



Indigenous Plants for Health Association (Inc)

"Awareness, Research & Development of Indigenous Plant-Based Products"

A Community Not for Profit Association

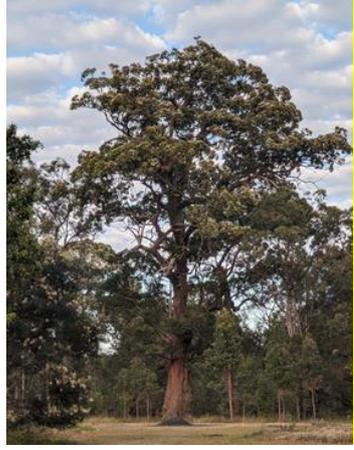
Indigenous Plants for Health Bushfood-medicine Field Day

Saturday, May 14th, 2022 - 10am
Held at 'Yina', Mt. Cotton Qld

**Full cost. Incl. lunch, morning and afternoon teas \$80 pp
(IPHA Members \$70)**

For registration, please visit

www.indigenousplantsforhealth.com



'Yina' is a 10-acre property located in Mount Cotton, South-East Queensland, owned by passionate, organic permaculturists, Sophie and Xavier Ader

Full Programme

10.00 Registration and morning tea

10.30 Welcome to Country - Kargun Fogarty, Gwamu Nation man

10.45 Indigenous Plants, an Aboriginal perspective – Kargun Fogarty

11.15 The evolving story of permaculture, food forests and healing on

'Yina' - Sophie Ader

Sophie will share their story of environmental stewardship on the property of Yina, and the journey – much of which is yet ahead of them - towards their dream of helping to improve peoples' health and connection with the natural environment through regenerative and place-based food production.

12.00 What do lion's man, bunyas and Macadamia nuts have in common? – Kerrie Mercel

Kerrie will share her experience in setting up the Allow Love Nursery, and how it assists the local community in swapping food, plants, workshops & services. A few of the plants growing on her property and Mt. Tamborine community will be discussed, including Lions Mane Mushroom (Australian Hericium), bunya nuts – how to prepare them, macadamia nuts and others.

12.45 Lunch. Peruse stalls

1.45 Introduction to IPHA and current activities – Andrew Pengelly

2.00 Have a taste of science! - Sandra Olarte Mantilla

Sandra will be conducting an interactive sensory science activity with a commercial bread containing Australian native Wattle seeds (Yes! You will get to taste it!!). She will tell the story behind the product development of this wattle seed bread in conjunction with industry, and how it has impacted the lives of Indigenous communities.

2.45 Research in the native food sector in Australia - Clare Wijngaarde

Clare's current project is focused in establishing market insights for the native food sector in Australia identifying current consumer markets, marketing opportunities and value. Her presentation will be focussed on elements of this project



3.30 Afternoon tea

4.00 Bush Medicine walk – Andrew Pengelly

Andrew will lead a casual walk focusing on native plants of Yina, how to identify them, their medicinal and other uses.

5.00 Close

Note: There will be stalls on display with merchandise from Bushfood Association, Allow Love Nursery, books and more.

Camping available for tents, caravans etc (unpowered sites)

Bonus: Sunday morning field trip to nearby botanical gardens and nursery – Indigiscapes

Restaurant option for Saturday night, if you would like to join us

<https://www.opagreekcuzina.com.au/>



Speakers' bios

Kargun Fogarty



Kargun was born on Jagera Country, and is a proud Gwamu nation man, descendant of Gwamu, Yoogum, Kudjela, Yugembeh and Jagera nation peoples. Kargun is an accomplished artist, dancer, musician, poet, cultural educator and leader. He has a number of published works, has held key roles in the education sector and continues to be a highly respected, strong and active advocate for the rights and culture of Australia's First Nations people

Sophie Ader

Sophie is the Research Coordinator for IPHA, and the Engagement coordinator at Uniquely Australian Foods. Sophie previously spent 16 years working in State government in adult education, with a number of years spent in senior manager and leadership positions. She holds a B. SocSc (Psychology) and M. Education, and other post graduate qualifications relating to management and governance. She has spent over a decade working closely with Indigenous communities, and a lifetime gardening. Sophie and her husband, Xavier – also a keen & qualified permaculturist (and engineer by trade) – are working towards sharing their property and produce with others.





Indigenous Plants for Health Association (Inc)

"Awareness, Research & Development of Indigenous Plant-Based Products"

A Community Not for Profit Association

Kerrie Mercel



Kerrie grew up on a dairy farm in Goodna, SE Queensland. Rounding up the dairy cows before school was part of the farming life. It comes as no surprise to see Kerrie back on acreage in a Tamborine Nursery growing organic food, setting up new business with community, beekeeping, propagating mushrooms and indigenous plants.

Kerrie is a Qualified Chef who has been operating successful businesses for over 34 years. She is an ocean-going coxswain, service technician, sales & marketing manager having owned the largest scuba diving centre on the Gold Coast. Now hosting beekeeping, mushroom growing, meditation & food growing workshops, using her old cooking abilities she is very excited to share a new way to preparing food with exciting indigenous flavours.

Dr. Sandra Olarte Mantilla

Sandra is a Sensory & Consumer scientist working as a postdoctoral fellow at the University of Queensland in its institute Queensland Alliance of Agriculture and Food Innovation (QAAFI). Sandra started her career as a Sensory & Consumer Scientist ten years ago when she started her PhD in Wine science at the University of Adelaide. Sandra's role has been focused on providing her food and beverages Sensory & Consumer Science expertise in several multidisciplinary projects co-funded by The Australian Research Council and Food industry partners at QAAFI's Centre for Nutrition and Food Science (CNAFS). Sandra's most recent appointment at involves providing her expertise in sensory and consumer science in the new ARC Training Centre for Uniquely Australian Foods.



Clare Wijngaarde



Clare is a Higher Degree Researcher with the ARC Industrial Training Centre for Uniquely Australian Foods. She is a Food and Sensory Scientist, with BSc Food Science and Technology from UNSW, and MSc Sensory Science from Wageningen University in the Netherlands. She has held food manufacturing roles in Australia and has many years working abroad working with sensory and consumer research teams. She has experience in product testing across a broad range of food, beverage, household and

personal care categories, primarily managing sensory focused product and pack research, with trained panels and consumers from around the globe.

Dr. Andrew Pengelly

Andrew has had a forty-year career as a herbal practitioner and naturopath, university lecturer, researcher, field botanist and aromatherapist. His PhD was awarded for his research into Australian plant medicines. He is author of the widely used text "The Constituents of Medicinal Plants" now in its 3rd edition, and currently employed as online teaching faculty for the Maryland University of Integrative Health (USA), where he teaches Herbal Pharmacology and Phytochemistry and Western Materia Medica.



Andrew lives in Ballandean, in the Granit Belt region of Southern Queensland, while commuting regularly to Brisbane where he works at the Queensland Herbarium as a digital imaging specialist. As co-founder and president of Indigenous Plants for Health Association, he is involved in researching the chemistry and therapeutic potential of geebung (*Persoonia* spp.) in collaboration with the University of Queensland. He is a fellow and life member of the Naturopaths and Herbalists Association of Australia, and an active member of the Stanthorpe Rare Wildflowers Consortium.



Yina – the field day site



The Grandmother tree