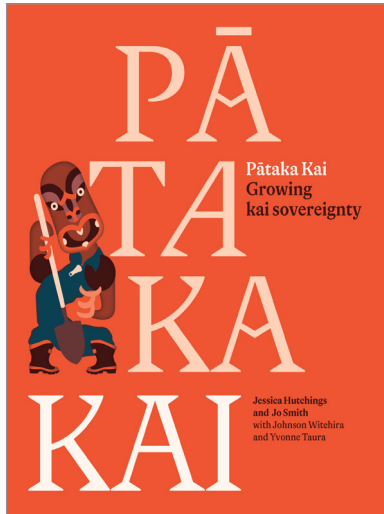




# Pātaka Kai

## *Growing kai sovereignty*

JESSICA HUTCHINGS AND JO SMITH



\$45

CATEGORY: Agriculture,

ISBN: 978-1-99-101685-0

EISBN: n/a

THEMA: WM, TVF 5PB-NZ-A, 1MBN

BIC: FA, AGB, 1MBN

BISAC: GAR028000, TEC003070

PUBLISHER: Massey University Press

IMPRINT: Massey University Press

PUBLISHED: March 2025

PAGE EXTENT: 320

FORMAT: Limpbound

SIZE: 250 x 200mm

RIGHTS: World

AUTHORS' RESIDENCE: Wellington,  
New Zealand

### FOOD FOR HOPE AND WELLBEING

The world faces a biodiversity crisis and a climate meltdown. Its food systems are broken, its soils are depleted and our seeds are owned by global corporations. Meanwhile colonial capitalism dictates the mainstream response to these crises, drowning out Indigenous perspectives and solutions, yet Indigenous practices and understandings of kai (food) offer important pathways to ensuring ecological, cultural and socio-economic sustainability as well as greater connection to kai in our everyday lives.

This book salutes Indigenous food heroes from across Aotearoa and neighbouring islands in Te Moana-nui-a-Kiwa who take a holistic approach that considers the interconnectedness of people, land and food. Their inspiring stories show how change begins locally and on a small scale.

The striking design features a special Māori font and beautiful images by leading designer Johnson Witehira. Written by verified hua parakore farmers, activists, Indigenous researchers and Indigenous food sovereignty leaders Jessica Hutchings and Jo Smith, *Pātaka Kai* encourages a return to Indigenous values and practices to achieve kai sovereignty and wellbeing for Mother Earth and her people.

*'A labour of love from a kaupapa Māori team' — Emma Hislop, RNZ's Nine to Noon*

### ABOUT THE AUTHORS

**Dr Jessica Hutchings** (Ngāi Tahu, Ngāti Huirapa, Gujarati) is a research leader, author, activist and hua parakore grower who lives on a small whānau farm north of Te Whanganui-a-Tara, Wellington. She is an active member of Te Waka Kai Ora (National Māori Organics Authority) and holds a PhD in Environmental Studies. She leads and supports Kaupapa Māori research to deliver transformation across diverse Māori communities. She is the author of *Te Mahi Māra Hua Parakore: a Māori Food Sovereignty Handbook* (2016) and, with Jenny Lee-Morgan, *Decolonisation in Aotearoa: Education, Research and Practice* (2016). She has also co-edited, with Jo Smith, *Te Mahi Oneone Hua Parakore: A Māori Soil Sovereignty and Wellbeing Handbook* (2020) and, with Jo Smith and Fiona Cram, *Kāinga Tahi, Kāinga Rua: Māori Housing Realities and Aspirations* (2022).

**Dr Jo Smith** (Waitaha, Kāti Māmoe, Kāi Tahu) is a senior kairangahau Māori for Papahākaritorito Charitable Trust and works part-time at Te Herenga Waka. She has a PhD in Film and Media Studies and is the author of *Māori Television: the first ten years* (2016) and co-editor, with Jessica Hutchings, of *Te Mahi Oneone Hua Parakore: A Māori Soil Sovereignty and Wellbeing Handbook* (2020) and *Kāinga Tahi, Kāinga Rua: Māori Housing Realities and Aspirations* (2022) co-edited with Jessica Hutchings and Fiona Cram.

### SALES POINTS

- Well known and expert authors who have a TV series on Whakaata Māori
- Taps into a growing interest in sustainable growing and Mātauranga Māori
- Inspirational stories

ISBN 978-1-99-101685-0



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Massey University Press

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