



Society for Growing

## Australian Plants (S.G.A.P.)

### Central West Group Newsletter

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## JULY 1999

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### Calendar at a glance

July 31st: Native Flowers of the Central West.

Speaker, Bill Cox.

Venue at the Arts and Crafts

Rooms, behind the museum

(directions in this issue)

Visit to native gardens.

Sept 18th: Mt Annan Botanical Gardens Bustrip.

Wildflower Festival and Plant Sale.

Nov 27th: Oberon Field Trip.

Speaker, John Aitken on Native

Garden Design. BBQ at Black

Springs. Visit to nurseries/gardens.

Feb 5th: A.G.M. Botanical Gardens Orange.

Speaker to be arranged.

Please bring along photos of your  
five favourite plants or flowers.

### Central West SGAP

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**Date Due** for contributions

for next edition: **Sept 4th**

Please post / e-mail to editor



## Presidents Report

What a fantastic meeting we had on 29th May!

Our hosts for the meeting were Andrew and Di Wormald, who had gone to some trouble to set up a large shed with hay bales where we could sit, meet and chat in comfort.

Our lively and stimulating guest speaker, Elizabeth Shannon, spoke on the emerging bush foods industry in the Mudgee district. The Mudgee native food growers group was formed in 1996, and has recently received funding from the Natural Heritage Trust for trial plantings of a variety of bush food species to determine their suitability for the Mudgee district.

Species being trialled include blood limes, native guava, lemon myrtle, aniseed myrtle, wild passionfruit, native pear, native pepper, muntries, Bunya pine, Illawarra plum, southern lemon aspen, bush tomato and a variety of wattles with edible seeds. The growers acknowledge that some species will not be a commercial proposition - but you don't know until you've tried.

Elizabeth explained that this is a uniquely Australian industry, perceived as environmentally sound and regarded as suitable for the small blocks in the Mudgee district. However, at present the industry is small and fragmented, and while there is a demand for native food products, the industry is as yet too small to supply the commercial quantities required.

The long term vision for the group is to have a vertically integrated industry, growing bush food products, processing them and retailing the end products through specialty outlets. This would fit in well with the culinary and cultural tourism industry already developed in the Mudgee district by the wineries.

Following Elizabeth's talk, we were treated to a tasting of a wide variety of native food products, organised by our wonderful secretary. Isobel had spent many hours on the internet seeking out bush food suppliers, and her efforts were sincerely appreciated, judging by the "oohs", "aahs" and "Yums!" coming from the vicinity of the tasting table.

Everyone tucked in to the variety of jams, spreads and relishes - and meatballs! oh, those meatballs! Hans modestly disclaimed his wattle seed bread as "a first attempt" but it was demolished quick-time by an appreciative audience. Judging by the response of this group, these unique native flavours certainly have a big future.

It was with some difficulty that the group was finally lured away to our afternoon garden visits. Our first port of call was to Chris and Carol Stevens, "Ilkley". Chris and Carol are trialling a number of native food species, including southern lemon aspen, *Acacia victoriae*, blood limes and desert limes.

(Some of these plants had been badly affected by frost, but Chris and Carol are optimistic that they will recover when warmer weather returns). Quandongs are to be planted in spring. Carol has also included a variety of edible species in the landscaping near the homestead, including native raspberry, warrigal greens, lemon myrtle, Davidson plum, native pepper and several native herbs.

Many of the group then took the opportunity to visit Craig Heading's garden in Mudgee. (see report elsewhere in this newsletter).

Our next meeting will be in Wellington on 31st July. Bill Cox will be speaking on native flowers of the Central West. Look forward to seeing you there!  
Regards Sue.

### WATTLE SEED BREAD

For an automatic bread machine.

The wattle seed in this bread is Gundabluely or *Acacia victoriae*.

290ml boiling water  
1 tsp salt  
2 tsp roasted, ground, wattle seed  
1 1/2 tbsp macadamia oil  
500g bread flour  
1 1/2 tbsp sugar  
1 1/4 tsp instant dried yeast  
1 tsp bread improver (eg. No Knead)  
1/2 cup macadamia nuts, chopped

Add water to wattle seed and allow to cool to room temperature.

