



BE CAREFUL!

Some leaves or branches have sharp tips or edges.

Some plants defend themselves with poisons, stings and irritants – so please don't eat anything.

If you rub any leaves, avoid putting your fingers in your mouth, nostril or eyes until you have washed your hands.



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Wattle flowers make a delicious drink

Feeling hungry? Noongar hunted and trapped game such as kangaroos, wallabies and possums, and fished using spears and traps. For catching fish they use the flower spike of the grass tree *Xanthorrhoea spp.* (8 - cover photo). For hunting wallabies, they make a boomerang and spear out of the wattle wood because it is strong and does not split easily. The resin inside the grass tree acts as a glue and can also be used to patch up a leaky water-container. You might find a pair of honey possums on the stump of a dead grass tree (9) – they could make a tasty snack.

Getting thirsty? Hunters put some wattle flowers in their water to make a refreshing drink.

Fancy a tune? Have a look for a beautifully decorated didgeridoo (10) on the eucalyptus tree. If you do a good enough spirit dance, this will protect you from night time evil spirits.

Feeling sleepy? Night is falling. Time to make more use of the wattles. They have the best wood for fires - it burns slowly at high temperatures and without much smoke. You fall asleep.

Now it's Dreamtime.

TRAILS IN THE GREAT GLASSHOUSE

FREE



Survival Trail

If you ever get lost in the wilds of California and south-west Australia, this trail might help you to survive. Using the knowledge of the indigenous people of these lands, the Chumash Native Americans and Noongar Aboriginal Australians, you can pick up a few tips on how to use wild plants to hunt, eat, drink and sleep well. These can be tough places to live, especially during the long dry, hot summers when there's a real threat of dying of thirst and hunger if you get lost.



Follow the numbers on the map and look for the red dots on plant labels.

Before you set out hunting you have to prepare yourself like the native hunters did. When stalking animals you have to blend into the background - this means the way you smell. Look out for the white sage *Salvia apiana* (1). By crushing the leaves of this shrub and rubbed the scent onto yourself, black-tailed deer, hares & jackrabbits won't smell you downwind.

Many Californian native tribes, perhaps like the **Chumash** whose rock art is nearby(2), used the seeds of white sage to clean out their dusty eyes after hunting. This is dangerous as it requires the hunter to put the seed underneath their eyelids before sleeping. During the night the seeds swell & become soft, collecting up the dust. The hunter then takes them out in the morning.

The skunk is a small mammal with a smell so strong it can turn away predators - like you. The smoke of sagebush



Smoke from California Sagebrush can remove skunk odour from your skin

Artemisia californica (3) is one of the few things that can remove skunk odour from your skin. Top hunting tip: one of its long branches can be made into an arrow.

When you're crouching down, stalking an animal, you can get stung by an insect such as a bee. Look out for the pretty flower called the columbine *Aquilegia formosa* (4). Native hunters used to soothe the sting by chewing the leaves and pressing them onto the stung area.

After a good day's hunting in the scrub you might have aching limbs. Hunters would bring back some roots of the columbine. They mashed up the roots and rubbed them briskly onto their aching joints.

Australia's aboriginal people have lived off the land for over 25,000 years. In the southwest of Australia live the **Noongar** people – can you see their rock art? (5) Before the arrival of European settlers, they were on the move throughout the year across what they called the Kwongan landscape. They learnt to use a huge range of plants and animals in many different ways to survive and thrive. You can learn from them.

Before you set out, hunters need a good meal of bush tucker. Look for a (6) wattle tree *Acacia spp.* with seed pods. Prepared carefully these seeds will give you more energy than food based on rice or wheat. While out in the bush look out for more wattle. Viewers of ITV's 'I'm a Celebrity Get Me Out of Here' might have seen people being made to eat fat witchetty grubs. These moth & beetle larvae normally live in wattle roots and provide a high energy snack.

