



# KAURNA **FOOD&FIBRE**

at Karrandongga - Hindmarsh

## **Native Plants Manual**

Developed by the St Joseph's School Hindmarsh  
Community and Hindmarsh Residents

# Kurna Miyurna 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.

<https://adelaide.history.sa.gov.au/subjects/kurna-language-kurna-warra>

## References

- [About Karrandongga - 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



**St Joseph's  
School**

HINDMARSH



# Logo Concept

with Drew Kilner, Kaurna Cultural Advisor

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.

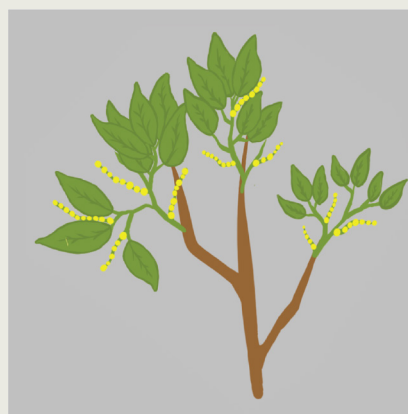
The Grass tree (*Xanthorrhoea* genus) is very recognisable. It aids navigation as the flowerhead faces north. The soaked flower head makes a sweet drink and you can make damper from the seeds and tastes like an anzac biscuit. The base of the flower spike and leaves are edible and the main part of the 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



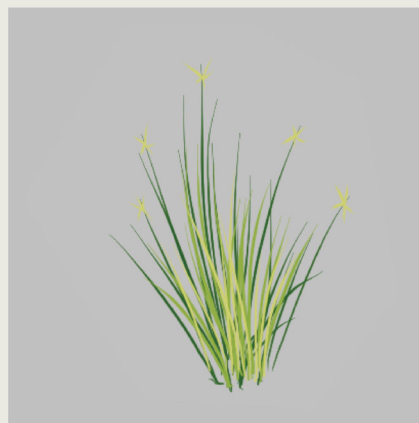
### Golden Wattle (*Acacia Pycnantha*)



### 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

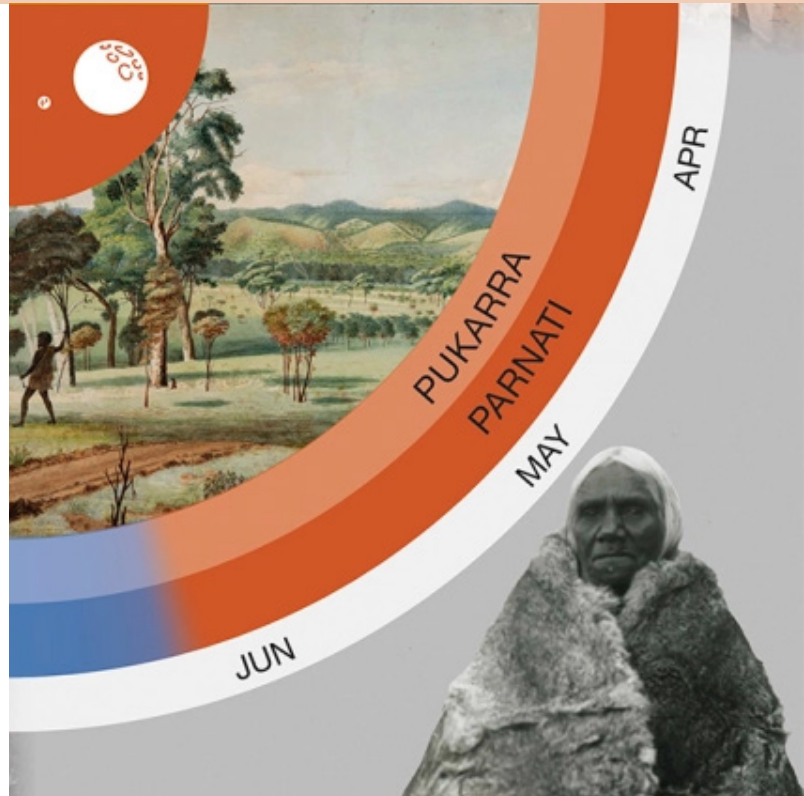
- In April, Parna, a star near the Moon on the lower left side. Partinthe (sparkle)
- Pukarra (north/west wind)
- Cold mornings with Kudmu (fog/dew) on the ground
- highest rainfall causing kuntu and yartala (flooding), restricting movement
- Waadlawarnka (fallen trees)

