

	<u>Common name</u>	<u>Botanic name</u>
Interstate plants	Davidson's Plum	<i>Davidsonia jerseyana, D. johnsonii, D. puriens</i>
	Finger Lime	<i>Citrus australasica</i>
	Warrigal Greens	<i>Tetragonia tetragonoides</i>
	Lemon Myrtle	<i>Backhousia citriodora</i>
	Lilly Pilly	<i>Syzygium sp. Acmena sp.</i>
	Midyim Berry	<i>Austromyrtus dulcis</i>
	Macadamia nut	<i>Macadamia integrifolia, Macadamia tetraphylla</i>
trees	Native Cherry	<i>Exocarpos cupressiformis</i>
	Drooping Sheoak	<i>Allocasaurina verticillata</i>
	Golden Wattle	<i>Acacia pycnantha</i>
	Wattle seed generally	selected <i>Acacia</i> species
	Quandong	<i>Santalum acuminatum</i>
	Silver Banksia	<i>Banksia marginata</i>
	Christmas Bush	<i>Bursaria spinosa</i>
larger shrubs	Sticky Hop-Bush	<i>Dodonaea viscosa ssp spatulata</i>
	Old Man Saltbush	<i>Atriplex nummularia</i>
	Nitre Bush	<i>Nitraria billardiarei</i>
	Sea Berry Saltbush	<i>Rhagodia candolleana ssp. candolleana</i>
	Kangaroo Apple	<i>Solanum laciniatum</i>
	Austral indigo	<i>Indigofera australis</i>
	Native Hollyhock	<i>Malva preissiana</i>
twiners, climbers, ramblers	Old Mans Beard	<i>Clematis microphylla</i>
	Native Raspberry	<i>Rubus parvifolius</i>
	Sweet Apple Berry	<i>Billardiera cymosa</i>
medium shrub	Ruby Salt-Bush	<i>Enchylaena tomentosa</i>
small shrubs succulent leaves	Common Purslane	<i>Portulaca oleracea</i>
	Rounded Noon-Flower	<i>Disphyma crassifolia ssp. clavellatum</i>
	Karkalla	<i>Carpobrotus rossii</i> (coast) <i>Carpobrotus modestus</i> (inland)
small coastal plants	Muntries	<i>Kunzea pomifera</i>
	Bower Spinach	<i>Tetragonia implexicoma</i>
	Sea Celery	<i>Apium prostratum</i>
	Beaded Samphire	<i>Sarcocornia quinqueflora</i>

small plains + hills plants	Native Flax	<i>Linum marginale</i>	
	Running Postman	<i>Kennedia prostrata</i>	
lily family evergreen plants	Grass Trees	<i>Xanthorrhoea</i> sp.	
	Black-Anther Flax-Lily and Coast Flax-lily	<i>Dianella revoluta</i>	<i>Dianella brevicaulis</i>
riparian plants	Stiff Mat-Rush	<i>Lomandra multiflora</i> ssp. <i>dura</i>	
	Common Reed	<i>Phragmites australis</i>	
	Bulrush	<i>Typha domingensis</i> and <i>T. orientalis</i>	
	Nardoo	<i>Marsilea drummondii</i>	
	Stiff Flat-sedge	<i>Cyperus vaginatus</i>	
	Spiky Flat-sedge	<i>Cyperus gymnocaulos</i>	
	River Mint	<i>Mentha australis</i>	
Slender Mint	<i>Mentha diemenica</i>		
small herbs	Australian Cranes-Bill	<i>Geranium solanderi</i> , <i>Geranium retrorsum</i>	
	Native Carrot	<i>Daucus glochidiatus</i>	
	Yam Daisy	<i>Microseris lanceolata</i>	
herbaceous lilies	Garland Lily	<i>Calostemma purpureum</i>	
	Native Leek	<i>Bulbine bulbosa</i>	
	Milkmaids	<i>Burchardia umbellata</i>	
	Chocolate Lily	<i>Arthropodium strictum</i>	
	Vanilla Lily	<i>Arthropodium fimbriatum</i>	
small twiners	Glycines	<i>Glycine tabacina</i> , <i>Glycine rubiginosa</i>	
	Twining Fringe-lily	<i>Thysanotus patersonii</i>	
grasses	Native Lemon Grass	<i>Cymbopogon ambiguus</i>	
	Windmill Grass	<i>Chloris truncata</i>	
	Kangaroo Grass	<i>Themeda triandra</i>	
orchids	Orchids – various		
heaths	Native Cranberry	<i>Astroloma humifusum</i>	
	Peach Heath and Groundberries (2 sp)	<i>Lissanthe strigose</i> <i>Acrotriche</i> sp	
SUPPLIERS	Many Councils have occasional native plant sales and give-aways		We have a few plants today!
	Trees For Life - Annual Garden Plant Sale (3-5 June 2021)		Provenance Indigenous Nursery
	Kersbrook Landcare Nursery (sale days monthly in planting season)		State Flora (at Belair)
	Garden Depot at Mt Barker		ask at your local Garden Centre!

