

March 2023 Sutherland Group Newsletter

Celebrating 60 Years of Sutherland Group 1963 - 2023

About Sutherland Group

We meet at 7:00 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 <u>website</u> & Facebook http://austplants.com.au/Sutherland





www.facebook.com/APS.Sutherland

President - Leonie Hogue 75A Wattle St Jannali 2226 leoniehogue@gmail.com Ph 0416 286 083

Secretary

Rhonda Daniels rhdaniels@bigpond.com

0491 629 760

Treasurer

Anne Webb 9 Connels Rd Cronulla 2230 Ph 9523 6067

Publicity Officer & Speaker Convenor

Ralph Cartwright ralphc@spin.net.au Ph 9548 1074 0416 030 872

Newsletter Editor

Peter Shelton pshelton.2232@gmail.com Ph 0411 286 969

Newsletter Deadline:

Second Wednesday of the month

Coming up..

Wed, 16 February ..start time

from **7:00 pm**

Sutherland Group Meeting Flying-fox conservation and management with Matthew Mo and Libby Timmiss At Gymea Community Hall, see diary.

JB Reserve working bees - more information here

Sun, 2 Apr Thu, 6 Apr

Wed, 19 Apr Sutherland Group Meeting

Look out for..

Grevillea insignis (Wax grevillea)



Grevillea insignis in Joseph Banks Reserve (Ph. P. Shelton)

This is one of the spider-flower Grevilleas. It is a medium shrub, up to 4 m but can easily be kept a bit smaller if pruned occasionally. The leaves are rigid and quite prickly, blue-green in colour. It originates from Western Australia but seems to do ok in Eastern Australia. It may do better grafted, but there are some specimens around which are not grafted.

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For your diary

Contact John Arney ph 9525 0449, johnarney@ozemail.com.au

Wed, 15 Feb

Sutherland group meeting. A crash course in flying-fox conservation and management, presented by Matthew Mo and Libby Timmiss

It has been two decades since the grey-headed flying-fox was listed as a threatened species under NSW legislation. The conservation and management of this species continues to be compounded by negative interactions between humans and flying-foxes, a range of anthropogenic threats affecting flying-foxes and situations involving mass mortalities of flying-foxes. This talk will attempt to provide a snapshot overview of what is otherwise a very large and diverse topic.

Please note the new earlier start to our meetings for 2023. The hall will be open at **7 pm**. Our President Leonie Hogue will formally start the meeting at around **7.30 pm**, followed by our speaker. Come from 7 pm for a cup of tea, chat, plants and books, and enjoy the earlier finish.

After the talk, we'll have our plant table segment which showcases native plants in Shire gardens at this time of year. Bring along a specimen of your own and have it identified. Feel free to accompany specimens by submitting photos for the newsletter.

All visitors welcome **from 7.00 pm** for 7:30 start at Gymea Community Hall, 39 Gymea Bay Rd.

Sun, 2 Apr Thu, 6 Apr

Joseph Banks Reserve working bees, from 9 am.

Help get Joseph Banks in great shape for our Heritage Festival Open day. See if our paper daisies are germinating after scattering *Rhodanthe chlorocephala* seed on the sandy mound on 5 March.

Wed, 5 Apr

Sutherland Group Committee meeting. 7.30 pm. Location to be confirmed.

Wed, 12 Apr

Easter Show Flower display.

This year the Easter Show is on from 6 - 17 April. Sutherland Group will again put in a few arrangements so that people can see Australian Plants at the Show.

If you can supply some flowers which we sorely need, please deliver them to Leonie's at 75a Wattle Rd Jannali on Wednesday 12 April as we will be doing arrangements early on Thursday and delivering them to the Show very early on the Friday. If you want to help with the arrangements please do. *Contact* Leonie 0416286083.

Wed, 19 Apr

Sutherland Group Meeting. Peter Olde on Our local grevilleas

Grevillea expert Peter Olde OAM and APS NSW life member will share his experiences of our local grevilleas.

Sat, 22 Apr

Open day at Joseph Banks Reserve, Kareela for Sutherland Shire Citizens Heritage Festival, 10 am to 4 pm

We are participating in the Sutherland Shire Citizens Heritage Festival by having an open day at Joseph Banks Native Plants Reserve, Kareela. We expect to be on the hourly Heritage bus route loop with a stop now at the top gate at Manooka Place.