## 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

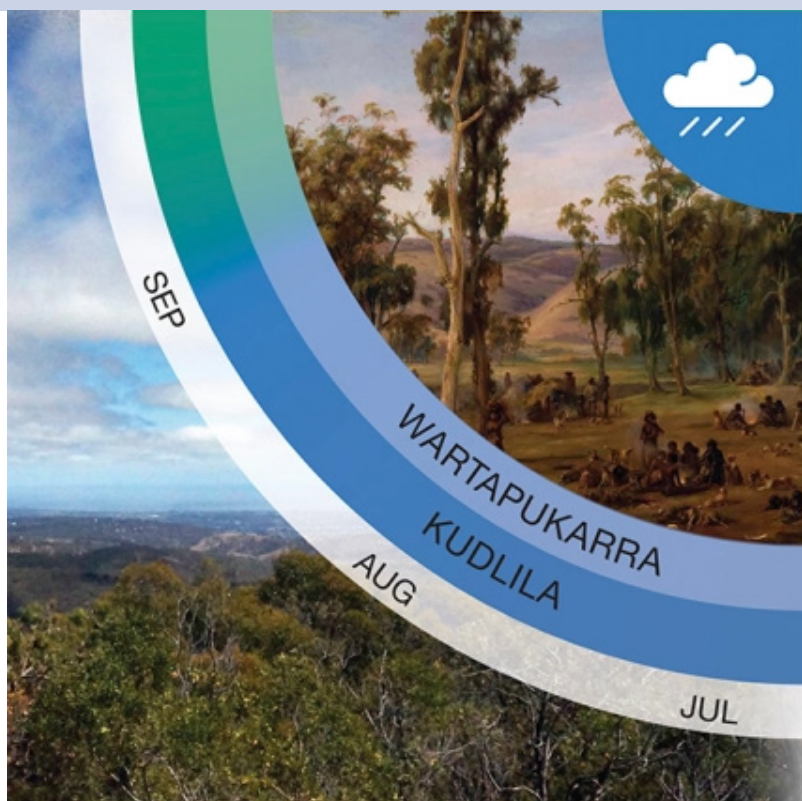
- Kudlinthi (to wash) - winter is when the earth is washed
- Wartapukkara (north/west wind, tempestuous weather)

## 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

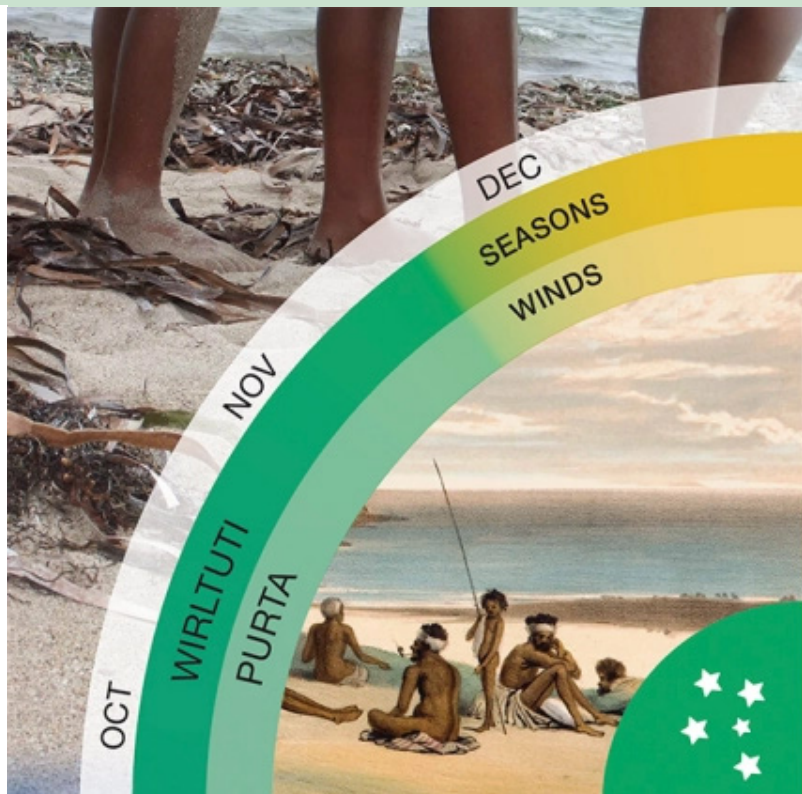
- The Southern Cross in Kurna culture is referred to as Wirltu (eagle's foot or eagle). Wirltuti is indicated by the position of the Southern Cross in October
- Mild warm temperatures
- Purta (to burn and blaze or rage like a storm) refers to the seasonal winds
- Warri (wind), Piturru (thunder) and Karntu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

