/ root crop	30cm	70cm	40 X 50cm	16 wiiki	B'anin	Bon tau
Okra	Tweener/ root crop	E ora	1m (sprawling)	20cm X 30cm	12 wiiki	B'anin	Bon tau
Beets (beetroot)	Tweener/ Chenopodiaceae (beet)	15cm	40cm	20X 20cm	8-10 wiiki	B'anin	Bon tau
Kukamb'a	Heavy feeder/ Cucurbitaceae (squash)	Shallow	70cm	30 X 30cm	8 wiiki	B'anin	Bon tau
Bean / long bean, / snap bean	Heavy giver/ legume family	E ora	1.0-2.0m	10 X 10cm	12 wiiki	Iterana	Bon tau

AROKA	RINAN/UTUUNA	IAAN TE TANO	RIETANA	MARANGA	TAINA	TAAI	RAN
Wing bean	Heavy giver/ legume family	E ora	1.0-1.2m	10 X 10cm	9 wiiki	Iterana	Anganna riki te ran ni baim
Capsicum	Heavy feeder/ Solanaceae (tomato)	15cm	60cm	20 X 30cm	10 wiiki	B'anin	Anganna riki te ran ni baim
B'aingan	Heavy feeder/ Solanaceae (tomato)	20cm	40cm	30 X 30cm	10 wiiki	B'anin	Bon tau
Tomato	Heavy feeder/ Solanaceae (tomato)	15cm	1.0m	40 X 40cm	10 wiiki	B'anin	Bon tau
Te Ginger	Light feeder/ Zingiberaceae	30-40cm	1.5+m	30X30cm	30 wiiki	Nuu	Tai rang karawata ranna
Herbs (coriander, amaranth, mustard)	Light feeder/ various	E ora	30+cm	10cm X 10cm	4-6 wiiki	B'anin	Anganna riki te ran ni baim



Onaroka aika Raniia bon irouia

Aio te b'ai n reirei ibukin unikakin rinanin aroka aika rang raoiroi ibukin beera aika raniia boin irouia, ngkana a kabonganaaki n renganaki ma beera aika aki kabane-ran.

Taai n ununiki aikai a kabotoaki iaon karikirakeaia man te koraa. Ngkana ko uniki kabwebwe, ao kakeea ana tai are e anganaki n 2 nakon 3 te wiiki.

AROKA	RINAN/ UTUUNA	IAAN TE TANO	RIETANA	MARANGA	TAINA	TAAI	RAN
Te taaro ae bubura (Alocasia)	Heavy feeder/ Araceae (arum family)	Unikia 30 tientemiita nanona, tangira 50 cm+	1 miita+	1m X 1m	9-12 nam'akaina	M'akorona	Bon tau
Te taaro mai Futuna (Xanthosoma)	Heavy feeder/ Araceae (arum family)	Unikia 30cm nanona, tangira 50cm+	1 miita+	1m X 1m	8-10 nam'akaina	M'akorona	Bon tau
Te taaro mai Tonga (Colocasia)	Heavy feeder/ Araceae (arum family)	Unikia 30cm nanona, tangira 50cm+	1 miita+	60 X 60cm	8 nam'akaina	M'akorona	Bon tau
Te Kumara	Tweener/ root crop	30cm	70cm	40 X 50cm	16 wiiki	M'akorona	Bon tau
Te Kaabiti	Heavy feeder/ Brassica (cabbage)	Unikia n ae aki nano, tangira 30cm	Rinano	40 X 40cm	4 nam'akaina	M'akorona	Bon tau
Te Meron	Heavy feeder/ Cucurbits (squash)	Unikia n ae aki nano, tangira 50cm+	Rinano	60 X 60cm	3-4 nama'kaina	B'anin	M'aiti
Te B'aokin/ squash/ gourd	Heavy feeder/ Cucurbits (squash)	Unikia n ae aki nano, tangira 30cm+	Rinano	60 X 60cm	3-4 nam'akaina	B'anin/ M'akorona	Bon tau
Te Biin	Heavy giver/ legume	Shallow	1.0 miita+	10 X 10cm	12 wiiki	Iterana	Bon tau
Pele	Tweener/ Malvaceae (mallow family)	Plant 10cm, needs 1m	1 miita+	90 X 90cm	3-4 nam'akaina	B'anin	Bon tau
Banana	Heavy feeder/ Musaceae	Plant 50cm, needs 80cm,	1 miita+	1m X 1m	10-12 nam'akaina	B'anin/ m'akorona	Bon tau