## Bush Tucker Foods for Adelaide Area

Leanne Williams Buandig (Port Mac Donnell SA)

<p><b>Native Cherry</b> <i>Exocarpos cupressiformis</i> Kurna; Tilti, Teelte</p>	<p>Not available to purchase as can't propagate. Fruit eaten when red and fleshy or made into cakes. Wood used to make spears and other tools. Sap used as a traditional cure for snakebite. Leaves sometimes used for smoking ceremonies.</p>
<p><b>Chocolate Lily</b> <i>Arthropodium strictum</i></p>	<p>Tubers roasted and eaten. Dies off over Summer and revives in Autumn and flowers in Spring. High in carbohydrates.</p>
<p><b>Yam Daisy</b> <i>Microseris lanceolata</i> Kurna; Umba, Yungumba, Wailyo, Waldies, Walyu, Ngampa</p>	<p>Tubers are dug up and slow cooked in earth ovens. Many plants established and a staggered harvest. Flowers in Spring then dies back to tubers in Summer. Prefers moist soils, can be grown in sand, loam or clay, pH can be acidic, neutral, alkaline and saline soils. High in starch and carbohydrates.</p>
<p><b>Milkmaids</b> <i>Burchardia umbellate</i> Kurna; Walyu</p>	<p>Tubers dug up when flowers die off. Roasted in an earth oven and eaten. Tubers can also be eaten raw. High in nutrients.</p>
<p><b>Vanilla Lily</b> <i>Arthropodium fimbriatum</i> Kurna; Walyu</p>	<p>Tubers are edible after roasting. Flowers were consumed to cleanse the blood. High in carbohydrates.</p>
<p><b>Mat Rush</b> <i>Lomandra multiflora ssp. dura</i></p>	<p>The white starchy base of leaves is chewed raw. Seed eaten with honey, or pounded to make flour. Leaves used for weaving baskets, fishing nets. Roots used medicinally for insect bites.</p>
<p><b>Kangaroo Grass</b> <i>Themeda triandra</i> Kurna; Tarnta Tutha</p>	<p>Seeds ground and made into damper. Leaves and stems used to make rope and string then made into baskets and fishing nets. Self-seeding grass, needs well drained soil.</p>
<p><b>Native Leek, Bulbine Lily</b> <i>Bulbine bulbosa</i> Kurna; Walyu</p>	<p>Tubers are dug up when plant is in flower. Tuber can be eaten raw or roasted. Provides calcium and iron.</p>
<p><b>Native Flax</b> <i>Linum marginale</i> Kurna; Kurdaki yuri</p>	<p>Seeds can be eaten fresh or cooked. Stems can be eaten fresh. Seed made into oil and used to treat wounds, Stems and leaves used for weaving baskets and nets.</p>
<p><b>Running Postman</b> <i>Kennedia prostrata</i></p>	<p>The wavy edged leaves with less hairs are eaten raw. Leaves can be infused in hot water to make tea. Flowers are edible with a tasty nectar and can be soaked in water for a sweet drink. Stems used to make string then weaved into small items.</p>