We will have guided walks (hourly) on the natural and cultural heritage values of the reserve and a display of photos from our Powerpoint developed for the 50th anniversary of Joseph Banks Reserve in 2020. Plus we'll have resources, plants and refreshments for sale. Note the date and see if you can spare 2 hours as we will need volunteers throughout the day, but mostly in the morning from 10 am. *Contact* Rhonda Daniels, rhdaniels@bigpond.com

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.

<u>Harbour Georges River</u> (formerly East Hills)

Wednesday, 5 Apr. Earlwood Uniting Church Hall Members night

Check their activities page here

https://austplants.com.au/Harbour-Georges-River/

Menai Wildflower Group

Usually Second Saturday of the month, check links Illawong Rural Fire Brigade Old Illawarra Rd, Illawong



https://www.facebook.com/profile.php?id=100068944233153

https://austplants.com.au/Menai-Wildflower

Illawarra Group - check for activities at their web site

At the February meeting

Rhonda and Anthony Jackson on their Western Wildflowers Discovery Tour

At the March meeting (which had a bumper crowd!), local member Rhonda Jackson took us through a tour of Western Australia to view wildflowers.

The tour was called 'Western Wildflowers Discovery and starts in Perth. The tour heads east through Hyden and onto Kalgoorlie, then south to Esperance and west back to Albany. It then takes in a lot of coastal attractions and then heads back northwards to Margaret River then onto Fremantle and back through Perth, to Geraldton and Kalbarri.

Rhonda began by showing photos at Kings Park and Botanic Garden in Perth. There were some great wildflower displays here. Photos included a suite of caladenia orchids including *C. latifolia*, *C. leucochila*, *C. procera* and *C. prava*. We also saw *Prostanthera magnifica* and *Banksia speciosa*. A side note was that astoundingly, a robbery has just occurred here where 900 orchids have been dug up and stolen overnight, some of which are threatened in the wild. (Must have taken a few wheelbarrows?!)



Calendenia procera (King Spider Orchid)



Elythrantera burnonis (Purple Enamel Orchid)



Eucalyptus torquata (Coral eucalyptus) (Ph: R. Jackson)

An interesting geological feature was Wave Rock which is at Hyden. It is a dramatic granite outcrop which has been shaped by erosion overtime to form a large concave wave which looks exactly like a large ocean wave frozen in time. Some plants on this part of the tour included again *Caladenia leucochila*, as well as *C. lobata* and *Cyanicula sericea*.

The Super Pit Gold Mine was observed at Kalgoorlie. In this area was *Eucalyptus torquata* (Coral Gum) as well as *Caladenia brownii* (Spider Orchid) and *Thelymitra antennifera* (Rabbit-eared Sun Orchid). There was also *Hakea cristata* (Snail Hakea) and *Clematis pubescens*. Kalgoorlie is a nice town with historic buildings and *Eremophila*-hedges on the streets.

The tour moved onto Esperance, and then Ravensthorpe where the primary attraction is the Ravensthorpe Flower Show. This is a big show with many native plant exhibits and attracts a large interest. In this area,

Eucalyptus lehmannii (Bushy Yate) was seen in the wild (note: if researching, we have a similarly named *E. luehmanniana* in Sydney). To the west of Ravensthorpe, Rhonda and Anthony took in the Kukenarup Memorial which pays tribute to a terrible massacre of First Nations People in the area, in 1880. It is one of the few memorials in Australia that commemorates such atrocities.

On a happier note, *Elythranthera brunonis* was photographed – an Enamel Orchid. These appear as if the flower-petals have been painted with clear nail polish.

The tour pressed on to Bluff Knoll in the Stirling Ranges. Rhonda photographed *Xanthorrhoea priessii* and *Xanthosia rotundifolia*. The tour moved right down south to the coast, to Albany and Torrindirrup National Park, south of Albany. This is the site of King George Sound and Dog Rock. It is a very nice place with beautiful scenery.

The tour headed west and a Tree Top Walk was then done at Walpole-Nornalup National Park, near Nornalup, in the Valley of the Giants. Here, one can walk suspension bridges overlooking very tall eucalypts including *Eucalyptus jacksonii* and *E. filicifolia*.

The tour then took in the Gloucester Tree, a large *Eucalyptus diversicolor*, commonly called Karri, near Pemberton.

