



INDIGENOUS GARDEN

Microseris lanceolata (Murnong/Yam Daisy)

Indigenous name

Murnong
Nyamin

Indigenous use

This species of Murnong was the main staple food for some Aboriginal people until the introduction of sheep rendered it virtually extinct. The tubers were cooked in baskets in an earth oven, producing a dark sweet juice which was much liked.

Description

The tubers start forming in midsummer beneath clumps of yellow dandelion-like daisy flowers. When the flowers blossom in Autumn, the tuber roots are ready for harvest. In the spring the plant forms a yellow flower-head like a dandelion, and in the summer the leaves die off and the tuber becomes dormant.



Habitat

Microseris lanceolata was found in central and western Victoria as well as South Australia and NSW. It is a perennial that will tolerate sandy soil and little water.