



IPHA Newsletter #32

Winter 2026 Edition

www.indigenousplantsforhealth.com

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Indigenous Plants for Health (IPHA) is a not-for-profit incorporated association, formed with the objectives of raising awareness, researching Australian health-promoting plants and supporting protection of their habitats. We acknowledge that Aboriginal and Torres Strait Island Peoples are the Traditional Owners of this country, and they retain their relationship and connection to the land, sea, and community.

PRESIDENT'S REPORT: Jen Stroh



Wintry welcomes to you all.

This time of year reminds me to be a little quieter and sleep a little longer. Many plants contain their energy in their roots and tubers now, in readiness for warmer times to shoot forth. A time of storage and building resilience.

Recent meanderings amongst early wildflowers inspires awe and reverence as I gaze upon 2 newly encountered orchid species. Many Australian orchids contain edible carbohydrate rich tubers which have supported indigenous peoples for millennia.

The other root/rhizome that has supported First Nations people is the Yam daisy or Murnong (*Microseris* spp.) <https://indigenousplantsforhealth.com/2024/06/12/microseris-walteri-information-sheet/>

Medicinal uses of Murnong include blood sugar regulation, liver protection and immune support.

See our Knowledge Cards <https://indigenousplantsforhealth.com/knowledge-cards-for-australian-medicinal-edible-plants/> for the full description.

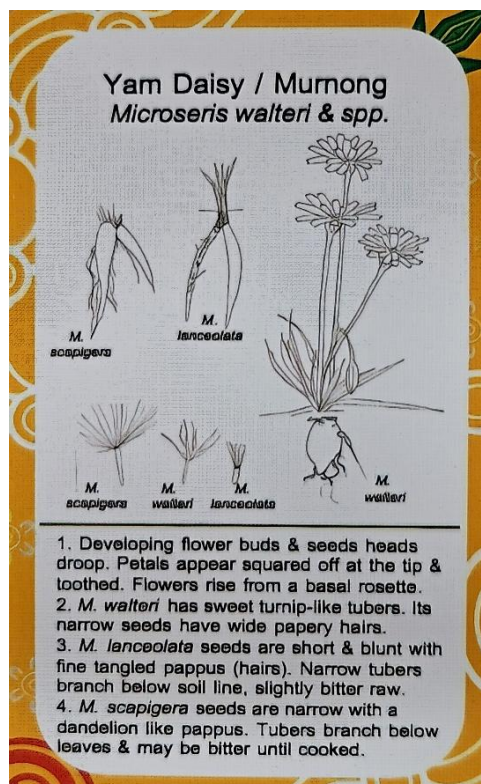
Try to propagate and grow this endangered species so it can once again flourish across this country.

Enjoy reports from our [recent events and check out what's coming up](#).

Please support our vision by becoming/remaining a member and involving yourself somehow.

You may like to sign up a friend for their birthday or as a Christmas gift and also buy some Knowledge Cards as gifts.

Thanks for sharing our enthusiasm.



IPHA Committee Members

President: Jen Stroh

Vice President: Andrew Pengelly

Treasurer: Patricia Collins

Secretary: Reesa Ryan

General members:

Felicity Kerslake, Fred Fetherston, Renata Buziak, Denise Harslett Newsletter editor:
Karina Patane with assistance from Fred and Andrew

New Committee Member – Karina Patane

This edition, I am very grateful to be welcomed into this amazing group of humans in the Indigenous Plants for Health committee.

My contribution will be the editing of the IPHA's seasonal newsletter.

I am honoured to be given this opportunity and look forward to future ventures of knowledge and awareness of our amazing native plants and medicines.

Over the years I have been very interested in different cultures herbal medicines, from Western to Ayurvedic and Traditional Chinese Medicine. However, along the way I learnt that the best medicine is that which grows under one's feet.

This is the reason why I sought for a group which is passionate about sharing this information about our beautiful natives and their mind-blowing abilities to improve our health.

The support that is contributed by IPHA to giving back to Indigenous communities to share and educate is admirable and I am looking forward to being a part of it all.



REPORTS

Wirimbili Plant Tag Day - Reconciliation Week 2026

On Saturday the 30th of May 2026, one of our great members, Virginia Handmer (Ginny) was involved in the running of Wirimbili Plant Tag Day at Wirimbili Cultural Experience, based in Kandos NSW. Wirimbili is a cultural ecotourism business which is indigenously guided by the Dabee and Bogee clans of the Wiradjuri nation situated around the Kandos, Rylstone and Capertee Valley country on the west side of the Blue Mountains.

The date of this Plant Tag Day was chosen to mark the beginning of Reconciliation Week.

It was a full-on day packed with cultural activities including weaving, possum cloak making, dancing and language sessions. Many people came in to visit and see the plants and the information about them, as well as purchasing plants we had propagated from the garden in our nursery. It was so great to put that info out as people really took the time to read the uses and ask questions.

We have tags for plants we are still planning on adding, so it is an ongoing learning experience. For example, Ginny got a large buck of Nardoo from her friend's dam as it was not available on any of the sites that sell Indigenous plants that they looked through. They are hoping to spread these plants out and about as they get bigger.

