

Blandfordia



North Shore Group
(ABN 87 002 680 408)

APRIL 2024

President's Message



We hosted a very successful quarterly gathering on Saturday 9th March at Caley's Pavilion, Ku-ring-gai Wildflower Garden. An amazing number of APS members turned up to participate in our walks, listen to Heather Miles talk about planning a native garden and buy our cards and plants. My sincere thanks to everyone who helped make this such a successful and enjoyable day. I was particularly interested to hear about the planting mistakes that Heather made in her high fire-risk location. Although not many of us live in a similar situation, we all need to spend considerable time planning our garden before we even start to plant our cherished plants.

Our plant and card sale at the Friends of Berowra Valley Fauna Fair at Berowra on Sunday 17th March was also very successful.

Despite raining the previous night the weather fined up just as we arrived at Berowra to unload our plants. It is always a pleasure to be able to advise people on what might grow well in their particular gardens. A big thank you to Helen R, Judy, Tania, Phillip, Walter, Roz, Sue, Helen S, Wendy and Jan who helped out in many different ways.

My favourite plant this month is a spectacular *Platycerium bifurcatum*, or staghorn fern, in a garden near me. This fern is easy to grow in a sheltered, moist situation on a tree trunk.

Sue Bowen

A special thanks to Pam and Jim Lawler

Pam and Jim have been providing their beautiful cards for sale and donating half the income from the sales to APSNSG over many years. However, for a variety of reasons, they have decided that it is time to rest on their laurels and they will not be making more cards. I have been selling the cards on Pam and Jim's behalf over the past few years. It has been a real privilege to do this and even if people haven't bought the cards, everyone has admired the subject matter and photographic excellence of the cards. Many cards have been sent to friends overseas, so their distribution is worldwide. I am sure that Pam's and Jim's photos have encouraged others to look more closely at their subject matter, to appreciate Australia's flora, fauna and landscapes and to try and emulate their example and take beautiful images.

Our very best wishes to Pam and Jim.

Jan Williamson



April Meeting

Friday 12 April 2024

7.30 pm for 8pm

Beatrice Taylor Hall

25 Edgeworth David Ave, Hornsby NSW 2077

Speaker: **Tony Maxwell** (Past President Parra Hills District Group)

Topic: **Cliff Beauglehole (1920 – 2002): Botanical Collector Beyond Belief**

Background: Cliff was a farmer and self taught botanist from Western Victoria. Motivated by a conservation ethic he botanically surveyed and mapped all of Victoria. His monumental efforts in this task are unsurpassed – worldwide.

This talk will examine how his work informs the current difficult conservation and biodiversity outlooks.



Next meeting **Friday 3 May** YES, it is the first Friday of the month.

This is a once off change of date as Beatrice Taylor Hall is unavailable on our usual second Friday of the month

Speaker: **Naidah Roslan** Topic: **Frog ID : people –powered frog conservation**

Group activities in May

Sunday 5 May: 9am at **KWG for a working bee** at the propagation area and the APS NSG shed. Please wear suitable clothing, including gloves, and footwear, bring drinks, morning tea and lunch to share time together after we finish. Contact person, if weather query or for more details: Tania Lamble 0415 043 671

Thursday 30 May Australian Botanic Garden Mt Annan Herbarium and Plant Bank 10am

Limited to 16 people

Bookings essential: contact Sue Fredrickson on 0401 362 921 paulandsuefreddo@bigpond.com

Jeff Howes' contribution

My 20 to 30 year old *Banksia spinulosa* plants flower well but are very leggy.

To revitalise one of them I pruned it hard to just above the lignotuber (the woody swelling at the plants base). The result was the shooting of many of the dormant buds contained in the lignotuber. I also gave them a good water after pruning.

See before and after photos and excuse my perennial weed that I cannot eradicate --- maidenhair fern.

One problem is no flowers for a few years but much better looking plants.



Before

BUSH TUCKER



On 8 March Penny Hunstead presented a comprehensive talk on Bush Tucker, supplemented with a collection of specimens and various reference books. It is easy to see how indigenous people used a detailed and intimate knowledge of the country- its seasons, plants, animals and locations for locating tucker. As evidenced from some of the quotes from the early white explorers and settlers they had no knowledge of these generous resources and did not appreciate what was on offer. Captain Phillip commented on the excellent physique of the indigenous people he saw at the area we now call, Manly. One wonders what the early explorers and settlers thought the people were eating when this was a common observation.