Add wattle seed mixture, salt, oil, flour yeast and bread improver to bread machine pan.

Select basic setting.

At the beep add macadamia nuts.

Eat warm or toasted with honey. Yummmm!



There are absolutely no questions this newsletter....

### Books For YOU

The complete range of our Library will be available at our next meeting - 31st July, for your borrowing.



## Update by Bill Gates

Family: TREMANDRACEAE

Genera: TETHRATHECA

A new species provisionally called 'Fern Gully'

This plant was discovered at Fern Tree Gully in the Rylstone district by Ted Daniels, one of the F.T. Gully caretakers of the Trust.

There are two communities of the plants totalling approx. 300 plants. They occur in sandy soil in association with bracken, with an overstory of wattle species. Their growth habit tends to be spreading/weeping, the leaves and stems are very sticky and the plant has a suckering tendency.

Mike Pridmore the local nurseryperson, has struck about 30 plants and said they strike readily because of this suckering habit. Plants grow up to 1m tall and flower freely. Ted said the spring flowering is wonderful, and they seem to carry some flowers over summer to autumn.

Their frost hardiness is to be proven over time. At this stage it appears promising as specimen cuttings were undamaged by a frost which cut adjacent tree ferns in Mikes nursery. I have only seen some flowering stems that Ted had, and the flower reminded me of *T. ericifolia*, Black-eyed Susan.

### Baeckea: New Species

Discovered on 2nd Jan 1990 by A J Ford at Dunns Swamp/Kandos Weir, approximately 26km north east of Kandos which is now a part of Wollemi Nat. Park.

Its an upright woody shrub 1.5 to 2m high, with cylindrical leaves 0.6 to 1mm wide, and petals 1.5 to 1.9mm diameter. The flower has 10 to 12 stamens.

Baeckea "Kandos" is apparently confined to the Kandos weir area in NSW, where it has formed two small populations about 200 metres apart, containing about 50 individuals each. It grows in heathland and shrubland areas in association with other species eg. *Lepidospermum parvifolium*, *L. arachnoides*, and *Grevillea diffusa*, on skeletal sandy soil derived from sandstone. It flowers around December/January. Searches were made of other areas with similar habitat but no further specimens were located.

Beakea "Kandos" is related to *B. utilis* but differs by its leaves which are 0.6 to 1.00 mm wide and 10-12 stamens, while *B. utilis* leaves are 0.9 to 2.3 mm and has 8-10 stamens.

Thanks for that info Bill.

## Big Day out ....

At Wellington, at Arts and Crafts Centre, this coming July 31st. Study the map and bring your sandwiches, there will be tea and coffee and kitchen facilities available.

See you there at

**10 A M**

**P.S. We are not** going to Burrendong this trip.



## Plant Sell Out and All..

At the Wellington residence of Bill Cox there is a last and final plant sale starting now and continuing until all plants are sold. There are some hard to get plants in very small numbers including some *Eremophila* sp., about 200 plants of varying sizes, and also some seed.

SGAP members may be interested in having a look on our next meeting day, or any time by phoning to make sure Bill is available - (02) 6845 3331.

### Pork Balls Capricornia

#### Ingredients:

1 kg pork mince  
1/2 bunch shallots  
250gm Munthari & Lemon Myrtle chutney  
100gm macadamia nuts (roughly chopped)  
750gm macadamia nuts (finely chopped)  
2 eggs  
Illawarra Plum & chilli sauce

Combine pork mince with chopped shallots and munthari and lemon chutney.  
Add roughly chopped macadamia for consistency  
Add 2 beaten eggs and combine to a pliable consistency  
Roll pork mince into small balls and coat them with finely chopped macadamia nuts  
Pan fry until golden brown and finish in oven at 150c  
Serve warm with Illawarra Plum and chilli sauce.

