



KAURNA **FOOD&FIBRE**

at Karrauntunga - Hindmarsh

Native Plants Manual

Developed in collaboration with Michael O'Brien, Drew Kilner,
James Tylor and the students of St Joseph's School Hindmarsh

Kurna Miyurna

Acknowledgement & Language

Acknowledgement

We acknowledge and thank the Kurna people who generously shared their knowledge and contributed to the development of this resource. With sincere thanks to Kurna Miyurna advisors James Tylor, Drew Kilner and Michael Kumatpi Marrutya O'Brien, whose guidance and cultural knowledge have been central to this project. We pay our respects to Kurna Elders past and present, and honour the ongoing connection of the Kurna Miyurna to Country, language, and culture.

Language

The [Kurna language \(Kurna Warra\)](#) is the original language of Adelaide and the Adelaide Plains, South Australia. It is one of the better documented languages of South Australia and has been undergoing a sustained revival since 1990. The area now known as Adelaide is at the heart of Kurna country.

The name Kurna is probably a misnomer deriving from kornar meaning 'men; people' in the neighbouring Ramindjeri and Ngarrindjeri languages. William Wyatt was the first to record the form Kurna which he said was 'Encounter Bay Bob's Tribe' as opposed to 'Meeyurna: Onkaparinga Jack's Tribe'. Miyurna, meaning 'men; people' in the Kurna language, would be a more fitting name for the language and people of the Adelaide Plains. However, the name Kurna is now well-established. Its continued use was endorsed at a meeting of Kurna people in early 2013.

Karrauntungga - Hindmarsh

Was known as an important place, a ceremony place. A place of High/chest. **Karrauntungga** has three language parts to its completed word.

Karra	Kuntu	Ngga
Red Gum	chest, bosom	place

[Karrauntungga](#) was a forest of river red gums (*Eucalyptus camaldulensis*). These trees soared to heights of 45 metres, and some were a 1,000 years old. Kurna warriors used the karra (red gum) to make a spear called a wirnta. This consisted of a single length of hardened wood with a point that was either barbed or featured serrated quartz tips. The sap from the karra was also used to heal cuts and wounds while the leaves had antiseptic qualities. The Kurna carved shields, digging sticks and made funeral biers from the branches of the karra linking it to rituals of life and death and why Karrauntungga was an important burial place for the Kurna.

References

- [About Karrauntungga - Hindmarsh](#)
- [Kurna Miyurna Language](#)
- [50 Kurna Words Project with Jack Buckskin](#)
- [Jack Buckskin - Lessons in Kurna language](#)
- [Kurna Miyurna Environment: Talking History Online](#)
- [Plant Species Information: Botanic Gardens - Plant Selector](#)
- [Sustainable Communities SA](#)
- [Seeds for Change Fact Sheets](#)

Working in collaboration with



Logo Concept with Drew Kilner

These plants were selected because to me they symbolise sustainability.

The Golden wattle (*Acacia pycnantha*) is one of the most recognisable plants. The seeds can be ground and turned into damper, the sap is a source of sugar and at the tree base is the bardi grub of the ghost moth that appears in the first rains of autumn. The grub is high in protein.

The Grass tree (*Xanthorrhoea* genus) is very recognisable. It aids navigation as the flowerhead faces north. The soaked flower head makes a sweet drink and you can make damper from the seeds and tastes like an anzac biscuit. The base of the flower spike and leaves are edible and the main part of the spike was used as a spear that can float on water. This main stem can also be cut and dried to make the base and tip of fire starters where the tip was rapidly spun on the base. Trunk base produces very high quality resin used to make glue for tools, weapons, coating or varnish on a canoe. The roots are also edible

Weaving rushes - *Lomandra* is called matt rush and *Isolepis nodosa* is the knobby club rush. They can be used to make fish traps, fishing nets, cast nets, sitting mats, rope and twine to make spears.