The food sources often required arduous and sometimes long preparations. Often the seeds and fruits are small in size, compared with many of the introduced foods. The plants, about 5000 edible natives, could be used for food and/or medicines. As with all plants, knowledge is required, as some plants have safe edible parts and non safe and/or inedible parts.

Examples discussed included *Terminalia ferdinandiana* (Kakadu plum), *Davidsonia* spp (Davidson's plum), *Citrus australasica* (Fingerlimes), *Atriplex* spp (Salt bush), *Macadamia* spp, *Backhousia citriodora* (Lemon Myrtle), *Tetragonia tetragonioides* (Warrigal greens), *Dianella* spp, *Banksia ericifolia*, Bush tomato, *Choiromyces aboriginum* (a Native truffle) and *Laccocephalum mylittae*, (native bread, an edible Australian fungus).

Maybe on your next outing look at the plants with a different mindset and consider whether they have different uses- food tucker, medicine, shelter or similar qualities for other species of fauna. As well as aesthetics and other reasons we can appreciate our wonderful flora all the more.



Written by and images by Jan Williamson

Some great news: If you wish to explore bush tucker more see page 4 for the Walks and Talks event on 29 April.

Plants as food: many native plants must be processed before they are safe to eat.

29th April 2024 Walk and Conversation

Plant-based bush foods, fibres, medicines and poisons can come from nectar, flowers, fruit, leaves, bark, stems, sap and roots.



Flowers, nectar, pollen, honey, lerps, manna, gum: source of sugars, vitamins, minerals, starches, proteins & other nutrients

Fruit & seeds: source of carbohydrates (sugars, starches, fibre), proteins, fats, vitamins

Leaves, stalks, roots, apical buds: source of carbohydrates, protein, minerals

Tubers, rhizomes: source of carbohydrate, fibre, protein, vitamins, minerals

Plants as food: many native plants must be processed before they are safe to eat.



Plants also provide fibres and materials for making many items including clothes, cords, dressings, musical instruments, shelters, tools, toys and weapons.

We will imagine ‘foraging’ through the Wildflower Garden.

Meet at **9.45am** on **Monday 29th April** at Caley’s Patio in KWG for the guided walk in Ku-ring-gai Wildflower Garden, 420 Mona Vale Rd St Ives.

Information sheet provided. Sessions run to about 12 noon. These sessions are free. No prior knowledge is required. All welcome. No booking necessary. Please wear a hat, suitable footwear and clothes. Bring water/snack. Sunscreen and insect repellent as necessary. Walks are easy/medium.

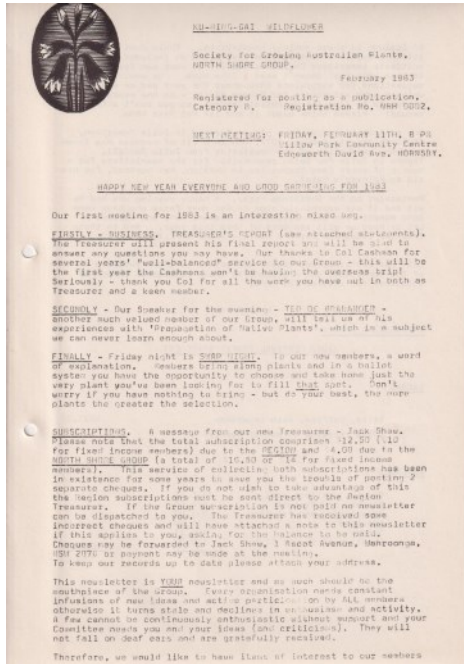
Enquiries: Wendy 0419 323 035 or wendyagrimm@gmail.com

The Walks and Talks Programme Australian Plants Society North Shore Group

May 13 Monday Creative look at the bush *Leader: Margo*

<https://austplants.com.au/Walks-&-Talks-Resources>

APS NSG Newsletters from 1983 to the present by Jan Williamson



Recently I have scanned all the hard copies of APS NSG newsletters from February 1983 when it was called *Ku-ring-gai Wildflower* to December 2023 *Blandfordia*. As you can see from the image an image of a *Blandfordia* (NSW Christmas Bells) already featured as part of the logo.