Thank you to Andrew and Jen and Pat and everyone at IPHA!

Ginny, Laurie and the crew <https://wirimbili.com.au/>



Above: Pam McNally- Aboriginal Health Nurse (2nd from left)
Mitch Summerfield-Aboriginal Culture Teacher
Red Hill Environment School, Gulgong (3rd from left)
Todd McNally – Pam’s Son (3rd from right)
Uncle Peter Swain (2nd from right)



Native Raspberry – Emubush - Grass Tree-
Old Man Salt Bush – Midyim Berry
Orange Tag – Thank You IPHA for Plant Sign Grant



Bush Fruit Field Day Mapleton May 2026

IPHA's last Field Day was set on the divinely picturesque property of Warwick and Mary Grace on Jinibara country, Mapleton Queensland. Sunday was filled with interactive workshops, presenting information about local bush foods and how to prepare them, identifying weeds, botanical art and medicine making. Finishing on Monday with a Cyanotype workshop presented by Renata Buziak.



Above – Jinibara Country Mapleton Queensland

Below – Warwick, Jen and Andrew with Ooray (Davidsonia pruriens)



Above - Mary and Warwick preparing Ooray Plum Cordial

Below – Andrew presenting native plants and Weeds walk



Photos by Renata Buziak



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.
- 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

Native Food, Spices & Essential Oil Field Day November 2026

There are less than 3 months until IPHA's next Field Day at Murrays Run, Bucketty.

Why not come and join us?

Learning about the native food of your country is so important.

And finding out techniques of how to use them to improve your health is very valuable.

The day will be held a property owned by Keith and Brynnie Goodwill.

Under 2 hours from Newcastle, 1.5 hours from Sydney and about an hour from the Central Coast, a lovely drive either way through the Central Coast Plateau or the Hunter Valley

A note from the custodians of the property

Brynnie and Keith Goodwill

We live on the land of the Wonaruah Nation, among beautiful eucalyptus and wattle tree

Forests with roaming wallabies, wombats, lyrebirds, a vast number of bird species

including black cockatoos, satin bowerbirds, fairy wrens, honeyeaters, rosellas, mountain parrots, magpies, kookaburras, owls and wedge-tailed eagles. It is suspected that there could be platypus in the stream down the hill and koalas in the bush though we have not yet met them.

We live as sustainably as we can, using solar power and rainwater stored in tanks, growing our own vegies and citrus fertilised by compost and chicken poo and are inspired by good conversation and deepening connection to the land.

Medical History Museum - Cultural Medicine – The Art of Indigenous Healing

Since September 2025, The Medical History Museum has been displaying a collection of Aboriginal and Torres Strait Islander art pieces on Indigenous bush medicine and healing practices. The medical history museum is the only indigenous medical museum in Australia. They do a great job of keeping records of our indigenous cultures medical history through art.

<https://medicalhistorymuseum.mdhs.unimelb.edu.au/exhibitions/current>

The collection has toured London and Berlin and will be on display until the 30th of September this year.

After this the exhibition's art pieces will be stored or alternatively hung and displayed around the University of Melbourne campus. Alternatively, you can view them at any time via the link below.

https://medicalhistorymuseum.mdhs.unimelb.edu.au/data/assets/pdf_file/0007/4921045/14_MHM_Cultural-Medicine-eBook_Unlocked.pdf

ABC – Vote for Australia's Most Amazing Wildflower!!

A poll created by the ABC website to vote for Australia's most amazing wildflower.

Click on the link to see what little beauties are in the running.

You will notice the Yam Daisy – Murnong is in the competition.

It was our president, Jen Stroh's pick for her opening report this edition – an important plant as it is a superfood!!

<https://www.abc.net.au/news/science/2026-08-05/science-week-amazing-wildflowers-poll/106612968#poll>

Geebung – *Persoonia linearis* – Andrew Pengelly PHD

This profile of Geebung is a chapter from my upcoming book "Medicinal, Edible and Health-Promoting Plants in Australia" to be published by CAB International.

Persoonia linearis is a very significant species for IPHA, it is the plant we see on our logo. It is also the subject of a PhD research project at the University of Queensland, which was partially funded by IPHA, and of which I was a co-supervisor of the PhD candidate, Jiale Zhang.

Persoonia linearis Family: Proteaceae

Persoonia –. Named after Christian Henrick Persoon, a South-African born mycologist and taxonomist

linearis – refers to the linear shape of the leaves

Common names: geebung, jibbong, narrow-leaf geebung

Description

A shrub or small tree with dark flaky bark, growing to 5m high. Linear leaves are alternately arranged on hairy branchlets. The leaves are bright green, 2-9 cm long and 1-6 mm wide, with entire margins. Yellow flowers are arranged in clusters near the end of the branchlets, where they are subtended by scale leaves and reduced leaves (Weston, 1983). The small bell-shaped flowers have 4 petals or tepals up to 14mm long, with a glabrous ovary. Flowering occurs between December and May. Fruit is a uniformly round drupe, green turning yellow, around 12mm in diameter, with a small persistent style. Seeds are relatively large, with a hard endocarp.



