

'Āfai 'e te  
mafai ona tao  
se pateta...

... 'e te mafai  
ona fai se  
mea'ai!



**'O se ta'iala fa'atino mo le taoina  
o pateta - i le ta'uina atu o tomai  
ma atina'e matāfaioi tau 'oe.**

## 'O la matou sini...

'O le sini a kamupani pateta latou te mānana'o 'ia iai le tomai i tamaiti 'uma i Niu Sila e tao le pateta. Matou te talitonu 'āfai e **mafai e le tamaiti ona tao le pateta - latou te mafai ona faia se mea'ai!**

'Ua matou fa'atūina leni polokalame i le filosofia " 'āfai 'e te tu'ua se i'a i se tamaloa, 'ua 'e faia lana mea'ai o le aoauli. 'A a'oa'o se tamāloa e fāgota, 'ua 'e fafaga ia te ia i le olaga 'ātoa.

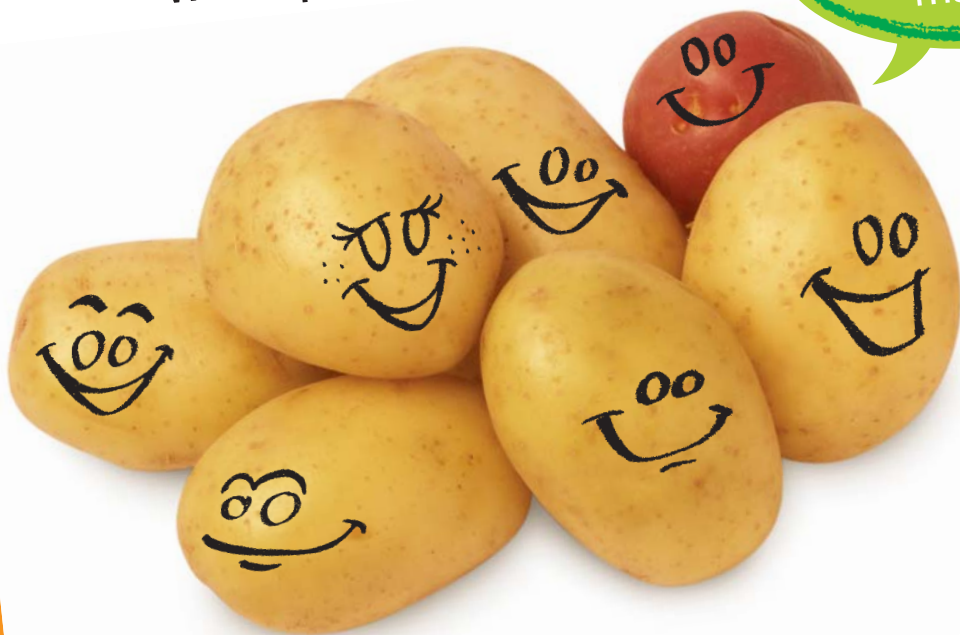
**Matou te vala'au atu iā te 'oe 'ina 'ia tatou fa'atasi i le ta'uta'u atu o tomai i le taoina o le pateta, 'ina 'ia latou maua ni tomai e fafaga ai latou i le olaga 'ātoa.**

'O se 'auala fa'atino ma mauagofie e fa'amalosi'au i filifiliga o mea'ai mālōlōina. 'Ai se mānaia pe'ā iloa 'uma e tatou fānau e **na'o le tasi le pateta mā'ona le manava?**

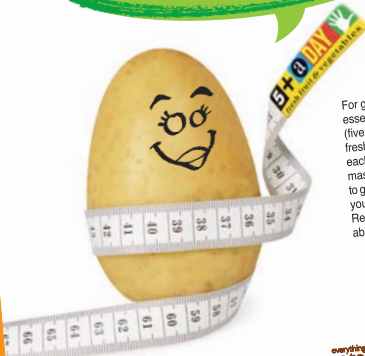
Fa'atasi ai ma lau lagolago e mafai ona faia se suiga.

[www.potatoes.co.nz](http://www.potatoes.co.nz)

E na'o le tasi a le pateta mā'ona le manava



Tu'u i ai ma a'u...



For good health it is essential to eat 5+ A Day (five or more servings of fresh fruit and vegetables each day). Bake, boil, or mash me as a great way to get one serving towards your 5+ A Day target. Remember, a serving is about a handful.