AROKA	RINAN/ UTUUNA	IAAN TE TANO	RIETANA	MARANGA	TAINA	TAAI	RAN
Plantain	Heavy feeder/ Musaceae	Plant 30cm, needs 80cm	1 miita+	1m X 1m	14-20 nam'akaina	B'anin/ m'akorona	Bon tau
Maize /Koon	Heavy feeder/ Poaceae (grass family)	Plant 10cm, needs 30cm	1 miita+	20 X 30cm	4-5 nam'akaina	B'anin	Raniia riki teutana ni baim
Tabioka	Super heavy feeder/ spurge family	Plant 10cm, needs 50cm+	1 miita+	60 X 60cm	8 nam'akaina	B'anin	Uarereke
Kaai n am'arake*	Tweener/ various	varies	1 miita+	kakaokoro	2-3 ririki (te Banana e maiu raoi imwiin te taro)		M'aiti

*Kaai n am'arake tabeua a kona ni maiu n rang buburakaei inanoni beera aika taekinaki n te boki aei.
Kabonganai rinanin kaai n am'arake aika uarereke ke taraia b'a e na bubura raoi am beera ibukin arokam.
Kateimatoa kakab'akaan te kamkamka ao te b'ainaoraki ngkana iai arokam ae a tiku ni maiu inanon am
beera 2 ke 3 te ririki.



Beera n ununiki aika karietaak

(n ikotaki ma te nib'a-ni-kamkamka i nuuka)

Beera n ununiki aika karietaaki a boni kaokoro teutana ma rabakau n ununiki aika boou ibukin totokoan bibitakin kanoan boong ibukina b'a a katan iaon rengarenga n kam'arake aika tinebu ao aika bebete. Aio bairean m'aitina:

- 30 te katebubua te am'arake ae tinebu
- 30 te katebubua te nuuka n am'arake
- 30 te katebubua te tia anga te am'arake ae tinebu
- 10 te katebubua te nuuka ni kam'arake ke te tia anga te am'arake ae tinebu.

Aroka man karinan aika uoua a kona ni kabonganaaki inanon am beera ae karietaaki.



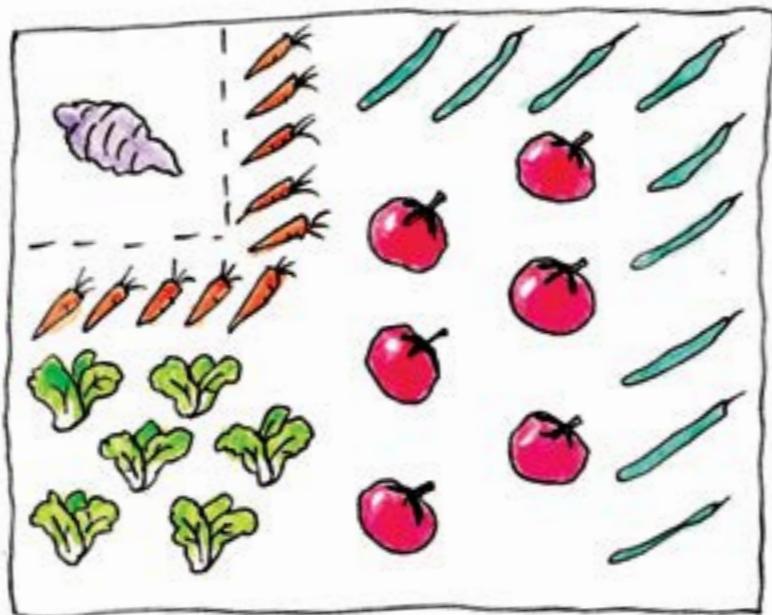
Bairean taian aroka

A baireaki aroka ibukin beera aika raniia bon irouia, ma a kona ni kabonganaaki nakon rabakau n ununiki aika boou iaon totokoan biritakin kanoan boong. Kabongana b'a e na kaunga are bon oin am rabakau n ununiki!

E tangiraki b'a e na riai n iai te rengarenga ae raoiroi n utuun aroka inanon am onaroka b'a ko aonga ni kona ni karikirakei ao ni kang aekaki n uaanikai ma bukinikai aika kakaokoro. A kona ni baireaki aikai ni kawai tabeua, ni kaeineti ma te m'aawa are e kainnanoia te aroka teuana ma teuana, e aonga ni m'aiti te aroka ae kona ni kariki-uaa inanon am onaroka. Iai kawai tabeua ae a tia ni kataaki ibukia aomata aika boou nakon aekaki ni beera aika aikai ke rabakau n ununiki riki tabeua aika boou n onaroka aika karietaaki.