Persoonia linearis flower and flower buds (left); unripe fruit and leaves (right). Images by Andrew Pengelly

Distribution

This species is restricted to forests and woodlands of eastern NSW and Victoria, from the coast to the ranges. In southern NSW and Victoria, distribution is mainly limited to the coastal strip.

https://avh.ala.org.au/occurrences/search?q=taxa%3A%22Persoonia+linearis%22#tab_mapView

Edibility

P. linearis fruit is edible when ripe. There is a thin layer of flesh around the stone or seed. This fruit is quite sweet with a mucilaginous texture, making it a favourite traditional sweet for Aboriginal children. Fully ripened fruit turns purple or black, and it usually falls to the ground if not already grazed by birds or possums.

No findings have previously been published on the nutritional or phytochemical constituents of *P. linearis*. The data presented here is based on the doctoral thesis by Jiale Zhang at the University of Queensland, in collaboration with the Indigenous Plants for Health Association.

The geebung fruit was found to be a good source of protein, fat and carbohydrates providing enough of it is consumed. Proximate analysis also reveals high ash content (2.9% DW) for the ripe fruit, suggesting it is also a good mineral source. Table 1 reveals considerable variations between ripe and semi-ripe fruit (Zhang, 2026).

Table 1. Proximate analysis of *P. linearis* semi-ripe and ripe fruit (% dry weight) (Zhang, 2026).

sample	ash	protein	fat	dietary fibre	carbohydrate	Calories (kcal/100g)
Semi-ripe fruit	3.2	3.3	7.2	43.8	7.0	141.6
Ripe fruit	2.9	4.0	5.6	37.3	19.9	143.6

P. linearis has relatively high mineral levels compared to most other native fruit. Despite some variation between the ripe and semi-ripe fruit, geebung fruit can be considered an excellent source of potassium, manganese and iron (Zhang, 2026).

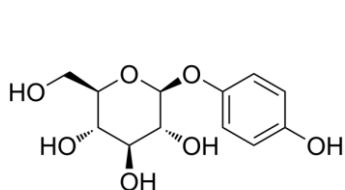
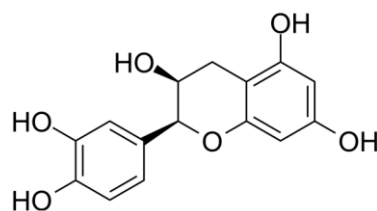
Table 2. Mineral content of fresh *P. linearis* fruit (Zhang, 2026).

Minerals	Main elements (mg/100g FW)					Trace elements (µg/100gF/W)				
	Ca	Mg	K	P	Na	Ni	Fe	Cu	Mn	Zn
Semi-ripe	15.1	25.0	187.9	10.7	55.4	14.3	437.6	38.8	2827.7	244.1
Ripe	15.9	33.8	225.7	5.7	67.5	6.0	230.8	70.9	3929.2	116.3

Phytochemistry

Phenolic glycosides of the arbutin type have been isolated from different species of *Persoonia*, since the initial report of arbutin itself being identified in the fruit of *P. salicina* (Cornforth, 1938). During a screening project of indigenous species at the National Botanical Gardens (ACT), extracts prepared from the ripening fruit of a hybrid of *Persoonia linearis* and *P. pinifolia* revealed a previously unknown phenolic glycoside ester, an arbutin derivative with antimicrobial properties (MacLeod, Rasmussen & Willis, 1997). By coincidence, researchers from New Zealand had simultaneously isolated the same compound from the leaves of a close relative of *Persoonia*, known as *Toronia toru* (Perry & Brennan, 1997). In a Tasmanian study arbutin derivatives were isolated from *P. gunnii* (Deans et al., 2018). Arbutin and its derivatives are characterised by the presence of a hydroquinone moiety.

In his investigations into three *Persoonia* species (*P. linearis*, *P. falcata* and *P. stradbokensis*), Zhang (2026) focused on the phenolic composition of different sections (pulp, peel, seed and pulp/peel together) at the semi-ripe and ripe stages of growth (Table 3). Both stages of the fruit are rich in tannins, most notably epicatechin, while there are also high levels of the phenolic glycoside β -arbutin in the pulp and peel. Also present in significant quantities are gallic acid, caffeic acid and the flavonoids rutin, quercetin-3-glucoside and naringenin (Table 3).