<p><b>Garland Lily</b> <i>Calostemma purpureum</i> Kurna; Walyu</p>	<p>Takes a few years for good tubers to develop. The white leaf bases and bulbs are eaten or cooked. Harvest by digging up plant when leaves dies off. Can withstand long dry periods. Butterfly nectar food.</p>
<p><b>Sticky Hop Bush</b> <i>Dodonaea viscosa</i></p>	<p>Wood used for digging sticks, killing sticks and other tools. Traditional use; leaves chewed for toothache, foot-ache, chewed leaves and juice used for stingray and stonefish stings. Dried leaves burnt for pain relief and as a calmative. Early European settlers used the hops to make beer.</p>
<p><b>Native Pig Face</b> <i>Carpobrotus rossii</i> Kurna; Karrkala, Karkalla Fruit; Multyu, Malyo, Ungee</p>	<p>The red/purple fruit can be eaten fresh, dried or made into cakes. Leaves can be eaten raw or cooked with meat. Juice from leaves relieves stings, burns, sunburn and skin irritations. Juice mixed with water can be gargled to relieve a sore throat and minor bacterial mouth infections. Anti-oxidant and anti-inflammatory qualities.</p>
<p><b>Native Pig Face</b> Inland species <i>Carpobrotus modestus</i> Kurna; Karrkala, Karkalla Fruit; Multyu, Malyo, Ungee</p>	<p>The red/purple fruit can be eaten fresh, dried or made into cakes. Leaves can be eaten raw or cooked with meat. Juice from leaves relieves stings, burns, sunburn and skin irritations. Juice mixed with water can be gargled to relieve a sore throat and minor bacterial mouth infections. Anti-oxidant and anti-inflammatory qualities.</p>
<p><b>Golden Wattle</b> <i>Acacia pycnantha</i> Kurna; Minno, Meenoo</p>	<p>Gum eaten like chewing gum during Summer. Gum mixed with nectar and water as a drink. Heated for use as a glue. Seeds ground to make flour. Seedpods harvest during Summer are crushed and roasted. Grubs which live in the bark are roasted and eaten. Bark used as a mild sedative for rheumatism, unsure of preparation. Blossom hung in huts to promote sleep. An important food source.</p>
<p><b>Christmas Bush</b> <i>Bursaria spinosa</i></p>	<p>Nectar can be sucked out of flowers, best early morning , beware of bees and ants. Seeds ground to make cakes. Wood used for toolmaking. Leaves contain sunblock.</p>
<p><b>Lilly Pilly</b> <i>Syzygium ssp.</i></p>	<p>Berries eaten fresh or dried and stored. Berries can also be made into jams and jellies. Anti-oxidant that strengthens the immune system.</p>

<p><b>Lilly Pilly</b> <i>Syzygium ssp.</i> Continued</p>	<p>Reduces inflammation and boosts collagen production in the skin. Folate and calcium in the berries help with bone structure. Prevents colds and infections. Treatment of sore ears, wounds, and skin disorders. Anti-aging qualities. High in vitamin C.</p>
<p><b>Sheoak</b> <i>Allocasaurina verticillate</i> Kurna; Karkoo Cones; Karkoo Murngo, Karkomarngo</p>	<p>Young needles and galls eaten. Young cones chewed to relieve thirst or flavour water. Shelter tree as needles provide a natural mattress, animals or people could be heard approaching. Sap used as an adhesive for canoes and other tools. Wood used for boomerangs and shields. Mature cones ground up and applied to sores and to treat rheumatism. Bark and wood used for medicinal purposes. Dried leaf spikes used to cure warts.</p>
<p><b>Sweet Apple Berry</b> <i>Billardiera cymosa</i></p>	<p>Berries eaten fresh or sundried. Let berries fall off plant and collect from the ground.</p>
<p><b>Muntries</b> <i>Kunzea pomifera</i> Kurna; Mantarri, Mantiri, Mantirri</p>	<p>Fruit can be eaten fresh or made into cakes. Can be preserved and made into jam. Berries have an apple/peach flavour. Takes a few years to establish and bear fruit. Likes alkaline soils.</p>
<p><b>Native Raspberry</b> <i>Rubus parvifolius</i></p>	<p>Sweet berries high in antioxidants. Leaves infused in hot water make a tea used to treat stomach complaints.</p>
<p><b>Lemon Grass</b> <i>Cymbopogon ambiguus</i></p>	<p>Leaves can be made into a tea but very potent so use sparingly. Can relieve flu and earache. Chop and grind leaves then boil to produce a liniment for sore muscles or headaches. Used as an antiseptic to treat sores. Used as an inhalant to clear airways. NOT FOR USE IF PREGNANT.</p>
<p><b>Native Carrot</b> <i>Daucus glochidiatus</i></p>	<p>Small taproot eaten raw or after roasting.</p>
<p><b>Sea Celery</b> <i>Apium prostratum</i></p>	<p>Leaves used as flavourings, garnishes, in salads, soups, casseroles. Can be a replacement for parsley.</p>
<p><b>Bower Spinach</b> <i>Tetragonia implexicoma</i></p>	<p>SA's equivalent to Warrigal Greens. Use fresh or stem or boil (change water if boiling due to high salt content).</p>

