

BIKE TO THE BEACH
22 September 2007
Massbug and Marrickville Council

Legend:

- S** – Start / Finish (11:05am/1:30pm)
- L** – Lunch: Borgia Centre Café (1:30pm)
- M** – Marshal (recommended)
- T** – Turnaround Point (Café & Toilet)

Approximate times:

- 40 min from Steel Park to Kyeemagh
- 50 min from Steel Park to Brighton

Points of interest:

1: Heritage Listed Sewer

With the stacks part of the 19th century engineering of the city of Sydney and suburbs. Fmr Sewrage Farm on land at Kyeemagh.

2: Holts Crypt

Built by Thomas Holt, one of the first champions of large scale water infrastructure for the Sydney area. Businessman, legislator, builder of The Warren.

3: Gumbramorra Swamp

Mackey Park and the industrial complex behind sit on reclaimed fresh water and brackish swamp.

4: Tempe House

Designed and built by John Verge for Alexander Brodie Sparks, a pioneering farmer, merchant, patron of the arts.

5: Tempe Recreation Reserve

Reconstructed wetlands on the site of mud flats, saltmarsh and mangroves.

6: Eve St Wetlands

Recreated salt water wetlands also flushed by freshwater run-off creating and odd mix of salt and freshwater species.

7: Heritage Listed Market Garden(s)

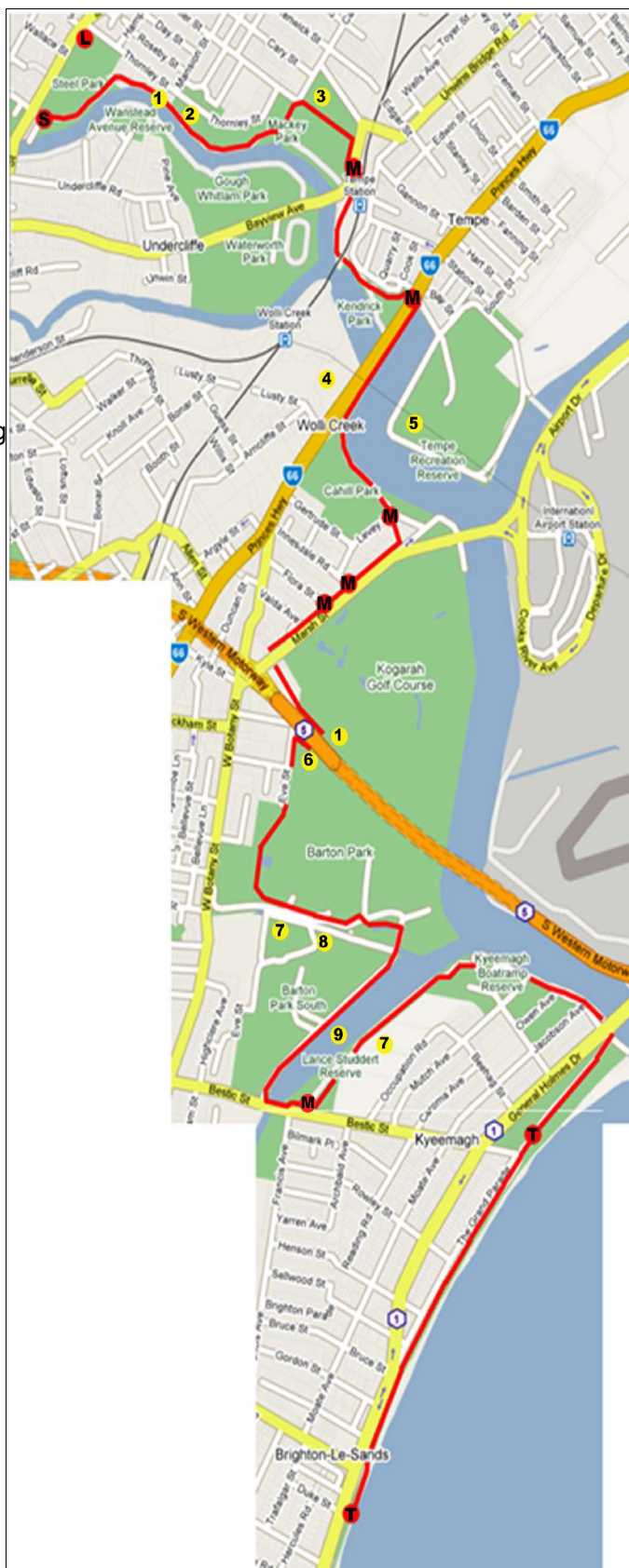
Built on land once used to dump the night soil from Sydney and inner suburbs. These are the last remaining of gardens that once lined the Cooks River.

