Ríchard 's Dune Plants Guíde

A guide to the most common 'good' and 'bad' plants on the dunes of Victor Harbor (3rd edition)

бу

Ríchard House





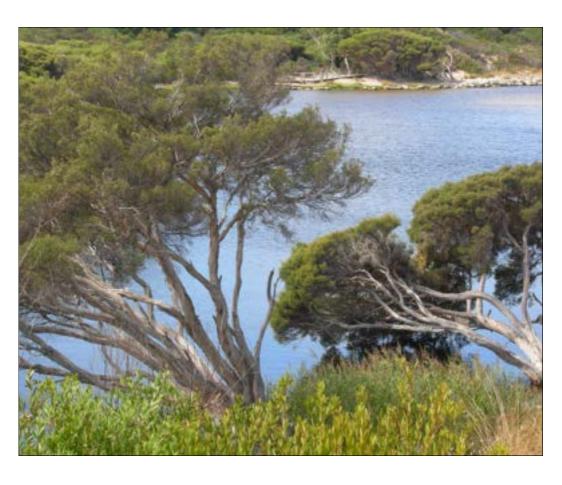
Richard House on a working bee with Victor Harbor Coastcare

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Front cover photo:

View from the steps at Hayward Court over the mouth of the Hindmarsh River towards Victor Harbor

The Hindmarsh estuary



Some of the volunteer work done by members of Victor Harbor Coastcare is in the vicinity of the estuary of the Hindmarsh River.

Members have been working here and elsewhere along the coast of Victor Harbor since 1999.

The support of the *Rotary Club of Encounter Bay* is gratefully acknowledged in enabling the printing of this 3rd edition of the book.

Author's Note

Whilst working in the coastal areas of Victor Harbor with members of our local coast protection group, *Victor Harbor Coastcare*, I have discovered that there is a need for a basic handbook to help us know which plants are the 'good' plants that we wish to retain and replant, and which are the 'bad' plants that we want to remove. Sometimes whether they are to be considered good or bad is somewhat subjective but it is the way we look at them in our group.

This booklet provides illustrations and some information about the most common plants that we find. Most of the 'bad' plants, but not all, are what we call the woody weeds. The booklet is by no means exhaustive and I know that there are many many more plants than those that I have selected. However most laymen are not concerned with knowing the names of the less common plants. They just want to know what they will find most of the time. This booklet will assist them.

When dealing with the plants that we may call 'weeds' or 'bad' plants it is also useful to know whether the plant is easy or difficult to eliminate. This booklet addresses that aspect in basic form but it does not go into the details of how to do a *cut and swab* or how to do a *drill and fill*. Other publications cover that.

I owe a big thank you to Ron Taylor who wrote the much more complete publication called *A Handbook for Revegetation and Weed Control in the Southern Fleurieu Dunes*. He has allowed me to use many of his photos. I have used his book as a reference myself for many years and have learned much from it. I recommend that anyone who uses this booklet but wants more information should refer to Ron's book where they will find even more information about even more plants. It is available for reference in the Natural Resource Centre in the Victor Harbor Public Library or via myself. Ron has also made useful contributions in this booklet, finding typing errors and improving descriptions.

I have also acquired photos from other sources and taken many myself.

Many thanks go to Murray and Janet Pettman for thorough checking, error identification and several suggestions. Thanks are also due to Brian Doman for much that he has taught me over the years and for suggested improvements to the book.

Many thanks were also especially due to the Mayor of Victor Harbor in 2009, Mary-Lou Corcoran, whose generous contribution from her expenses as a member of the Coast Protection Board made the first print of this booklet possible.

Finally I would say that although the booklet is specifically written for the members of Victor Harbor Coastcare its content will be just as useful to other people in the local area and even those who are interested in dune plants further afield.

Richard House Chairman, Victor Harbor Coastcare October 2009 2nd Print April 2012

Note to 2nd edition

In the 2nd edition I have moved the sea rocket (cakile maritime) and sea spurge (euphorbia paralias) from the 'good' plants to the 'bad' plants where they more correctly belong. I had previously logged them with the good plants because of the useful function that they perform in retaining sand on the beaches, whereas in reality they are alien to the area.

Richard House, OAM Chairman, Victor Harbor Coastcare March 2017

Note to 3rd edition

This 3rd edition has introduced a number of new 'bad plants' This is not because the weeds didn't exist before, but it more accurately reflects the current work of Victor Harbor Coastcare. And this booklet is mainly for the benefit of those members.