<p>Kaurna; Pirira</p>	<p>Small daisy like flowers followed by edible red berries, eaten when soft. Leaves have anti-inflammatory, antioxidant, and anti-scorbutic qualities. Helps with ulcers. Available all year. High in vitamin C.</p>
<p><b>Ruby Salt Bush</b> <i>Enchylaena tomentosa</i></p>	<p>Berries 5-8mm, yellow, orange, red or pink colour eaten fresh or soaked in water for a drink. Crisp, salty, sweet taste. Spinach substitute. Anti-scorbutic (prevents scurvy). Fruits sometimes used as body paint by children.</p>
<p><b>River Mint</b> <i>Mentha australis</i></p>	<p>Herb can be used fresh or dried. Insect repellent. Has other medicinal purposes unsure what. Best kept in pots as very invasive.</p>
<p><b>Common Reed</b> <i>Pharagmites australis</i> Kaurna; Witu, Minnokorro</p>	<p>Young shoots and leaf tips are eaten raw Tubers eaten after being steamed. Tubers were roasted and pounded into flour. Long straight flowering stems used for spear shafts. Leaves used to weave baskets and bags. Stems can be collected, layered, bound together, and made into a light raft. Stems cut into segments and used as ornaments like; necklaces, hair-beads, or nose ornaments.</p>
<p><b>Black-anther Flax-lily</b> <i>Dianella revoluta</i></p>	<p>Sweet purple berries can be consumed in Summer. Leaves used for weaving bags, baskets, and nets. Used as a snake whistle, when blown into the hollow ends vibrate and this sound lured snakes out of hiding when being hunted for food. Pounded to a fibre it was used as a tool to collect nectar from <i>Xanthorrhoea</i> plant flowers.</p>
<p><b>Mount Lofty Grass Tree</b> <i>Xanthorrhoea quadrangulate</i> Kaurna; Wuara, Yakoo, Kurru Honey; Pinyatta Sweet sap; Yutuke Gum (not edible); Yakko Spear shaft; Kayamunto</p>	<p>Nectar source from flowering spikes. Leaf bases and new shoots were eaten fresh. Hunting implements: light fishing spear, fire stick, leaves provided knives. Resin was used as a glue for binding weapons and tools. Flowerheads placed on fire and the smoke inhaled cured colds. Resin mixed with fire ash was used for skin irritations and rashes. Food source for Black Tailed Cockatoo. Very slow growing.</p>
	<p>Tubers were a staple food. Leaves, flowers and stalks can be eaten raw.</p>

<p><b>Australian Crane Bill/Hairy Geranium</b> <i>Geranium solanderi</i></p>	<p>Leaves were crushed and applied to minor burns. Raw tubers assisted with internal complaints.</p>
<p><b>Windmill Grass</b> <i>Chloris truncata</i></p>	<p>Seeds are used as a food grain.</p>
<p><b>Silver Banksia</b> <i>Banksia marginate</i> Kurna; Pitpauwe Blossom water; Tarnma Kunayne Honey; Pinyatta</p>	<p>Flowers soaked in water make an energy drink. Flowers pulled apart to use as a paintbrush for ceremonies and rock art. Dried cones used as strainers. Dried flowers carried embers from one campsite to the next. Branches that are curved have been used for boomerangs.</p>
<p><b>Lemon Myrtle</b> <i>Backhousia citriodora</i></p>	<p>Native to sub-tropical Queensland, a rainforest plant. Good food flavouring for fish dishes, biscuits, desserts, herbal tea. Dried leaves can be used to infuse olive oil. Breathe in crushed leaves to relieve headaches. Anti-viral, anti-fungal and calmativie properties.</p>
<p><b>Davidson Plum</b> <i>Davidsonia jerseyana, D. johnsonii (North east NSW)</i> <i>D. puriens (North east QLD)</i></p>	<p>Origin - East coast plant. Fruit can be eaten fresh. Fruit can be used to make sauce, preserves, chutneys, pie fillings, marinades, glazes, dressings, juice, wine, liquors and cordials. Rich in antioxidants. Provides vitamin C and E, iron, copper, potassium, calcium, zinc.</p>
<p><b>Finger Lime</b> <i>Citrus australasica</i></p>	<p>Origin – Sub-tropical rainforests northern NSW and QLD. Caviar like pulp. Fruit used for drinks, desserts, chutneys, jams and marmalades. Substitute for lemon and lime. Goes well with seafood. Pulp and juice applied to infected sores and boils as an antiseptic. Rich in folate, potassium and vitamin E. Vitamin E is exceptionally high in this fruit, an important antioxidant for human cell protection and disease prevention.</p>
<p><b>Warrigal Greens</b> <i>Tetragonia tetragonoides</i> Kurna; Pirira</p>	<p>Origin; East coast plant. Not an originally used food by Aboriginal peoples. Use like spinach, bok choy, silverbeet and other leafy vegetables. Dies off in Winter and revives in Spring. Yellowish flowers can be eaten. Remove leaves regularly to promote growth. High in antioxidants, fibre and vitamin C.</p>

