

Celebrating 60 Years of Sutherland Group 1963–2023

About Sutherland Group

We meet from 7 pm every third Wednesday from February to November at GyMEA Community Centre, 39 GyMEA Bay Rd, GyMEA. Visitors welcome.

We support awareness and conservation of Australian native plants.

Visit our [website](http://austplants.com.au/Sutherland) & [Facebook](http://austplants.com.au/Sutherland)
<http://austplants.com.au/Sutherland>



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Newsletter Deadline:
Second Wednesday of the month

Coming up...

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|------------------------------------|--|
| Wed, 20 Sept | Sutherland Group meeting: Spring spectacular! |
| Sun, 1 Oct,
Thur, 5 Oct | Joseph Banks Reserve working bees |
| Wed, 4 Oct | Committee meeting |
| Wed, 18 Oct | Sutherland Group meeting |
| Sat, 21 Oct | Sutherland Community Nursery Open Day |

Look out for... *Rhodanthe chlorocephala*



Just about every one of our Open Gardens had some of this in flower, in a variety of pots and containers, and it's also our only seasonal planting at Joseph Banks Reserve. Scatter the seed in February, and watch the seedlings quickly emerge and then the paper daisies flower a few months later. It's from southern WA, but thrives in Sydney in a massed planting. The genus name refers to the rosy-pink flowerheads, but there are also some white flowers. Ph: B. Simpson at Ralph Cartwright's side garden.

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For your diary

Contact John Arney ph 0418 607 685, johnarney@ozemail.com.au

We follow [APS NSW Health and Safety guidelines](#)

Wed, 20 Sept

Sutherland Group meeting. Spring flower spectacular

Our September meeting is always a great opportunity to celebrate the colour and diversity of our spring flowers. Bring along something from your garden for our plant steward Phil Keane to talk about and share. Label it if you know the name, particularly for cultivars. Feel free to also send a photo for the next newsletter. We'll also have some photos to share amongst the flowers.

Please note the new earlier start to our meetings. The hall is open at **7 pm**. Our President Leonie Hogue formally starts the meeting at around **7.30 pm**. Come from 7 pm for a cup of tea, chat, plants and books, and enjoy the earlier finish.

All visitors welcome. From 7 pm, Gymea Community Hall, 39 Gymea Bay Rd, Gymea.

Fri, 22 Sept

Auslan tour at Joseph Banks Reserve

To celebrate National Week of Deaf People, join Sutherland Council's Aboriginal Heritage Officer Graham Avery with an Auslan interpreter on a free tour of Joseph Banks Native Plants Reserve, Manooka Place, Kareela. From 10 am. Book with Sutherland Council [here](#).

Sun, 1 Oct

[Joseph Banks Reserve](#) working bees at Manooka Place, Kareela, 9 am – 12 noon.

Thur, 5 Oct

We have two working sessions a month at Joseph Banks Reserve – the first Thursday with Bushcare Officer Grace Lonergan and the first Sunday of the month. Note the change to Daylight Saving Time on Sunday – clocks spring forward in spring!

More information [here](#).

Wed, 4 Oct

Sutherland Group Committee meeting

This is our last committee meeting for the year. Location TBC.

Wed, 18 Oct

Sutherland Group monthly meeting, from 7 pm

Nathan Clare will explain Sutherland Council's Pest Species program.

Sat, 21 Oct

Sutherland Council Community Nursery Open Day, 8 am to 1 pm

The Sutherland Council Community nursery at 345 The Boulevard, Gymea will be open on Saturday. Join in celebrating the 50th anniversary of the nursery – another significant anniversary in 2023! This is a great chance to visit the nursery and get some good value local tubestock if you can't make the usual Monday–Friday opening hours. The nursery has a variety of local fern species available to the community in sizes ranging from tubes to 200 mm pots. The nursery is cashless.

Sat-Sun, 18-19 Nov APS NSW weekend get-together, hosted by Southern Tablelands Group

Southern Tablelands Group have planned a weekend away based at Goulburn. Details on the APS NSW website [here](#) and register now. Details also in the APS NSW e-newsletter.

30 Sept 2024

ANPSA Biennial Conference, Melbourne – Gardens for Life

It's 12 months since APS NSW hosted the conference in Kiama and 12 months to the next conference in Melbourne, hosted by APS Victoria. Register your interest and read the newsletters with details of the pre and post-conference tours on the conference website [here](#). Regular attendees know that the tours can book out quickly.

