



INDIGENOUS GARDEN

Lomandra longifolia (Spiny-headed mat-rush)

Indigenous use

Much of the plant is edible. Its heavily scented flowers are soaked for nectar, its seeds can be ground and added to flour to make a rustic bush-cake or even roasted and ground as a “coffee”, and the pale green base of the pulled leaves can be chewed with a flavor resembling raw cabbage or fresh baby peas. The leaves are woven to make baskets and even fishing weirs or funneled basket traps. When split, tied in bundles and soaked, they become a very pliable weaving “threads” that are quite durable and hold their shape when dry. For this reason, *Lomandra longifolia* is also nicknamed “basket grass”.

Description

Lomandra longifolia is a tufted clump-forming perennial that grows 60-120 cm wide and 50-100 cm high, in shade, semi-shade and full sun. The flat, strap-like green leaves have two or more prickles at the end and the spiny yellow flowers bloom from late winter to summer in amongst the foliage.



Habitat

Lomandra longifolia is native to this region; whether the soil is sandy and dry (in open forests or between rocky crevices) or wet (in swamps, along creeks and rivers).