



F . O . L . K . L . A . W .

NEWSLETTER Summer Newsletter 2014

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Hi all,

We would like to thank one of our members for making and donating four material wildlife themed buntings for use at our working bees and other events. Thankyou Anne.

A big thank you to Jeremy Grant on behalf of FOLKLAW for auditing our accounts. Jeremy volunteers his time and patience every year to this task.

The Koala Reserve grass was slashed the week before Christmas and a fire walk was also held for the residents abutting the Koala Reserve.

Two members funded a thank you B.B.Q. on Australia Day for all our active volunteers, present and past committee members and the wildlife carers that we support.

Just to remind everybody that our A.G.M. is due to be held very soon and we try to make it quick and painless so please attend.

Feb Working Bee . We had eight volunteers collecting 12 bags of weeds, cutting back branches and collecting plant guards and bamboo sticks from established plantings. Thank you to all our helpers.

NEXT W/BEE 30th March 9.30 to 11.30, meet at Beach Hill entry to the Koala Reserve, Somers.

Weeds for Food

Chickweed (*Stellaria media*) Use in salads or prepare in the French style by gently sautéing in a little butter. Season with salt, pepper, a pinch of nutmeg and a squeeze of lemon.

Wild chicory or succory (*Cichorium intybus*) The well-washed young leaves are used in salads or boiled in salted water until tender, drained well and served dressed with oil and lemon juice or finished in a pan with olive oil and finely chopped garlic.

Bitter cress or pepperweed (*Cardamine hirsuta*) The ferny leaves are used in tossed green salads.

Daisy (*Bellis perennis*) The leaves are used in mixed salads and also cooked.

Dandelions (*Taraxacum officinale*) The leaves are remarkably rich in essential minerals and vitamins. When tender and young, they are used in salads or cooked in the same way as chicory.

Fat hen (*Chenopodium album*) Use it similarly to spinach. Fat hen is rich in vitamins A and C and iron.

Wild fennel (*Foeniculum vulgare*) The fine, ferny young leaves add flavour to spring salads, grilled fish and fish soups. The succulent young stems are prepared like chicory.

Corn marigold (*Glebionis segetum* syn. *Chrysanthemum segetum*) The young leaves are used in salads, soups and stir-fries.

Wild mustard (*Brassica campestris*) The hot flavour of the young leaves adds relish to leafy salads.

Purslane (*Portulaca orlearea*) Succulent wild purslane adds crunch to tomato salads. It is also sautéed and pickled.

Wild radish (*Raphanis raphanistrum*) The pungently flavoured young leaves add zing to salads.

Sorrel; wood sorrel; the field sorrels (*Rumex acetose*, *Oxalis acetosella*, *R. acetosella* and *R. scutatus*) Sorrel has long been popular in salads for its acidic lemon flavour. All these sorrels can also be used in sauces for poached fish and in soups.

Powerful purslane - This weed is now a 'superfood', a rich source of vitamins A, C and E, iron, amino acids and antioxidants.

Kikuyu Grass (Baddie): (*Pennisetum clandestinum*)



Kikuyu grass as is native to the region of East Africa that is home to the Kikuyu tribe. Because of its rapid growth and aggressive nature it is categorised as a noxious weed in some regions. However, it is also a popular garden lawn species in Australia because it is inexpensive and drought-tolerant. It is also useful as pasture for livestock. Kikuyu is a perennial ground-hugging grass which spreads by runners. It is cultivated for pastures, lawns and playing fields and is a common weed of gardens and roadsides. The aggressive colonisation of natural habitat has resulted in this grass becoming naturalised in regions such Southwest Australia. It has highly invasive due to its elongate rhizomes and stolons, with which it penetrates the ground,

rapidly forming dense mats, and suppressing other plant species. It grows from a thick network of rhizomatous roots and sends out stolons which extend along the ground. Kikuyu grass can climb over other plant life, shading it out and producing herbicidal toxins that kill competing plants. It prevents new sprouts of other species from growing, may kill small trees and can choke ponds and waterways. It is resistant to mowing and grazing due to its strong network of roots, which easily send up new shoots. Kikuyu springs up in turfs and lawns, and can damage buildings by growing in the gaps between stones and tiles. It is easily introduced to new areas on ploughing and digging machinery, which may transfer bits of the rhizome in soil clumps. While the grass spreads well via vegetative reproduction from pieces of rhizome, it is also dispersed via seed. Rhizomes that have reached very hard to reach places will continue to grow as separate plants if they are snapped off during the attempted removal process. The best way to eradicate Kikuyu grass is to poison it.

Boobialla (Goodie): (*Myoporum insulare*)

Myoporum insulare is a shrub or small tree which occurs on dunes and coastal cliffs in Australia. Common names include Common Boobialla, Boobialla and Native Juniper. It has thick, smooth green leaves which are 3 to 9 cm long and 7 to 22 mm in width with edges that are either untoothed or toothed toward the apex. White flowers with purple spots appear in the leaf axils in clusters of 3 to 8 and are 6 to 8 mm in diameter. Peak flowering times are July to February in Western Australia and October to December in south-eastern Australia. The smooth,



rounded fruits are purple to black and 4.5 to 9 mm in diameter. Boobialla is an Australian native shrub to small tree with glossy green foliage and a bushy, compact habit. White flowers with purple spots are produced year round. This is a fast growing, long flowering and bird attracting plant. Boobialla works as a hedge, screen or windbreak. It tolerates a wide range of soil types and conditions and is tolerant of drought and light frost. Boobialla can be propagated by either seed or cuttings of firm young growth which can successfully strike by simply placing the branchlets directly into the soil. Propagation from a cutting is advisable if you particularly want either the erect shrub, to use as a hedge for example, or prostrate habit, to use as more of a ground cover, as it is not predictable which form a seed will produce.