What is ANPSA? The Australian Native Plants Society (Australia), our national body.

Other APS groups nearby

Have you considered visiting another local APS group?
Each group welcomes APS members and visitors, so check your diary.
Please try to confirm meetings at the group sites provided.

[Harbour Georges River Group](#)
(formerly East Hills)

Check their activities page [here](#)
<https://austplants.com.au/Harbour-Georges-River/>

[Illawarra Group](#)

Check activities at their [website](#).
Thanks to Illawarra Group for hosting the quarterly gathering on Saturday 16 September.

[Menai Wildflower Group](#)

Usually on the 2nd Saturday of the month
(Check links below, closer to the date)
Illawong Rural Fire Brigade
Old Illawarra Rd, Illawong



<https://www.facebook.com/profile.php?id=100068944233153>
<https://austplants.com.au/Menai-Wildflower>

At our meeting – Part 2

More about Ralph Cartwright's garden

Our August newsletter reported part 1 of Ralph Cartwright's talk at our July meeting about his new garden at Engadine, including his erupting burrawang. Ralph's database of plants in his garden has over 95 entries – amazing for a small area. This issue has more about Ralph's garden which many people visited as part of our Open Gardens weekend on Sunday 3 September.



Pandorea pandorana 'Ruby Belle' climbing on Ralph's front fence (photos B. Simpson)

The narrow side garden

The house design took up a lot more of the block that we had initially anticipated and down the side, access to our granny flat was close to the boundary, just 1.8 m in fact. Having laid the slab, the existing wall between the two properties was deemed not to be strong enough and so we had to construct a new boundary retaining wall, before the builder would continue. We found plenty of rock too. Steel reinforcing went in for the foundation and the wall went up, with help from an excellent labourer and we ended up with a good solid structure. Then the hole was back-filled and compacted so the builders could continue. Six months later, the path was laid and I asked for a small bed to be left, just 30 cm wide next to the wall. The larger rocks were then removed, some of the stockpiled soil added and finally a layer of mulch. So what to plant that will grow in such a tough location with pretty ordinary soil, south facing next to a 1.8 m high fence and it couldn't be something that would get too big and impede access. It is still a work-in-progress as of January 2023, 6 months after we moved in.

First up I sourced some *Cordyline rubra* pups from Joan Deegan's garden and they seem to be doing OK so far. Next up were a couple of Davidson Plums, which had come up as seedlings in a friend's garden. They typically grow up rather than outwards and have such pretty leaves. Peter Shelton donated a couple of prostrate Zieria, so trying one here as a ground cover and my latest addition is *Grevillea candelabra*, from Phil Keane, which also typically grows straight up. [Joan Zande also had a *Grevillea candelabra* in full flower at her front door at her Open Garden]. Donations and ideas for other plants gratefully accepted.

The rear garden at the back of the house

Making a bit of a yard for the dwelling alongside and then a deck area from my side takes up most of the remaining room at the back of the property. The existing vegetation along the back fence, mainly fruit trees, was retained, so I have a lemon, a lime, an orange and a native finger lime. There is also a mango grown from a seed, but recently ring-barked by the dreaded possum, so it is looking pretty sick and may have to go. Perhaps the most vigorous plant I have at the back is *Tetragonia tetragonioides* or Warrigal Greens, which needs constant attention or will just take over the garden, but it does suppress the weeds pretty well and is host to a lot of insects. Although I don't eat a lot of it, it stays for now [please see page 8]. It also self seeds prolifically, so also needs weeding out of other areas, despite the mulch.

I also have the very attractive *Syzygium luehmannii*, or Riberry, which has continual flushes of brilliant new growth and brightly coloured edible berries in late spring. On the deck and under the pergola, I have several plants in pots as well as other smaller shrubs vying for room and light amongst the larger trees. Jan Taylor donated several orchids, which have found a home here too.

Ralph Cartwright

On the plant table

Our plant table at our monthly meetings is a great way to see what grows well in Sutherland Shire and what flowers when. Please feel free to email photos for the newsletter.

Plant steward Phil Keane's nursery, [Ausplants R Us](#), is in Sutherland. Visits by appointment or check out sale days (often Saturday 12 – 4.30 pm) on <https://www.facebook.com/ausplants/>
Ph: 0435 410 857 or ausplantsrus@gmail.com

We'll have a bumper plant table edition in our next newsletter featuring our spring flowers, with Phil Keane working over time with all the flowers.