When Victor Harbor Coastcare was established in 1999 the main work was on the control of woody weeds, especially the coastal tea tree. That tree has now more or less been eliminated along the main foreshore of Victor Harbor, except along The Esplanade where the trees are retained to help prevent erosion of the escarpment, a few on the Bluff, and at Hayborough. Also there are far fewer buckthorns and boxthorns around. Consequently the emphasis of the group is now on other types of weed which include many small weeds such as gazanias.

The booklet also serves as a useful tool for remembering the names of some of the less common plant names that we find —which even I forget.

Thanks are owed to Trevor Brand and Richard Edwards for their suggestions as additions to this edition, and to Andrew Leak for meticulous proof reading and error finding.

Richard House, OAM Victor Harbor Coastcare November 2023

In 2022 the work of Victor Harbor Coastcare was acknowledged by being awarded the South Australia State Award for Coastal Work

The Victor Harbor Coastcare ethic is

If you don't start somewhere, you won't get anywhere

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These lists are by no means complete and there are many other plants to be found in the dunes of Victor Harbor, but these are the most common. Furthermore many are not restricted to the dunes and may also be seen further inland.

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The 'Bad' Plants

* Declared weeds

These are weeds that are regulated under the Landscape South Australia Act 2019. They become declared weeds because of their negative impacts on primary industries, native vegetation and/or public health. Declared weeds have restrictions on their movement, sale, notification and control.

See pir.sa.gov.au/biosecurity/weeds

! Weeds of National Significance (WoNS)

These are the most problematic plant species in Australia, as determined by the federal government, and are regarded as the worst weeds in Australia.

See en.wikipedia.org/wiki/Weeds_of_National_Significance

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The weeds listed below have also been found but are now comparatively scarce and are not illustrated.

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Introduction to the 'good' plants

Most but not all the plants that are listed in the following pages as 'good' plants are the traditional local plants of the Victor Harbor region. They are considered good because they survive well in the dunes and they do not become invasive. These are the plants that are commonly used for revegetation and they have different characteristics that make them useful in the dunes. However don't forget that there are many more plants than those listed here. This booklet just shows the most common.

The foredune has certain plants that are definitely most suitable for it such as the spinifex grass (spinifex sericeus). This is a splendid plant that doesn't mind being submerged by seawater from time to time and it has wonderful sand retention qualities. At the mouth of the River Hindmarsh it can be seen doing a wonderful job building up a new dune. It often looks as if it is on the top of a little mound or ridge because its coarse leaves hold the sand so well. This is the plant to use in any situation where there is an attempt to build up a dune but unfortunately it is difficult to propagate. The sea rocket (cakile maritime) and sea spurge (euphorbia paralias) are prevalent on the beaches and are also very good for sand retention, but they are listed in this book as 'bad' plants because they are aliens.

Further back into the dunes more of the bushy types of shrub appear such as the boobialla (myoporum insulare), sea berry salt bush (rhagodia candolleana), cushion bush (leucophyta brownii) and coastal daisy (olearia axillaris). These all grow really well at Victor Harbor and can be used extensively to build up a shrubbery on a dune. These are the types of plant which have sometimes become buried by the 'bad' plants but when the bad plants have been cleared the good ones have miraculously reappeared automatically. In particular the sea-berry salt bush and coastal daisy just reappear from nowhere. They are two of the great success stories of automatic revegetation.

The boobialla is also a great mid and rear dune plant because it grows so strongly. Even though it may become straggly when old it responds well to a good hard prune. In the Hindmarsh estuary the swamp paper bark (melaleuca halmaturorum) is growing well and loves having its roots flooded annually. It is now spreading further afield even into areas where it does not get the annual flooding.

The main message to dune workers is 'clear the rubbish and the good stuff will look after itself'.

Most of the 'good' plants can be found growing in the public picnic area at Bridge Point, at the end of Bridge Terrace, Victor Harbor. They have been labelled for easy identification by members of the public.

Acacia cupularis Coastal umbrella bush Medium shrub





A smallish wattle seen in some mid dunal areas. Long thin leaves and yellow flowers in spring.

Acacia longifolia ssp. sophorae Coastal wattle Large shrub





A spreading shrub which is more easily identified when in flower because the flowers are on rods at the bottom of the leaves.

Adriana quadripartite Coastal bitter bush

Medium shrub





A small shrub with glossy green leaves.