It was interesting to note some recurring themes in the newsletters, including:

- Christmas Party held in early December was often accompanied by a summer storm of varying severity.
- Some names keep recurring over several years, with some of those people still present and contributing.
- The Festival at KWG was the biggest event each year and involved much planning and several volunteers.
- People must have been tardier than today, as meeting time was for 8 pm SHARP. They also needed more reminding to wear their name tags. (Maybe these weren't stored at the meeting site??)

Message from Jeff Howes. "In 1998, in my first year as editor of *Blandfordia* I sent out 180 newsletters, of which only 6 were by email. *How times change*. In the October 1998 edition; "it cost \$1540 each year to print and mail out *Blandfordia*."

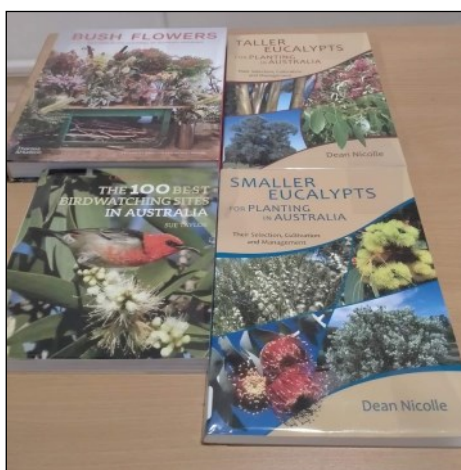
Jan's note: "When I first took over being editor in 2013 *Blandfordia* was produced on a computer, but I still had to send it to the printer, collect it from the printer, print off address labels (membership officer supplied the lists), put it into envelopes, purchase stamps, affix stamps and then post. In Jeff's time and before articles and material for inclusion had to be either handed or mailed to the editor. The format was black and white- not so good for displaying the plants, flowers and people. *How times change*. Editors were asking for contributions. *How some things don't change*."

Over this year I will reproduce some articles and snippets from these archives which I hope will be of interest to members.

If you would like access to all these archives please contact me janw7531@gmail.com and I will provide you with a link.

Another site you might enjoy checking out is

[The History of the Australian Plant Society North Shore Group](#)



From these records I noted that the APS NSG Library commenced in 1983.

Our current librarian, Lyn Kirby, is maintaining the library and recently added 4 new books. There are now 609 books in our collection. What an amazing collection and what a dedicated member. Thanks Lyn.

Books can be borrowed by members at general meetings. All members are encouraged to come and browse and borrow.

Don't always believe what you read!

The editor was pleased to see that people are reading *Blandfordia* and noting any errors. Very quickly two people contacted me to tell me that I had the gender suffixes transposed. My apologies to Bob Failes. The resume on page 6 March *Blandfordia* should read as follows.

Plant names have gender

Bob gave a brief overview of how many plant names are gender specific.

Note the suffixes

Examples: <i>Acacia myrtifolia</i>	female	-a
<i>Ozothamnus diosmifolius</i>	male	-us
<i>Leptospernum squarrosus</i>	neutral	-um

Please remember that we welcome anyone who would like to give a short presentation at our meetings. It could be on your favourite plant, your recent travels and plants encountered, your biggest garden problem... any topic that takes 5-10 minutes to present.

Please let Sue Bowen or Jan Williamson know if you wish to contribute in this way.

NEW MEMBERS

A BIG welcome to our newest members: **Leicia and Jackie**. We hope that you have an informative and enjoyable relationship with our amazing flora, APSNSW and our group.

PLANT SALES

Other dedicated members meet on alternate Wednesdays at propagation at KWG to propagate plants for sale. Plant sales are the biggest source of income for the group and help to enable APS NSG to fund the annual Val Williams Scholarship. Please remember to let friends and family know about this source of quality plants .

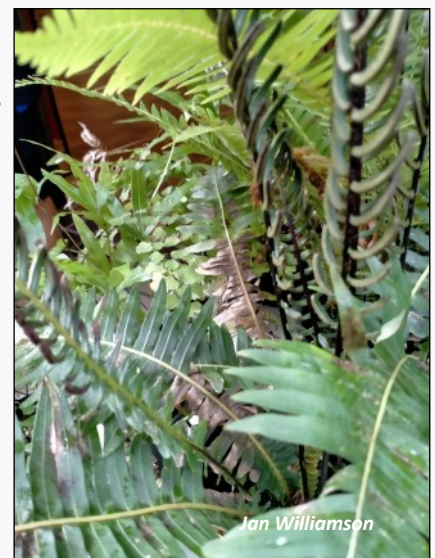


These plants are then offered for sale on propagation afternoons (see page 7), at monthly meetings and at other events.

