

Milkmaids



Scientific name: *Burchardia congesta*

Aboriginal name: Kara (Noongar)



Plant habit



Flower



Seed formation

About ...

This plant, *Burchardia*, was named after German botanist, Johann Heinrich Burckhardt.

Milkmaids grow prolifically around the Perth area. They grow in all Australian States and in Western Australia range from Northampton to Cape Naturaliste. Due to their abundance they were a substantial part of the Noongar peoples diet in summer and autumn.

Once the flower has died, the plant looks like any other grass and the Aboriginal people would dig over large areas of soil to locate the tubers. Only the tubers that were at least four millimetres thick were good to eat.

Aboriginal Uses

- The tuberous roots can be eaten raw or roasted; when eaten raw, the tubers taste like a succulent potato
- Nutritionally valuable due to its high protein content

Family	COLCHICACEAE
Climate	Temperate
Habitat	Jarrah and banksia woodlands of the Swan Coastal Plain Darling Scarp
Form	Tall, open, lily-type Usually a single stem Height: 40 – 80 cm
Foliage	Very slender Grass-like
Flower	Djilba to Kambarang (August to November) Cream to white petals Yellow centres and stamens Forming a spray of several small flowers from a single stalk



Developed by SERCUL for use with the *Bush Tucker Education Program*.



Used as food



Used as medicine



Used as resources



Local to SW WA

Caution: Do not prepare bush tucker food without having been shown by Indigenous or experienced persons. Some bush tucker if eaten in large quantities or not prepared correctly can cause illness.

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