More information at these websites:

www.anspa.org.au www.anbg.gov.au
plantnet.rbgsyd.nsw.gov.au www.wikipedia.org
resources.austplants.com.au/plant-database/

Plus: Dan Clarke has all the monthly plant table information compiled in his [Plant Table Master List](#) available from [our website](#).

Our Open Gardens weekend

We had fantastic weather for our very successful Open Gardens weekend on 2–3 September to celebrate Sutherland Group's 60 years!

Our visitors enjoyed the opportunity to see native plants in a diversity of settings from sun to shade, flat to sloping. Across the 6 gardens, we had at least 470 person-garden-visits and sold 120 plants. There were surprises and delights, both plants and non-plants, at every garden, from mosaics to birds (chickens) and bees to paper daisies flowering in the shade, distant water and city views, and an inclinor and scones.

Here's what some people had to say:

Our hosts said "It is great to be able to share your garden with others and promote the APS at the same time" (John Aitken) and "The weather was perfect and everyone appeared to appreciate our work and enjoyed themselves. It was a pleasure to meet so many people in one day" (Joan Zande).

Our volunteers said "Well done to the home owners who had done a terrific job in the extra preparation of their gardens for the day. Lots of positive comments from APS and non-APS members who had visited several of the gardens" (John Arney) and "To those hard working people who so generously opened their gardens a hearty Thank You! Visitors were just delighted to see your spectacular endeavours, that were truly inspiring" (Heather Clark).

Our visitors said "Thank you for the opportunity to visit the gardens last weekend. The sun was shining and the ability to chat and share a common interest with likeminded people was a pleasant experience" (Jenny S).

Thanks very much to everyone who made it such a success, from our very generous garden hosts (John and Liz Aitken at Bonnet Bay, Ralph Cartwright at Engadine, Leonie Hogue at Jannali, Clare McColl at Jannali, Karen Thorn at Engadine and Joan Zande at Kareela) to all our volunteers (too many to name) who had a long day assisting our hosts. Thanks also to the people who provided plants for us to sell: Phil Keane of Ausplants, Lloyd Hedges of Menai Group and Sutherland Council Community Nursery. The flannel flowers and hardenbergia in flower were popular.

Once again, an APS event confirmed that native plant people are lovely people. Entry donations came to approx. \$700, with Leonie's going to the Australian Wildlife Conservancy and the other gardens to APS Sutherland, for us to likely make a donation to the Australian Flora Foundation, to be confirmed at our next committee meeting.

We hope the gardens inspire you to get out and enjoy the sun and spring native flowers.

Rhonda Daniels

The following photos are just a selection from our unofficial photographer Bruce Simpson. If you have a special photo to share, please send it in for the newsletter.



John and Liz Aitken garden, Bonnet Bay



Clare McColl garden, Jannali



Leonie Hogue garden, Jannali



Joan Zande garden, Kareela



Ralph Cartwright garden, Engadine



Karen Thorn garden, Engadine (photos from Sept 2022)

Walk report: Wises Track, Saturday 19 Aug

Following our walk in July from Audley up to Robertson Knoll and back down, we had another great walk led by John Arney along the northern end of Wises Track in the Royal National Park. The wide fire trail provided great conditions for walking, plant viewing, photography and bird watching. An interesting feature of this walk is how the vegetation changes as the fire trail dips down in elevation a few metres into different geology. On the sandstone, we suddenly saw our first *Angophora costata*, *Gymea* lily and *Ceratopetalum gummiiferum*.

We had two interesting diversions off the main track. The first was to see some Aboriginal rock grooves. The second was a walk over extensive flat rocks to see a wasp mud nest at the back of a cave overhang. It was somewhat precarious to reach (how was it ever found initially?), but worth it. There were open views to the north from the elevated position.

It was very useful indeed to have John's list of over 100 plants, and Dan Clarke advising on ID. Sometimes the plant of the day on a walk can be something that is very common and in full flower everywhere, or alternatively something that you may only see one plant of on the whole walk, such as *Boronia serrulata*.





