

Growing and Preparing Australian Native Foods, and Revegetation with Native Plants

Chris Bryant and John Boland

August 2018

Introduction

- Permission
- First taste of native food
- Uncle Lewis O'Brien
- We have lived in Felixstow for 22 years.
- We produce 1/3 of our food in our suburban block.
- We won the Inaugural Norwood , Payneham and St. Peters Council Best Domestic Sustainable Garden Award in 2016.



Native Foods in Our Garden

- Kurrajong, Quandong, Macadamia, Davidson's Plum, Guava, Lemon Myrtle, Native Raspberry
- Orange, Midyam Berry, Kangaroo Apple, Finger Lime, Bulbine Lily, Blue Tongue
- Celery, Cucumber, Warrigal Greens, Mint, Peppermint, Purslane, Watercress, Pig Face, Grasses, Muntries
- A species list with botanical names appears at the end of the presentation.

Kurrajong



Figure : Brachychiton

Kurrajong Flowers



Figure : Brachychiton

Kurrajong Pods



Figure : Brachychiton

Macadamia



Macadamia



Quandong



Quandong - green fruit



Quandongs



Chicken Kev



Native Quava



Purslane



Kangaroo Apple



Native Bee Hotel



Ngarrindjeri Basket Weaving



Native Orange - Arid Lands Botanic Gardens



Figure : *Capparis Mitchellii*

Native Orange



Figure : Capparis Mitchellii

Finger Lime



Sources of plants and products

- Plants
 - Bel Air Nursery
 - North East Bunnings Food Bush Section
 - Diggers
 - Perrys McLaren Flat
- Products
 - Something Wild, Stall 55, Adelaide Central Market
 - Oxfam, Charles Street, Adelaide
 - Blackwood Bistro, Rundle Street

Monarto Property



Monarto Mintbush



Figure : *Prostanthera eurybioides*

Monarto Mintbush



Figure : Recent planting

Coastal Wattle



Figure : *Acacia sophorae*

Spinifex



Old Man's Beard



Figure : *Clematis aristata*

Apple Berry



Figure : Billardiera Scandens

Ruby Saltbush



Figure : *Enchylaena tomentosa*

Revegetation Example



Revegetation Example



Wattle Seed Bread

Wattle Seed Bread

• 50 gm Butter — melted — then
set aside

- 300 gm S.R. Flour
 - $\frac{1}{2}$ teaspoon Salt.
 - 2 " Wattle Seed
- } mix well

1 Stubby of Beer.

Pour the stubby of Beer into
the dry ingredient. Place
in prepared loaf tin.

Pour over melted butter

Bake at 200°C for 30-35
minutes



Chris Bryant

Species List

Kurrajong	<i>Brachychiton populens</i>
Quandong	<i>Santalum acuminatum</i>
Macadamia	<i>Macadamia integrifolia</i>
Davidson's Plum	<i>Davidsonia jerseyana</i>
Lemon Myrtle	<i>Backhousias citriadora</i>
Native Orange	<i>Capparis mitchelli</i>
Midyim Berry	<i>Austromyrtis dulcis</i>
Kangaroo Apple	<i>Solanum aviculare</i>
Finger Lime	<i>Citrus australasica</i>
Bulbine Lily	<i>Bulbine bulbosa</i>

Species List Continued

Blue Tongue	Melastoma affine
Native Celery	Apium prostratum
Native Cucumber	Cucumis melo
Warrigal Greens	Tetragonia tetragonioides
Native Mint	Mentha australis
Purslane	Portulaca oleracea
Watercress	Nasturtium officinale
Pig Face	Carbrobrotus glaucescens
Muntries	Kunzea pomifera
Native Raspberry	Rubus Parvifolius
Basket Reeds	Cyperus gymnocaulos, Cyperus vaginatus

Species List - Monarto

Monarto Mintbush	<i>Prostanthera eurybioides</i>
Coastal Wattle	<i>Acacia sophorae</i>
Spinifex	<i>Spinifex hirsutus</i>
Old Man's Beard	<i>Clematis aristata</i>
Apple Berry	<i>Billardiera scandens</i>
Ruby Saltbush	<i>Enchylaena tomentosa</i>

Workshops

Four mini workshops that will help you manage pests in your garden and provide you with tips to live a sustainable lifestyle.

There will be give-away prizes at the workshops.

Date: Sunday 7 October 2018

Venue: St Peters Banquet Hall, 101 Payneham Road, St Peters

Time: 10.00am – 3.00pm

Free, bookings essential.

Tour

Award winning garden: Guided tour



Description

Guided tour of the winning residential garden from the 2016 Sustainable Garden Awards.

Join John and Chris on a tour of their award-winning sustainable garden. John is Professor of Environmental Mathematics, specialising in renewable energy and water supply systems. Chris is an accredited permaculture designer. Together, they produce 30 percent of their food requirements in their garden which also acts as climate control, habitat for frogs, bees, birds and lizards, sanctuary and place for enjoyment.

All green waste is reused on site to make compost and the garden is designed to harvest and reuse virtually all of the water that falls on the block through a combination of rainwater tanks and specifically designed trenches.

Details

Date: Saturday 13 October 2018

Venue: 21 Shirley Avenue, Felixstow

Time: 10.00am – 11.00am

Free, bookings essential.

[Book now](#)