



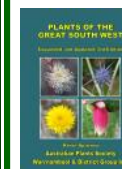
**AUSTRALIAN PLANTS SOCIETY (SGAP)**  
**Warrnambool & District Group Inc. Newsletter**  
AUGUST 2023 No 500

*Correa reflexa* 'Grannys Grave'

[www.facebook.com/warrnamboolsgap](http://www.facebook.com/warrnamboolsgap)



'Plants of the Great South West 3',  
book on plants of South West Victoria  
\$25, available now from  
Kevin Sparrow at  
[ksparrow93@gmail.com](mailto:ksparrow93@gmail.com)  
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New Edition  
On the way.



Incorporation No: AOO13120X

ABN: 51672752196

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**On Eastern Maar Country**

**EDITORIAL**

***Hello members,***

Well done to the Matildas, if you were like me and most of Australia, you tuned in to see if they could make the final. Unfortunately it wasn't to be. I know we are all proud of them anyway.

**Bunnings BBQ**, Sunday 15th October: if you are able to assist please let me know, so that we can put you on the roster.

**Bendigo Trip**: We have a lot of members attending the trip - see page 5 for more info, it is during school holidays so accommodation might be hard to get now though. Please let us know if you are coming.

**Memberships are overdue now**: Thank you to everyone who has renewed their membership through the APS Vic Website. We have a large number of members still to rejoin, we don't want to lose you, if you have not yet renewed and are unsure about doing it, give me a ring and I can talk you through it or do it for you.


**This month** David Brennan, Natural Assets Project Officer at Wannon Water will be speaking to us on their water harvesting projects, sustainability & climate mitigation projects, natural assets and environmental stewardship among other interesting subjects. Come along, sounds like an interesting night.

**Mike and Liz Halls have decided to open their garden** up to members on Saturday 26th August at 10.00am. Bring along a plate to share for morning tea. Address: 127 Rooneys Road, Warrnambool. That's about it for this month, hope to see you on Friday 25th, Cheers, Kevin.

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**We acknowledge the Eastern Maar people as the traditional owners of the land on which we meet and pay our respects to their elders past and present.**

**Next Members Night: August - Friday 25th - Speakers Anna Sanderson & David Brennan - Wannon Water.**

<i>Members Activities</i>	<i>Members Activities</i>
<p><b>August Friday 25th: Mozart Hall</b> - Speakers - Anna Sanderson &amp; David Brennan - Wannon Water</p> <p><b>August Saturday 26th:</b> Garden visit to Michael &amp; Elizabeth Halls' garden 127 Rooneys Road, Warrnambool from 10.00am,</p> <p><b>August Monday 29th:</b> Committee Meeting 2.00pm - Ross and Sue's at Illowa</p> <p><b>September 16/17th: Angair Wildflower &amp; Art Weekend.</b></p> <p><b>September Friday/Sat/Sunday 23/24th:</b> Trip to Bendigo to the Bendigo Flower Show, the Goldfields Revegetation Nursery and to Marilyn Sprague's garden. Also a visit to the Whipstick forest area if there is time.</p>  <p><b>September 30-October 1st: Pomonal Wildflower show</b></p>	<p><b>October Sunday 15th:</b> Bunnings BBQ - Help Needed.</p> <p><b>October Saturday 28<sup>th</sup> Meeting 11.00 to 3.00 pm</b> Giant Plant Table at Mozart Hall.</p> <p><b>November Friday 24<sup>th</sup>:</b> Dillon from Worn Gundidj Nursery presenting about Bush Tucker Plants. TBC</p> <p><b>November Saturday 25<sup>th</sup>:</b> Visit to two gardens - first to Joan Krygger's garden at 18 Hibiscus Avenue at 10.00 am then on to Anita Carlsson's garden at 4 Tarhook Road at 11.00am.</p> <p><b>December Sunday 10th:</b> Christmas Breakup: Visit to the Kurri Kurri Co -Op bush block at Couches Road, Nullawarre North.</p>
<p><b>Please submit your articles for the newsletter by the end of the second week of the month</b></p>	
<p><b>President:</b> David Handscombe, 7 Settlers Lane. Illowa. 3282 Phone: 0429 866 862  <b>Vice President:</b> Mike Halls, 127 Rooneys Rd, Warrnambool 3280 Phone: 0476 250 435 Email: mandehalls@bigpond.com  <b>Secretary:</b> Mike Halls, 127 Rooneys Rd, Warrnambool 3280 Phone: 0476 250 435 Email: mandehalls@bigpond.com  <b>Treasurer:</b> John Sherwood. 26 McConnell St, Warrnambool Phone: 55628064 Email: jsher@deakin.edu.au  <b>Newsletter Editor:</b> Kevin Sparrow, 35 Swan Street, Warrnambool. Phone: 55626217 Email: ksparrow93@gmail.com  <b>Public Officer:</b> John Sherwood. <b>APS Rep:</b> Michael Mattner, <b>Group Historian:</b> Joyce Sparrow. <b>Supper:</b> Liz Halls.  <b>Other Committee Members:</b> Linda Handscombe, Ross Dawson, Peter Robertson, Brian Waters.</p>	
<p><b>The APS Warrnambool &amp; District holds meetings on the 4th Friday of each month at the Mozart Hall Warrnambool at 8pm.</b></p>	
<p>APS Warrnambool &amp; District is a District Group of the Australian Plants Society (Vic)      All members are required to also be a member of APS Vic.</p>	
<p>2      Australian Plants Society - Warrnambool &amp; District Group August 2023 Newsletter 500</p>	