 β -arbutin

epicatechin

Table 3. Phenolic Compounds in different sections and ripening stage of *Persoonia linearis* fruit *

Cpd.	β -arbutin	Rutin	Catechin	Epi-catechin	Gallic acid	Caffeic acid	Coumaric acid	Quercetin -3-glucoside	Naringenin
PULP									
Semi-Ripe	353.3	6.8	2.4	322.9	504	36.6	56.3	138.7	N/D
Ripe	453.5	6.6	3.0	174.7	190	59.2	26.8	170.0	1030
PEEL									
Semi-Ripe	441.3	45.5	3.4	1086.7	623.7	118.6	97.3	547.4	654.2
Ripe	199.5	27.2	1.9	99.1	470.9	64	28	226	645.3
SEED									
Semi-Ripe	47.9	2.6	22.5	678	50	22.5	36.4	139	N/D
Ripe	25.6	0.6	16	524	29	16	9.3	108.1	N/D
PEEL/ PULP									
Semi-Ripe	431.4	42.7	4.7	1547.1	706.2	105.2	88	563.4	660
Ripe	546.2	29.4	3.7	1100.5	792.1	76	58.6	262.6	1022.4

* Concentration = $\mu\text{g}/100\text{g}$ dried weight

N/D = not detected

Medicinal uses

Traditional Uses

Although medicinal uses for *Persoonia* are not widely reported in the literature, geebung fruit (most likely from the locally abundant *P. linearis*) is highly revered by the Wiradjuri Language people of the Hunter Valley, NSW. One of its' reported uses is the application of the juice derived from the fruit, for local treatment of skin infections due to infection by *Staphylococcus* bacteria, and for other skin disorders including psoriasis (S. Balogh, Pers. Comm.).

Biomedical Research

In a massive screening program for antibiotics from Australian plants and fungi conducted during the 1940s, the most potent agents against both *Staphylococcus aureus* and *Salmonella typhi* (gram-positive and gram-negative pathogenic bacteria respectively) from the 1200 plants screened, were from three *Persoonia* species (Atkinson, 1949). In volume 4 of her *Medicinal Plants in Australia* series, Williams provides further details of Atkinson's investigations, observing that fruits from *P. juniperina* inhibited the typhoid causing bacteria, and that *P. pinifolia* exerted antibacterial effects also, but only when the fruit was partly ripe i.e. between the green and purple stage; the very young and very old berries exerting minimal activity (Williams, 2013).

Extracts prepared from the ripening fruit of a hybrid of *Persoonia linearis* and *P. pinifolia* inhibited the growth of pathogenic bacteria (gram positive and negative) and a fungus (*Phytophthora cinnamomi*), possibly due to the presence of a previously unknown phenolic glycoside ester (MacLeod, Rasmussen & Willis, 1997). This compound, when isolated from the New Zealand plant and close relative of *Persoonia*, *Toronia toru*, was found to have antimicrobial properties and cytotoxic effects against human leukemia cells (Perry & Brennan, 1997).

In recent studies using the DPPH radical scavenging assay, *P. linearis* fruit, most notably the peel, demonstrated potent antioxidant capacity in comparison to the two other *Persoonia* species, and to most other native and exotic fruit tested, including the standard reference, blueberry (Zhang et al., 2025).

The seeds and peel of *P. linearis* demonstrated antibacterial activity (using MIC and MBC values) against pathogenic bacteria *Staphylococcus aureus*, MRSA, *Pseudomonas aeruginosa*, *Salmonella salfordi* and *E. coli*, however the fruit pulp was inactive. All fruit extracts were inactive against the fungus *Candida albicans*. The authors concluded that *Persoonia falcata* was the most promising antimicrobial agent of the three species tested (Zhang et al., 2025). The degree of ripeness influences antimicrobial activity. Zones of inhibition for *S. aureus* by *P. linearis* were significantly increased in ripe fruit but decreased for *S. salfordi*, MRSA, and *P. aeruginosa* (Zhang, 2026). While the phenolic glycoside β -arbutin, a signature compound in *P. linearis* fruit, failed to demonstrate antimicrobial activity, it indicates that the antimicrobial effect results from the synergy of multiple compounds rather than a single constituent (Zhang et al., 2025). Although the presence of hydroquinone, an arbutin metabolite, wasn't assessed in the samples, the metabolite is a well-established antibacterial compound (Ma et al., 2019).

Anti-inflammatory potential was tested by calculating the percentage of cell viability in nitric oxide (NO) production in LPS-induced RAW 264.7 macrophages. Over 90% of cells remained viable for the different parts of *P. linearis* fruit (Zhang et al., 2025). In an antiproliferative assay, *P. linearis* fruit inhibited HepG2 and HT-29 tumour cell lines as measured by IC₅₀ values, indicating potential for prevention and treatment of some cancers (Zhang, 2026).

Clinical relevance of findings

Results of investigations into the medicinal potential of *P. linearis* fruits confirms some of the traditional uses and earlier studies involving *Persoonia* species. The presence of high fibre and phenolic levels in the fruit are indicative of health-promoting activity. This is demonstrated in the findings of significant antioxidant, anti-inflammatory, antimicrobial and a degree of antiproliferative activity. There are also notable variations according to the fruit part used and the stage of ripening. Since the peel provided the most potent activity overall, use of the peel and pulp without the seed appears to be the most beneficial and convenient way to consume the fruit, or to incorporate it into a functional food product. Further studies are needed, including human studies, to duplicate these findings, explore the use for other health issues such as metabolic disorders, and to assert the safety of ingesting the fruit.

