

Bundanon Trust

6. Nastartium (*Tropaeolum minus*)



Here's an example of garden plants introduced which found its own natural setting in the new environment. Nastartiums are great in salads, having a peppery taste. Rich in vitamin C it has been used for its antibacterial property in the treatment of the respiratory and uro-genital infections. Native to South America.

7. Plantain, Dandelion, Clover

Those are just a few of the plants you can find pretty much anywhere in temperate Australia.

Plantain (*Plantago lanceolata*) is a safe and effective treatment for bleeding, it quickly staunches blood flow and encourages the repair of damaged tissue.

Dandelion (*Tarxacum officinalis*) is regarded as the king of wild foods, great in salads and renowned for infusions.

White Clover (*Trifolium repens*) is another famous edible wild.

8. River Walk

From here you can take the River Walk.

Down the Shoalhaven shores you will find many more introduced species which have been companions for many cultures.

Much of our relationship with wild plants have been forgotten, but I am sure you can recall stories related to plants you will find in this walk:

Blackberry (*Rubus fruticosus*)

Camphor Laurel (*Cinnamomum camphora*)

Castor Oil Plant (*Ricinus communis*)

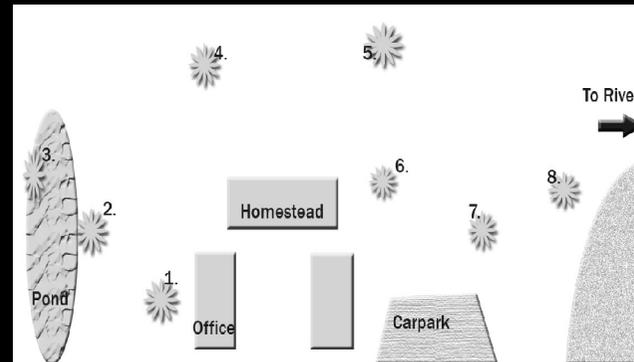
Common Thornapple (*Datura stramonium*)

Prickly Pear (*Opuntia stricta*)

Check www.weedyconnection.com for full details

WeedyConnection Walk Map

The walk starts behind the office block at Bundanon



The WeedyConnection Walk would not have been possible without the help from Jim Walliss and the staff of the Bundanon Trust.

Reference:

Plants For A Future:

www.pfaf.org

Weeds Australia

www.weeds.org.au

Further information and contact

www.weedyconnection.com

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Lombardy Poplar

Please remember that Bundanon is a Wildlife Refuge
All flora and fauna protected

Introduction

This brochure gives insight into a number of non-indigenous species (herbs, trees and bushes) present within the Bundanon boundaries.

If you follow the map you will recognize a number of plants and will learn about their origins, traditional uses and historical connections with the wide and multicultural population of Australia.

This Self-guided tour is the result of a month-long residency in Bundanon, which led to a rediscovery of the botanical connections the first non-indigenous inhabitant of this land left behind.

1. Olive Tree (*Olea Europaeae*)

An evergreen Tree growing to 10m at a slow rate, native to the Mediterranean region. The small white flowers appear in February/March and are followed by fleshy fruits containing a single hard seed.



Edible Uses: Olive fruits are widely used as a relish and flavouring for foods. The fruit is usually pickled or cured with water, brine, oil, salt or lye. The seed is rich in an edible non-drying oil, this is used in salads and cooking. Olive oil is mono-unsaturated and regular consumption is thought

to reduce the risk of circulatory diseases.

Medicinal Uses: Eating the oil reduces gastric secretions and is therefore of benefit to patients suffering from hyperacidity. The oil is also used internally as a laxative and to treat peptic ulcers.

Used with alcohol it is a good hair tonic and used with oil of rosemary it is a treatment for dandruff. The leaves are used to treat obstinate fevers, they also have a tranquillising effect on nervous tension and hypertension.

Other Uses: Wood - very hard, heavy and beautifully grained, is used in turnery and cabinet making, being much valued by woodworkers.

2. Black Locust (*Robinia Pseudoacacia*)

Native to North America, *Robinia* is a small genus of about twenty species usually with spines on the branches. Sweetly perfumed, white pea-like flowers are followed by brown pods with several seeds.

Edible Uses: Flowers - cooked. A fragrant aroma, they are used in making jams and pancakes.

Medicinal Uses: The flowers are cooked and eaten for the treatment of eye ailments. The root bark has been chewed to induce vomiting, or held in the mouth to allay toothache. The fruit is narcotic. The leaf juice inhibits viruses.

Other Uses: A drying oil is obtained from the seed. An essential oil is obtained from the flowers. Highly valued, it is used in perfumery. A yellow dye is obtained from the bark. The bark is used to make paper and is a substitute for silk and wool. Wood - close-grained, exceedingly hard, heavy and very strong. It is used in shipbuilding and for making



fence posts and floors.

3. White Willow (*Salix Alba*)

Deciduous, rapidly-growing tree to about 10 m tall. Plants have either male or female flowers, appearing with leaves in spring. Native to Europe

Edible Uses: Inner bark is used in making bread.

Medicinal Uses: It is taken internally in the treatment of rheumatism, arthritis, gout, inflammatory stages of auto-immune diseases, diarrhoea, dysentery, feverish illnesses, neuralgia and headache. The bark can be used as a poultice on cuts, wounds, sprains, bruises, swellings etc.

The leaves are used internally in the treatment of minor feverish illnesses and colic. The fresh bark is



used as an anodyne and febrifuge and as an ingredient of spring tonics. **Other Uses:** The young stems are very flexible and are used in basket and furniture making. A fibre obtained from the stems is used in making paper. A good charcoal is obtained from the wood.

4. Wood Sorrel (*Oxalis Spp.*)

On this field several non-indigenous species can be



found. One is Wood Sorrel, whose leaves and flowers are edible making a nice flavouring in salads. The leaves are available from June to October and the flowers from

December to April, or even later in mild autumns.

5. Lombardy Poplar (*Populus Nigra*)

Upright tree growing to 25 m in height. It has triangular-shaped dark green leaves which turn a brilliant yellow in late autumn. Native to Italy **Edible Uses:** Inner bark - dried, ground then added to flour and used for making bread etc. A famine food, used when all else fails.

Medicinal Uses: The leaf buds are taken internally in the treatment of bronchitis and upper respiratory tract infections, stomach and kidney disorders. The bark contains salicylates, from which the medicine aspirin is derived.

Other Uses: A fast growing tree, it is often used to provide a quick screen or windbreak. Widely used in the paper manufactory sector.