The tour stayed at Karri Valley Resort at Lake Beedelup. They then went onto Cape Leewin Lighthouse, before heading to Bussleton and Bunbury as well as Rottnest Island. On Rottnest Island, the Quokkas will eat out of your hands and are unfortunately, becoming fat and unhealthy with marked changes to their fur, due to eating junk.

Rhonda enjoyed the tour, especially the scenery, historic buildings and the flora. Rhonda did state that there was not enough time provided at



Dan Clarke



Kangaroo paws (*Anigozanthus sp.*) (Ph: R Jackson)

On the plant table

The plant table is a great way to see what grows well in Sutherland Shire and what flowers when. Please free to email some photos in addition to showing the plant specimens at the meeting. These may be included in the newsletter. You can email by reply to the newsletter or to Dan Clarke at: dmclarkebotanical@icloud.com

Plant steward Phil Keane's nursery, <u>Ausplants R Us</u>, is in Sutherland. Visits by appointment or check out sale days (often Saturday 12 – 4:30) on https://www.facebook.com/ausplants/

Ph: 0435 410 857 or ausplantsrus@gmail.com

...and some will be on the APS online plant profile database https://resources.austplants.com.au/plant-database

Myrteaceae

Kunzea baxteri (Scarlet or Crimson Kunzea) A Kunzea from the south coast of WA. It has dark to light green, short and narrow leaves which are produced densely on the stems. It grows to about 3 metres tall by 2 metres wide.

The inflorescences are a beautiful bright red resembling a bottlebrush. A very attractive plant

both for foliage and especially flowers.

Give a well-drained sandy soil for best results. Relatively easy to grow.

Eucalyptus pulverulenta 'Baby Blue' This species is small tree native to NSW, with a very restricted distribution and is considered threatened in the wild. It grows from around Bathurst, south to Bombala. It has distinctive blue-grey orbiculate (circular) to heart-shaped leaves with makes it attractive to grow. A cultivar called Baby Blue is on the market which is likely just a form of the species. Flowers well and produces nice fruit. Tolerates heavy soils and frost.

Likely hardy. Can be pruned into all sorts of shapes and appearances.

Syzygium luehmanii (Riberry) A lilly pilly – potentially growing very large, to 30 m tall but can be kept smaller as a hedge and pruned shrub. Its natural habitat is northern NSW and into Queensland.

It grows well in Sydney, on a well-drained and enriched soil. Great for screening and shade. Nice reddish-pink to orange-red elongated berries

produced after flowering. Also produces pretty pink flushes of new growth

Melaleuca thymifolia (Thyme Honey-myrtle) A shrub to usually about 1 m tall with bright purple inflorescences. Found naturally in moist environments in NSW but takes well to gardens. Can be temperamental, but if you pick the right spot, it will grow well. Give some moisture.

Melaleuca pulchella (Claw Honeymyrtle) A plant from the south-west of WA. It is similar to M. thymifolia, but grows to 2 metres tall with small green elliptic leaves. It has purple-mauve clustered-inflorescences near or at the ends of the branches. It is reported to grow well on the east coast in a well-drained sandy soil with some moisture. Reported to be good for coastal gardens.

Aizoaceae

Tetragonia tetragonoides (Warrigal Greens / Native Spinach) A locally common ground-herb with conspicuous deltoid/triangular light green leaves to about 10 cm long and 5 cm wide, with a spongy thick texture. It produces small dainty yellow flowers in leaf axils. It is grown for being edible and is used more commonly as a greens-substitute (spinach / garnish etc). It is recommended to not eat it raw but to steam it for at least 10 minutes to remove harmful oxalic acid.

It grows naturally in saltmarsh and brackish areas on the coast, near waterways, but grows well in a garden from a cutting.



Warrigal greens, at JB Reserve (Ph: P. Shelton)

Rutaceae

Citrus australasica (Finger Lime) Native to northern NSW and south-east Queensland, it is a large shrub growing to 6 m. Beware the prickly spines growing to 25 mm, so perhaps plant in a place where it can be admired and harvested but not in people's way. Flowers are white and leaves are aromatic. It does not do exceptionally well in southern Sydney but there is a large one going well at JB Native Plants Reserve. Popular in bush

tucker – the fruit is highly desired. Give an enriched soil with good drainage and plenty of moisture.