<p><b>Quandong</b> <i>Sanalum acuminatum</i></p> <p><b>Quandong</b> <i>Sanalum acuminatum</i> Kurna; Kurti</p> <p>continued</p>	<p>Known as the native peach, very dry fruit when ripe. Quandong trees are partly parasitic they rely on a host plant and prefer an <i>Acacia</i> species. Fruit, bright red when ripe, eaten raw or dried and frozen for up to 8 years, without losing flavour. Roots of the tea were ground and used as an infusion for rheumatism.</p> <p>Leaves are crushed and mixed with saliva to produce an ointment for skin sores and boils. Seed is rich in oil and was used the same way unsure of preparation. Crushed seeds used as a form of hair conditioner. Fruit is now used for jams, chutneys, desserts and Quandong pies. Aromatic wood was traditionally used in smoking ceremonies. High in vitamin C used to reduce scurvy. Good source of folate, magnesium, calcium, iron and zinc. Rich in antioxidants that boost the immune system, reduces inflammation and protects against some diseases. Anti-bacterial and anti-inflammatory qualities.</p>
<p><b>Midyim Berry / Midgenberry</b> <i>Austromyrtus dulcis</i></p>	<p>Origin northern NSW to Fraser Island QLD. Small fruit, same size as blueberries, white with purple speckles. Can be used fresh, in a fruit salad, made into pies or preserved to be used as jams. Small edible seeds. Tolerates all pH Acidic, neutral, alkaline. Will grow in sand, loam, and clay as long as it is good draining soil. Provides calcium, iron, vitamin C and dietary fibre.</p>
<p><b>Australian Hollyhock</b> <i>Malva preissiana</i></p>	<p>Leaves eaten raw or cooked. Root can be consumed raw or cooked. Make a poultice from boiled leaves to apply to boils.</p>
<p><b>Nitre Bush</b> <i>Nitraria billardierei</i> Kurna; Wodni, Karrambi</p>	<p>Shrub which bears many fruits all ripe at the same time from January to February. Fruit looks like grapes and tastes like salty grapes with a large seed. Will grow in sand, loam and clay, no preference to pH and will grow on saline soils.</p>



## **COLLECTING SCIONS (BUD-WOOD) FOR GRAFTING DECIDUOUS FRUIT TREES**

Scions (cuttings) are collected in winter while trees are dormant, (leafless) often during pruning.

Only collect wood from healthy, well watered & nourished trees that produce good fruit

Choose pieces with obvious buds on them, as closely spaced as possible

Optimal size of a cutting is pencil thickness & usually 10-15cm long

Each scion should contain 3-4 dormant buds

It is an advantage, but not essential, to include a strong terminal bud if possible

If there's no terminal bud, make the top cut close to & sloping away from the last bud

Use razor-sharp, clean secateurs & sterilise them between cuts with methylated spirits or bleach. Keep secateurs in a clean bag, away from soil, grass or contaminants when not in use

As each scion is cut, place it in a plastic bag. Zip-lock is ideal.

When all the scions are in the bag, seal it. Label with variety details & date then enclose it in a second sealed bag. If collecting more than one or two scions, keep the bag closed & shaded between additions. Keep it cool & place into the crisper section of the refrigerator ASAP.

If collecting on a warm day take a cooler bag or esky to transport the scions & keep in the shade.