Other species

There are approximately 100 species of *Persoonia*, all endemic to Australia. Given the similarity of the fruit across the genus, it may well be the case that many of them have similar phytochemistry and therapeutic

properties to *P. linearis*. However, to the author's knowledge, only the two species listed below have been subjected to comprehensive investigations in terms of nutritional, phytochemical and medicinal properties.

P. falcata. Milky plum. A large shrub/small tree to 6m with long falcate leaves. Bright yellow flowers grow in terminal racemes, followed by an ellipsoid drupe edible fruit. This species is widely distributed across 3,000km of northern Australian woodlands. In the Arnhem Land region of the Northern territory, *P. falcata* leaves are used for treating chest infections, cough and diarrhoea (Aboriginal Communities of the Northern Territory of Australia. 1988). Antioxidant, antimicrobial, antiproliferative and anti-inflammatory actions have been demonstrated in vitro (Zhang et al., 2025).

P. stradbokensis. Broad-leaf geebung. An upright small tree with conspicuously hairy young branches and stems. Leaves are elliptical to ovate, up to 11 cm long. Yellow flowers are clustered along the branchlets, the individual flowers subtended by leafy bracts. The fruit is an edible drupe. The species grows in coastal heaths and forests from Tin Can Bay in Queensland to the Hastings River in New South Wales. Antioxidant, antimicrobial, antiproliferative and anti-inflammatory actions have been demonstrated in vitro (Zhang et al., 2025).

Cultivation

Persoonia species are not widely cultivated, due to difficulties in propagation. However, *P. linearis* plants and seeds are available from some nurseries and suppliers (see web sources). Farmers and landowners are advised to survey for geebung species on their property, and to prioritise conserving individual plants and their habitat. While *P. linearis* is quite common across its natural range, it is an obligate seeder, which makes it vulnerable to bushfires. Unlike many native trees and shrubs, it can't resprout after fires (Emery, Catelotti and Offord, 2016). However, if there is a sufficient bank of seed stored in the soil, then germination may be triggered by bushfires (Bauer and Johnston, 1999). If there are few or no existing plants on a property, then cultivation of *P. linearis* is a good option. Plants generally prefer woodland conditions, hence they should be provided with some shade and wind protection when getting established, while they tolerate slightly acid soil of low-moderate fertility.

Geebungs produce relatively few seeds compared to other woodland species, and they take many months to develop from the flowers. There are a few obstacles to overcome for propagating the seed, including the presence of a hard endocarp and susceptibility to microbial contamination (Emery, Catelotti and Offord, 2016; Emery and Offord, 2019; Ralph, 2020). The hard endocarp requires cracking with a vice; however, this practice has the potential to damage the seed (Emery, Catelotti and Offord, 2016). To optimise germination rates, seeds may also require treatment with gibberellic acid (GA₃). One reported method is to ferment the seeds in water for a few days then remove the flesh by rubbing. Sow the seeds in autumn and place in the sun, with germination anticipated for the following autumn (Ralph, 2020). Semi-hardwood cuttings have been found to strike when placed in sand under glass, the strike rate being improved by treatment with hormone powder (Smith, K. and I., 1999).

Investigations into propagation methods for other obligate seeding species from eastern Australia, revealed that for *Persoonia sericia* and *P. virgata*, at least half of the endocarp needs to be removed for seed germination to occur (Bauer, Johnston and Williams, 2004). For the endangered species *P. hirsuta*, retaining the endocarp during short-term storage produced higher germination rates and reduced microbial contamination (Emery and Offord, 2019).

While *P. linearis* may have little prospect of becoming a plantation crop, it can be successfully cultivated in a small copse of 6 or so individuals, thereby enhancing prospects of cross-pollination. Trees are hardy and fast-growing when established

Use in agroecology

As noted above, *Persoonia* species are not widely cultivated due to difficulties in propagation, hence the priority is to protect existing specimens. All geebungs provide fruit which are relished by children, as well as by birds and small mammals, and they have well-recognized cultural values. The flowers attract native pollinators such

as *Leioproctus* bees (Emery, Catelotti and Offord, 2016). *P. linearis* and other species have been shown to have medicinal properties, and there may be a future demand for their fruit in the functional food industry. With their bright green foliage and contrasting yellow flowers, *Persoonia* species such as *P. virgata* have been exploited by the cut flower trade, with wild-harvested stems being sold on both the export and domestic flower markets (Bauer and Johnston, 1999).

In order to optimise fruit harvesting, mesh bags should be placed over fruit at the green stage. This protects the fruit from birds, while allowing them to ripen without falling to the ground.

For a list of references please contact Andrew at trueunicorn11@gmail.com
Details of the main findings of the research at University of Queensland can be found here:
<https://www.sciencedirect.com/science/article/pii/S0308814625036076>

Queensland Naturalist Club – Granite Belt

Wattles and Wildflowers Excursion

On Saturday 3rd of August, the QNC held a weekend in the Stanthorpe area exploring The Granite Belt for wattles and wildflowers. In particular, the endangered species – *Boronia granitica*, *Boronia repanda* and *Ziera granitica*.