Haemodoraceae

Anigozanthos cultivars (Kangaroo Paws)
Native to WA. Strappy-leaved perennial with
elongated inflorescences in varying colours. Phil
states that the tall ones are easier to grow and the
opposite goes for the small ones. Give good
drainage and a sunny position. Cultivars include
'Yellow Gem' and 'Lavender Queen'.

Proteaceae

Grevillea 'Just Peachy' Not a lot of information is available online for this one, apart from salewebpages. However, it resembles 'Peaches and Cream' and can likely be described very similarly.

Elegant shrub to about 4 m tall by 4 metres wide with deeply divided foliage. Very attractive pink and cream inflorescences. Can be pruned hard to create a nice dense plant. The same skin irritation warning applies. Grow in full sun with good drainage.

Grevillea plurijuga A shrub from WA to 3 metres tall and several metres wide, growing naturally on the south coast. It has finely dissected leaves with narrow segments and light to dark pink inflorescences. Grafted forms are likely better for the east coast but there are natural forms available. Grow on a well-drained sandy soil for best results.

There is a cultivar called 'Purple Haze'

Grevillea 'Ruby Clusters' (syn: 'Splendour')
Appeared at the July 2017 meeting and reportedly a cross between G. shiresii and either Grevillea oleoides or G. victoriae. G. shiresii is found north of Sydney Harbor on sandstone and has showy red-spider inflorescences and small elliptic leaves. G. victoriae grows in south-eastern NSW with larger lanceolate leaves. G. oleoides grows south of Sydney Harbour in our local area on sandstone.

Most marketed plants go by the name of *G.* 'Splendour'.

It grows to 2 x 2 metres with shortly lanceolate mid-to-dark green leaves (myrtle-like foliage). Flowers are quite striking – deep ruby-red.

Grevillea 'Scarlet Moon' A hybrid grevillea bred by Kings Park. It grows to about 1.5 m tall by 1.5 m wide. It has finely dissected grey foliage and inflorescences which are grey in bud but then open scarlet-red; hence the cultivar name. A very attractive grevillea – grow on a well-drained soil in full sun to part shade.

Other Grevilleas included *Grevillea* petrophiloides, *Grevillea* sericea, *Grevillea* 'Blood Orange', *Grevillea* 'Lana Marie', *Grevillea*

'Robyn Gordon', *Grevillea* 'Gold Fever', *Grevillea lanigera*, *Grevillea flexuosa* (Zig Zag Grevillea), *Grevillea* 'Pink Candelabra', *Grevillea* 'Golden Lyre', *Grevillea* 'Poorinda Royal Mantle'.

Scrophulariaceae

Eremophila muelleriana (Round-leaved Eremophila) A shrub growing potentially to 4 metres tall. It is form the central parts of WA – close to the slightly inland from the west coast, around Murchison. It has rounded grey leaves and flowers ranging from purple to dark purple – burgundy to almost black!

May grow well on the east coast but grafted forms may be better. Makes a nice addition to any garden.

Lamiaceae

Mentha satureioides (Native Mint) A perennial herb forming dense mats in places – typically found along creeklines and valley flats in grassy woodlands. Likely hard to find in Sutherland Shire but is found in western Sydney in Cumberland Plain Woodland. Peter Shelton showed a specimen at the April 2020 meeting. Grows nicely in a semi-shaded area in an enriched soil. Makes a very nice groundcover. Short green leaves and white flowers produced in leaf axils. Crushed leaves have a minty-hit. Can also be grown in a pot.



Menthe saturoides (Ph: P. Shelton)

Araceae

Epipremnum pinnatum (Native Monstera / Dragon-tail Plant) A plant native to northern
Australia but also spreading well into Asia, it is a large-leaved climbing plant – related to some other lillies. It grows in rainforest and wet areas. It has

large pinnate green leaves and it produces large cream spike-like inflorescences. Can be grown up a tree or other support in a well-watered and shady spot. Can also be grown indoors. There are reportedly some very nice specimens in Sydney's Royal Botanic Gardens. John Aitken is also growing one.

Orchidaceae

Spiranthes australis (Ladies Tresses, Spiral orchids) A common orchid seen in boggy or marshy places on the NSW east coast and tablelands. Peter Shelton was lucky enough to have one come up in a pot-plant and the origins are unknown! It is a herbaceous orchid, growing to 50 cm tall, with basal green leaves to 10 cm long, and with continuous small pink orchid-flowers which spiral around the stem which makes an interesting geometric display.