## Garden Visit to Greg & Gail Lemmens Garden Last Month



We had a great roll up to Greg and Gail Lemmens' garden last month. 21 members plus one visitor attended what turned out to be a great day with fellow APS members, we managed to dodge any passing showers. This gives us confidence to do it again at other gardens. Photos below: *Eucalyptus cinerea*, *Correa baeuerlenii*, *Kunzea baxteri* and *Grevillea thelemanniana* (maybe!)





Photos L-R: Lovely peach colored correa, something interesting over there, below *Correa glabra*, *Grevillea* sp. *Correa reflexa*.



## Spring Excursion To Bendigo - Saturday 23rd - Sunday 24th September

Hello everyone,

As part of our yearly program we like to include a trip away to another district. This year we plan to head to Bendigo to visit the Bendigo APS groups annual flower show. We will visit the flower show on the morning of Saturday the 23<sup>rd</sup> of September, meeting at the venue, Victory Christian College, 6 Kairn Rd, Strathdale at 9:30 am. Entry is \$5:00. In the afternoon we'll be visiting Marilyn Sprague's amazing garden at 105 Dysons Rd Mandurang. She specializes in natives as cut flowers and has a large collection of grafted Verticordias. She also has a small nursery. She charges \$10 per head for her tours that are very informative.



On Sunday 24<sup>th</sup> we'll be meeting at the Goldfields Revegetation Nursery at 230 Tannery Lane, Mandurang. It opens at 10.00 am. He has a huge array of natives in tubes plus larger stock as well. On Sunday afternoon we plan to visit some local bushland, location yet to be decided.



Linda and I have already booked our accommodation and would recommend you book early as it's school holiday time. If you intend to go then let us know so we can book a venue for a meal for Saturday dinner.

Just a reminder of some of the accommodation options for the centre of Bendigo, City Centre Motel (\$165 night). Other options in that area are the Barklay on View (\$177.50/night) or the Oval Motel (\$184/night). You will need to book for Friday and Saturday nights (and Sunday too if you don't wish to drive home Sunday night)

Hope to see you there, all the best, Dave

*Report on Colac Trip by Sue & Linda - Second Instalment*

After our interesting visit to Paul Kennedy's garden (report last month) we headed for Lake Colac to have our lunch. We actually ran to the gazebo and shivered as the "Force 10 Gale" blew across The Lake – it was freezing!!! We scooped our lunches and hightailed it back to the cars.



Then it was on to Special Effects Nursery

See next page.