Boronia serrulata, *Patersonia*, Grass tree (photos Bruce Simpson)

News and more

Wash your Warrigal greens

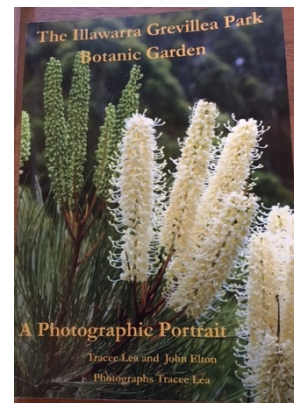
The recent news story about a live 8 cm parasitic worm extracted from a woman's brain attracted much interest. The worm likely grew from a worm egg deposited by a carpet python on the Warrigal greens (*Tetragonia tetragonioides*) she collected and ate. Many animals are host to a range of smaller critters, and most of the time it doesn't affect us. Experts agreed it was a very rare occurrence, unlikely to be repeated. However, the story was a good reminder about taking care when collecting material in nature and handling material which is eaten as a food. Read more [here](#). Warrigal greens also need to be blanched before eating to reduce the oxalic acid.

Book review

The Illawarra Grevillea Park Botanic Garden: A Photographic Portrait by Tracee Lee and John Elton, photographs by Tracee Lee. (2021, 184 pages)

The Illawarra Grevillea Park at Bulli has been established for over 30 years as the vision of Ray Brown OAM and the Grevillea Study Group and is volunteer run. This book is a great guide to the plants of the park. It obviously has lots of grevilleas, which are well-covered in the book with great photos and descriptions, but there are also chapters on other plants of the park, birds, and bees, bugs and other critters. It was produced as a memento for visitors and to celebrate the park becoming a botanic garden in 2021. The book is only available for purchase at the Illawarra Grevillea Park. The next open days will be in autumn 2024, giving the grevilleas time to recover from their spring pruning.

Rhonda Daniels



In flower at Joseph Banks Reserve, Kareela

Our Open Gardens weekend also promoted Joseph Banks Reserve with visitors dropping in for a break between gardens. There was much to see. In the Sunny garden, grevilleas both showy and more delicate are in flower. *Grevillea candelabra* is best viewed from above, from the kiosk, as it is very upright with flowers at the very top (photo right). *Goodenia ovata* prostrate is a dense carpet with bright green foliage and yellow flowers. The *Dendrobium speciosum* and *D. kingianum* are in flower. There are many plants in flower throughout the reserve including the kangaroo paws at the entry and our mound of *Rhodanthe chlorocephala*. Drop in for a visit.

One of our new members Jean Smith has kindly offered to donate her Wollemi pine in a pot to Joseph Banks Reserve. This will replace the Wollemi pine in the shady garden which has sadly died. Thanks Jean.

Rhonda Daniels



We still need your recipes

As part of our 60th anniversary celebrations, we'd like to compile recipes from members for morning, afternoon or supper bites to eat and share (sweet or savoury). If it has a native plant ingredient, even better. The exact final format – pdf only or printed – is still to be decided. If you regularly make something and would like to share your tried and tested recipe, please email it to Rhonda at rhDaniels@bigpond.com. Please be aware of copyright (and let us know where the recipe originally came from). We haven't been swamped with recipes so far, but we know there are many keen bakers out there.

We still need a laptop

We would like to upgrade our existing laptop, previously donated by member Ruchir Sodhani, which we use to run Powerpoint presentations at our monthly meetings. If you happen to have a surplus PC laptop, 2–3 years old you would be happy to donate or lend to us, please contact me at rhDaniels@bigpond.com.

Update your first aid for free

Members can complete the one day first aid course at the St George and Sutherland Community College at Jannali for free. It is held regularly through the year on Saturdays, approx. 9 am to 3 pm. If you would like to attend, check the dates here www.sgsc.edu.au/courses/WorkSkills/first-aid-courses and contact and pay the college directly or phone 8543 7412. Let me know at rhDaniels@bigpond.com so we can keep track and reimburse you \$120 on course completion. We all benefit from up-to-date first aid knowledge.

Your APS membership

If you are not receiving the monthly APS NSW newsletter at the end of each month, please email enewsletter@austplants.com.au so we can sort out whether we have your correct email address in our records. Members receive an email from APS NSW when their membership is due through the year and can renew online on the APS NSW website. Check with our treasurer Anne Webb at the next meeting or by phone.



APS Sutherland – September 2023

If undeliverable, return to:
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