Basically hardy but not always a good survivor when transplanted as a seedling.

Atriplex cineria

Coastal saltbush

Medium shrub





A small silver/grey leaved shrub seen in many places. One of the best survivors in harsh conditions.

Carpobrotus rossii

Native pigface

Ground cover





A tough ground cover mainly seen in mid dune areas where it readily catches the sand and helps retain and build sand dunes.

It would be good to see more of this around. It strikes easily from cuttings. Watch out though—if you see one with a yellow flower it is Carpobrotus edulis which is a weed and it should be removed (see P.21).

Dianella revoluta

Black anther flax lily

Lily



The flowers



D. Revoluta —Black anther flax lily

D. Brevicaulis—Short stem flax lily

These tough lilies are mainly seen in the mid dunes. They are good sand retainers with small blue flowers in spring which become fleshy purple berries.

There are two very similar forms. The revoluta or black anther flax lily grows openly with the flowers stems as long as or taller than the leaves. The brevicaulis or short stem flax lily has a more compact form with the flower stems much shorter than the leaves.

Isolepis nodosa

Knobby club rush

Sedge





A tough sedge that can grow in the very fore dune. A good sand retainer and easy to grow from seed.

Kennedia prostrata Running postman

Ground cover





A good ground cover in the mid dunes once it gets going. Not always a good survivor when transplanted as a seedling.



A ground cover that produces tiny edible berries. It flowers in spring and produces the fruit in the hotter months.

It is very difficult to get established, but once it gets going it is quite hardy. It is a useful spreading ground cover (as is pigface) and is worth encouraging.

Leucophyta brownii Cushion bush Medium shrub





A small silver/grey leaved shrub seen in many places. A strong survivor with yellow flowers in summer. Easy to propagate from seed.

Leucopogon parviflorus Coast beard heath

Shrub





Flowers and leaves

Fruit

A shrub which can grow up to 5 metres. It is rarely seen in the local dunes but is encouraged for revegetation. It must not be confused with the Coastal tea tree, which is described as a weed on Page 26, because they both have very similar leaves.

Melaleauca halmaturorum Swamp paper bark

Tree







Foliage Hindmarsh estuary

Flaking trunk

A striking tree which is found along the banks of the Hindmarsh and the Inman rivers, around the Hindmarsh lagoon, and in other places in Victor Harbor. It has very soft flaking bark and enjoys having its root system flooded from time to time.

Muehlenbeckia gunnii

Coastal lignum

Climber





A climber or free standing plant with dark green leaves. It often grows up amongst other plants which is quite acceptable as they always survive.

A strong survivor in mid dunes.

Myoporum insulare

Boobialla

Large shrub







One of the most commonly seen shrubs, up to about 4m, seen in the Victor Harbor area. It has glossy deep green leaves and small white flowers in spring.

The subsequent deep red berries are much loved by birds.

It is hardy and responds very well to pruning when it gets leggy.

Olearia axillaris

Coast daisy

Medium shrub





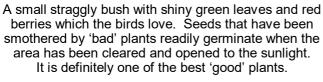
A dense silver/grey leaved bush found in the mid dunes. It is very hardy, and often re-establishes itself in bare areas. It is one of the best 'good plants'.

Rhagodia candolleana

Sea-berry saltbush

Medium shrub







Late summer berries





A tough ground cover found mainly in the foredunes. Note how the flower is shaped like a fan.

Spinifex sericeus

Rolling spinifex

Ground cover





Female seed head

Male seed head

A completely new dune caused by the spinifex

A silver/grey leaved ground cover with long runners found on the lowest foredunes. It is the ultimate survivor and can tolerate occasional submerging by the sea. Like sea spurge it is a brilliant sand retainer, resulting in the runners often appearing to be on a mound.

Propagation can only be done using seeds from a female head. Spinifex can also be grown from cuttings which must be planted deeply and which will shoot from each node along the runner.

Introduction to the 'bad' plants

The plants that are listed in the following pages as 'bad' plants mainly come into that category because they can become invasive. In other words if they are left to their own devices they will take-over the area, smothering the native plants, and eventually become the only plants in that locality. Many of the plants have escaped from the local gardens and have arrived in the dunes as prunings, such as from garden hedges, which have been dumped illegally in the dunes. Plants such as mirror bush (coprosma repens), buckthorn (rhamnus alaternus) and aloe (agave americana) are typical of this category. Other plants arrive in the dunes as seeds which have been eaten by birds and then moved elsewhere in the bird droppings. Plants such as bridal creeper (asparagus asparagoides) and olive (olea europaea) are typical of this category.

