



AUSTRALIAN PLANTS SOCIETY
SOUTH EAST MELBOURNE REGION INC.

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SEPTEMBER NEWSLETTER 2019

Meetings are held on the first Tuesday of each month, February to December except November.

The venue is the Hughesdale Community Hall, Cnr Poath and Kangaroo Roads, Hughesdale (MEL 69 C7)

Visitors are always very welcome.

COMMITTEE:

- PRESIDENT: John Thompson thomme@netspace.net.au
- SECRETARY: Helen Appleby
- TREASURER: Norm Seaton normarjs@bigpond.com
- PUBLIC OFFICER: Helen Appleby
- NEWSLETTER EDITOR: Marj Seaton normarjs@bigpond.com
- APS VIC DELEGATE: Marj Seaton
- COMMITTEE: Amanda Loudon amandalouden@icloud.com

Please forward any newsletter contributions, comments or photos to Marj at 36 Voumard Street, Oakleigh South 3167 or to the email address above.

*******Note: Deadline for the OCTOBER newsletter is SEPTEMBER 20th*******

Tuesday September 3rd 2019

8pm Hughesdale Community Hall - Cnr Poath and Kangaroo Roads, Hughesdale

Speaker: Mike Beamish

Topic: The Pilbara

On two previous occasions, Mike has given presentations to us about the Kimberley and the top End of Australia. This time he is covering the Pilbara – those parts of Western Australia which include places like Karijini, Karratha, Port Hedland, Tom Price, Millstream-Chichester and Newman.

With seven of our members away in various parts of the world, Mike really needs an audience so please come along to enjoy a night of great photographs of the red sands and iron-ore country.



MEMBERSHIPS ARE NOW OVERDUE.

RAINFALL RECORDS for 2019

The following are our rainfall records so far for 2019 (in mm).

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Oakleigh South	11.4	17	35.2	18.4	81	73.1	64.2						300.3
Highbett	7.5	9.9	26.7	9.3	56.7								110.1
Hampton	6	5	27	7	57	47	34						183
Cranbourne South	30	24	25	24	105	94	72						374
Caulfield Sth	5.6	10	12	12	64.75	56	20						180.35
Elsternwick	7	7	14	12	55.5	63.5	36.5						195.5

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September Meeting

Speaker: Neil Humphries

Topic: "Australian Native Essential Oils"

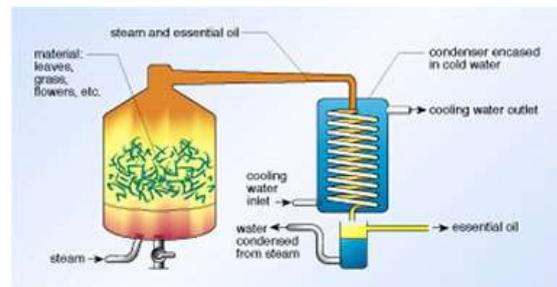
Originally working with Streets Icecream, a past member of APS Mitchell and now residing in a retirement village, Neil has worked on every continent in the fragrance industry. Having not long ago returned from Japan, his first two slides showed spectacular azaleas covering hillsides in that country in April/May – better than the more commonly known cherry blossoms, he said. For him, scent is the most potent of all ingredients in the creation of a garden.

"Essential" as pertaining to 'essential oils' means that they contain the essence of plants' fragrance. The oils are obtained from all parts of Australian native plants, but most often from their leaves and branchlets. Worldwide, the most common oils are orange and peppermint, with over 20,000 tonnes produced, whilst only 2070 tonnes of eucalypt oil are produced. Globally, the use of essential oil in cosmetics will reach USD 1,958 Million by 2023.

Their botanical function within a plant is also the subject of some discussion with several theories being considered.

Extraction:

1. Steam extraction: our aborigines tended to use this method in obtaining oils for use as inhalants.
2. Enfleurage:



In this method, plates of glass cover layers of pork fat upon which the flowers, which are collected at sunrise, are placed. The oils are then extracted from the fat using alcohol.