We began the excursion at Heritage Park – Quart Pot Creek, which was a significant habitat for a large diverse group of birdlife. Some of our members are avid bird watchers and took the opportunity to capture some breathtaking photographs of our feathered friends.

Next, we ventured to the beautiful property of Foxbar Falls, Amiens. This is a camping ground open to the public, with a large lake – also brimming with birdlife. And a hiking trail, busy with stunning granite boulders and alive with multiple species of wattles, wildflowers, lichens and more. The area is sadly officially in drought, but when it is not it leads as the name predicts – to a waterfall.

On Sunday, we found ourselves at Passchendaele State forest. This location is an area monitored by Andrew for the endangered species mentioned previously. We were happy to find a decent amount of thriving specimens of these wildflowers.

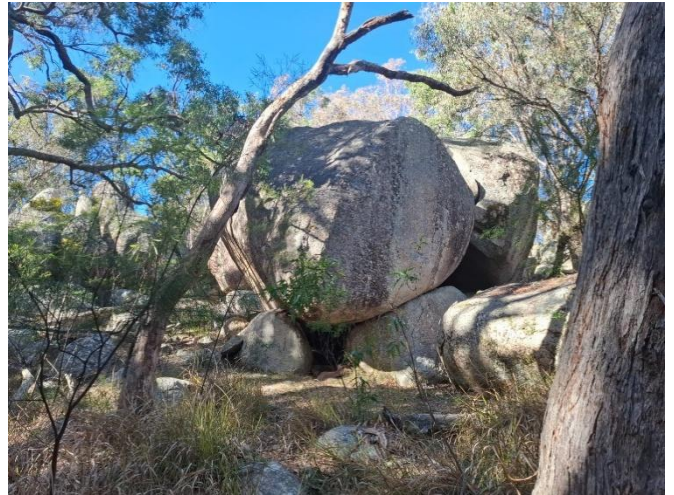
Queensland Naturalist Club is a friendly and highly informative group to join if you are interested in learning about Queensland's natural history.

<https://www.qnc.org.au/> <https://www.granitebeltwildflowers.com>



Left – QNC members among the Wildflowers at Foxbar Falls

Right - Group at Foxbar Falls including IPHA members Karina Patane and Alec Harslett



Clockwise from top Left – Andrew Pengelly, IPHA Vice President- teaching us about the *Acacia adunca* Wattle; Beautiful giant boulders at Foxbar Falls; View from Foxbar Falls plateau at Passchendaele State Forest; Andrew’s introductory talk on Sunday; QNC members inspecting



EVENTS



BrisScience: Nature's bounty – using traditional medicine to find new drugs

From morphine to antibiotics, nature provides us with an incredible bounty of medicinal compounds.

UQ's Professor Jo Blanchfield is on the cutting edge, helping bring these natural compounds into modern medicine. Her research explores chemicals in plants and fungi used in traditional medical practices and bush foods in Australia and around the world. These can then be translated into amazing new medicinal compounds.

You're invited to join Professor Blanchfield at our next BrisScience, as she delves into her incredible research, revealing what natural compounds might soon change medicine.

Professor Jo Blanchfield is a professor of chemistry in the School of Chemistry and Molecular Biosciences at The University of Queensland. She did a BSc and PhD at UQ studying organic and medicinal chemistry and after several years working in USA and Canberra, returned to take up a teaching and research academic position at UQ.

PLEASE NOTE ONLINE LIVESTREAM ACCESS IS NOW AVAILABLE FOR THIS EVENT – Click this link to register >>>>> [Register now](#) <<<<<<

EVENT DETAILS

Date:	Monday 7 September 2026
Time:	6.30-7.30pm (light refreshments 7.30-8pm)
Location:	Auditorium 1 , State Library of Queensland, Stanley Place, South Bank
Admission:	Free, registration required
Parking:	Via credit card at the State Library of Queensland car park gate for a flat fee of \$18
Contact:	science.events@uq.edu.au

Registration is essential and numbers are limited.



Gondwanan Biochromes at 2026 Australia Taiwan Imagery & Cultural Exchange: *Between Space and Abstraction*, exhibition curated by Melody Chen.

The exhibition brings together Australian and Taiwanese artists to foster cultural exchange and greater understanding between the two countries. It is also an opportunity to celebrate the multicultural character of contemporary Australia through art.

Renata Buziak's Gondwanan Biochromes explore the space between seeing and knowing. Developed during her residency at Binna Burra, the works emerge through interactions between rainforest plants, analogue photographic materials and natural processes over time. Moving between botanical forms and abstraction, they invite viewers to pause, look closely and discover connections between nature, place and imagination.

FGS Chung Tian Temple Exhibition Hall

26 September – 22 November 2026

Opening: **26 September, 1.30 pm**

More information

<https://renatabuziak.com/exhibitions-events/>



EUCALYPT

ID Workshop

Learn to identify and appreciate the amazing diversity of eucalypts in our local region.



DATE:
Sunday 6 September



TIME:
9.30am



LOCATION:
Exhibition Centre
Mezzanine Floor
Function Room
Stanthorpe Showgrounds



PRESENTER:
Professor Rod Fensham
A botanist at the University of Queensland and the Queensland Herbarium with a broad experience researching the flora and vegetation of Australia.



