

Lemon Grass - *Cymbopogon ambiguus*

Description

Native Lemongrass is an aromatic grass, with a strong citrus odour, traditionally used by the Aboriginal people to treat flu symptoms, chest infections and skin sores. It is one of 1,300 different types of Australian grasses and very adaptable to a variety of soils. This plant is found widely throughout Australia except in the cool temperate regions.



Uses

Traditional - Stalks and leaves may be used in tea . As a medical herb, the leaves and roots of the Native Lemongrass can be combined with hot water as a steam inhalation remedy for colds and chest congestion. Their essential oils may be found in a variety of skincare and beauty products like shampoos, soaps, scrubs and moisturisers.

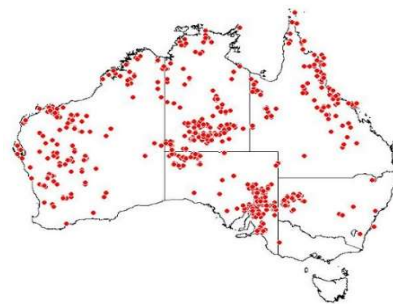
Common - Commercially, Cut leaves and use as needed, or freeze to keep fresh for later. Individual leaves may also be chopped and dried for use as a cooking herb. Can also be used as a flavouring ingredient in soups, curries, sauces, marinades and cakes.

Grow your own

If you would like to grow your own at home they are available from a range of stockist listed below

<https://www.stateflora.sa.gov.au/home>

<http://www.provenance.net.au/index.html>



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Fun Fact

This plant is afflicted by few ailments. You are unlikely to encounter pest and disease infestations in a typical home garden setting.

Sticky Hop Bush *Dodonea viscosa*

Description

Is an extremely hardy species and is able to resprout from the base. The stand-out horticultural feature of this species is the brilliant colour of the capsules. Other desirable features include its successful use as a hedge due to the dense habit. There is also a popular non-native form with purple foliage, referred to as *Dodonea* 'Purpurea'.



Uses

Traditional - Traditionally used by Aboriginal Australians to treat toothache, cuts and stingray stings.

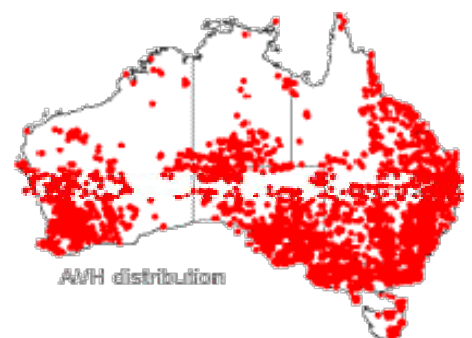
Common - *Dodoneas* are known as hop bush as they were used to make beer by early European Austr

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Fun Fact

Dodonea - named after a Flemish botanist of the 16th century; Rembert Dodoens

Narrow-Leaved Fushia *Eremophila alternifolia*

Description

Eremophila alternifolia is a small to medium shrub which may reach 3 metres in height. The leaves are 10-50 mm long, usually linear and often sticky to the touch. The flowers are usually pink/red in colour but white and yellow forms are known. They are up to 25 mm long and tubular in shape. They mainly occur in spring but sporadic flowering may occur at other times. The rounded fruits are about 6 mm in diameter.



Uses

Traditional - For traditional medicinal purposes Aboriginal Australians have utilised numerous plant species, *Eremophila alternifolia* is among the most prominent. The leaves to treat ailments such as colds and skin infections and the leaves contain compounds that affect cardiac activity.

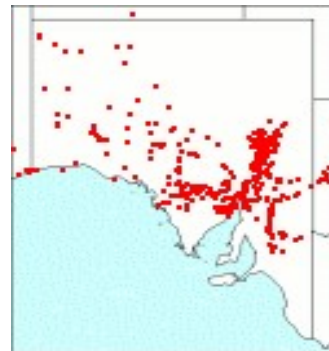
Common - Used for its antibacterial compounds from this important traditionally recorded medicinal species.

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Fun Fact

More common in northern parts of South Australia, Irmankga-irmankga is a potent medicinal plant.

Native Mint *Mentha australis*

Description

This rambling mint bush (*Mentha australis*) is found across south eastern Australia in moist forests and around waterways. A subtle Australian native herb with the taste and aroma of spearmint. Indigenous Australians also used this herb for medicinal purposes.



Uses

Traditional: Makes an interesting mint tea, which is reputedly good for easing the effects of colds. The crushed leaves were sniffed to relieve headache.

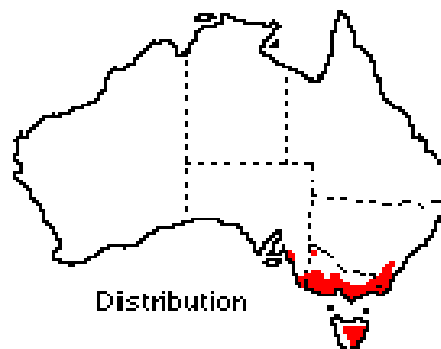
Common: It was enthusiastically embraced by the early settlers and used with their roast lamb. Can also be used in a similar way as the European mint, chopped up in salads, or as an herb

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