3. Cold pressing



4. Super Critical Extraction: this adds the plant to liquid nitrogen which then evaporates.

Early history:

Indigenous Australians were well aware of the curative properties of certain native flora. For example, the Australian sandalwood (*Santalum spicatum*) was burnt to help new mothers relax. Many oils were used in the treatment of colds and wounds, and in rituals.

Ten months after the first fleet arrived, on the continued insistence of Baron Ferdinand Von Mueller, the English pharmacist Joseph Bosisto started commercial distillation of eucalyptus oil at Dandenong, near Melbourne in 1852. During the first two World Wars, wild harvested Tea Tree oil was used by Australian soldiers as an antiseptic. Australian Sandalwood (*Santalum spicatum*) was wild harvested and distilled for perfumery, as was Western Australia's Boronia (*Boronia megastigma*). Australian Sandalwood was used as a bactericide in Australia and Western Europe, but was eventually replaced by antibiotics. Peppermint Gum (*Eucalyptus dives*) oil was used for the production of menthol, used in cough drops and syrups until the synthetic menthol industry developed. During World War II, Lemon Myrtle was harvested and distilled from wild trees near Gympie, south east Queensland for the supply of lemon essence for the soft drink manufacturer Tarax. However not enough trees were in the wild to make it viable and manufacture was discontinued. Artificial substitutes eventually led to a decline in the use of many essential oils.

The early 1970's saw the first plantations of Tea Tree (*Melaleuca alternifolia*) in far north New South Wales. Tea Tree essential oil by volume, is now the largest native essential oil produced in Australia.

In 1989 the first Lemon Myrtle (*Backhousia citriodora*) trees were planted out initially for food/herb consumption, similarly Anise Myrtle in smaller volumes was planted out soon after.

Some specific examples:

With each of these, Neil had samples on cotton buds which he passed around.

1. *Corymbia citriodora*. The trees are grown in plantations and the oil extracted by steam distillation. The oil is used in aromatherapy and in perfumery as a source of citronella. The lemony oil is an excellent insect repellent and has proven bacteriostatic activity towards *Staph. aureus*.

2. *Eucalyptus staigeriana*. (Lemon Scented ironbark)
Slightly similar to lemon oil but with a woody scent. Sourced from plantations. Known for its antiseptic prowess, relief from troubled breathing in winter, air freshening, uplifting, relaxing, removes bad room smells and odours, ***calms noisy children***. Used in massages, cleaning – can be added to clothes in washing machine.

3. *Eucalyptus globulus*. From plantations, steam extraction. (Tasmanian blue gum)
Typical eucalyptus menthol aroma. In the 1860's the Melbourne Archbishop took Blue Gum seed to Rome, where the fast growing trees were grown to drain swampy regions; as a result serious malaria problems were removed. Known for its antiseptic, antibacterial, anti-inflammatory, anti-rheumatic properties.
Blue Gum became the floral emblem of Tasmania in 1962.
In the 1990's financial markets in Australia became attracted to management investment schemes for Blue Gum. Millions of dollars were invested and tens of millions of trees were planted for the purpose of a renewable paper pulp supply. The schemes failed as timber from old growth forests was cheaper.



The plantations can be seen in Victoria, extensively in south west Western Australia, Tasmania and on Kangaroo Island in South Australia.

Remove stains, removes biro/texta and grease marks from clothing, assists in removing chewing gum.

Eucalyptus globulus is the primary source of Eucalyptus oil around the world.

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4. *Eucalyptus radiata*. (Narrow leaf peppermint)

Plantations and wild harvesting in southern N.S.W. Hand harvested and steam distilled immediately.

This oil seems to have not been as well popularised or marketed as other types of Eucalyptus oils, yet it may well be the best Eucalyptus oil, owing to its fresh, fruity aroma, yet still qualifying as an effective, legitimate Eucalyptus oil.

Renowned for its antibacterial qualities. Excellent air freshener.

5. *Kunzea ambigua*. (Tick bush)(right) "Smell of the Australian Bush".

Farmed in north east Tasmania by wild harvesting.

Kunzea essential oil has been listed with TGA for relief from, arthritis, rheumatism, muscular aches and pains, insect bites and insect bite inflammation & symptoms of influenza.

