



Indigenous Plants for Health Association (Inc)

"Awareness, Research & Development of Indigenous Plant-Based Products"

A Community Not for Profit Association



Indigenous Plants for Health Native food, spices and essential oil Field Day

Saturday, 14th November 2026 – 9.00am

Kawalang*

1412 Murrays Run Rd., Murrays Run, via Laguna
NSW

Cost incl. lunch, morning & afternoon teas \$85 pp

IPHA Members \$70—children under 5 free—school age ½ price

Registrations—www.indigenousplantsforhealth.com—Events

Program

9.00am Registration and preparation of lemon-scented tea tree for making essential oil

9.30am Acknowledgement to Country and Cooking with Native Foods. By Stephanie Earl.

Stephanie is secretary of Korreil Wonnai – Cessnock Aboriginal Education Consultative Group (AECG)

Morning tea (made with Stephanie)

11.30am Making lemon-scented tea tree essential oil and hydrosol.

12.00pm Weed and native plants awareness walk lead by IPHA members

1.00pm Lunch

2.00pm Talk and demo of spices such as Tasmanian Pepper, Myrtles, Strawberry Gum, Old man salt bush, Native pennyroyal, Finger Lime, White Aspen, Bush Tomato and Wattleseed. Medicinal and edible uses, tastings. By Pat Collins

3.00pm Making ground native spice mixtures. Everyone to make their own. Creating and decorating the jars for the spices. By IPHA members

3.45pm Finishing essential oil and hydrosol to share.

4.00pm Walk around Keith's vegetable, fruit and native garden by Keith Goodwill

5.00pm Close

Dinner is an optional extra for \$20.

Camping is ok on Friday and Saturday nights.

* The venue is approx. 1.5hr drive from Sydney, 1 hr. from the Hunter Valley