8: Riverine Park

One of the important stop over wetlands for birds migrating from as far away as Siberia and the Pacific North West.

9: Muddy Creek

Unheralded picturesque mooring.



See also: *Missing Jigsaw Pieces* (RBG 1999) Doug Benson et al.,

Cumbungi and Asparagus Salad with Native Mint Dressing

To serve 6

6 good-sized cumbungi stems
24 spears fresh asparagus
6 hard-boiled eggs, quartered
2 handfuls mixed cress leaves
or greens
a pinch of salt
a pinch of pepper
1 red onion, finely sliced into
rings
 $\frac{2}{3}$ cup (150 ml) Native Mint
Dressing (see page 129)

Clean the cumbungi stems by peeling off the outer layers and wash well as you would prepare leeks to remove the sand or grit. Trim the cumbungi and asparagus stalks to the same length.

Lightly steam the cumbungi and asparagus so that they remain crunchy. (They should take about the same time.) Have a large bowl of ice-water ready and plunge the stalks into the water. This will stop the cooking process and ensure that the cumbungi and asparagus remain crisp. Drain the stalks well.

Quarter each cumbungi stem lengthwise so that you have 24 long spears of similar size and shape to the asparagus spears.

Arrange a nest of cress or greens in the centre of the serving plates. Form a pyramid over the greens with alternating spears of cumbungi and asparagus. Place the egg quarters evenly around the plates. Top with the onion rings and season to taste with salt and pepper.

Drizzle the native mint dressing liberally over the salad and serve.

Juleigh Robins, *Wild Lime – Cooking from the Bushfood Garden* (1996) p 154
(samphire can be substituted for asparagus, adjust portion size)

Bullrush: *Typha orientalis* aka Broad-leaved Cumbungi.

“...During spring and summer new shoots, almost pure white, arise from the spongy underground stems. These can be cut while they are still growing horizontally or shortly after they have turned upwards. After boiling they make a pleasant vegetable, but only a small portion of the shoot is edible...” AB & JW Cribb *Wild Food in Australia* (1975) p133

“...The edible starchy underground stems are slightly astringent and have been used in India and the Pacific to stem dysentery and gonorrhoea.” AB & JW Cribb *Wild Medicine in Australia* (1975) p156

“...Aborigines roasted new shoots and cooked cakes from pollen.” Sainty, Abell & Jacobs *Burnam Burnam's WILD things Around Sydney* (1989) p99

Samphire: *Sarcocornia quinqueflora* aka Glass Wort, Chicken-Claws

“Young shoots can be eaten raw but are too salty for most tastes, they taste like too-salty spinach unless the water is changed during cooking...” AB & JW Cribb *Wild Food in Australia* (1975) p128

Featured: *The Food Lovers Guide to Australia*, SBS. <http://www20.sbs.com.au/foodlovers/>
search < samphire > How once humble samphire was costing \$100+ a kilo in Harrod's Food Hall.

The Cook and the Chef ABC <http://www.abc.net.au/tv/cookandchef/txt/s1721935.htm>

“Samphire is a native succulent. Woody at the base and with many branches it grows freely on many of Southern Australia's salty flats. Samphire is considered best for use in summer when the fleshy leaves are bright green and aromatic...”

**Warning - nothing from the Cooks River environs is safe for eating.
Interfering with plant-life might be breaking local by-laws or state/federal laws.**