In the bush, animals have been known to sleep under the kunzea because of its tick repellent properties.

6. *Melaleuca alternifolia*.

Indigenous people, would put rocks in their fires, until the rocks were extremely hot, these rocks were then placed into small pools of water. Tea tree leaves and branchlets were placed into the steaming water and the oil vapour was inhaled for respiratory conditions.

When raw materials (antiseptics) were in short supply in World War 1 and 2, soldiers would carry the oil with them, as a first aid kit.

Crisp, medicinal smell (a bit too much like kerosene for me – Marj).

7. *Melaleuca ericifolia*. (Rosalina, Lavender Tea Tree)



Plantations. Wild harvesting. Steam distillation. Gentle fresh lavender aroma. The trees flower prolifically and so bee hives are located near the trees for honey production. The oil is relaxing and also used for cleaning.

8. *Syzygium anisatum*. (Was *Backhousia anisata*)

Anise Myrtle is grown in plantations around northern N.S.W. originally for the herb or bush tucker markets until the 'rediscovery' of its unique aniseed scented essential oil. Oil is steam distilled for about 1 hour.

The Rural Industries Research & Development Corporation has shown that the leaf/herb has up to 5 times more antioxidants than Blueberries and it is several times higher in Lutein, Mg, Ca, Mn and Vitamin E than Blueberries.

In an oil burner, vaporiser, potpourri, massage oil, bath for relaxation.

Add a few drops to a food mix for a wonderful anise flavour or to mask a bad flavour.

(Mix 4 – 6 drops to 1L cooking oil such as olive or macadamia oil). Use in washing products to eradicate or mask bad smells. Used in cleaning animals and animal kennels.

Anise Myrtle oil attracts fish to fish lures.

9. *Callitris blaucophylla*(Cypress Pine).

Mostly used for timber (termite resistant) but also for relaxation/meditation. Sweet woody aroma.



10. *Agonis fragrans*.

Grown in plantations around south west Western Australia

A new oil used in aromatherapy. The University of Western Australia has demonstrated Fragonia essential oil to have significant anti-microbial activity, similar to Tea Tree and also demonstrated Fragonia essential oil has anti-inflammatory properties.

May also help with common respiratory infections.

11. *Backhousia citriodora* (Lemon Scented Myrtle)

Grown in plantations in northern N.S.W. and Queensland. Planted in rows and kept to a max. height of 4 metres to facilitate machine harvesting. Steam distillation.



The oil (Citral) been shown to be anti-microbial, particularly anti-fungal, anti-viral, sedative. Use Lemon Myrtle essential oil for food or drink flavouring by adding 2 to 4 drops per 1000ml of liquid. Can also add to cooking oils as for *Syzygium anisatum*.

12. *Boronia*.

Room freshener now mostly obtained from synthetic sources.

Answering questions, Neil said that *Darwinia citriodora* and Prostanthera oils were not yet produced. Many of our plants are only obtainable in small quantities, and are therefore not competitive against the big companies.

Further information: Google "Essentially Australia".

November Gathering

At the July meeting it was agreed that we would hold our Annual Gathering at Kurunga Nursery in Mount Evelyn. The date would be Sunday November 17th, so put this in your diaries. The club will subsidise members with \$10 to go to either lunch or a plant.

A table will be booked and we will collect numbers at the October meeting.

SPECIMEN TABLE - July Meeting.

Although there were beautiful specimens on the table, we had to choose our better specimens because time was moving too quickly.

Catherine had a superb piece of the sandpaper wattle, *Acacia denticulata*, (right) with its rough sticky leaves and vibrant yellow cylindrical flowers, and she also offered the purple Alyogyne huegelii. This is a plant that really does need to be cut back to keep its shape.

Marj was next with *Acacia acinacea* and *Acacia imbricata*. Both bright yellow. *Epacris longiflora* always gains attention but Marj has found it needs a bit more water to keep it healthy and flowering. *Zieria "Pink Crystals"* is a small bush with small but prolific four petalled pink flowers, also needing pruning after flowering.