Mo nisi fa'amatalaga asiase le 'upega o feso'ota'iga [www.potatoes.co.nz](http://www.potatoes.co.nz)

everything goes with [potatoes.co.nz](http://potatoes.co.nz)

E tele tau i 'ua 'ou mauaina.



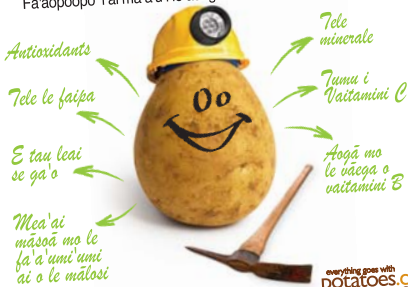
Did you know I am so special that I have been awarded The Heart Foundation tick of approval? Don't you just love the amazingly beautiful tick that I can wear? So please do your best and use me in ways that keep me healthy - be sure to use recipes that don't add too much fat or salt.

Mo nisi fa'amatalaga asiase le 'upega o feso'ota'iga [www.potatoes.co.nz](http://www.potatoes.co.nz)

everything goes with [potatoes.co.nz](http://potatoes.co.nz)

'O a'u o le maina 'aulo e tumu i mea aoga mo le tino.

E maua atu ia te a'u le tele o mea aoga ma le maloloina fa'apea le maua luga o le suau'u sili le tele e malosi ai lou tino. Fa'aopoopo i ai ma a'u i le asuga e tasi o lau lau 5+ I le Aso



Antioxidants

Tele le fa'ifa

E tau leai se ga'o

Mea'ai maso'a mo le fa'a'umai ai o le malosi

Tele minerale

Tumu i Vitamini C

Aoga mo le la'aga o vitamini B

Mo nisi fa'amatalaga asiase le 'upega o feso'ota'iga [www.potatoes.co.nz](http://www.potatoes.co.nz)

everything goes with [potatoes.co.nz](http://potatoes.co.nz)

Nisi mea e uiga ia te a'u!



'O le tele ia o a'u tala e uiga i pateta. Tō mai a'u mai le 'upega o feso'ota'iga

[www.potatoes.co.nz](http://www.potatoes.co.nz)

# 'Aiseā le pateta?

'O le pateta e 'ese le tele o ona uiga aoga. 'O leni fuafuaga 'o se avanoa mānaia e amata ai ona fa'amasani i le 'ai lelei pe'ā fa'amalosi'au i le 'aia o se mea'ai e...

- faigofie ona saunia
- maua ai ni mea aoga
- faigofie ona maua
- taugofie
- tofo e fiafia i ai le to'atele o tagata
- e ola i o tatou lotoifale
- aoga mo le si'osi'omaga
- 'o se vāega tāua o a tatou tū ma aga

# Fa'afaigōfie...

E ui ina e mafai ona faia ni itua'iga manogi 'ese'ese o le pateta tao, 'o le sini o leni fuafuaga 'o le avea lea o le pateta ma se mea'ai atoa fa'atasi ai ma le tofo sili ona mānaia fa'apea le tele o mea aoga e maua mai ai 'ae itiiti le tapenaga ma tupe e alu ai.

'A'o le fa'atumutumuga matou te manan'o e tufa atu le fa'avelaga lelei o le pateta e fa'amalosi'au ma faifaiso'o ai le fa'aosofia ma aoga mo le tuputupu a'e ma le tino malosi o le tamaitiiti ma lona 'āiga.

# Vala'au (atu) i mātua o mātua 'uma!

Matou te talosaga atu i mātua o mātua 'ina 'ia fai se taimi e a'oa'o ai fānau a fānau e tao pateta... matou te mānana'o ina ia fa'aoaola pea tū ma aga a Kiwi o le 'ai pateā ona e maua ai le tele o fa'amanuiga mo tagata 'uma. **Asiasi la matou 'upega o feso'ota'iga mo nisi fa'amatalaga.**

A'oa'o fānau a lau fānau e tao se pateta!



# 'O le poto māsani...

**Tao se pateta, fai se mea'ai!**

**I totonu o le 'ogāumu**  
Tuitui le pā'u. E 60 minute i le 200 Tikeri le 'umi e tao ai le pateta feoololo le lāpo'a ina 'ia lelei' ato'atoa.