## Report on Colac Trip by Sue & Linda Page 2



**Address:** 215A Barongarook Rd, Barongarook VIC 3249  
**Phone:** 0428 595 085 <https://www.specialeffectsnursery.com.au/>

Luckily our afternoon was drier and nowhere near as cold! We joined Michael and Mandy at their nursery and once again we had hosts who were very knowledgeable and were willing to share that knowledge. They have a wide range of mature plants and were able to show us the plants that they had for sale. I was very envious when they showed us a whole row of *Eucalyptus* Baby Blue (which if I remember correctly, they are growing for their daughter's business)



The Baby Blue leaves give a beautiful red colour when used in Ecodyeing – hence my interest. Once we had finished the tour we headed for the nursery area – we all made some purchases and came away happy. Our plants were in excellent condition. and are already in the ground. All up a very enjoyable day if at times a bit chilly!

*Report on Colac Trip by Sue & Linda Page 3*





## Plant Profile by Dave Handscombe - *Hakea laurina*

Information on this plant was obtained from various reference books, the internet and from personal experience

**Species:** *Hakea laurina*

**Family:** Proteaceae

**Hakea:** Named after Baron Christian Ludwig von Hake, a patron of botany in the 18<sup>th</sup> century.

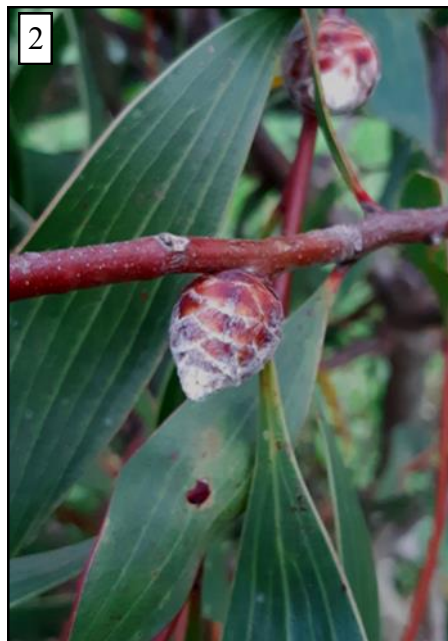
**laurina** – from the Latin, laurus, meaning a laural and inus meaning similar to, in reference similarity to a laurel tree.

**Common Name:** Pin-cushion Hakea.

**Dimensions:** Height: variable up to 6 metres depending on form.

**Cultivar Name:** There is one cultivar listed on the ACRA website, *Hakea* ‘Stockdale Sensation’ which also has PBR status meaning it can only be propagated under licence from the PBR holder. This plant was a seedling from a batch of *Hakea laurina* seeds that originated on the late Max Ewer’s property near Lucindale in South Australia. It is believed to be a hybrid. Max was an avid collector of Hakeas and had a large selection in his garden but was unsure what the other parent was. I remember speaking to Max at one of the Pomonal Native Flower shows many years ago and he told me, with a bit of a twinkle in his eye, to recommend to people to buy Stockdale Sensation as he would get 20 cents royalty for every plant sold.

*Hakea laurina* can be found from Narrogin in south west WA, south to the coast and east to Esperance. It has been grown extensively throughout Australia and in many countries overseas. *Hakea laurina* is a decorative species that grows as a dense shrub to small tree. It is tolerant of a wide variety of soils, including lightly alkaline sand dunes, heavy clays and acidic loams, as long as the drainage is good. Grow in a position that receives full sun to partial shade and doesn’t get heavy frosts. Suitable for temperate and sub-tropical regions, *Hakea laurina* can be used to attract wildlife to the garden and for screening or wind breaks when the root system is well established, so regular trimming in the early stages of growth is recommended. Propagation is from seed although mixed success of good forms has been successful from cuttings.





**Photo Captions:**

Photo 1: A young bush in flower.  
Photo 2-3: The buds form and start to swell.  
Photo 4-5: The bud bursts open and sheds its casing.  
Photo 6-7: The flowers start to open and deepen in colour.  
Photo 8-9: The flowers are now fully open.

