



Indigenous Uses of Plants

Glenys Bishop

Seasonal Diet

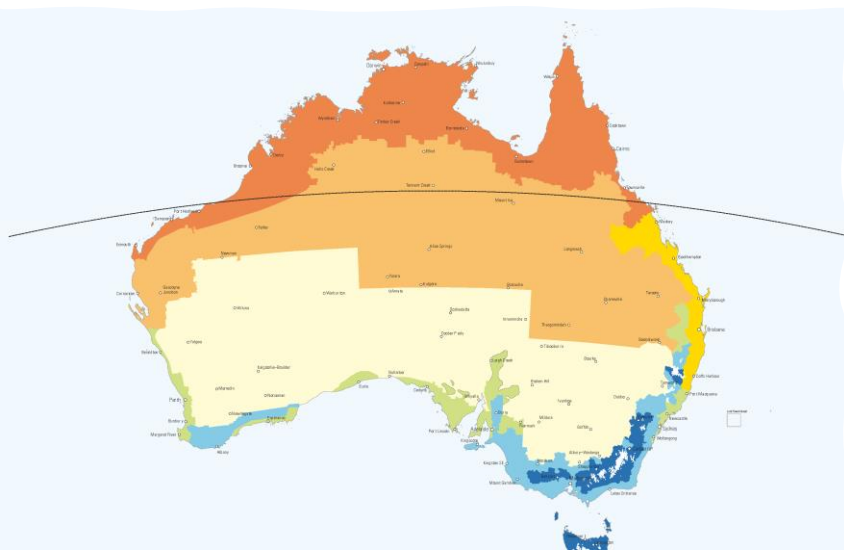
- Fruits, nuts, greens when in season
 - Plant food feasts e.g. bunya nuts
 - Coincided with an abundance of other foods
 - Feasts were times for tribal gatherings
- Roots and tubers and stored foods at other times, e.g. Wombat berry tubers *Eustrephus latifolius*,
- *Kunzea pomifera* (muntari) feasts and dried for storage





Acacia Seeds As Food

- Temperate Dry Zone, 42 species identified
 - some others in tropical and coastal areas
- 23% crude protein, 26% available carbohydrate, 32% fibre
 - Low glycaemic index
 - Gluten free
 - Protease inhibitor, deactivated by cooking
- Extract seeds from pods, grind into flour, moisten and cook



Particular Acacias

- *Acacia aneura*
- *Acacia kempeana* (witjuta bush)
- *Acacia ligulata* (umbrella bush)
- *Acacia longifolia* subsp *sophorae* (coast wattle)
- *Acacia victoriae* (elegant, wattle) grown commercially



Citrus australasica

Finger Limes

- Rich in vitamin C
- Eaten by Aboriginal people, also early colonists
- Now grown commercially



Pepperberries

- *Tasmannia lanceolata* (Mountain Pepper)
- *Tasmannia insipida* (Brush Pepperbush)
- *Tasmannia stipitata* (Dorrigo Pepper)



Other Fruits or Fruit-like Parts

- *Rubus moluccanus* var. *trilobus* (Native raspberry)
- *Davidsonia jerseyana* (Davidson's plum)
- *Persoonia pinifolia* (Geebung)
- *Podocarpus elatus* (Plum pine)
- *Hibiscus heterophyllus* (Native rosella)
- *Exocarpos cupressiformis* (Native cherry)



Carpobrotus rossii (Mallee Pigface)



Location Section 67 near path, section 233 Tasmanian garden

- Fruit eaten fresh or dried
- Salty leaves eaten with meat.
- The juice from the leaves help relieve skin burns, bites and stings.



Grains

- *Themeda triandra*
(Kangaroo Grass)
- *Triodia sp* (Porcupine
Grass)





Lomandra longifolia
(Spiny Mat Rush)

- Nectar from the flowers
- White leaf base can be chewed for starch
 - Also for water
- Seeds ground to make a flour

Other Uses

- The leaves make very pliable weaving threads.
 - strong baskets, mats, string
 - fish and eel traps
- Medicinal
 - Roots used to treat bites and stings, particularly from ants and hairy grubs





Paperbark

- Wrap food in ground ovens
- Line coolamons for babies
- Roofing for shelters
- *Melaleuca decora*



Xanthorrhoea spp

Grass Trees

- Multi purpose plant for Indigenous people
 - Nectar
 - Hand drill friction fire starter
 - Lightweight spear
 - Resin for glue and skin ailments



APOTHECARYS



Clerodendrum floribundum

Lolly Bush

- Fruits not edible but roots are
- Decoction of leaves used to treat aches and pains, headaches, skin complaints, infected or inflamed eyes, diarrhoea, bronchial congestion
- Pharmacologists: anti-inflammatory compounds, analgesic properties



Casuarina and Allocasuarina

Ceremonial and Lifestyle

- Burial platforms
- Calming place to sit
- Place to leave babies
- Place to give birth
- Needles for bedding
- Tools
- Food and water



More Information on Guides Web

- Special Walks/Aboriginal Plant Uses
 - Bush Tucker Walks
 - It's not just Nuts and Berries
- Special Walks/Cultural and Historical
 - Cook and the Pacific – Indigenous Use of Australian Plants
- Guides Training Course 2013
 - Bush Food Walks
- Plant Communities
 - Red Centre Garden handbook
 - Red Centre Garden species and stories



Indigenous Plant Use Training Walks

- Saturday 23/9 10.30 am
- Monday 25/9 10.30 am
- Thursday 28/9 1.30 pm
- Friday 29/9 1.30 pm

Register on Better Impact