Final Logo



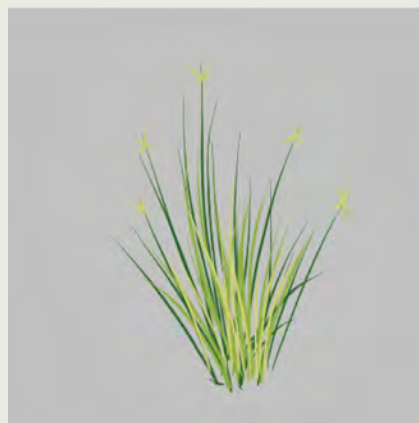
Golden Wattle (*Acacia Pycnantha*)



Grass tree (*Xanthorrhoea* genus)



Weaving rushes - *Lomandra*



Kaurna Miyurna

Seasonal Calendar



Warltati

Summer

January - March

Hot season

Warlta - hot, heat and warmth

Parnati

Autumn

April - June

Windy season

Waitpi - windy

Kudlila

Winter

July - September

Wet season

Kudlinthi - to wash the earth

Wirltuti

Spring

October - Dec

Mild warm season

Wirltu - The Eagle's Foot constellation

There are four distinct weather periods recognised in the Kaurna Miyurna seasonal cycle, as well as winds which can act as seasonal indicators. The mapping of Kaurna seasons to the Australian calendar is approximate as the seasons are very changeable.

Many thanks to Uncle Michael Kumatpi Marrutya O'Brien for permission to use the Kaurna seasonal calendar and related information on the Indigenous Weather Knowledge website is given by the Elders/Directors of Kaurna.

Thank you to the SA Museum for providing the image of well-known Kaurna Elder Ivaritji Wartapukarra – seen within the Kaurna Seasonal Calendar Wheel wrapped in possum skin. The photo was taken in 1928
Source: Australian Bureau of Meteorology, <http://www.bom.gov.au/iwk/calendars/kaurna.shtml>

Approximately January, February, March

Warltati Summer

Indicator

- Warlta (hot, heat and warmth)
- Astronomical indicator is the Sun (Tirntu). The sun cross co-ordinates on the northwest corner of Victoria Square in early January
- Piturru (thunder)
- Karntu (lightning)
- Pulturru (dry breeze)

Plant and Animal Indicators

- Kangaroo chief supply of food
- Yabbies come out of the mud

Seasonal Lifestyle

- A conference for all the nations to exchange knowledge and trade
- Controlled, low burning of fires lit in foothills
- Grey Teal fly north if the Murray Darling Basin floods



Approximately April, May, June

Parnati Autumn

Indicator

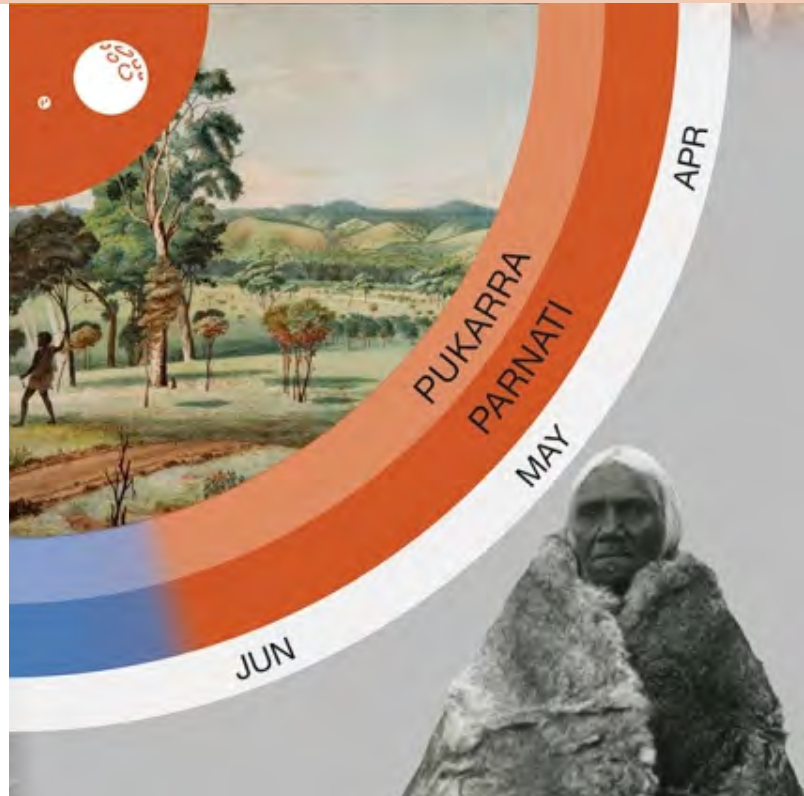
- In April, Parna, a star near the Moon on the lower left side. Partintha (sparkle)
- Pukarra (north/west wind)
- Cold mornings with Kudmu (fog/dew) on the ground
- highest rainfall causing kuntu and yartala (flooding), restricting movement
- Waadlawarnka (fallen trees)

