



INDIGENOUS GARDEN

Prostanthera incisa
(*Bush/Native Thyme*)

Indigenous name

Gulalung (Bundjalung)

Indigenous use

Native Mint was used as a flavourful bushfood and medicinal herb as well as a repellent against insects and rodents. When boiled in water it was used to relieve coughs and colds.

Description

Prostanthera incisa flowers in early spring, with lots of small, beautiful bright pink/purple flowers that become a haven for bees. A part of the mint family, it holds a deeper flavour than found in other mints, with earthy notes, and a slight pepperiness. The leaves can be used as a herb and go great with red meat, as well as game, chicken, and fish.



Habitat

This shrubby plant is found throughout NSW along the coastline, in sheltered rainforest margins, beneath sclerophyll forest trees, and around the Central Tablelands.