## ANGAIR WILDFLOWER & ART WEEKEND



Photo by Rob Shepherd

**16 & 17 September 2023**

10 am – 4 pm

Anglesea Memorial Hall  
McMillan Street, Anglesea

Visit online at: [www.angairnatureshow.org.au](http://www.angairnatureshow.org.au)

Enquiries: email [admin@angair.org.au](mailto:admin@angair.org.au)

phone 5263 1085

[www.angair.org.au](http://www.angair.org.au)



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## Pomonal Native Flower Show



30th September @ 9:00 am – 1st October @ 4:00 pm

Pomonal Community Hall,  
3360 Ararat Halls Gap Rd.  
Pomonal, Victoria, Australia

Combined with the Halls Gap flower show, the theme this year is “Eucalypts”, with special guest speaker and eucalypt expert Dean Nicolle.  
Cut Flower Displays,  
Named Specimens & Book Sales Speakers

## The Staple Food Almost Lost To Colonial Farming and Grazing

Yam Daisy, Aboriginal names Murnong and Nyamin (*Microseris lanceolata*)

For as long as anyone could remember, there were only a couple of places left where foragers were guaranteed to find murnong, a radish-like root with a crisp bite and the taste of sweet - coconut.

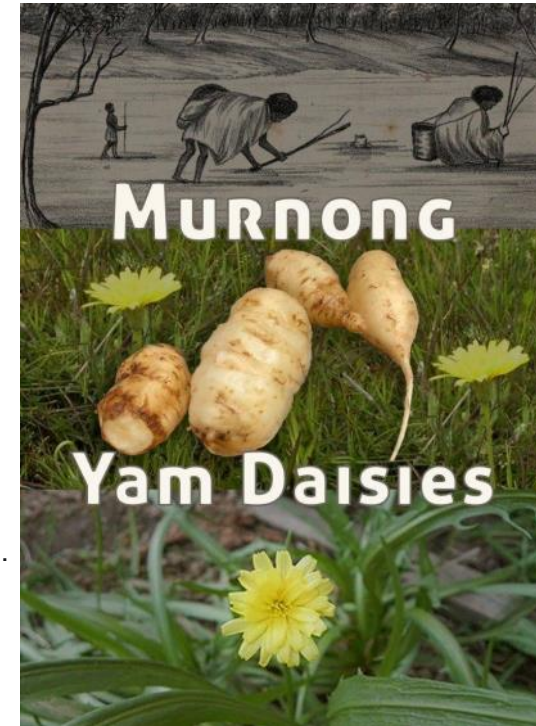
One was a cemetery on Forge Creek Road in the town of Bairnsdale, Victoria, where the plant's bright yellow flowers could be seen clustered around gravestones; the other was along a nearby railway track, where a line of tall fences protected the bullet-sized root and its shoots from grazing animals.

Before Europeans arrived in the 18th century, the grasslands and rocky hillsides of Victoria had been covered in murnong; it grew so thick that from a distance it seemed to form a blanket of - yellow. For the peoples who lived in south-eastern Australia over tens of thousands of years, including the Wurundjeri, the Wathaurong [wathaurong], Gunditjmara and Jaara ... [this and many other natives species were very important food sources]. But by the 1860s it was as good as extinct, making its retreat into cemeteries and -sidings, places where either the dead were resting or the living kept away, and knowledge of the plant was lost to -generations of Aboriginal people. In 1985, a botanist in her sixties, Beth Gott, marked out a plot of land at Monash University in Melbourne. It was to be a garden dedicated to Aboriginal wild plants. Gott had become interested in indigenous foods and medicines during fieldwork in the Americas and Asia, and on her return to Australia she embarked on the most thorough study of Aboriginal plant knowledge ever conducted. From her base at Monash, she catalogued more than a thousand species, -including sleep-inducing dune thistles and silver cones picked from woorike trees used to make sweet-tasting drinks.

After years of study, she concluded that one indigenous food in particular had been crucial to pre-colonial life in Australia. Some Aboriginal people called it the yam daisy, but most referred to it as murnong. Gott set out to find the plant in the wild, and grow it in her garden, but finding murnong wasn't easy and uncovering its history was just as hard; so much knowledge had been lost, much of it through violence.

Her source material, perhaps ironically, included the journals of the early colonists. As she uncovered documents, she built up a picture of murnong's presence in the open spaces and woodlands of southern Australia, where it grew in the "millions". In 1841, George Augustus Robinson [the Chief Protector of Aborigines at Port Phillip] wrote how murnong was picked by women "spread over the plain as far as I could see them... each had a load as much as she could carry".