Do not store fruit like apples, bananas, etc in the same crisper, as the ethylene they exude may cause premature development of the buds.

Scions may be stored this way until the buds on the recipient tree are swelling but not yet opening. This is the best time to graft.

Only remove one scion from the bag at a time when you are ready to graft it. Keep them cool. Do not let them dry out.

Handle carefully, keeping them clean & off the ground.

Return unused scions to the fridge crisper ASAP for possible later use or swapping with a friend.

Use the freshest, healthiest scions possible to have the best chance of successful grafts.

# GUT INTUITION

Gardening For Gut Health - your inner garden

GGG March 28th 2012

## KEFIR

Milk kefir grains have a gelatinous texture and contain many strains of live bacteria and some yeasts that will vary depending on the culturing location and culturing conditions. Kefir is very easy to use because it can be cultured at room temperature.

Feeding kefir grains with milk regularly allows the lactic acid bacteria within the kefir grains to thrive. If well fed they will reproduce and you will be able to share with friends and family.

Kefir is rich in vitamins A, B2, B12, D, and K, and the minerals calcium, magnesium, and phosphorus. But remember the quality of the milk you use will definitely affect the nutritional content of the kefir.

Non-dairy liquids are also possible (water, soy, almond liquids etc) but the grains will need to be fed with real milk regularly to keep them vital.

## MILK KEFIR

Fresh milk

Kefir grains

1 part kefir to 50 parts milk (e.g. 5 ml kefir to 250 ml milk/10 ml kefir to 500ml milk)

Pour milk into a jar.

Add kefir grains.

Put lid on and place somewhere you can keep an eye on it, but out of direct sunlight

Leave 24 hours at room temperature, 22°C is perfect.

Below 16°C you may need to keep warmer (pop a blanket around overnight)

Over 29°C and maybe an esky with or without an ice brick depending on the temperature.

Strain through sieve.

Strained Kefir is ready to use and the grains can go into fresh milk for tomorrow kefir.

# GUT INTUITION

## GINGER & TURMERIC STARTER

GINGER BEER PLANT (FIZZY DRINK STARTER) The combination of ginger, honey and water will capture wild yeasts, and provide an environment for lactic acid bacteria to flourish. Any natural sweetener can be used to feed the microbes.

### Day 1

1-2 tablespoons of unpeeled, organically grown ginger and/or turmeric, finely chopped or grated

1-2 tablespoons raw honey

1/4 cup (60 ml) filtered water

Grate ginger & turmeric, then combine with raw honey & water in a 500ml jar.

Cover the jar with a piece of cloth.

Leave on the bench at room temperature but out of direct sunlight for 24 hours.

### Days 2-7

Every following day for up to 1 week mix in the following ingredients:-

1 tablespoon of ginger and/or turmeric

1 tablespoon of honey

1/4 cup filtered water

The starter is ready when it is foamy or bubbly around the top and smells mildly yeasty.

The time will vary, depending particularly on the temperature of your environment and the sweetener you have chosen, but usually it takes about a week.

# GUT INTUITION

## **TO BREW A FIZZY DRINK**

Strain off 1 cup liquid from the starter and combine well with 2 litre of filtered water and honey to taste - the amount varies depending on the sweetness and flavour of the honey you are using (I mix in a jug). Some fruit trimmings, herbs or juice can be added now, to soften the ginger flavour (suggestions below).

Pour into 2 x 1L bottles and seal with stopper. Leave on the bench at room temperature for 1 to 3 days, until the soda is fizzy enough for you. Bubbles should form within 24-48 hours. Open lid to check/release gas build up. The longer you leave it, the more sour the flavour will be. Transfer the bottle to the refrigerator to slow fermentation, and drink within 2 weeks, after that time the flavour can become unpalatably sour.

Flavour suggestions:-

the green stalks from fresh strawberries

the juice of a couple of fresh mandarines or oranges

2 or 3 sprigs of mint

## **How to maintain your starter**

Feed your starter approximately once a week - leaving it on the bench.

Remove about half of the spent ginger/turmeric from the jar before mixing in the usual fresh foods

- 1/4 cup water
- 1 tablespoon grated ginger and/or turmeric
- 1 tablespoon honey

Check regularly for activity and smell, to decide exactly how often (feeding frequency may differ depending on temperature).

