



Moore Catchment Council
P.O Box 337
Moora WA 6510
Phone (08) 9653 1355
Fax (08) 96531366
Email: moorecc@bigpond.com
www.moorecatchment.org.au

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Benefits of bush plants shared at workshop

The Australian Bush is full of plants to sustain you – plants to eat, plants to provide water, and plants to make you feel better both physically and mentally. A huge audience from all over the Midwest came to Moora to listen to Brookton Noongar Viv Hansen and Beyond Garden's Steve McCabe talk about native plants and how to use them.

First up was Viv (and her husband Moort) who took us through local medicinal plants and uses. Rachel Walmsley, MCC's NRM Officer said "This workshop was designed to be hands-on. We all got busy chopping up Eucalyptus leaves and cooking them in oil to create 'Moora Magic' - a multi-use skin balm. We also bashed up Sandalwood nuts and mixed with other ingredients to make a Sandalwood skin scrub. Finally we made pot pourri and bouquets by chopping and mixing different leaves, flowers and nuts - Eucalypts, Melaleucas, Sandalwood, Verticordias etc. Heavenly scents wafted through the room all morning !!" Viv was also kind enough to give away a door prize. Lucky winner was local Yued Elder Charlie Shaw - well done to Charlie and well deserved after Charlie was the original inspiration for this workshop.

After lunch, Steve took us through bush foods and introduced us to plants that the Aboriginals used for generations but have been forgotten about in recent times. Rachel said "Modern palates are only used to a handful of commercial food sources which have had a lot of the goodness bred out. Australia is full of highly nutritious foods - just need to know where to look." Steve talked about tubers as a food source, and the group were introduced to the Chocolate Lily and Bullrush as nutritious foods. As a conclusion, Steve led some of the participants around Candy's Bush Reserve to see what bush foods could be spotted.

Rachel said "Many thanks to the speakers, the State Natural Resource Management Program for the funding, and to everyone who came along. It was a delightful workshop to be a part of and we hope to run a follow up one next year subject to funding - watch this space !!"



Some of the workshop participants with bush medicine teacher Viv Hansen (centre-right)

More photos at <https://www.facebook.com/moore.catchmentcouncil>

The Moore Catchment Council promotes Natural Resource Management in the Moore River Catchment

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