Murnong can be eaten raw, but Aboriginal cooks also made earth ovens in the ground in which hot stones were used to bake the tubers covered in layers of grass. In the journals, Gott found descriptions of communal feasts in which reed baskets filled with murnong, stacked three feet high, were cooked over fire. The only time of year when this didn't happen was winter, when the tubers were less succulent and often tasted bitter. But across the year, Gott calculated, Aboriginal people consumed an average of 2kg of murnong each per day at least. The supply of this food must have seemed never-ending.



## *The Staple Food Almost Lost To Colonial Farming and Grazing - Page 2*

But in the first decades of European -settlement, farmers introduced millions of sheep, their numbers doubling every two or three years. Awaiting the sheep were thousands of square miles of pristine grass and vegetation, and the -animals loved murnong. The soil was also light and soft, so they could nose their way right through to the roots. They cropped the plants with their teeth and, along with cattle, their hard hoofs compacted the soil.

In 1839, just four years after the founding of Melbourne, James Dredge, a Methodist preacher who had spent a year with the Tongeworong - people living in a bark hut, recorded in his diary a conversation with an Aboriginal man named Moonin. "Too many jumbuck [sheep] and bulgana [cattle]," Moonin said, "plenty eat it murnong, all gone the murnong." The state-appointed Chief Protectors of the Aborigines, who were in a position to see how quickly things were changing in the Aboriginal territories, were aware of what was happening to murnong. One alerted his superiors to scenes of starvation. In the eyes of most of the Europeans, however, murnong was little more than a weed, and so the indigenous people were left looking on as more livestock arrived and swept through the landscape, eating up their -supplies of food. Then, in 1859, rabbits were brought to Australia. If there had been any wild murnong left, the herbivores finished it off.

As Beth Gott was growing Aboriginal plants in her garden at Monash in the 1980s, an expert in public health based in Western Australia named Kerin O'Dea started taking indigenous people back to Country.

Her hunch was that Western foods were contributing to obesity and Type 2 -diabetes among the Aboriginal population. In a simple but radical experiment, she took ten middle-aged, overweight, diabetic and pre-diabetic Aboriginal people from cities to spend seven weeks in a remote part of the bush and live as hunters and gatherers, including digging up tubers. Even after this short period, all had lost weight and had seen the symptoms of their diabetes reversed.

O'Dea concluded that it wasn't necessary to revert to a traditional lifestyle to tackle diabetes, but incorporating features of that lifestyle, including dietary ones, could bring great benefits. By then, however, many indigenous ingredients, along with murnong, had become endangered.

Now, things are changing. Murnong is making a slow return to our consciousness and cooking. Aboriginal community gardens now have plots dedicated to the plant, and harvest celebrations featuring digging sticks and ceremonial dances are being revived after 200 years. One of Australia's most celebrated chefs, Ben Shewry, sourced some seed and now grows murnong in his garden. "It's the most important ingredient I serve," he says, explaining that customers are blown away by how delicious the plant tastes and moved by its story.

Some of the seeds used to grow murnong came from places where it had retreated to in the wild, including Bairnsdale's railway sidings and -cemetery; others were sourced from Beth Gott's Aboriginal garden. Now, murnong's future lies elsewhere: in the hands of growers and -gardeners spread right across Victoria, and inside their -kitchens as well.

IMAGES: The drawing above is by J.H. Wedge (1835), showing women digging roots of the Yam Daisy Murnong is held in the collection of the State Library of Victoria. You can see a detailed drawing of a digging stick at <https://www.anbg.gov.au/aborig.s.e.aust/roots.bulbs.html>

**Article taken From Sovereign Union Facebook Page:**

<https://www.facebook.com/175716459215409/posts/the-staple-food-almost-lost-to-colonial-farming-and-grazingyam-daisy-aboriginal-15286669024786768/>



ANPSA Biennial Conference 2024 – Melbourne  
<https://apsvic.org.au/anpsa-biennial-conference-2024/>  
“Gardens for Life”

Hosted by Australian Plants Society Victoria 30th Sep – 4th Oct 2024

Held at the Melbourne Conference and Exhibition Centre, the conference topics include:  
Gardens for Wildlife and Habitat,  
Restoration and Revegetation of Wetlands, Grasslands and Verges,  
Care for the Rare, Insects and Biodiversity, Garden Design,  
Indigenous Food Plants and many more.