When you want to make a new batch of fizzy drink, feed the starter everyday for 3-4 days, until it is really bubbly again and you have built up enough liquid for the next brew.

# GUT INTUITION

## KVASS

2 or 3 beetroots

2 teaspoons salt

2 litres filtered/rain/spring water

Wash beets in non-chlorinated water.

Dice beetroot into about 1-2cm cubes

Add water and salt.

Stir gently then seal the lid.

Place somewhere you can keep an eye on it, but out of direct sunlight

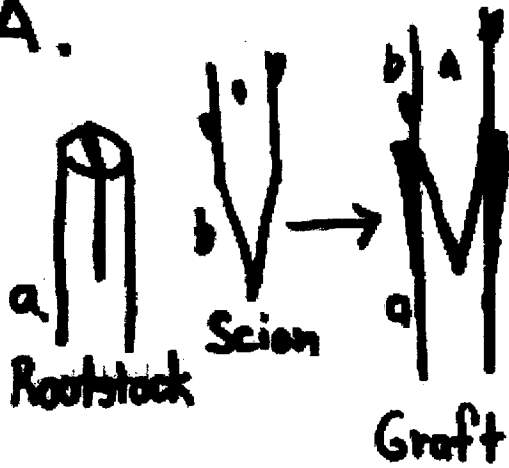
Keep at room temperature, 22°C is perfect. Below 16°C you may need to keep warmer (pop a blanket around overnight) and if over 29°C maybe a coolish esky would be useful.

Leave 2-3 days – less time in hot weather and more in cool weather.

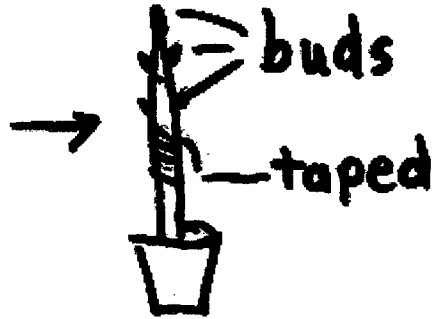
Strain and transfer to bottles leaving some space at the top. Move the bottles to the fridge when you want to slow the fermentation.

The diced beetroot will be acidic but can be cooked for use in a soup like borscht or a pureed with crème fraîche or cream cheese for a dip.

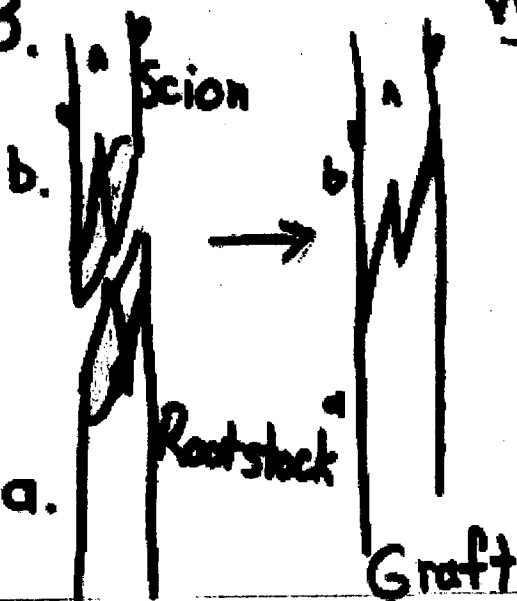
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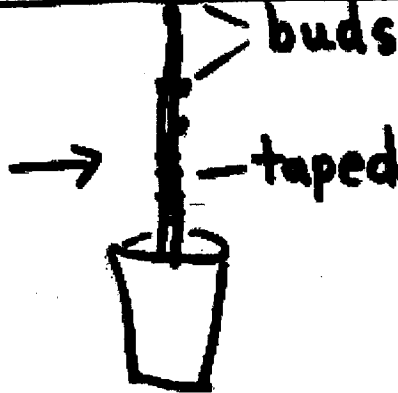
CLEFT GRAFT