# Acacia Ligulata



**Size:** 2-4m x 4-6m

## Kurna Miyurna Uses



## Propagation



Method 4



3-8 weeks

Sow in spring & summer

## Kurna Uses

Ripe wattle seeds were roasted and ground by women with a 'Tawirti' grindstone to make flour for 'Johnny Cakes'. Grubs were eaten from the roots area and bark was used for cough medicine.

## 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

# Kurna Name: Mirnu/Minno

*Acacia pycnantha*



**Size:** 4-6m x 2-6m

## Kurna Miyurna Uses



## Propagation



Method 4



3-8 weeks

Sow in spring & summer

## Kurna Uses

Seeds, gum and grubs were eaten, the resin was soaked then boiled to be used as medicine for colds and indigestion. Resin is also heated to make glue for tools. Flowers are worn in the hair for ceremonies by young women.

Wattleseed is safe to eat raw, but its flavour comes out best when it is roasted. Once roasted, wattleseed is tough, so it needs to be ground up to use as a spice to flavour dishes rather than providing their body.

### Dry Fry Wattleseed

Heat a pan, throw in your wattleseed and keep it moving. Do not use a lid as humidity builds and will encourage them to pop like popcorn. Drying wattleseed in this way produces a similar flavour to roasting but is significantly quicker, however wattleseed prepared like this must be eaten within a week.

## 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.



Slaty Sheoak

# Kaurna Name: Karku

*Allocasuarina muelleriana*



**Size:** 1-3m x 2-3m

## Kaurna Miyurna Uses



## Propagation



2-4 weeks  
Sow in late spring  
& summer

## Kaurna Uses

The seed pods are Karku marngu called were soaked in water to make a sweet citrus flavoured drink

The wood was made to make boomerangs, shields and spear throwers called Midla. The leaves were chewed to reduce thirst.

Sea Celery

# Apium annuum



**Size:** 0.3m - 0.5m x 0.2m - 0.3m

## Kaurna Miyurna Uses



## Propagation



Up to 4 weeks.  
Sow in spring.

## Kaurna Uses

Sea Celery can be found growing wild on sandy beaches and salt marshes in SA. Its small leaflets with toothed margins resemble celery.

This plant adds salty notes to any dish, carrying hints of 'ocean' in its unique flavour. Use it as a garnish, finely chopped or in sprigs, to flavour soups, salads, and chicken and seafood dishes. Stems may be enjoyed fresh, or blanched to temper the strong flavour.

This drought and frost-tolerant plant loves the sun, but like other herbs, it can thrive in dappled shade. Perfect for pots, veggie patches and garden beds, as well as an attractive edible gap filler. Choose a soil or potting mix that drains easily, and water well throughout the year.



# Arthropodium fimbriatum



**Size:** 0.8m x 0.6-0.8m

## Kaurna Miyurna Uses



## Propagation



8-14 weeks  
Sow late autumn  
and winter

## Kaurna Uses

Tubers can be eaten raw or lightly roasted with a little salt and butter. The plant dies off over summer and revives in autumn then flowers in spring. High in carbohydrates. Flowers were eaten to cleanse the blood.



Silver banksia

# Kurna Name: Tamma

*Banksia marginata*



**Size:** 8m x 6-8m

## Kurna Miyurna Uses



## Propagation



Method 4 for 8 weeks



8-14 weeks.  
Sow late autumn  
and winter.

## Kurna Uses

Banksia flowers Pitpauwe are soaked in water to extract the nectar and make a sweet drink Kuntanyi. This can then be mixed with wattle gum in order to make a sweet lolly. Nectar can be licked from the flowers.

The wood is used to make needles and the dried flowers and cones used to strain water for drinking. Dried Banksia cones make interesting sculptures as the open seed cases make little faces which were the inspiration for characters in a famous Australian series of stories by May Gibbs.

Sweet Apple Berry

# Billardiera cymosa



**Size:** 1-2m x 1-4m

## Kaurna Miyurna Uses



## Propagation



Method 4



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

## Kaurna Uses

This plant is hardy in most soils but prefers a little shade although will stand considerable exposure to sun and wind. The flowers are white to pink or mauve in Spring and Summer. The raw fruit (berry) is edible fresh and when sun-dried like sultanas.

