

# Food discovery planner

Discover the array of wild and wonderful foods around New Zealand with this culinary road trip with a difference brought to you by Subaru

Finding out where food comes from is part of learning how to appreciate it, and a great way to help kids develop a lifelong love of food. Taking the family on easy, bite-sized food adventures is a fabulous opportunity to make lasting memories for you and the kids – and with Subaru it couldn't be easier.

Subaru have selected several Food Adventure Challenges for Kiwi families to pick from, to inspire your next weekend road trip. Whatever the season, there's a challenge to suit.



1

## FRUIT PICKING

Whether it's a summer bounty of strawberries, or autumnal apples and feijoas, there's plenty of fruit to choose from in New Zealand. So find a local orchard or farm and pick your own.



2

## PIPI COLLECTING

This wee little saltwater clam can be found at various beaches around the country and hunting for them makes for a great day at the seaside. Just ensure you stick to the limits!

### KNOW BEFORE YOU GO

Make sure you're following sustainable practices by checking the Department of Conservation regulations first.



3

## HĀNGĪ

Meat and root vegetables are wrapped up and cooked in a pit in the ground in this traditional Māori cooking method. Find your local hāngī spot to try this earthy, smoky meal.



4

## COOKING SCHOOL

We are blessed to have over 200 ethnicities in New Zealand – and they all have different, delicious ways of cooking. Discover new ingredients and new preparation techniques by going to a cooking school.



5

## FARMERS' MARKET

The best place to try produce and meet local growers and makers is to head along to a farmers' market near you. Learn what's being made or grown in your own backyard – and get to know the actual people behind the produce.



6

## WHITEBAITING

In winter months, head to local rivers to watch whitebaiters catch the teeny tiny fish once the season starts on the 15<sup>th</sup> August. Then find your local fritter maker for the ultimate feast.



7

## DAIRY FARM

Many farms offer open days, tours or farm stays where you and your family can see how one of our largest industries works. You're never too young to learn how to milk a cow!



8

## FORAGING EXPEDITION

People have been living off the land in New Zealand for centuries and you could try your hand at it too. Some companies run official foraging tours, but you can also find many delicious ingredients growing wild by using a herb and plant identifier.



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