Unfortunately, the annual Wildflower Festival no longer occurs, as this was the BIG event where LOTS of plants were sold.

Two recent events were 9 March APSNSW Quarterly Meeting and 17 March Berowra Fauna Fair. Plant sales for the two events totalled \$1344.

102 Cards were sold.



Jan Williamson



For full details see: <https://www.anpsa2024conference.com/>

2024 Activities: SEE <https://austplants.com.au/North-Shore>

MONTHLY GENERAL MEETING with guest speaker 12 April see page 2

WALKS & TALKS 2024 is held at Ku-ring-gai Wildflower Garden (KWG) 420 Mona Vale Rd, St. Ives
Resuming with walk only on Monday **29 April** see page 4 *Enquiries* Please contact Wendy Grimm 0419 323 035

MONTHLY GROUP ACTIVITY Sunday 5 May 2024 Working bee at shed and shadehouse KWG

PROPAGATION is held at KWG on alternate Wednesdays from 1-4pm **3 & 17 April 1, 15 & 29 May**

BUSHCARE KWG 10 & 24 April 8 & 22 May 9am –12pm

THE KNOLL APS NSG Native Plant Community Garden at KWG Please contact Wendy Grimm 0419 323 035

PLANT SALES and growing advice at our shadehouse (with white roof) at KWG (behind Visitors' Centre & KWG Nursery) on propagation afternoons every 2nd Wednesday (weather permitting) 1-4pm

FLOWER DISPLAY at KWG Visitor Centre

Committee Contacts

northshore@austplants.com.au

President:
Sue Bowen 0478 957 951

Website: <https://austplants.com.au/North-Shore>

Newsletter Editor: Jan Williamson
9875 2262 janw7531@gmail.com

The preferred method for Membership Applications & Renewals is to go to the APS NSW website and follow the instructions at <https://austplants.com.au/about-membership>

If joining or renewing online presents any problems assistance can be given by emailing your query to northshore@austplants.com.au

Are you in a joint membership of APS NSW?
Would you prefer to use separate email addresses and/or contact numbers? This arrangement would mean that you each receive electronic communications, e.g. *Blandfordia*. This can be arranged by contacting Merle Thompson apsnswmembership@gmail.com

2024 Activities CONTACTS

Walks and Talks at KWG	Wendy Grimm	0419 323 035
Propagation at KWG	Tania Lamble	0415 043 671
Bushcare at KWG	Sue Bowen	0478 957 951
The Knoll	Wendy Grimm	0419 323 035
Flower Display at KWG	Gillian Gutridge	0421 061 345

March 2024 Committee Meeting Notes

- APS NSW Quarterly Gathering hosted by APS NSG 9 March 2024
- Berowra Fauna Fair 17 March
- Scanned APS NSG newsletters and Mitchell Library
- Working bee at KWG shadehouse
- Val Williams Scholarship
- Working bee at KWG: shed & shadehouse

INVITATION to attend Paul Sorensen Gardens at Mahratta Wahroonga

A wonderful mix of native and exotic mature trees and shrubs.
Mahratta is an Art Deco Heritage House
SUNDAY 21st APRIL 10AM- 4PM
PART OF THE KU-RING-GAI HERITAGE FESTIVAL
25 Fox Valley Rd Wahroonga
Free entry to the Gardens
House Tours \$10 (online bookings essential)
Full details and booking <https://mahratta.org.au/>

More plants for sale

Brian Roach (APS NSG member) at Westleigh Native Plants
Contact westleighnativeplants@gmail.com

Newsletter submissions:

Deadline for submissions is the third Friday of the month. For the May 2024 edition is 19 April 2024

Do you want to know more about native plants?

Have you tried <https://austplants.com.au/> and within that site <https://resources.austplants.com.au/plant-database/> ?

Blandfordia The Newsletter of the Australian Plants Society North Shore Group