Eat the sweet, bluish, seedy fruit after it has ripened on the ground.

The fruit can be added fresh to fruit salads and also added to pies and yeast bakery products. Its flavour is enhanced when used with apples. Additionally, it can be brewed into teas or used as an ingredient in jams, jellies, and other preserves.



Milkmaids

# Kurna Name: Walyu

## Burchardia umbellata



**Size:** 0.1m x 0.65m

### Kurna Miyurna Uses



### Propagation



21-35 days  
spring and autumn

### Kurna Uses

Tubers are dug up when flowers die off. Roasted in an earth oven and eaten. Tubers can also be eaten raw. High in calcium and iron.

Sweet Bursaria

# Bursaria spinosa



**Size:** 1-10m x 0.5-5m

## Kaurna Miyurna Uses



## Propagation



Method 4



4-8 weeks  
sow in winter

## Kaurna Uses

This variable plant can grow into a large shrub to a small tree with a dense form that makes a good screen.

Bursaria flowers are sucked for their nectar and used as decorations. The seeds were ground into flour for cakes and the wood was used for tools.



Garland Lily

# Calostemma purpureum



**Size:** 0.3-0.6m x 0.1m

## Kaurna Miyurna Uses



## Propagation

Plant flower capsules in a pot

## Kaurna Uses

Calosemma flowers each summer between January and March, sometimes in a leafless state followed by narrow, shining-green, strap-like leaves.

It takes a few years for good tubers to develop. The white leaf bases and bulbs are edible and can be cooked. Harvest by digging up the plant when the leaves die off. They can withstand long dry periods.

The fruits are capsules, to 15 mm in diameter, which splits as the seed matures. Propagation is easy, the fruits can be collected green or as soon as they fall and they sometimes begin germination in a storage envelope.

Calostemma is also butterfly nectar food.



# Kaurna Name: Karkalla/Ultyu/Maltyo/Ungee

## Carpobrotus rossii



**Size:** 0.2m x 1m - 2m

### Kaurna Miyurna Uses



### Propagation



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



14-28 days

### Kaurna Uses

A perennial plant, Karkalla is a juicy fruit that can be eaten raw in summer, dried or pickled. The dried fruit was made into cakes. The leaves can be baked to eat 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. Antioxidant and anti-inflammatory qualities

### Recipe 'Karkalla & Mushroom Scrambled Eggs

Serves 1

#### Ingredients:

2 eggs

½ Cup fresh Karkalla 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 karkalla 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: Peintuk

*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

Peintuk leaves have strong fibre for string by splitting the leaves down the middle, rolling them on the thigh into twine and then woven into baskets, bags and nets. The roots are boiled for use as a cold remedy. The sweet purple berries can be eaten in summer. Use the berries for a permanent blue dye. The leaves are used as a snake whistle, when blown into the hollow ends vibrate with the sound luring snakes out of hiding when being hunted for food. The leaves are also pounded to a fibre and used as a tool to collect nectar from *Xanthorrhoea* plant flowers.



Sticky hop bush

# Dodonaea viscosa



**Size:** 1-3m x 1-3m

## Kaurna Miyurna Uses



## Propagation



2-4 weeks spring  
and summer



## Kaurna Uses

Boiled Dodonaea roots were applied for toothache. Leaves are used for 'smoking' ceremonies especially to 'smoke' newborn babies. Smoke from burning leaf/twig for pain relief. Leaves were chewed to relieve toothache but the juice was not swallowed. A leaf poultice is used to heal inflammation and has antibacterial properties. The wood is used for digging and killing sticks.

Ruby Saltbush

# Enchylaena tomentosa



**Size:** 0.5m x 0.5m - 1.5m

## Kaurna Miyurna Uses



## Propagation



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



## Kaurna Uses

Ruby Saltbush seeds are often spread by birds. This low greyish shrub has hairy stems and succulent leaves providing good foliage contrast. The 'berries' are usually red when ripe, although they can be yellow.

Low forms may be used as ground cover. They grow in a wide range of soils in full sun and are resistant to salt spray and frost hardy. Edible uses: This species fruits and flowers year round, producing edible berries about 5-8mm in diameter. Berries may be eaten raw or soaked in water to make a sweet tea. The leaves are also edible, but as they're rich in oxalates, they should be cooked before eating, or consumed sparingly.