Ray had a basketful of goodies. Ones that caught my eye were the prickly *Daviesia pachyphylla* (Ray passed a bit around to show just how prickly it is; see Photo page), the big red bottlebrush of *Kunzea baxteri* (left) and *Acacia continua* which has almost orange flowers.



Mandy's *Grevillea olivacea* always gains attention with its reddish flowers, as do the long stems of *Allocasuarina crassa*, which was

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showing its red flowers this time. Probably her plant of most



Grevillea olivacea

interest to members was the stem of *Eucalyptus formanii* with its delicate grey foliage and this was chosen as the plant of the month.

John showed three acacias, *A. prominens*, *A. wilhelmiana*, and *A. heterozoa*. *A. prominens* (right) is a big tree, with lemon



yellow flowers, *A. wilhelmiana* is medium sized with yellow ball flowers, and *A. heterozoa* comes from Ravensthorpe in WA and has lemony flowers.

Pam was our last contributor. It was pleasing that she brought in the purple hardenbergia (*H. violacea*) as it is now in full flower. Pam also talked about three of her correas: *C. baeuerlenii* (chef's cap correa) having a second flush, *C. "Mallee Bells"*, pretty green and red, and *C. reflexa*, green, from Cheltenham.



It all made for a very pretty table, Thank you everyone who contributed, and several members found lovely arrangements to take home for display.

September meeting

Supper: Petra Cox (Please bring milk)

Write-up: Pam Sherlock

Some nursery news.

For those of you who have been to the Bush Walk nursery in the past and are interested in its future, I visited it after attending the Cranbourne Friends plant sale at the end of July.

The nursery is open 7 days a week but at present the owners have just transferred some of their stock from another nursery they own. Most of their stock is exotic – no agapanthus, but they do have quite a lot of polygala, another weed, and quite a few palms and ferns for indoor use. No tubes. I was assured that in about three weeks or so (say, the end of August) they should have a lot of natives.

I will call in there again after we return from our trip up north- I fear it will never be the same.

Australian Plants Expo is on 14th & 15th September, 10am-4pm, at Eltham Community & Reception Centre, 801 Main Road, Eltham.

Huge range of native & indigenous plants (5 plant stalls), books on related topics, tools, gifts, talks, plant & flower displays, activities for children, refreshments available & more.

Entry \$5 Adults, \$4 Concession.

Organised by Australian Plants Society Yarra Yarra Group (NE Melbourne).

Mob: 0430513433 or email apsyarrayarra@gmail.com

Check our website and facebook pages for more detail

<https://apsyarrayarra.org.au>

<https://www.facebook.com/events/434971710213536/>

7.

Pick of the Bunch - August 2019

Eucalyptus formanii C. A. Gardner

Forman's Mallee, Die Hardy Mallee

Specimen grown by Amanda Loudon

Eucalyptus formanii is a tall mallee shrub or small tree 4-12 metres in height. It can have a single trunk or multiple trunks arising from a lignotuber. It occurs in a small area around Mt. Jackson and the Die Hardy Range, north of Southern Cross in Western Australia. The foliage is particularly narrow for a eucalypt and the juvenile foliage is grey green in colour and quite crowded. White flowers in inflorescences of up to eleven flowers occur from January to March. These are profuse and very conspicuous.

In cultivation it is prized for its foliage and whilst it has the potential to become quite large over time, it can be kept manageable by removing all the above ground stems and letting it resprout from the lignotuber. This can be done every three to five years.



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Plants prefer a sunny, well-drained position in free draining soils. They are tolerant of frost and drought but do not tolerate waterlogging. Propagate from seed.

Eucalyptus is a member of the Myrtaceae family, a large family of c.3500 species in c.150 genera with c.1400 species in c.75 genera occurring in Australia. It includes such species as *Angophora*, *Baeckea*, *Callistemon*, *Darwinia*, *Kunzea*, *Leptospermum*, *Melaleuca*, *Thryptomene* and *Verticordia*.

The genus *Eucalyptus* consists of about 800 species most of which are endemic but two species *E. deglupta* and *E. urophylla*

are not present in Australia.