Plant and Animal Indicators

- Mullet netted in shallows during high tides
- Small stone fruits eaten
- Roots, possums, kangaroos, wallabies and bandicoots caught and eaten
- Wild tobacco leaves/flower chewed and small stone fruits eaten
- Roots, yams, wild cabbage, seeds eaten
- Yellowfin whiting, mulloway, salmon trout in estuaries
- Reed beds turn to boggy swamp, birdlife plentiful

Seasonal Lifestyle

- Wattle gum used to cut canoes and make shelters - bark stripped from trees
- Movement inland towards foothills shelters built from fallen limbs
- Skin rugs and seaweed cloaks were made for Kudlila (winter)



Approximately July, August, September

Kudlila Winter

Indicator

- Kudlinthi (to wash) - winter is when the earth is washed
- Wartapukkara (north/west wind, tempestuous weather)

Plant and Animal Indicators

- Vegetables, grubs mainly eaten
- Bloodworms in mud
- Ducks/water birds nesting

Seasonal Lifestyle

- Grubs collected from west sclerophyll scrub covering Mount Lofty Ranges - gum from Acacia trees collected for eating



Approximately October, November, December

Wirltuti Spring

Indicator

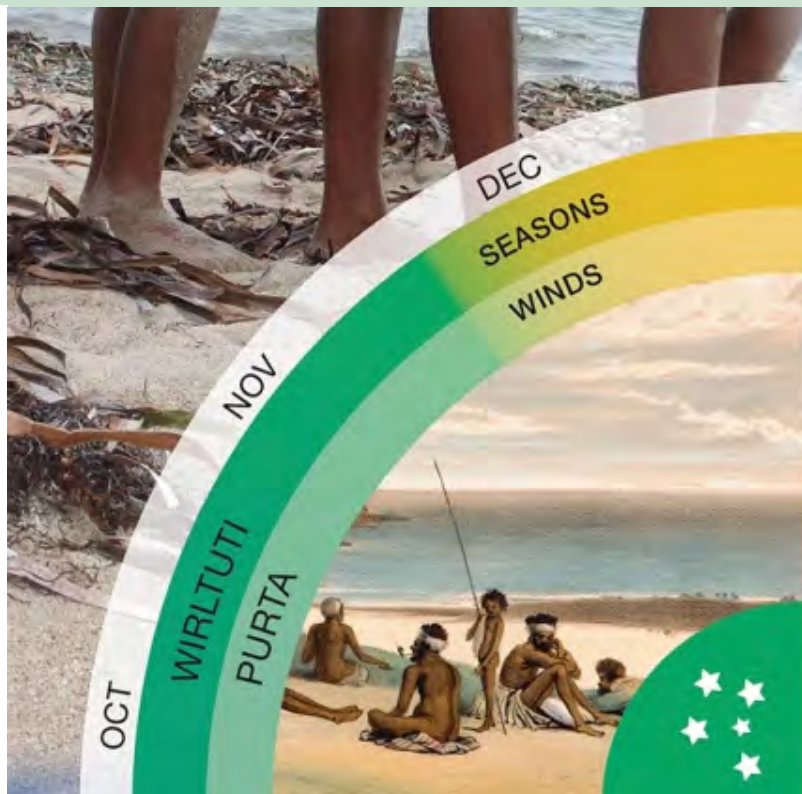
- The Southern Cross in Kurna culture is referred to as Wirltu (eagle's foot or eagle). Wirltuti is indicated by the position of the Southern Cross in October
- Mild warm temperatures
- Purta (to burn and blaze or rage like a storm) refers to the seasonal winds
- Warri (wind), Piturru (thunder) and Karntu (lightning)

Plant and Animal Indicators

- Eggs of young birds, lizards eaten
- Blue crabs, garfish abundant in shallows, shellfish, crustaceans collected
- Grass tree: heart of tree eaten raw
- Yabbies come out of mud
- Tiger, Brown and Black snakes and lizards come out of hibernation

Seasonal Lifestyle

- Head back towards the coast
- Movement over plains to reed beds behind dunes
- Curing skins



Plants used by Kaurna Miyurna

Legend

Species Uses Key



Food



Fibre



Medicinal



Traditional

Propagation Key



Pre-treatment



Germination
Time



Cuttings

Seed Pre-Treatment Methods

1. Plain Hot Water. Place seed into a container with hot NOT BOILING water from the tap. Soak for at least 6 hours. Remove and sow immediately.
2. Hot and Cold Water. Place seeds into a sieve and dip into hot but NOT BOILING water for 30 seconds. Immediately immerse in cold water and soak for 6 hours. Remove and sow immediately.
3. Boiled Hot water. Place seed into a container and pour on water that has just been boiled. Soak overnight. Remove and sow immediately
4. Stratification. Refrigerate the seeds

