

The Urrbrae Wetland

Indigenous Plant Trail

The Urrbrae wetland indigenous plant trail consists of a number of provenance plants that were used by Aboriginal People for food, medicine, fiber and tools.

Each of these plants is marked with a small sign, containing information about the traditional uses and cultural importance of the plant.

Kurana people have been consulted throughout this project, however the majority of information printed here and on the signs is from published resources.

Do NOT pick or remove any plant material.

Education @ the wetland

Groups are welcome to take a self-guided tour of the Indigenous Plant Trail. An activity booklet is provided, that encourages students observe, record and analyse the types of local plants that assisted the Aboriginal people to live successfully and sustainably for 1000'S of years.

To plan your visit, please contact the Wetland Manager or visit the Urrbrae Wetland Website www.urrbraewetlandlc.org



Lemon-Scented Grass

Cymbopogon ambiguus

Description: The Australian lemon-scented grass is a tufted, perennial grass with long, thin, strappy leaves that are greeny-blue in colour.

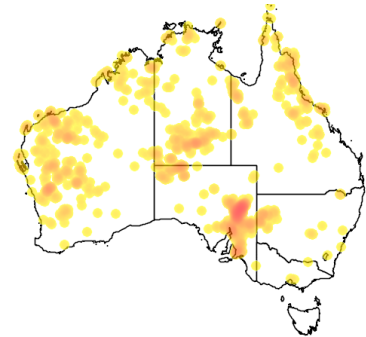
When crushed the leaves release a lemon fragrance.

The base of mature plants is about 0.5m high, with the flower head extending up to 1.5m high. The flower heads are bone coloured and hold numerous 'fluffy' seeds.

Aboriginal Uses: The leaves had medicinal uses for indigenous people. To treat head colds and chest complaints the leaves were crushed and the fragrance inhaled.

The leaves were also infused in water and either drunk or rubbed on the body to treat aches, pains and inflammation [1].

Other Uses: This species is drought and frost hardy and is now very popular in landscape designs.



Distribution Map [1]



References

[1] A. Camus. (2010) Atlas of Living Australia, 'Cymbopogon ambiguus (Lemon Grass) <http://bie.ala.org.au/species/Cymbopogon+ambiguus>

Bagust, P & Tout-Smith, L (2010) 'The Native Plants of Adelaide: Returning the vanishing natural heritage of the Adelaide plains to your garden', Government of South Australia's Department for Environment and Heritage, South Australia

Urrbrae Wetland does not guarantee, and accepts no legal liability whatsoever arising from or connected to, the use of or reliance on any material contained on this fact sheet or on any linked site. Do not pick or eat native plants as removal of plant material as some plants contain poisonous substances.

Contact

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