**I totonu o le 'ogāumu peau'eleitise (microwave)**  
'O pateta ta'itiasi feoololo le lāpo'a e tusa ma le 3 - 4 minute e kuka ai i le vevela maualuga. Lua pateta e tusa ma le 6 - 8 minute, tolu e 9 - 12 minute.

**'o se pateta tao**



**manatu aogā**

mo se kuka mānata ia aogā se pateta 'ua tusia i le pepa e talaleagā mo le 'tao'. E vaivai ma felete pe'ā kuka.

**'apa pi tao**  
(po'o se 'apa sana kulimi)



**Tu'u ni pi tao po'o se sana kulimi i se falai:**  
sa'eu mālie se'la o'o ina vevela. Pe tu'u i le 'ogāumu peau'eleitise: sasa i se pēsini ma matuā fa'avevela mo se minute 1, sa'eu ma toe fa'avevela mo se isi minute.

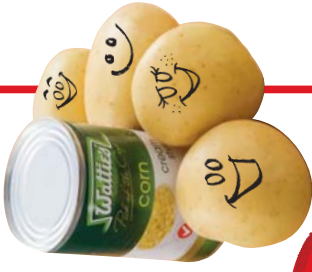
**mea'ai mānata, tumu i le lelei**



**Fa'mānaia loa!**

Mo se teuga mānata sasa'a se 'apa pi po'o se 'apa sana kulimi i luga o lau pateta tao.

**E lava le 'apa e tasi e teuteu ai pateta e fa.**



**Na 'e iloa?**

'O le pateta tao fa'atasi ma 'apa pi tao po'o le sana kulimi 'o se alagāloa sili ona lelei mo le fa'apa ma e ua'ititi 98% le feai o se o'o. 'ae sili ai, le mānata tele pe'ā ai fa'atasi!

# Fa'aauau gaoioga...

**Pateta tao fa'atumu**

Mo pateta tao fa'atumu, tipi'aita le pateta, salu'ese le 'ano, palu fa'atasi ma le susu ma palu i le 'apa pi po'o se sana kulimi. E tasi le 'apa e lava ai pateta e fa.

**manatu aogā**

'A'ai le te manato e manatimui teuga mānata. Ia aopopo i ai se sisā valuvatu ma tunu se'la usi.



**Pateta i luga o le afi la'iititi**

Tuitui pateta ta'itiasi ma afifi i se fo'ili māfāfā. E mana'omia le ola lelei o lau tama'i afi. Fa'aitatia pateta i luga o fa'ife vevela. 'O pateta feoololo le lāpo'o'a pe tusa ma le 45 minute e kuka ai. Fa'aaoga ni fo'i u'amea e ililiu fa'alua ai 'a'o kuka. 'E le iloa 'ua vela ina 'ua vaivai.

Pe'ā fa'avevela se 'apa i luga o le afi, tatata la'iititi le 'apa (e ESE le tāua o lenei mea) ma fa'atā'ita le 'apa i le pito o le fa'ife - 'ole'ā' e va'aita 'ua puna pe'ā ma le 3 i le 5 minute.

'Ai fa'atasi lau pateta ma pi vevela po'o sana e fa'amanaita ai. 'Oka le mānaita!



**Pateta mauga mū**

E fiafia tele tamaiti i pateta mauga mū - tipi fa'atoloto se fa'akoluse i pateta ta'itiasi i le taimi fo'i lenā i ou tamatama'ilima ma lima matua i le pito i lalo o le pateta, una'i mālosi ina 'ia pā mai i fa'o le a'ano! Liliga loa i ai le lava vevela (sana kulimi po'o pi)

**Amupeka pateta**

Tipi fa'aita se pateta tao - fa'atumu i se mea e sili ona e fiafia i ai!



**manatu aogā**  
e lelei tele mo togalaupai a aoga

**fautuaga e a'oa'oi**

'A'ai 'o 'e a'oa'oina se potopotoga to'atele i le taoina o pateta 'ae leai se 'ogāumu ilou potu ā'oga e mafai ona kuka muamua ma teu ia vevela mo le isi lua itula.

La'u ni pateta se 60 i le 'ogāumu. Tu'u i luga le taimi o le kuka i le 1 itula ma le 15 minute ona e umi le maua uma o le vevela. 'Ave'ese mai le 'ogāumu, afifi i le 'apatao pateta i le fo'ili. Afifi i se 'apa lāpo'a.