Can be grow in a pot if plants can be sourced. They are also reported to arise in greenhouses form time to time. An interesting thing for Peter to find!



<u>S. australis</u> appearing unannounced in an old pot (Ph: P. Shelton) (for better photos see <u>Margaret Bradhurst</u>'s *Native Orchids of Southern Sydney*)

Dan Clarke

More information can be found at these websites:

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

Plus: Dan Clarke has all the monthly plant table
information compiled in his Plant Table Master List
document available from our web site.

News and More

Membership

If you are not receiving the monthly APS NSW enewsletter, please email enewsletter@austplants.com.au so we can sort out whether we have your correct email address in our records. Each monthly issue is emailed at the end of the previous month.

Membership renewal

Members receive an email from APS NSW when their membership is due through the year and can renew online on the APS website. Check your membership status with our treasurer Anne Webb at the next meeting or by phone.

More free books and magazines for new members

At the meeting, look out for books and back issues of *Australian Plants* journals from the collections of our members including Doug Rickard and others. A gold coin donation for significant books, but many available for free.

Update your first aid for free

In 2020, we received a federal government volunteer grant for first aid training. We still have some left. Members can complete the one day first aid course at the St George and Sutherland Community College at

Jannali. 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.sgscc.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.

You might be convinced by this article in <u>The Conversation</u> – <u>Anyone Can Save A Life Including Kids; Here's Why They Should Learn CPR And Basic Life Support</u>



We also have this 'Wiggley' way to maintain your CPR rhythm.



Rhonda Daniels

Trip to Charlotte Pass, 19-26 February, 2023

Firstly a comment has to be made on the fabulous weather for our recent biennial 8 day excursion to the high country. We were able to complete the our walks agenda with a day to spare. We had 27 people in our group and the week passed without incident with Pigmy Possum Lodge again being the perfect location for our activities.

Our trip, on the floristic calendar for the mountains, was late season,



E. pauciflora (Snow gum) (Ph: J. Arney)

however, the offset was the fact that it had been a late snow-melt, due to the earlier unseasonably cooler weather, and this meant that we still saw good displays of wildflowers, particularly in the higher areas.



Charlotte Pass to Guthega walk

(Ph: J. Arney)

The walks were:-

Monday, CP to Mt Stillwell 4km for some, 8km for those who continued to the old chair lift.

Tuesday, Charlotte Pass to Guthega, This walk provided us with a refreshingly new experience and a "will do again" rating. 23 persons did this 9km one-way walk. (We had earlier dropped 5 cars at Guthega)

Wednesday, The Pallaibo track. With a "moist atmosphere" start clearing to a fine day for this 6km walk from Sawpit Creek to the Thredbo River.

Thursday, Blue Lake and the Main Range, 22km on the GPS log at the end of the day. (13 persons)

Friday, A free day with members choosing to walk at various locations. The Rennix Track; The Waterfall Loop, 6km; Porcupine Rocks from and to Perisher, 6km. (The Wheatley track to the Porcupine from Perisher Gap had a NPWS "Closed" sign); Mt Tate, 14km; others chose to undertake a country drive.

Saturday, Rainbow Lake, 2.5km for a relatively short walk and relaxing day prior to our drive home on the Sunday. An excellent week was had by all.



Photographers in action

(Ph: J. Arney)

For the future, a new walking track from Charlotte Pass to Perisher Village via Porcupine Rocks is almost complete and will offer ourselves and other visitors a new, approximate 11km, sub-alpine experience.

John Arney

Identifying plants on our Charlotte Pass trip

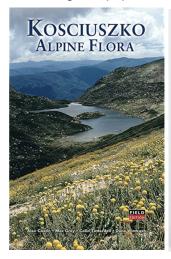
After giving a talk and writing an article on tips for identifying plants [see these links to <u>Demystifying Native Plant Names An Introduction</u>, and <u>Identifying Native Plants Tips and Resources</u>], how did I go on our group's week long trip to Charlotte Pass in Kosciuszko National Park? Room for improvement!

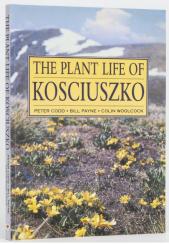
First, I can confirm that asking someone who knows is a great first step. The more people the better, especially those who have been on the walks before. Thanks John Arney and Dora Shapiro for sharing their previous experience.