Umbrella Wattle

Kurna Name: Mirnu

Acacia ligulata



Size: 2-4m x 4-6m

Kurna Miyurna Uses



Propagation



Method 4



3-8 weeks

Sow in spring & summer

Kurna Uses

The seeds are edible. Umbrella Wattle (*Acacia ligulata*) bark is soaked in water or boiled in water, and the infusion is used as a cough medicine. It is also used as a diaphoretic for the treatment of nervous conditions such as dizziness, nerves and fits.

Recipe: Bush Dukkah

Ingredients

100g toasted sesame seeds
50g roasted macadamias
1 tsp roasted wattleseed
1 tsp ground dried lemon myrtle
1 tsp pepperberry
1 tsp salt

Method

Place all the ingredients in a mortar and pestle or small food processor and grind into a coarse powder. Adjust the flavours to taste.

Golden wattle

Kaurna Name: Mirnu

Acacia pycnantha



Size: 4-6m x 2-6m

Kaurna Miyurna Uses



Propagation



Method 4



3-8 weeks

Sow in spring & summer

Kaurna Uses

The seeds are edible, the gum sap is edible, and the sap could be soaked in water to make a drink. The bark of the golden wattle can be used to make fibre for string.

Recipe: Wattle seed scones

Ingredients

450g self-raising flour

100g butter

375 ml milk

1 tbsp ground wattleseed

Method

1. Preheat the oven to 180°C and dust a 20cm baking tray with flour.
2. Mix the flour and butter in a bowl until well combined. Add milk and wattleseed and mix to make a sticky dough.
3. Dust a clean work surface with some flour and knead the dough until it is soft in texture, being careful not to overwork it.
4. With a rolling pin, roll out the dough to a 4 cm thickness. Use a round cutter to cut out 9 scones. Place the scones on the tray and bake for 20-25 minutes.

Sheoak

Kaurna Name: Karku

Allocasuarina species



Size: 1-3m x 2-3m

Kaurna Miyurna Uses



Propagation



2-4 weeks
Sow in late spring
& summer

Kaurna Uses

The seed pods are called Karku marngu. The small seeds in the seed pod are edible. The timber is used to make wadna boomerangs and midla spear throwers. The leaves and young cones of *Allocasuarina verticillata* were chewed to reduce thirst.

Sea Parsley

Apium prostrata & prostratum



Size: 0.3-0.5m x 2-3m

Kaurna Miyurna Uses



Propagation



Up to 4 weeks.
Sow in spring.

Kaurna Uses

The leaves and stems are edible. It has a strong, parsley and celery like flavour and smell. The leaves can be made into a poultice to treat burns, boils and blisters.

Common Chocolate-lily

Kaurna Name: Parnguta

Arthropodium strictum



Size: 0.8m x 0.6-0.8m

Kaurna Miyurna Uses



Propagation



8-14 weeks
Sow late autumn
and winter

Kaurna Uses

Karuna names:

Common Chocolate-lily | *Arthropodium strictum*

Summer Vanilla-lily | *Arthropodium fimbriatum*

Small Vanilla-lily | *Arthropodium minus*

The tubers are edible, but they should be cooked before eating because they contain calcium oxalate. The flowers are edible and smell like chocolate.

Silver banksia

Kaurna Name: Tarnma

Banksia marginata



Size: 0.8m x 0.6-0.8m

Kaurna Miyurna Uses



Propagation



Method 4 for 8 weeks



8-14 weeks.
Sow late autumn
and winter.

Kaurna Uses

Kaurna name: Tarnma (Banksia genus, species & plant), Pitpa (Flower), Pitpauwi (Nectar), Kundanyi (Banksia flower drink)

The nectar from the flowers can be extracted by soaking them in water, then drunk fresh as a sweet beverage or fermented into an alcoholic drink. This can also be mixed with black or golden wattle sap.

Roasted seeds are edible and can be released from the seedpod cones by heating them over a fire. Flowers steeped in water are traditionally used to relieve coughs and sore throats.

The timber is suitable for carving and used to make Wadna boomerangs. Dry flower cones were used to transport fire, as they smoulder for long periods, and the dry wood also makes excellent firewood.