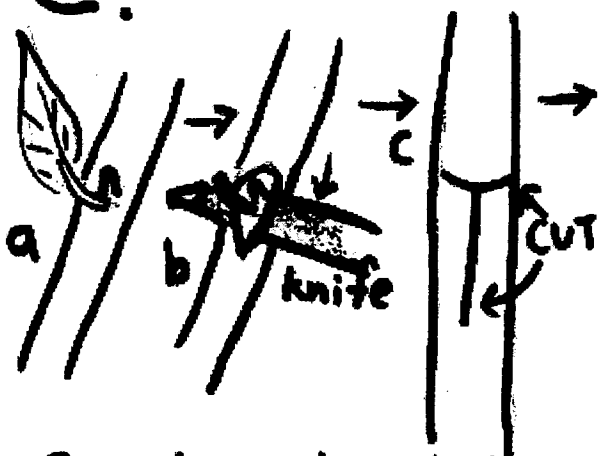
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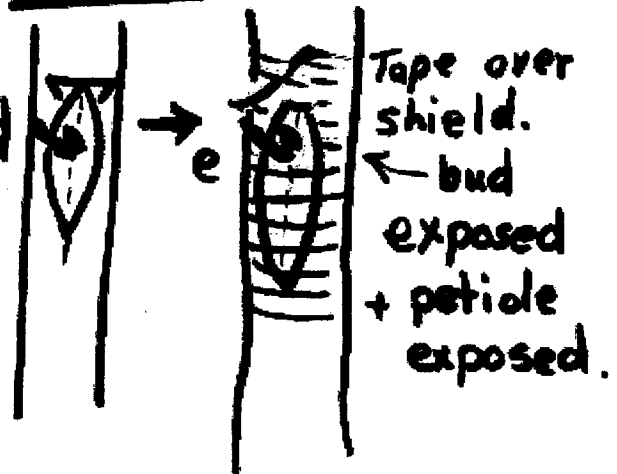
WHIP+TONGUE GRAFT



C.



T. or SHIELD BUD



Branches should be approx. pencil thickness.

# SIMPLE GRAFTING OVERVIEW

Sally Osterstock 7-2-15

The general rule is to bud during summer (especially in January) or graft in winter. However, evergreens including sub-tropicals are always done in summer whether grafting or budding. Peach family prefer budding.

**ROOTSTOCK** is the plant you start with, often a seedling.

**SCION** is the 10-12cm long bit you add on with young new buds, taken from a mature tree.

Both need to be the **same diameter** to match cambium layers & form a union.

**SUBTROPICALS** need special care to maintain the plant's moisture. 2 wks before grafting, choose a straight scion with strong buds & a terminal bud. Cut off leaves but keep 1cm long petioles, but do not remove from the tree. On G-day remove the prepared scion into a double-sealed plastic bag. Cut the base of the scion to a 1.5-2cm wedge. Cut off the top of the seedling or the end of the branch you want to graft onto. Cut a single cleft in that cut surface & fit the scion in. Seal to the top of the scion with white, stretchy florist's tape, completely enclosing the entire wound & grafted section past the end of the branch. Enclose finished graft in a sealed clear plastic bag. (Yes, it now looks like an Egyptian mummy!) Keep in a warm, bright spot, out of direct sunshine. Maintain humidity & strong growth. Buds break through the tape in 2-4 wks.

## **BUDDING PEACHES & other stonefruits:**

Make a T cut through the thickness of the bark on the rootstock's trunk or selected branch. Select a strong bud from the scion. Cut out the bud allowing a shield-shaped area of bark & wood to remain attached. Gently open out the flaps of the T from the top like a zipper opening. Insert the shield into the opening. Trim the top of the shield to fit. Close the flaps over the shield & tape with clear budding tape, leaving the bud tip exposed but sealing the rest of the wound. Remove any other buds. After about 10 days the petiole should drop off. Then cut off the top of the original branch or trunk when you see new growth from the bud. Maintain light & strong growth & protect the wound from direct sun.

**GRAFTING DECIDUOUS TREES** eg stonefruits, apples, pears: is done in late winter/early spring when buds are swollen & ready to burst open. Scions are collected while dormant & may be stored in a double-sealed plastic bag in fridge crisper until needed.

Cleft grafts can be used (easiest) but whip & tongue is more effective. Be sure to match diameter of scion to rootstock & line up cambium layers on at least the full length of one side of the cut, preferably both. Tape just the cut section with either clear grafting tape or white adhesive electrical tape, leaving the bulk of the scion protruding above the tape. The tape is somewhat flexible but must be removed when the new section is growing well & the graft union is strong. Gently slit the tape with a sharp knife without cutting the bark.

All flower buds must be removed from new grafts & buds in the first year as the weight of developing fruit could tear the graft out of the tree. Keep well watered & nourished.