WORKSHOP OVERVIEW

The workshop will consist of a theory session first followed by a field excursion to look at a variety of local eucalypt species.



COST: \$10

Includes morning tea and lunch plus hand out material.

<https://events.humanitix.com/eucalypt-identification-workshop-b9ug7zfq/tickets>



SPECIAL DIETARY REQUIREMENTS

Please advise when booking of any special dietary requirements.

Morning tea and lunch provided



CLOSING DATE:
Monday 31 August

Bookings essential

Please contact:
0477 059 063
www.granitebeltwildflowers.com



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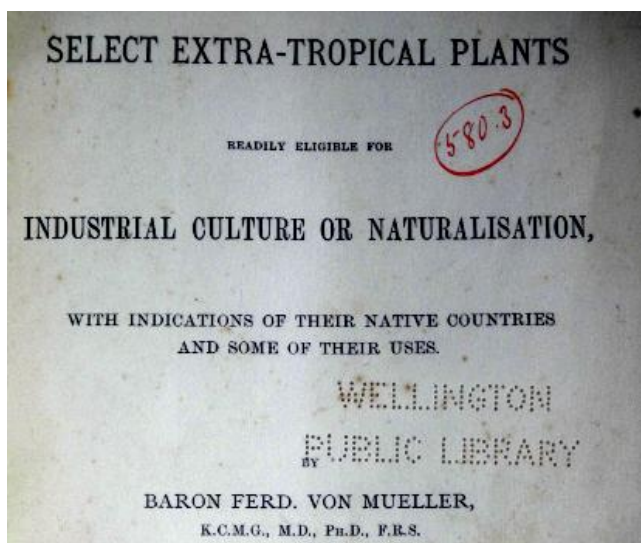
A Book Review – By Fred Fetherston

A book for IPHA readers - "Select extra-tropical plants readily eligible for industrial culture or naturalisation"

Ferdinand von Mueller, NSW enlarged edition published 1881 and other revised editions. (photo of cover page below)

Scanned copy online at this link:-

https://www.biodiversitylibrary.org/bibliography/25802?_cf_chl_tk=g44pw1cpsSIQ4IC2iKCrBV1FqUx3Mvy9pKIO9JP1zU-1785364750-1.0.1.1-pXxjGRwTReqXCAOoPObGHRJa.emF70zi9ba3FLwD0BM



Have you ever wondered how and why so many medicinal plants and herbs from overseas were brought to Australia, popularised and commercialised? And what about native plants that were important in the 19th century economy for local use and exports?

Baron von Mueller had a lot to do with it and is famous among botanists and bush-regenerators for promoting and organising plant introductions and distributions with the "Victorian Acclimatization Society". Including some that really thrived, like blackberries.

This book showcases thousands of important plants and was respectfully dedicated to Sir Henry

Parkes when he was Colonial Secretary of NSW and "an enlightened promoter of rural industries".

You can read a lot about plants you are interested in working with that is not detailed in modern books. There is an asterisk * next to the name of highly recommended plants and appendices listing where plants came from and what plants are most useful for various purposes. You can also enjoy experiencing the world of people using plants with a global vision of prosperity and optimism, before petrochemicals, synthetic pesticides and carbon-pollution dominated the planet. Printed copies turn up in bookshops and online sellers, or you can download a scanned copy for free from the [Biodiversity Heritage Library](https://www.biodiversitylibrary.org/bibliography/25802?_cf_chl_tk=g44pw1cpsSIQ4IC2iKCrBV1FqUx3Mvy9pKIO9JP1zU-1785364750-1.0.1.1-pXxjGRwTReqXCAOoPObGHRJa.emF70zi9ba3FLwD0BM) along with many other historic publications.

"Prickly Comfrey" has a very enthusiastic entry, under the scientific name *Symphytum peregrinum* (Ledebour.), including recommending it as a green manure crop. Wikipedia explains that it is probably the Comfrey most people grow now - various forms of "the hybrid called Russian comfrey (*Symphytum* × *uplandicum*), which is a vigorous hybrid between common comfrey (*Symphytum officinale*) and prickly comfrey (*Symphytum asperum*)".

"Select extra-tropical plants" also promotes many Australian native species for commercialisation, which took place here and also overseas. Baron von Mueller partnered with Joesph Bosisto in establishing the eucalyptus oil industry. In this book he describes many Eucalyptus species (gumtrees) still grown here and overseas for oil and timber including details of growth rates, products and prices.

Caution - a lot more research and experience has been developed in the 140 years since von Mueller. Before growing and using the plants described, check carefully for accurate scientific names and identification, and current knowledge about benefits and risks for health and the environment.

Below are a couple of excerpts as a preview from the book reviewed by Fred Fetherston.

Rubus fruticosus*, Linné.