Sweet Apple Berry

Kurna Name: Tarrarti

Billardiera cymosa



Size: 1-2m x 1-4m

Kurna Miyurna Uses



Propagation



Method 4



4 weeks to 12+ months.
Sow early spring
and summer.

Kurna Uses

The fresh soft ripe fruit is edible. The unripe aniseed-flavoured fruit is edible only after it is cooked. The ripe and rotten fruit can be used as a poultice to treat infected scratches and cuts. The vine can be used as a rope, string or grub hooks.

Milkmaids

Burchardia umbellata



Size: 0.1m x 0.65m

Kaurna Miyurna Uses



Propagation



21-35 days
spring and autumn

Kaurna Uses

The thin long watery tubers are edible but should be cooked first.

Sweet Bursaria

Kaurna Name: Yulara

Bursaria spinosa



Size: 1-10m x 0.5-5m

Kaurna Miyurna Uses



Propagation



Method 4



4-8 weeks
sow in winter

Kaurna Uses

The edible nectar can be sucked from the flowers, and the seeds are also edible.

The leaves of *Bursaria spinosa* contain aesculin — a compound used in the treatment of lupus, with additional uses in sunscreens for UV protection and known for its bactericidal properties.

The white timber is suitable for carving and making Wirri clubs, while the small branches are highly flexible and can be bent without breaking.

Garland Lily

Calostemma purpureum



Size: 0.3-0.6m x 0.1m

Kaurna Miyurna Uses



Propagation

Plant flower capsules in a pot

Kaurna Uses

The bulb tubers are edible.

Pigface

Kaurna Name: Karkala (*Plant*), Muityu (*Fruit*)

Carpobrotus rossii & Sarcozona species



Size: 1 x 0.1m x 1-2m

Kaurna Miyurna Uses



Propagation



Remove seed from capsules by soaking in warm water spring and autumn



14-28 days

Kaurna Uses

The salty-sweet, guava-flavoured fruit is edible, as are the pink and white flower petals. The leaves can be eaten raw or cooked and are rich in water, making them a useful water source.

Medicinally, the leaves can act as a laxative or purgative. Juice extracted from the leaves is used to treat dysentery, as a mild diuretic, and can also be gargled for sore throats due to its antiseptic properties.

Crushed leaf juice is applied to burns, sunburn, insect stings, and jellyfish stings. It's also used to treat various skin conditions, including fungal infections (like ringworm and thrush), eczema, dermatitis, herpes, cold sores, cracked lips, chafing, and allergic reactions.

Crushed leaves can also be rubbed directly on the skin as a natural insect repellent.

Recipe: Karkala & Mushroom Scrambled Eggs

Serves 1

Ingredients:

2 eggs

½ Cup fresh Karkala leaves

½ Cup of sliced mushrooms

2 Teaspoons of butter or ghee Cracked black pepper to taste

Method:

Scramble the eggs in a bowl and set aside. Saute fresh karkala and sliced mushrooms on medium heat in melted butter or ghee until slightly soft. Stir in the eggs creating ribbon patterns in the pan until eggs are set to liking. Take off the heat and add cracked black pepper to taste and serve with toasted wood fire bread.

Flax Lily

Kaurna Name: Kurdaki Yuri

Dianella revoluta



Size: 0.2-0.3m x 0.4-0.5m

Kaurna Miyurna Uses



Propagation



Remove seed from fruit and soak overnight if using fresh seed.



2-16 weeks

Kaurna Uses

The roots of *Dianella* species are edible once properly processed — this involves pounding and roasting. The ripe purple berries of *Dianella revoluta*, *Dianella brevicaulis*, and *Dianella longifolia* can also be eaten, but only if they are sweet and in small amounts.

Caution: Bitter-tasting berries may indicate a toxic species and should not be consumed. Poisonous varieties include *Dianella tasmanica* and *Dianella caerulea*.

The white base of *Dianella revoluta* leaves can be chewed to relieve cold and flu symptoms. Decoctions made from the leaves may help with headaches, and those made from the bulbous roots of *D. revoluta* and *D. longifolia* are traditionally used to treat colds.

Leaves are split along the central rib and used for weaving and string-making. Fresh leaves are heated over fire to soften them, while pounding the leaf yields fine fibre for string. A high-pitched whistle can also be made from the leaf of any *Dianella* species.

Sticky hop bush

Kaurna Name: Titpa-Tinkyu

Dodonaea viscosa



Size: 1-3m x 1-3m

Kaurna Miyurna Uses



Propagation



2-4 weeks spring
and summer



Kaurna Uses

European colonists used the dried seed pods of *Dodonaea viscosa* (hop bush) as a substitute for brewing hops, due to their similar bitter taste. **Warning:** While colonists brewed with the pods, Aboriginal use was strictly medicinal — not for internal consumption. Use of seed pods should be approached with caution.