## 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

# Enchylaena tomentosa



**Size:** 0.5m x 0.5m - 1.5m

## Kaurua 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

# Grevillea lavandulacea



**Size:** 0.5 - 1m x 0.5 - 1m

## Kaurna Miyurna Uses



## Propagation



Spring and summer

## Kaurna Uses

The sweet Grevillea nectar was sucked directly from the flowers, or soaked in water to make a drink. Early morning flowers have the most nectar. It was also used to lure small birds

Knobby club rush

# Kurna Name: Talnkyadli

## Isolepis nodosa



**Size:** 0.5-1.5m x 0.6-2m

### Kurna Miyurna Uses



### Propagation



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

### Kurna Uses

The Kurna Miyurna use this plant for weaving baskets for fishing.



Native wisteria

# 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

Hardenbergia leaves are boiled into a sweet drink.

Flowers are used as decoration or soaked in water to make purple dye.

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

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 woven into small items.



# Kurna Name: Muntries/Mantirri/Muntharri

## Kunzea pomifera



**Size:** 0.3m x 2-5m

### Kurna Miyurna Uses



### Propagation



3 - 5 weeks  
Sow in spring and summer



As well as rooted stems

### Kurna Uses

This perennial prostrate spreading ground cover is sweetly scented with often profuse and conspicuous flower heads growing to 1.0-1.5 cm across.

The small purple fruits can be eaten raw. Mantirri berries have high levels of vitamin C and antioxidants. Researchers identified that have the richest sources of antioxidants among fruits (AgriFutures Australia, 2017). They also contain calcium, magnesium, iron, potassium, sodium and fibre.

Fruits can be used in cakes and relish.

### Recipe 'Mantirri, fig and prosciutto 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

# Kaurna Name: Kurdaki yuri

## 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

Kurdaki yuri seeds can be eaten fresh or cooked. Stems can be eaten fresh. Stems and leaves are used for cordage, weaving baskets and nets. Seeds are eaten fresh or cooked and the stems can be eaten fresh. Cut to the ground in Autumn.

Mat Rush

# Lomandra multiflora ssp. dura



**Size:** 0.2-0.3m x 0.5-1m

## Kaurna Miyurna Uses



## Kaurna Uses

The white starchy base of leaves is chewed raw. Seeds are eaten with honey, or pounded to make flour. The leaves are used for weaving baskets and fishing nets. Roots are used medicinally for insect bites.

## Propagation



Soak seeds for 24 hours



8 - 10 weeks  
Late spring and summer



Yam Daisy

# Kaurna Name: Kandara

*Microseris lanceolata*



**Size:** 0.2m x 0.4m

## Kaurna Miyurna Uses



## Propagation



1 - 2 Weeks

Sow autumn to late winter

## Kaurna Uses

This perennial herb has slender radial leaves and bright yellow flower heads 3cm in diameter held on stems. It looks not unlike a large dandelion.

The size and form of the tuber varies with age and site. It grows in a range of soils but needs a free draining position, sunny or semi-shaded aspect.

It adapts well to cultivation and is suitable for general planting but also does well in rockeries and containers.

Frost hardy. Highly susceptible to cinnamon fungus. Once very common but populations decimated by grazing.

Kandara roots have a radish-like texture with a sweet and unique coconutty and grassy flavour. It can be eaten raw or cooked. When fried or roasted, they taste a bit like potatoes, but slightly saltier. They can also be ground into a paste and made into yam cakes. Whilst they can be harvested in all seasons they are less palatable in winter.

Do not pick Kandara before they flower!  
The leaves are slightly bitter, but ideal in salads when accompanied with a vinegar dressing  
Tubers are dug up and slow-cooked in earth ovens. Many plants were established and a staggered harvest. It flowers in spring then dies back to tubers in summer. It prefers moist soils and can be grown in sand, loam or clay, pH can be acidic, neutral, alkaline and saline. High in starch and carbohydrates



Yam Daisy

# Kaurna Name: Kandara

*Microseris lanceolata*



**Size:** 0.2m x 0.4m

## Kaurna Miyurna Uses



## Propagation



1 - 2 Weeks

Sow autumn to late winter

## Recipe 'Kandara in Butter Sauce'

### Ingredients

Kandara 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 kandara 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 Kandara on a warmed plate, and spoon over the finished sauce.
6. Cover the Kandara with chopped herbs and serve immediately

River Mint

# Mentha australis



**Size:** 0.3m x 1m

## Kaurna Miyurna Uses



## Propagation



Division

## Kaurna Uses

The leaves of this perennial herb are used for flavouring. It is also used to ease the effects of colds. The crushed leaves were sniffed to relieve headache.