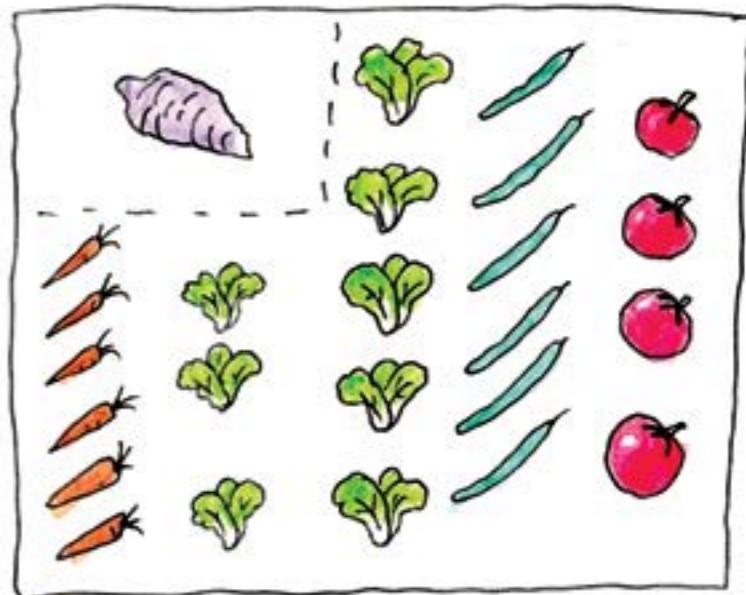
Kawai 1: TE BOORA N AROKA

- 1 te kumara
- 9 te biin (taan anga ae bat)
- 6 taani kam'arake aika bubura (tomato, kaebitikam, b'aingan ke te kukamb'a)
- 6 bannikai aika m'aiti baaia (katoto; te Kaabiti n Tiaina)
- 10 bukinikai aika wakaa (te carrots, ma a kona n oneaki aikai n te spring onion)



Kawai 2: UAANIKAI & BUKINIKAI AIKA KIRIIN AO NI M'AI BAAIA

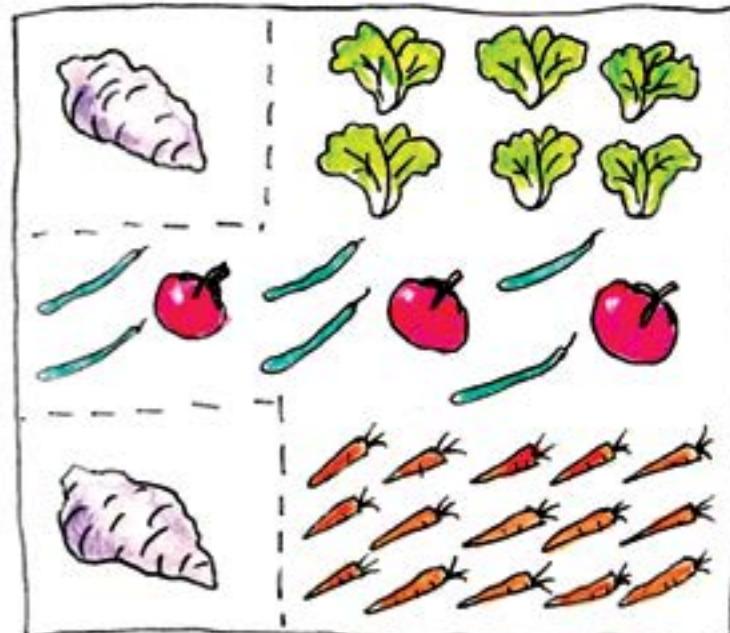
- 1 te kumara
- 6 te biin (taan anga ae tinebu)
- 4 taani kam'arake aika tinebu (tomato, kaebitikam, b'aingan ke kukamb'a)
- 8 aroka aika m'aiti baaia (katoto. Kaabiti n Tiaina)
- 6 aroka aika kau-wakaa (katoto. Te carrot)