Water infused with the leaves can be sponged on the body to relieve fevers. Leaves may be burned or boiled, and the vapours inhaled to ease headaches. Chewed leaves can relieve toothaches, but the juice should not be swallowed.

Crushed leaf juice is applied externally to treat stingray and stonefish wounds and used as an anti-inflammatory and antifungal agent. Branches laid over warm ashes produce fumes that relieve internal aches when a person lies on them.

The pain-relieving and anti-inflammatory effects are attributed to hautriwaic acid lactone in the leaves. **Caution:** The leaves also contain cyanogenic compounds, which can release cyanide — use with care.

Ruby Saltbush

Kaurna Name: Kurdanyitpi

Enchylaena tomentosa



Size: 0.5-1m x 0.3m

Kaurna Miyurna Uses



Propagation



4 weeks to 12+ months.
Sow early spring and
summer



Kaurna Uses

The salty-sweet fruit is edible. The fruit can be crushed and soaked in water to make a drink. The cooked leaves are edible too.

Recipe: Kangaroo Osso Bucco with Ruby Saltbush Berries

Ingredients

2 Kangaroo osso bucco cuts
3/4 cup plain flour for dusting
80ml olive oil
1 onion
2 garlic cloves
1 carrot
2 celery sticks
1 leek
1 tbsp tomato paste
1 400g can crushed tomatoes
salt and pepper
200ml red wine
300ml stock
2 parsnip for mashing

Gremolata Ingredients

Rind of 1 lemon
1 small bunch of flat leaf parsley, finely chopped
1 shaved garlic clove
1 good handful of ruby saltbush berries

(continued on next page)

Ruby Saltbush

Kurna Name: Kurdanyitpi

Enchylaena tomentosa



Size: 0.5-1m x 0.3m

Kurna Miyurna Uses



Propagation



4 weeks to 12+ months.
Sow early spring and
summer



Recipe (continued)

Method

Preheat oven to 160°C.

Sautee finely diced carrot, onion, celery and garlic until translucent, then set aside. Season the plain flour then dust the osso bucco on both sides until coated evenly. In a hot frypan, add oil and seal the beef for 2 minutes each side. Once sealed, place the meat in an oven-proof pot or slow cooker (with lid) and spoon sautéed vegetables on top.

Take the frypan back to the flame with all the tasty bits on the bottom and add the wine, reduce for 3-5 minutes.

Add tomato paste and crushed tomatoes, cook for another 5 min then add the beef stock.

Pour liquid over the meat and vegetables, making sure the meat is covered, pop the lid on and braise for 3 hours or until the meat is tender and falling off the bone and the sauce is thickened. While the meat is cooking, peel and dice the parsnip then cover it with cold water and a pinch of salt then lightly simmer until soft.

Pour away water, let steam for 1 minute then add butter, more salt and pepper (to taste) and mash until smooth.

Mix gremolata ingredients together in a bowl. Then, spoon the mash into bowls then place osso bucco on top with plenty of beautiful sauce and finish with the zesty crunchy gremolata! Enjoy !(adapted from SBS recipe)

Lavender Grevillea Monato

Kurna Name: Naalha Tadlanya

Grevillea lavandulacea



Size: 0.5x1m x 0.5x1m

Kurna Miyurna Uses



Propagation



Spring and summer

Kurna Uses

The nectar from the flower is edible. The flowers can be soaked in water to make a sweet drink or fermented for a week to make alcohol.

Knobby club rush

Kaurna Name: Nilti

Isolepis nodosa



Size: 0.5-1.5m x 0.6-2m

Kaurna Miyurna Uses



Propagation



3-5 weeks. Late spring, summer. Clump division.

Kaurna Uses

Knobby club-rushes are used for weaving baskets and mats. The rhizomes are edible after cooking.

Native lilac

Kaurna Name: Tantutiti

Hardenbergia violacea



Size: 1-2m x 1-2m

Kaurna Miyurna Uses



Propagation



Method 3



3 - 6 weeks. Sow in
spring and summer

Kaurna Uses

Tea can be made from the dried leaves. The tea can be used to treat colds and mouth ulcers. The flowers can be used to make dye. The vine can be used as a rope or to make a long grub hook called palya to remove barti grubs from holes in trees.