E to'atele fa'itā'oga 'ua mafai ona tao pateta i le fale 'ae lei'atu i le ā'oga, afifi lelei i le fo'ili ma solo ma o le a mānata ma māfanatana mo le lesona i le taeao. ('A mafai ona afifi pateta i se pusa palasitika fa'amālitū e atili ai le vevela).

Ia manatua 'olo o matou taumafai e taofi le tele o mea'oga mai le pateta 'afai 'ua 'e mana'o e tu'u i ai se sisi valuvatu po'o kulimi fa'omā'ona - 'ia manatua e fa'ala'iititi. Matou te fautua atu ina 'ia latou iloa le mānata o le pateta e aunoa ma teuga mānata fa'aopopo.



Siaki lo'ou pito'ulu pe fa'asa ai afifi - 'ia saogalemu - āua ne'i'alu'ese 'a'ole'le ai ma la matu'ina 'olo'olo ai se legata matua i taimi uma.

**pateta i le hangi po'o le umu**  
E mānata pateta e kuka fa'atasi i le asu ma le tao i le hangi po'o le umu. 'A'i fa'atasi ma mea ai māsani po'o le tu'u i ai pi vevela po'o sana.

# Fe'au e 'ave i le fale...

- E mafai ona 'ou taoa le pateta, ma e mafai ona 'ou faia se mea'ai.
- 'A 'ou fia 'ai e mafai ona 'ou taoina se pateta ma fa'atumu lelei ai lo'u manava.
- 'Ou te iloa le mānaia o le tofo o le pateta.
- E lelei tele le pateta mo a'u ona e tele le faipa, Vaitamini C ma maua ai lo'u mālosi e aunoa ma le ga'o. 'Ou te mā'ona ai.
- E lelei pateta mo le pāneta - 'o lā'au e lelei le ola ma itiiti le suāvai e na te fa'aaogāina i lo isi lā'au.
- E tele mea aogā 'ou te maua mai i le pateta i le ta'i iunite i le fanua, vai ma tupe nai lo isi lā'au tetele.

## Matou te fia fesoasoani atu...

'Ua matou faia ni alagā'oa E LEAI SE TOTOGI i le gagana Peretania, Māoli ma Samoa 'ole'ā fesoasoani ia te 'oe i le fa'asalalauina o le 'upu pateta tao'

### alagā'oa lōmia

- ata tetele
- lōmiga laiti
- pepa fa'apiipi'

### pepa e mafai ona tōina mai pepa o mea moni

- 'O le taoga o le pateta
- 'O le totōina o le pateta
- Pepa o mea moni i mea aogā mo le tino
- Pepa o mea moni i le fa'aolaolaina
- Vala'au atu i matua o matua 'uma



Ina ia oka ma tō mai ni tusitusiga o 'alagā'oa' filifilia i luga o la matou 'upega o feso'ota'iga

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This infographic illustrates a recipe for 'mea'ai mānaia, tumu i le lelei'. It shows a potato being cut into pieces, which are then combined with 'Tummy Beans' (a probiotic supplement). The final product is a 'mea'ai mānaia, tumu i le lelei'. The infographic includes text in both English and Samoan, explaining the benefits of the recipe.

This infographic shows another variation of the 'mea'ai mānaia, tumu i le lelei' recipe. It features a potato being cut into pieces, which are then combined with 'Tummy Beans'. The infographic includes text in both English and Samoan, explaining the benefits of the recipe.

This infographic shows a third variation of the 'mea'ai mānaia, tumu i le lelei' recipe. It features a potato being cut into pieces, which are then combined with 'Tummy Beans'. The infographic includes text in both English and Samoan, explaining the benefits of the recipe.

This infographic shows a fourth variation of the 'mea'ai mānaia, tumu i le lelei' recipe. It features a potato being cut into pieces, which are then combined with 'Tummy Beans'. The infographic includes text in both English and Samoan, explaining the benefits of the recipe.

This infographic shows a fifth variation of the 'mea'ai mānaia, tumu i le lelei' recipe. It features a potato being cut into pieces, which are then combined with 'Tummy Beans'. The infographic includes text in both English and Samoan, explaining the benefits of the recipe.

everything goes with  
**potatoes.co.nz**