Kawai 3: TE KAU-WAKAA

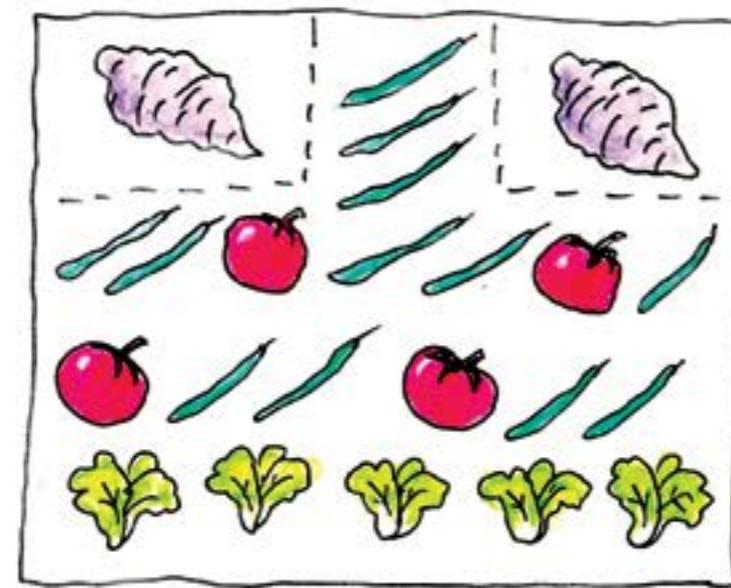
N te kawai aei, a na m'aiti aroka aika wakaa ao 2 te rinan aroka aika ririeta ae a na tangira kawaia n tam'atam'arake.

- 2 te kumara
- 6 te biin (taan anga ae tinebu)
- 3 taani kam'arake aika tinebu (te tomato, kaebitikam, b'aingan ke kukamb'a)
- 6 aroka aika batia baaia (katoto. te Kaabiti n Tiaina)
- 15 te aroka aika wakaa (e.g. te carrot)



Kawai 4: TE WAKAA AO TE KIRIIN

N te kawai aei, iai aroka aika wakaa ao 3 te rinan n aroka aika ririeta ae a na tangira kawaia n tam'atam'arake. Bon titebo ma kawai #3, ma e tau ae a tia n oneaki mwiin carrots n aroka aika kiriin aika batia baaia. Teuana ibuakon rinan ni biin ke taani kam'arake aika tinebu a kona n oneaki mwia n aroka riki 5 aika batia baaia ngkana a tangiraki riki aroka aika kiriin.



- 2 te kumara
- 12 te biin (taan anga ae tinebu)
- 4 taani kam'arake aika tinebu (tomato, kaebitikam, b'aingan ke kukamb'a)
- 5 aroka aika batia baaia (e.g. Kaabiti n Tiaina)



Tararuuaan manin te Aroka

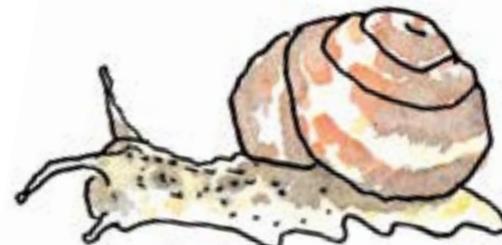
B'ain manin te aroka bon man te karikib'ai boni ngaia te kawai teuana ibukin tararan te kanganga iaon te man. Kawai n tiriman aikai a riai n riki b'a m'akoron te waaki n tararuua ibukin manin aroka ae reitinako, ma e bon ti kona ni kabonganaaki ngkana e riai. Tai kabonganai kawai n tiriman aikai ngkana akea te man ao aki kanaki aroka n te man.

A rang korakora b'ain manin te aroka aika bon riki ao a tiring maan aika uarereke n aekaia nako, ake a raoiroi ao ake a buakaka. Ko riai n taratara raoi, ibukina b'a angiiia maan aki urub'ai nakon arokam ao tiringaia e kona ni kariki kanganga aika batia riki nakon te tai ae na roko. Baim akanne boni ngaai b'ain totokoan te man ae te kabanea n tamaroa!

A m'aiti kanganga iaon te man ae a kona n tob'aaki man tarataaran arokam n taai nako ao kanakoan manin arokam ni baim.

Kaungaan B'aai n tiriman aika bon riki

Te tano ae raoiroi e kariki aroka aika maureirei aika kona n totokoa te aoraki ma te man. A rang n nakoraoi m'akurin b'aai n tiriman aika bon riki ibukin tararuuaan te man inanon te onaroka, ao n ikotaki ma mannikiba, te beru, te biraoki, tenaan bats, kaneebu, manibeeru, takareau, te taake, taani kang-man ao rinanin naango tabeua.



Totokoan maan ake ana urubai man iran nanon bwai ikai:

- Neei aika uarereke ke kaonteina n ran ibukia mannikiba, biraoki, kaneebu ao iiaka
- Kaai aika maiu ibukia mannikiba, bats, manibeeru, ao takareau
- Atiibu ao kaai aika mka ibukia beeru ma takareau
- Uee, kaai aika uarereke ao kaai aika iai rania ibukia manibeeru ma takareau, taake ao taani kang-man.