Running postman

Kennedia prostrata



Size: 0.1 x 1-4m

Kaurna Miyurna Uses



Propagation



Method 3



Late spring, summer
Light may inhibit
germination

Kaurna Uses

Nectar can be sucked from the flowers, and the nectar is used to soothe sore throat. The leaves can be eaten raw, and they can be made into a liquorice-flavoured tea.

Muntries

Kaurna Name: Mantirri

Kunzea pomifera



Size: 0.3m x 2-5m

Kaurna Miyurna Uses



Propagation



3 - 5 weeks
Sow in spring and summer



As well as rooted stems

Kaurna Uses

The berries are edible and have a sweet, apple-like flavour with a mild eucalyptus taste.

Recipe: Mantirri, Prosciutto and Fig Salad

Serves 4-6

Ingredients

450g prosciutto, thinly sliced
200g fresh or thawed frozen muntries
4 large ripe figs, sliced in eighths
4 peaches, stone removed and quartered
2 mozzarella or burrata balls, ripped into pieces
Extra virgin cold pressed olive oil balsamic vinegar
A few sprigs of mint or basil

Method

Layer the meat and mozzarella on the base of your serving platter and in between it tuck in the peach and figs. Generously scatter over your muntries and herbs and then drizzle over the oil and vinegar. Season with salt and pepper and enjoy! (Source: Catalyst Foundation)

Native Flax

Linum marginale



Size: 0.3-1m x 0.3m

Kaurna Miyurna Uses



Propagation



Autumn 3 to 4 weeks



Flowers in winter
and spring

Kaurna Uses

The stem and root can be used to make string for fishing lines and nets.

Warning: All parts of the plant are poisonous, and it contains cyanide.

Mat Rush

Kaurna Name: Ngurku

Lomandra species



Size: 0.2-0.3m x 0.5-1m

Kaurna Miyurna Uses



Propagation



Soak seeds for 24 hours



8 - 10 weeks
Late spring and summer

Kaurna Uses

The white base of the leaves are edible and tastes like peas and asparagus. The seeds are edible and can be soaked in water to soften them before being ground into a paste, which can then be used to make a cake to cook. The nectar-rich flowers are reportedly edible. A poultice can be made from the crushed roots to relieve ant bites. The leaves are split in two down the middle, dried for three days, soaked for one to two days, and then used for basket weaving and string making.

Yam Daisy

Kaurna Name: Ngampa

Microseris lanceolata



Kaurna Uses

The tubers are edible raw or cooked. The roots are bitter, not particularly palatable when raw, but they become sweeter when cooked. Traditionally roasted over a fire or cooked in a ground oven. They can be eaten all year round, but they are bitter in winter.

Size: 0.2m x 0.4m

Kaurna Miyurna Uses



Propagation



1 - 2 Weeks

Sow autumn to late winter

Yam Daisy

Kaurna Name: Ngampa

Microseris lanceolata



Size: 0.2m x 0.4m

Kaurna Miyurna Uses



Propagation



1 - 2 Weeks

Sow autumn to late winter

Recipe: Ngampa in Butter Sauce

Ingredients

Ngampa washed and cleaned
50 ml verjus
100 g good quality butter for sauce
1 lemon for juicing
1 small bunch of thyme

Method

1. Steam ngampa for 10 minutes or until just soft.
2. Take out and set aside somewhere warm.
3. For the sauce, use a small pot, add in verjus and 50 ml water, bring to a very light simmer and immediately add in 100g of the good quality butter.
4. Using a whisk, mix on low heat until emulsified and thickened. Adjust seasoning with a little sea salt and lemon juice to taste.
5. Lay the Ngampa on a warmed plate, and spoon over the finished sauce.
6. Cover the Ngampa with chopped herbs and serve immediately

River Mint

Mentha Australis & Wild Slender Mint

Mentha diemenica



Size: 0.3m x 1m

Kaurna Miyurna Uses



Propagation



Division

Kaurna Uses

The leaves of *Mentha australis* and *Mentha Diemenica* are edible and taste like very strong spearmint. A decoction of *Mentha australis* has been used for treating coughs and colds. The crushed plant of *Mentha australis* may be sniffed to relieve sinus headaches.

Warning: Be careful not to confuse Wild Slender Mint *Mentha Diemenica* with the introduced Pennyroyal *Mentha pulegium*, which is highly poisonous and can be fatal.

Recipe: River Mint Pesto

Blend two cups of River Mint with half cup Macadamia Oil, half teaspoon salt, half cup raw macadamias, one spring onion and a half teaspoon desert lime powder.