Ingredients can be obtained from two very helpful people who have an agency for 'Bushtucker Supply Australia', Katoomba Phone (02) 4782 4693





## Its A Georgous..Robyn O'Bryan

Report in our visit to Craig Heading's garden at Mudgee on Saturday, 29th May.

Now, this inspirational visit is one we might have missed! "Oh! end of day, will we go straight home???" Luckily our curiosity saved us, and Craig graciously (and with amazing humility, considering the magic of his native garden), showed us around, naming the various species, or allowed us to meander at our leisure.

The garden has a wonderful wild feel - right there amongst suburban blocks (looking pretty boring in comparison). Most of the Grevillea varieties were in flower, and many of the other shrubs. A list of plants follows.

I found the exploration of Craig's garden an absolute delight and would only wish that more Australian gardeners (and their advisers) could share the experience. Thank you Craig!

(Due to a certain haste on the part of editor and a certain flair in the following ad lib, off the cuff, list supplied by Craig at the last minute, I will include it in its entirety and hope you will appreciate its genius.)

Oh dear! Sorry! I shall have to go off the top of my head! Not sure about the spelling of the boffin terms.....

### Food Plants:

Quandongs  
Muntries (Kunzea Pomifera)  
Midyim (Australanthus dulchis) - the white berries that some of us tasted  
Prostanthea Rotundifolia  
Prostanthea Ovalifolia  
Ruby Saltbush  
Warrigal Spinach (Tetragonia Tetragonoides)  
River Mint (Mentha Australis)  
Appleberries (Billardiera Longifolia and Billardiera Cymosa)  
Lomandra Longifolia  
macadamia integrefolia x tetrafolia  
backhousia citriodora  
rubus parvafolia  
lilypilly "Magenta Cherry" - the purple berries that some of us tasted  
native "pigface"  
illawarra flame tree

### Medicinal Plants:

Lemon grass (I forget the name, its a arid zone plant, round Alice Springs, grows in sheltered canyon areas. Rubbed on chest (like vics vapour rub).