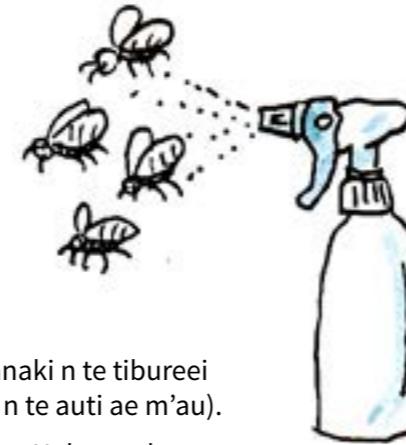
Rengarenga ni B'aai-n-Tirimana aika bon riki

RECIPE

B'AIN KATIIAIA MAAN

- Rikorikoi maan tabeua aika kakana arokam.
- Kamanti ao renganiia inanon te b'aketi n ran ae uarereke.
- Katikua inanon 2 te bong.
- Raumea te ran anne ao katiitia aon arokam ake a kanaki n te tibureei aei (e kona ni kabonganaaki te kaonteina ni kaitiaki n te auti ae m'au).

Kabongana ti teutana man te rere aei iaon baan te aroka. Ngkana akea am tibureei ae bubu tiina, ko kona ni katia nakon te kunnikai ke te kai ni been ao kaoa aon baan aroka. Rinanin maan ake n te tibureei a na bane ni kanakoaki n te ran aei. A kona n anaaki rab'atan maan inanoni kaonteina ao ni kamraraaki n raunii aroka. Boni boin te b'ai aei ae na kabirinakoi maan. Te tibureei aei e rang raoiroi riki ibukia tenaan m'ata, nonnon, ao maan riki tabeua aika uarereke. Ma e aki rang m'akuri ibukia taake.



RECIPE

TE TIBUREEI AE BAAN TE TAORORO

- Kamanti baan te taororo 10.
- Katikua inanon te ran ae 3 te riita ao kakibea raoi.
- Kamaenakoa nako aon arokam n te kai-n-iaaki.
- Noria b'a e na rabunaki raoi arokam n tatabeua nako n te rere aei.

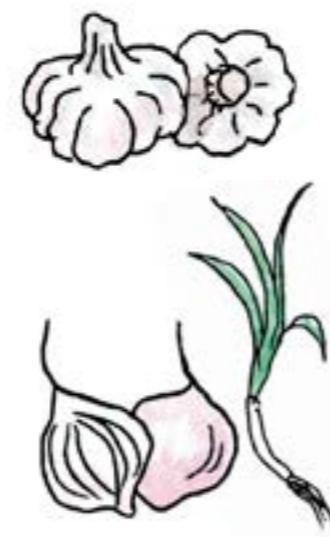
Iai inanon te ba n taororo te aetiete ae te lisolic acid. Are ngkana e kanna te man ao titebo b'a e kana maibiibin te kiraati! Angia manin aroka a rang n ririba te tibureei aei, ma ngai a are e rang raoiroi n te kabonganaaki n taabo ni kabane.



RECIPE

TE TIBUREEI AE TE GARLIC MA TE ANIAN

- Booti 3 te rab'ata ni garlic ae a tia ni kuotaki kuniia ma te anian ae bubura ao kab'akai inanon te ran ae bue.
- Renganna n te toobu ae kokoaki tao teuana te buun ke te b'ai ni kaitiaki.
- Kakibea ao katikua inanon teuana te bong.
- Ongira nako te ran ao kabongana te tibureei ae bubu tiina ni katiia iai arokam ake a rootaki (ngkana akea anne iroum, ko kona ni kaoa aon baan arokam n te kunnikai ke te kai ni burati).



Te Garlic bon te b'ai n tiriman, te tia tiringa te manibwebwe ao te tia kanakoa te man. Te anian bon te b'ai n tiriman naba ao te tia kanakoa te man. Te toobu e buoka te tibureei b'a e na nim iaon taian aroka ma maan. Kabongana te rere aei ibukia maan aika maraurau rab'ataia, tenaan m'ata ao bweebwe. Aroka aika te Garlic ao te anian a na kakionakoi maan aika batia a kona n unikaki imarenan rinanin aroka b'a a na riki b'a b'aai ni kaitiaki. Iai aomata tabeman ae a rengana naba te tibureei aei n te beneka.



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