



Bush Fruit Field Day

Sunday, 3rd May, 2026

Jinibara Country. Eco Lodge, via Mapleton, Qld.

SPEND A DAY AT A SPECTACULAR ECO LODGE

TASTE AND LEARN TO LOVE AUSTRALIAN
BUSH FRUIT:

Davidson's plum

Illawarra plum

Burdekin plum

Native cherry

Geebung and much more.....



Australia is blessed with an array of edible fruit trees, however only a few of these are utilised outside of Indigenous and bushfood communities. Research reports have consistently shown that most bush fruits have very high nutritional values, often exceeding those of familiar exotic fruits. They are particularly rich in phenolic compounds, which impart bright colours in the fruit, high antioxidant values and significant medicinal actions.

On this field day you will be introduced to a broad range of bush fruits, with plenty of samples for tasting. There will be a focus on Davidson's plum and the best ways to grow, market and use the delicious fruit. The therapeutic potential for treatment and prevention of diseases such as diabetes and cancer by some of the numerous bush plums will be explored, followed by a demonstration and sampling of bush plum cordials.

After a sumptuous lunch Indigenous Plants for Health practitioners will explore and demonstrate other uses for our Indigenous health-promoting plants, from medicine and salve manufacture to unique styles of botanical artistry. Included in this session is a guided walk to familiarise participants with the local flora and weeds, many of which have medicinal actions.

The field day is set on the grounds of an Eco Lodge with stunning views of the surrounding valley, mountains and rain forest.

Special Botanical Art Workshop on Monday morning (optional)

Stay for 1 or 2 nights. Free camping, tents available

Indigenous Plants for Health Association, Inc.

Indigenous Plants for Health (IPHA) is a not-for-profit incorporated association, formed with the objectives of raising awareness, researching Australian health-promoting plants and supporting protection of their habitats.

We acknowledge that Aboriginal and Torres Strait Island Peoples are the Traditional Owners of this country, and they retain their relationship and connection to the land, sea, and community .

YOUR EXPERT PRESENTERS



Pat Collins

Pat was brought up on dairy farms and now living in the bush she has a love for the natural world. She received her Herbal Diploma in 1989 and has taught about herbs for TAFE, Outreach, WEA College and privately since 1991. Pat owns the Total Health and Education Centre at Muswellbrook, NSW, where she has run a healing practice for over 30 years. She sells her own herbal products and is the author of seven books.

Many people are not aware of the health benefits of native fruits in Australia. Pat will be showing you a variety of fruits which are easy to find or grow. You will get valuable information to take home as well as tasting some fruits, and products such as jams made from them. Enjoy a tasty experience.

Warwick Grace

Warwick was born in Papua New Guinea in a beautiful era for a child. While not a great student Warwick was willing to learn by watching, always attached to creation and in awe of things living around him. He studied horticulture at the University of Wollongong with a fantastic teacher, Leon Fuller, who loved endemic Australia. Warwick thrives in bush regeneration, and practises it on his 'own' property at West Woombye. The property is now a productive native food forest, specialising in fruit trees, including all three species of Davidson Plum.



Jen Stroh

Jen has been a clinical Naturopath for over 40 years using some home grown and made products as well as commercially produced. She will share ways of using, extracting and preserving locally grown and sought indigenous plants for health and healing. Examples include gotu kola, broad leaved paperbark and lemon myrtle.

www.integrityhealth.com.au

Renata Buziak

Renata Buziak is a biochrome artist, researcher and educator working at the intersection of art and science. Her experimental biochrome process merges photography with organic matter, revealing the subtle transformations of plants over time. Renata’s research includes consultations with members of the Quandamooka community on Minjerribah / North Stradbroke Island, exploring healing plants and connections with nature. She shares her plant-based practice through talks, exhibitions and workshops, including cyanotype.

<https://renatabuziak.com>

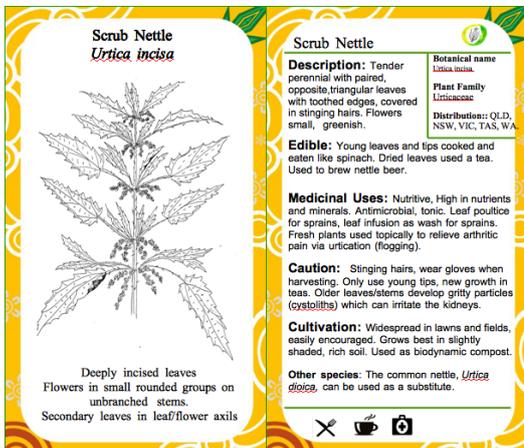


Andrew Pengelly

Dr. Andrew Pengelly has had a forty-year plus career as a medical herbalist and naturopath, university lecturer, researcher, field botanist and aromatherapist. He is currently writing a book to be published by CAB International, titled “Medicinal, Edible and Health Promoting Plants in Australia”, which includes in depth profiles of some native plums and their amazing health benefits. The chemistry, nutritional and medicinal uses of these species will be reviewed at this workshop.

Shop at Indigenous Plants for Health Field Day

Plant Knowledge Cards



Bush Food Products

Pat’s Books



72 Illustrated plant cards \$25.00 per set

Davidson Plum plants

<https://indigenousplantsforhealth.com>

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