Native sorrel

Oxalis perennans



Size: 0.1-0.4m x 3m

Kaurna Miyurna Uses



Propagation



1 - 4 weeks

Sow in spring and summer

Kaurna Uses

The roots of the indigenous oxalis are edible and have a similar taste to sweet potato. The sour leaves are edible in small amounts.

Quandong

Kaurna Name: Kurti

Santalum acuminatum



Size: 4-5m x 2-4m

Kaurna Miyurna Uses



Propagation



1 - 4 months In the heat of summer

Kaurna Uses

The red fruit is edible. Kaurna people would dry the flesh to preserve it for later use; the fruit is sweeter when dry. The old seed kernels are edible but should be roasted first and consumed in small amounts, as they are toxic in large quantities; however, they break down over time and when heated. The leaves are burnt to repel mosquitoes. Timber can be used for wood carving.

Recipe: Kurti Sauce

Ingredients

3 cups fresh quandongs

1/2 teaspoon vanilla essence

Method

Place ingredients in a blender and process until smooth. Spoon into serving bowls and serve with the sorbet.

Silver Cassia

Kurna Name: Murrka

Senna artemisioides



Size: 1-3m x 1-2m

Kurna Miyurna Uses



Propagation



1 - 2 Weeks

Sow late spring, summer



Kurna Uses

The seeds of Silver Cassia (*Senna artemisioides* ssp. *artemisioides*) are edible and can be made into flour. The grub in the root is edible. A decoction made from (*Senna artemisioides* subsp. *oligophylla*) is used as a body wash to relieve fever and to treat skin sores. New babies are held briefly in the smoke of a fire made with the leafy branches of (*Senna artemisioides* subsp. *filifolia*) to promote good health.

Caution: Only the seeds of the *Senna artemisioides* plant should be eaten, and the rest of the plant should not be taken internally.

Bower Spinach & Warragul Spinach

Kaurna Name: Pirira

Tetragonia implexicoma & *Tetragonia tetragonioides*



Size: 0.4m x 1m

Kaurna Miyurna Uses



Propagation



Soak overnight



7 - 21 days
In spring

Kaurna Uses

The fresh leaves of *Tetragonia tetragonioides* & *Tetragonia implexicoma* can be eaten raw or cooked and used in the same way as spinach. The red, salty, and sweet berries of *Tetragonia implexicoma* are also edible. The crushed leaves of *Tetragonia tetragonioides* can be applied to boils and ulcers.

Recipe: Pirira in Garlic Butter

Ingredients

1 cup Pirira

1-2 cloves of garlic

1 tablespoon butter or olive oil

Method

Sauté pirira in garlic butter for a couple of minutes. Add black pepper and a squeeze of lemon to taste. Serve alongside your favourite grilled fish or seafood.

Common Kangaroo Grass

Kaurna Name: Tarnta Tutha

Themedia tiandra



Size: 1m x 1m

Kaurna Miyurna Uses



Propagation



2 - 14 weeks

Late spring, summer

Kaurna Uses

Seeds are edible. String can be made from the stem for use in nets, basket weaving, and other purposes. The grass was steamed to extract the fibre.

Grass Tree

Kaurna Name: Kuru

Xanthorrhoea species



Size: 1-3m x 1-2m

Kaurna Miyurna Uses



Propagation



Refrigerate prior to sowing



4 to 52 Weeks
Sow in spring and autumn

Kaurna Uses

Kaurna name: Kuru (Grasstree/Xanthorrhoea species), Pinyata (Nectar), Yutuki (Sweet Sap)

Most parts of the grass tree are edible. The white base of the leaves and the centre of the flower head can be eaten, though removing the head will kill the plant. In winter, fresh new roots can be carefully dug from the side and eaten as a starchy food.

The flower stem contains edible nectar. It can be removed and soaked in water to create a sweet drink. If left to ferment for a week or more, it becomes alcoholic. A string can also be used to pull down the stem and collect the nectar. Unripe seeds are edible as well.

The plant has medicinal uses:

- The smoke from burning resin is used to treat colds.
- The resin can be eaten for diarrhoea or applied to the skin for various conditions.
- The inner pulp near the top of the plant is eaten to ease upset stomachs.

Kuruyaku resin is also used as a thermal plastic adhesive — for attaching kangaroo teeth to Midla spear throwers, and securing spearheads on Kaya grass tree spears and Kutpi reed spears. Dry flower stems are commonly used as fire sticks.

