

RĀKAU RONGOĀ GARDEN



Rākau Rongoā

Maori Medicinal Plants

Use of native plant life is a topic of major concern for Aotearoa New Zealand, a nation of significant biodiversity and environmental culture. With globalisation, the erosion of cultural knowledge and traditions are at risk. While certain native plants have been used or commercialised in western medicine, much of the medicinal use of native New Zealand plants has historically and continues to be practiced by Māori in the form of Rongoā Māori, traditional Māori healing. Māori people believe in a holistic approach, addressing the physical, mental, family, and spiritual components to health. As Western medicine often ignores the spiritual and mental intricacies of health that can be vital to certain groups of people, finding a balance between Western and Indigenous knowledge bases regarding human health is vital to create a culturally and ecologically responsive healthcare for all citizens. This project addresses the growing interest in traditional Māori medicine and Indigenous knowledge in the context of health and wellbeing in Wellington City. Taking a case study approach, these ideas are explored through the design of a Rongoā learning garden located on the corner of Torrens Terrace and Arlington St in Mt Cook.

Information signs:

HARAKEKE
Phormium tenax

Can be used to heal burns, rashes and stings

Roots are a heavy purgative and should not be consumed

Leaves commonly used for weaving

For more information go to: www.wellingtoncitycouncil.co.nz/rongoa
Call us any time on 04 470 6444

Absolutely Positively
Wellington City Council
Me Heke Ki Pōneke

KOROMIKO
Veronica stricta

Can restore appetite

Use to relieve diarrhoea and dysentery
*Do not take if constipated

Relieves pain and spasms of the digestive system

Can stop bleeding

For more information go to: www.wellingtoncitycouncil.co.nz/rongoa
Call us any time on 04 470 6444

Absolutely Positively
Wellington City Council
Me Heke Ki Pōneke

MĀNUKA
Leptospermum scoparium

Antibacterial

Can relieve fever, colds and coughs

Aids sore throats

For more information go to: www.wellingtoncitycouncil.co.nz/rongoa
Call us any time on 04 470 6444

Absolutely Positively
Wellington City Council
Me Heke Ki Pōneke

Garden design:



SECTION AA



SECTION BB