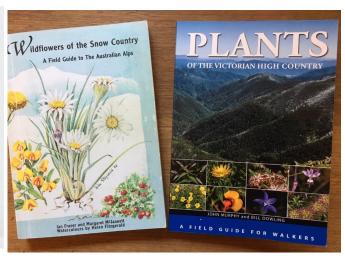
Second, it is also useful to find the right books as resources. I had assembled some books, and it was interesting that each was arranged differently, but each had its own advantages. Here are some of the books I looked at before, during and after the trip. Being aware of where the plant was seen in the plant communities of the alpine environment was helpful.

Wildflowers of the Thredbo Valley Walks: A Short Field Guide by Paul McPherson (2010) is a 14-page small booklet, with photos of plants arranged by flower colour and a brief description – obviously useful when plants are in flower and for the most common species!

Another small booklet of 42 pages is *Four Wildflower Walks in the Perisher Region of Kosciuszko National Park* (2015) by Roger Farrow from ANPSA Canberra. It has photos of plants as a walker would encounter them along four popular short walks: Waterfall Track, Rennix Track, Porcupine Rocks Track and Mt Stilwell.





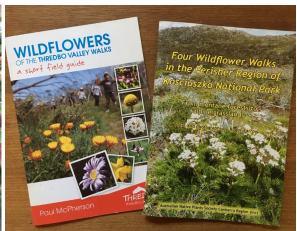


Wildflowers of the Snow Country: A Field Guide to the Australian Alps by Ian Fraser and Margaret McJannett (1998, 170 pages) has colour illustrations of plants by Helen Fitzgerald. There is a page on each plant with a full description and illustration that is more likely to show the flower, the leaves and the full plant if small. The plants are grouped by flower colour, including a mostly brown category!

In another approach to organisation *Plants of the Victorian High Country* by John Murphy and Bill Dowling (2012, 136 pages) has 119 plants grouped by five plant sizes: herbs, daisy herbs, low woody shrubs, tall shrubs and trees (other than eucalypts) and eucalypts. It has one plant to a page with a large photo and description.







Brachyscome stolonifera

Correa lawrenceana

(From Menai Wildflower Group facebook where you can find more photos)

Getting more comprehensive is *The Plant Life of Kosciuszko* by Peter Codd, Bill Payne and Colin Woolcock (1998). I think I bought this on my first trip to the area. It has photos of plants at the beginning of the book, then text descriptions and line drawings arranged by plant family at the back of the book. However, I could not see any order to the arrangement of families at all, so it was very hard to find plants and match up the photo and the description. The index of species is at the front!

Also very comprehensive was *Kosciusko Alpine Flora* by AB Costin, M Gray, CJ Totterdell, and DJ Wimbush, with 212 flowering plants and ferns. You know a book is useful when it has several editions, including a Field Edition. It was lovely to see a copy donated by Marie Irving from Doug Irving's library in 2003.

What else did I learn?

First, for alpine daisies, you need a photo of the flower head AND the leaves, and need to know the size of the flower head and the overall plant. Some books only had one photo of the head so a sense of scale was tricky. Taking good photos on a walk (not by me) does make it easier to zoom in on details back in the lodge at night and high res is even better.

Second, it is very difficult to identify without a flower. The leaves of small plants like *Grevillea australis* could vary quite widely, and shrubs can be more stunted on exposed alpine slopes, a bit like heath on our coastal headlands. Fruits are helpful – whether hovea, grevillea or hakea.

Third, a reminder that not every plant is in every book! The fern *Polystichum proliferum* up near Mt Kosciuszko in full sun was not in the "wildflower" books, but it did prove that ferns can be found anywhere – not just in damp shade. One of the few red flowers I saw was *Correa lawrenceana* near the new very expensive Thredbo River picnic area bridge, and helpfully labelled.

Use several books to check what a plant may look like. My plant to look out for during the week was *Ranunculus anemoneus*, which has a large white flower and anemone-like fleshy leaves but I was unsure from pictures of its exact size and height. Others got a better look at it in the field than I did.

Thanks very much to John Arney for once again coordinating our group trip.

Rhonda Daniels

PS Check the Sutherland Group library for field guides to other areas around Australia for your next trip.



Crossing Thredbo River (photo from Menai Wildflower Group facebook)

APS Sutherland - March 2023

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If undeliverable, return to: Australian Plants Society, Sutherland Group 169 Peninsular Road Grays Point NSW 2232

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