## 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:** 0.3m x 0.3m

## Kaurna Miyurna Uses



## Propagation



1 - 4 weeks

Sow in spring and summer

## Kaurna Uses

The root resembles a small carrot and tastes like coconut. The stalks, flowers and leaves are tasty in salads or cooked. They have a fresh, lemony flavour that makes them perfect for mixed salads

It was dug up chiefly by the women, with a heavy pointed stick 150cm long which they threw forcefully into the earth to the depth of about 20 cm.

Quandong

# Kaurna Name: Gurti

## Santalum Acuminatum



**Size:** 4-5m x 2-4m

### Kaurna Miyurna Uses



### Propagation



1 - 4 months In the heat of summer

### Kaurna Uses

The flowers are white and small. The fruits ripen in the spring and summer and have striking, shiny red skins and are about the size of a small plum with a large oily kernel. They become very dry fruit when ripe. Quandongs have a tart flavour, reminiscent of rhubarb. These summer fruits can be eaten raw, dried or roasted. The aromatic wood was traditionally used in smoking ceremonies, fire making, medicinal liniment and containers. Known as the native peach, Quandong trees are partly parasitic, relying on a host plant, preferring an Acacia species. The fruit is bright red when ripe, eaten raw or dried and frozen for up to 8 years, without losing its flavour. High in vitamin C, quandongs are also a good source of folate, magnesium, calcium, iron and zinc. It is rich in antioxidants that boost the immune system and reduces inflammation. It also has anti-bacterial and anti-inflammatory qualities.

Roots of the tree were ground and used as an infusion for rheumatism. The leaves are crushed and mixed with saliva to produce an ointment for skin sores and boils. Seed oil is used as medicine. The crushed seeds are used as a form of hair conditioner. The fruit is now used for jams, chutneys, desserts and pies.

### Recipe 'Quandong 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.



Punty bush

# Senna artemisioides



**Size:** 1-3m x 1-2m

## Kaurna Miyurna Uses



## Kaurna Uses

Senna leaves were made into a medicinal wash and the flowers were used for ceremonial decorations.

## Propagation



1 - 2 Weeks  
Sow late spring, summer



Warrigal greens

# Kaurna Name: Birira/Pirira

*Tetragonia. tetragonoides*



**Size:** 0.4m x 1m

## Kaurna Miyurna Uses



## Propagation



Soak overnight



7 - 21 days  
In spring

## Kaurna Uses

A perennial herb, this semi-prostrate, trailing plant has small yellow flowers. Coastal and inland salt habitats. Plant 1m apart. A hardy plant for sandy banks. Suitable for areas of low maintenance. Resistant to salt spray.

Birira has a long history with coastal first nations people and was one of the first Australian food plants used by European settlers. The large, diamond shaped leaves can be used instead of spinach.

It is a rich source of beta-carotene, which can convert to vitamin A and prevent vitamin A deficiency, itching eyes, eye ulcers, and dry eyes. It also contains Vitamin K which can aid calcium absorption for strong bones. It is high in vitamins C and B, magnesium and potassium.

NOTE: Although edible, the leaves contain high levels of Oxalic acid content high of oxalic acid so need to be blanched before eating.

## Recipe ' Birira in Garlic Butter'

### Ingredients

1 cup Birira  
1-2 cloves of garlic  
1 tablespoon butter or olive oil

### Method

Sauté birira 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 triandra*



**Size:** 1m x 1m

## Kaurna Miyurna Uses



## Propagation



2 - 14 weeks

Late spring, summer

## Kaurna Uses

Tarnta Tutha seeds are ground to make damper. The leaves and stems are used to make rope and string then made into baskets and fishing nets. This self-seeding grass needs well drained soil.



Grass Tree Yakku

# Kaurna Name: Kuru

*Xanthorrhoea semiplana*



**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

The flower stalk, when dried, can be fashioned into tools such as spears to hunt small mammals. It was also used for fire making using continuous friction with a circular movement made by hand on top of a thin piece of paperbark.

Its resin is used as glue in spear-making and in patching up water containers.