The ordinary Blackberry or Bramble. All Europe, North and South Africa, Middle and Northern Asia. The shrub bears well in a temperate clime. In some countries it is a favourite plant for hedges. It likes, above all, calcareous soil, though it is content with almost any, and deserves to be naturalised on the rivulets of any ranges. *R. corylifolius* (Sm.), *R. suberectus* (Andr.), and *R. leucostachys* (Sm.) are varieties like many other named kinds of European Blackberries, or perhaps belong to the closely allied *R. caesius* (L.), the English Dewberry; or in some instances hybrid forms may have arisen from the two, although the generality of these various Blackberry bushes bear their fruit freely enough.

Symphytum peregrinum* Ledebour.

The Prickly Comfrey. Caucasus. The growth of this hardy plant may be recommended as an adjunct to lupine culture. The Hon. Arthur Holroyd, of Sydney, has recently devoted a special publication to this plant. He quotes on good authority the return of foliage already in the first year as 20 tons to the acre, in the second year 50 tons, and every year after 80 to 120 tons on manured land. It yields a nutritive and relished forage in rapid and continuous reproduction. It is likewise recommended for green manure. Dr. Curl found it to grow well in the moist clime of New Zealand during the hottest and driest, as well as coldest, weather. Dr. Voelcker found much mucilage but little sugar in this plant. The massive root, known to penetrate to 9 feet depth, sustains the plant in vigour, admitting it to be cut almost throughout the year. The propagation is easy from root-cuttings, difficult from seeds; 4,000 of the former to an acre; it will thrive even in sand and tough clay, but prefers moist and even boggy land. In tropical countries cattle have a predilection for it; there it likes shades. The likewise borragineous *Cynoglossum Morrisonii*, De Cand., of

North America, yields three cuttings annually. Horses and cattle relish it. It ought to be naturalised along swamps lagoons, and river banks. It can be dried for hay. Finally it is recommended as a plant for game.

News of interest – Podcasts and Articles

Radio National - Weekly Program – Every Bite

Published in 2025, Radio National brought this to our attention again for NAIDOC week 2026. Great interviews from Indigenous food intellectuals and entrepreneurs about incorporating more 'truly' Australian foods and medicines into our diet while navigating intellectual property and stewardship with First nations people. Featured in this interview is Mark Olive from Midden – Bunjalung, Madonna Thomson from BBIEC – Jaggera/Yugambah, Nornie Bero – Founder of Mabu Mabu – Torres Straight Islands and Dr Yasmina from ARC Industrial Transformation Training Centre for Uniquely Australian Foods, who worked with IPHA on the Persoonia project over the last 3 years.

The Australian government in the past has been a stronghold for not allowing native food production to be regulated. It was not even until 1993 that kangaroo meat was allowed to be sold for human consumption, prior to that it was only ever dog food.

There are well over 3000 food plants that are native to our country that we are missing out on because the government has made the decision that they do not meet regulatory criteria of being a food source – based on what?

However, there is a movement towards awareness and education and some change that has happened in the past years, where we are seeing native food businesses starting to grow into an industry of its own.

This podcast is definitely worth a listen!

<https://www.abc.net.au/listen/programs/every-bite/taste-of-place-australian-native-ingredients-indigenous-foods/106797196>

First Nations Foods and medicines

The article in the link below takes us to Darwin, where Larakia elder Dr Richard Frejo from Darwin University takes us on a walk through the bush and a conversation with Indigenous medical student Cassandra Waia. He explains the connection the Indigenous have had with bush medicine since the beginning of time. An interactive slide show with some very interesting facts about certain plants and their actions for human health.

He highlights the importance of identifying plants and how dangerous it can be if you don't know what you're doing. Education and knowledge are the keys to bringing back this bush medicine and linking this knowledge to doctors in order to create a culturally safe health system based on respect and inclusivity.

https://www.abc.net.au/news/health/2026-07-06/bush-medicine-cultural-safety-aboriginal-health/106680652?utm_source=abc_news_app&utm_medium=content_shared&utm_campaign=abc_news_app&utm_content=other

Indigenous Plants for Health Association Inc.**MEMBERSHIP APPLICATION FORM**

Set out below are my membership application details for Indigenous Plants for Health Association Inc.

There is a free membership option for Aboriginal and Torres Strait Islander people, as well as for pensioners or anyone with low income.

Enclosed/transferred is the sum of \$20 annual membership fee. The amount has been paid by:

☐

Cash

☐

Bank Transfer (Important flag your name with payment)

☐Paypal, via website www.indigenousplantsforhealth.com☐

Identify as Aboriginal or Torres Strait Islander (fee optional)

☐

Identify as low income (fee optional)

Post Membership Form and cheque to:

IPHA Treasurer – 196 Bridge St. Muswellbrook NSW 2333, OR if paying by transfer you may scan and email the completed and signed form to IPHA.Secretary@hotmail.com

Bank Details for Payments: BSB 637000**Account 722660722**

Name: _____

Address: _____

_____. Postcode _____

Tel: Home _____ Mobile _____

Email: _____

I agree to abide by the Constitution and any policies, rules or regulations established within the association. These are listed on the website www.indigenousplantsforhealth.com

Signed _____ Date _____