The name *Eucalyptus* is derived from the Greek, *eu*, well; *kalyptos*, covered alluding to the cap or operculum that covers the stamens in bud. The specific name, *formanii*, is after Francis Gloster Forman (1904 -1980). Francis Forman was the Government Geologist of Western Australia from 1935 to 1945. He had a keen interest in botany and collected many plant specimens whilst on geological field trips.

2019 DIARY

- September 3** Mike Beamish: The Pilbara
September 14 APS Vic COMM 10am, AGM 2pm, Cranbourne Gardens auditorium
September 14, 15 Open Garden: Bob O'Neill's, \$8 entry. 7 Hillsmeade Drive, Narre Warren South, 10 – 4:30
September 24 – October 20 Maranoa Gardens Florilegium, Town hall Gallery, Balwyn
September 30 – October 4 ANPSA 2019 Conference "Blooming diversity" in Albany. See 'Growing Australian' or previous newsletters.
October 1 John Arnott: "Care for the Rare"
November 5 Sit down dinner – Kuranga Nursery, Mt. Evelyn, 12:30.
November (TBA) APS Bendigo hosting APS Vic COMM
December 3 Members' slide night, extended supper and 'clear the decks' gold coin donation plants sale. Soil testing kit available.

2020

February Bill Aitchison: Small and Hybrid Acacias

Plant Sales and Shows 2019

- September 14, 15** APS Yarra Yarra Australian Plants Expo, Eltham Community Centre, 10-4
September 21, 22 50th Anniversary of Anglesea Wildflower Weekend and Art Show. Anglesea Memorial Hall. 3 McMillan St, Anglesea.10-4

Plant Sales and Shows 2019 continued

- Sept 24 – Oct 20** Maranoa Gardens Florilegium, Town hall Gallery, 360 Burwood Rd, Hawthorn
October 5,6 APS Grampians Group Pomonal Native Flower Show, Pomonal Hall.9:30 – 5 Sat,
10-4 Sun
October 12, 13 APS South Gippsland native plant sale and flower show. 10 – 4 Sat & Sun, South
Gippsland historical Automobile Club pavilion Leongatha Recreation Reserve.
October 26,27 Cranbourne Friends Spring Plant Sale 10-4
October 26,27 APS Ballarat Spring Flower Show, Robert Clark Centre, Ballarat Bot. Gardens 10-4
2020:
February 17 – April 17 “Australian Plants Revealed” Maroondah Federation Estate Gallery,
32 Greenwood Avenue, Ringwood.

MONTHLY PHOTO GALLERY

Azaleas on show in Japan.
One of Neil Humphries’
slides.



Ray Turner has had some red-brow finches come to visit:



9.



Daviesia pachyphylla
One of Ray's pet plants

Unnamed fungus and lichen
at Ray and Eva's



Calothamnus quadrifidus
Seatons' garden



Nature Next Door-Frogs in Glen Eira Event



Become a 'citizen scientist' and get informed and inspired about your local biodiversity.

Glen Eira in conjunction with Melbourne Water's James Fraser, are inviting residents to get involved in Melbourne Water's community Frog Census. Frogs play an important role in the waterway ecosystem and are easily affected by changes to their environment.

This event is a part of our Nature Next Door program and will help us better understand the distribution and occurrence of frogs in the area. We need residents to get involved to collect data to help us manage frog populations and raise awareness of waterway health issues. The workshop will be divided into two parts - a presentation within Packer Park Pavilion and a 'frog walk and talk' around the wetlands area.

At this workshop you will learn how to identify the local frogs of Melbourne, how to take part in the Melbourne Water Frog Census; and how you can provide a frog-friendly garden at home. We will also have a quiet frog-inspired art and craft corner for younger members of the family.

When: Sunday 22 September, 10am–12pm

Where: Packer Park- 120 Leila Road, Carnegie

Speakers: Melbourne Water's James Fraser

This is a free event and bookings are essential.

[Book Online](https://www.trybooking.com/book/event?eid=528001&) at
<https://www.trybooking.com/book/event?eid=528001&>