### Others:

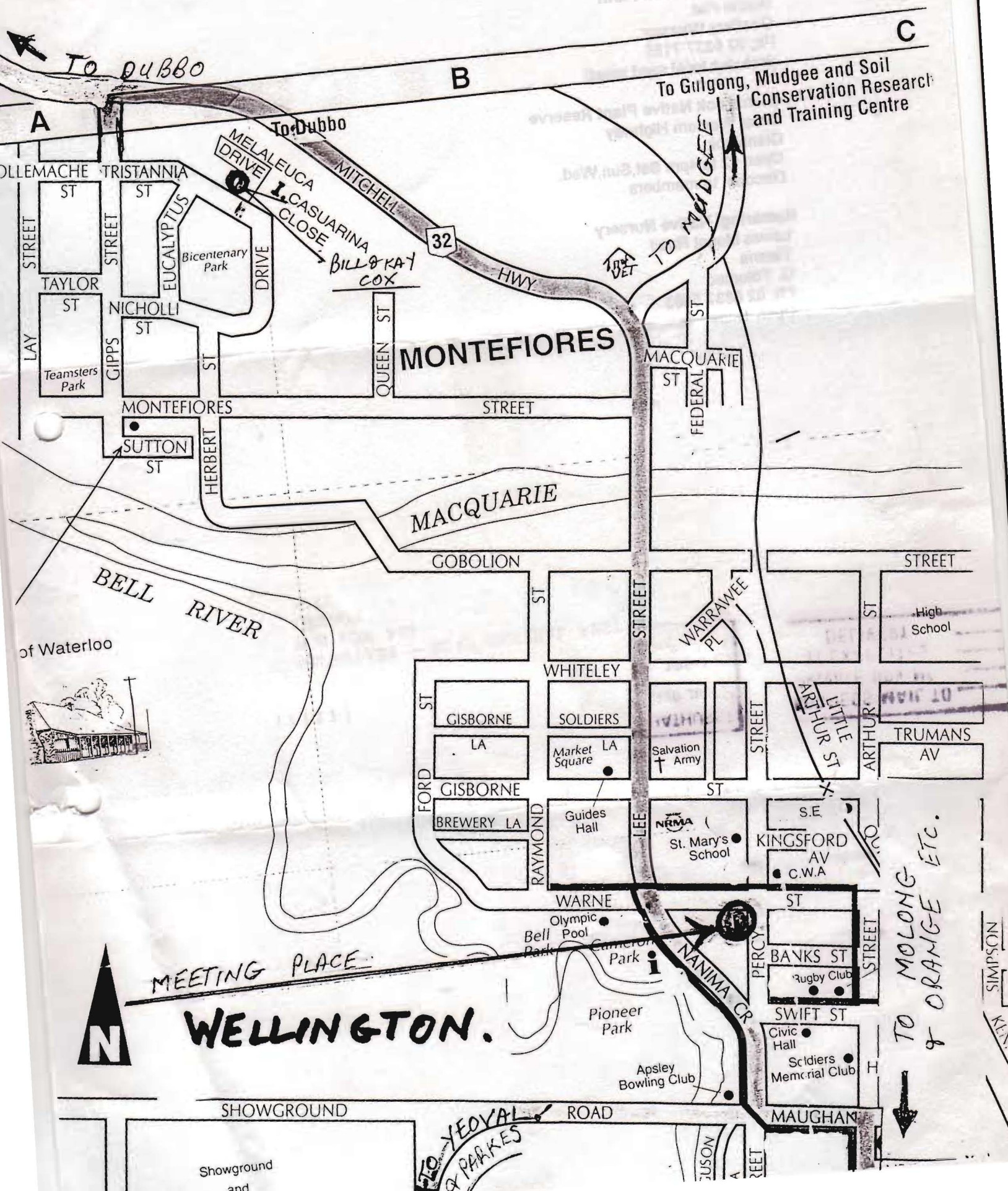
native violet (flowers can be eaten).  
pratia  
rainbow nardoo  
bullrush  
wallaby grass  
kangaroo grass  
poa  
dryana (the lawn grass) - paspalum dicticum  
eramophila (like that spelling?. emu bush) nivea  
(This was the nice silver bush out the front)  
" emaculata  
mountain devil  
warratah  
banksia robusta, and ericafolia dwarf  
flannel flowers  
christmas bells  
myaporum (purple and green variets, with white flowers).  
Leptospermum pink cascades  
mudgee wattle (a. spectabilis)  
a. fimbriata (dwarf)  
a. cognita (the "cousin it" plant)  
paper daisies  
westringa fruticosa  
Grass Trees  
pitcher plant  
native iris  
white cedar (dwarf)  
Grevillea Obtusifolia, Coconut Ice, Misty Pink, Victoriae, Honey Gem,  
Pink Pearl, Canberra Gem, Robusta (silky oak),  
Euc.leucoxydon??, ceasar?? magna "Silver Princess", iron bark (but I forget which), river yate was the small bushy one - the boffin name slips my head at the moment.  
pandorea pandorana "snow bells"  
Hardenbergia - both the purple and pink ones  
Blue bells. (Sollya?)  
Royal Blue Bells (Wahlenbergia - flowers can be eaten).  
Bottlebrushes - most variateies available.  
rock orchids,  
maiden hair fern

oh well, thats about half of them. I hope its not too late for you and sorry I cant remember boffin names! Craig.

Yeah, well its OK we get the idea, thanks for that.









## Local Native Nurseries

### Blue Wren Bush Farm

Wattle Flat

Geoffery Windsor

Ph: 02 6337 7155

(includes local seed sales)

### Glenbrook Native Plant Reserve

Great Western Highway

Glenbrook

Open 12 to 4pm Sat, Sun, Wed.

Discount to members

### Kamaringi Native Nursery

Lowes Mount Road

Tarana

G. Tolomeo

Ph: 02 6337 5863

Open Thurs - Sun, Sept - May

ADDRESS MAIL TO  
PRIVATE BOX NO.  
IT EXPEDITES  
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