Tours before and after will go to Victoria’s best wildflower areas and day excursions will feature new botanic gardens, private gardens and wild areas.

To register your interest go to:

[https://docs.google.com/forms/d/e/1FAIpQLSeseytb9Z872EABLHpeWypQ\\_rqiEGfmbqDA-jG9PRYKhgUPFA/viewform?vc=0&c=0&w=1&flr=0](https://docs.google.com/forms/d/e/1FAIpQLSeseytb9Z872EABLHpeWypQ_rqiEGfmbqDA-jG9PRYKhgUPFA/viewform?vc=0&c=0&w=1&flr=0)

A promotional video can be viewed at: <https://youtu.be/8ApdryKIIwA>

Read most recent news & information in the March 2023 “Gardens for Life” newsletter:

<https://apsvic.org.au/documents/ANPSA/2024/ANPSA%202024%20Newsletter%2020230301.pdf>

## *SHOWS, CONFERENCES, PLANT SALES AND OTHER ITEMS OF INTEREST 2023*

1<sup>st</sup> to 31<sup>st</sup> July. Wangaratta Library in the Bainz Gallery. Mon-Fri 9.30am – 6pm, Sat. 9.30am – 1pm. Sunday closed. Fabric Art & Botanical Illustrations of Australian plants by Wangaratta APS.

12 August. 8am – 12 noon. Celebrating Wattles. Wangaratta APS @ Wangaratta Farmers Market, Holy Trinity Cathedral Lawn. Free Acacia seeds & badges, Displays, information etc.

2 September 2023 – APS Cardinia Region Group Plant Sale at Akoonah Park, Princes Hwy, Berwick, from 9 am to 3 pm. To be located in the undercover fruit and vegetable market area.

9 & 10 September 2023 - APS Yarra Yarra Australian Plants Expo, Eltham Community & Reception Centre, 801 Main Road Eltham. 10.00 am - 4.00 pm both days.

16 & 17 September 2023 – Angair Wildflower Show & Art Show, Anglesea Memorial Hall, McMillan Street, Anglesea. 10 am to 4 pm. Wildflower display, indigenous plant sales, art show and painting sales.

23 & 24 September 2023 – APS Bendigo Flower Show, Victory College, Kairn Road, Strathdale (Bendigo).

23 & 24 September 2023 – APS Grampians host APS Vic September COMM.

30 September & 1 October 2023 – APS Grampians Group Pomonal Native Flower Show, Pomonal Hall.

7 October 2023 – APS Echuca Moama Native Flower Showcase, Echuca Masonic Lodge Hall, 426 High Street, Echuca. 9 am to 4 pm. Flower show, native plant sales, basket weaving display, floral art and painting sales.

7 & 8 October 2023 – Open Days at Currency Creek Arboretum, South Australia. 9 am to 4.30 pm.

14 October 2023 – APS Mitchell Plant Expo and Sale. Wallan Community Centre, Bentinck Street, Wallan. From 9 am to 3 pm.

21 & 22 October 2023 - APS Ballarat Spring Flower Show. Flower show, plant sales etc. Robert Clark Centre, Ballarat Botanic Gardens, Gilles Street, Ballarat. 10 am – 4 pm. Please check web for confirmation.

21 & 22 October 2023 - Cranbourne Friends RBGV Autumn Plant Sale. 10 am to 4 pm. Wide range of plants, plant list available one week before sale. Website: [rbgfrienscranbourne.org.au](http://rbgfrienscranbourne.org.au)

20th April 2024 - APS Yarra Yarra Autumn plant sale. Eltham Community and Reception Centre, 801 Main Rd, Eltham. 10am-4pm

14 & 15 September 2024 APS Yarra Yarra Australian Plants Expo. Eltham Community and Reception Centre, 801 Main Rd, Eltham. 10am - 4pm