Some plants such as the western coastal wattle (acacia cyclops) and the coastal tea tree (leptospermum laevigatum) were introduced as revegetation plants by earlier generations because they seemed to do well here. Unfortunately they did too well and they have now become an invasive menace. Each of these produces a massive seed crop each year which is loved by the birds and thus becomes reseeded elsewhere. Also it has been found that although they are easy to eliminate by cutting, there is always a host of seeds waiting under the tree to germinate as soon as the parent has been removed. Thus it is essential to have a regular follow-up of the site to hand-weed the seedlings.

The sea rocket (cakile maritime) and sea spurge (euphorbia paralias) which are prevalent on the beaches are listed in this book as 'bad' plants because they are aliens. However they are worth retaining in sensitive areas because they are very good for sand stability and dune retention.

Although much of the above sounds like bad news, the good news is that experience has shown that in many cases a massive revegetation program is not necessary because the seeds of many of the natives are also waiting to germinate under the shadow of the invader. When the invader has been removed the natives often reappear anyway. The sea-berry salt bush (rhagodia candolleana) is typical of this situation and it has often reappeared as if by magic as soon as the area around it has been cleared.

The most common 'bad' plants found in the dunes of Victor Harbor

Acacia cyclops

Western coastal wattle

Tall shrub





Thick clumps of heavily twisted pods



The real clue to this bush—the red eye-like seed and aril

An introduced shrub from West Australia up to about 4m. It has small puffy blossoms in the spring and is best recognised by the red aril that surrounds the seed in the pod and which looks like an eye.

It has become a prolific breeder, often taking over and smothering the 'good' plants in the vicinity. It can be eliminated by cutting the trunk at ground level.



Asparagus asparagoides

Bridal creeper

Climber





The red berries



Dense mass of rhizomes

A vigorous climber which can become a massive headache if allowed to takeover. Fortunately there is not much around in the dunes of Victor Harbor although there is plenty further inland. It has white flowers in the late winter which then become red berries which the birds eat and void elsewhere. It dies off during the summer but the underground tuberous roots and connecting rhizomes remain alive.

Control is difficult. The best solution is to dig out the rhizomes which are like a solid mass. Alternatively spray with glyphosate, or introduce the rust fungus or leaf hopper.

Bulbil meriana

Watsonia

Corm plant



A garden escapee originally from South Africa. It spreads vigorously and produces an orange trumpet shaped flower between 1 and 2 metres high. The leaves are sword shaped.

The plants are perennial and produce dense colonies which crowd out other species. It can be controlled by spraying or swabbing.

If digging it up, it is important to ensure that all the bulblets that grow along the stalk are also removed.



Cakile maritima

Sea rocket

Low shrub







A well-established introduced plant which is found on sandy beaches and dunes. It is a non indigenous European invader (first recorded in South Australia in 1918) that has become widespread.

However it has to be considered acceptable because of its survival ability even in the driest conditions. It also has good sand retention qualities.

Carpobrotus edulis Pigface (yellow flowering) Ground cover



A tough ground cover mainly seen in mid dune areas where it readily catches the sand and helps retain and build sand dunes. Whereas the pink flowering version of pigface is looked upon favorably, this yellow flowering version is a hybrid and must be treated as a weed.

It has extensions up to 2 metres long, which quickly sucker along the length and therefore spread easily.



Pigface flowers in winter so this is the best time to identify it. At other times of the year it is difficult to identify from the pink version carpobrotus rossii (see P.11).

Casuarina glauca

Swamp sheoak

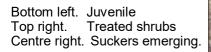
Tree

An introduced tree from eastern states that can exceed 10 metres. Locally it is growing extensively on the east side of the Bluff below the first car park.

It sends out underground runners which may surface several metres from the parent and then become individual plants. If it is not controlled, it smothers other native

vegetation.

It can only be controlled by a meticulous regime of poisoning by drill and fill, or frilling.



Regrowth along the stem after inadequate treatment

Chrysanthemoides monilifera Boneseed

Small shrub







Juvenile showing the cobwebbing under the leaves

A small shrub which can grow to about 2m. It has small daisy-like flowers in winter. The tough green leaves are a bit like boobialla when young and must not be confused. Some of the leaves may have a downy sort of cobweb around them which makes them easy to identify.

This plant is a threat which must be eliminated. Plants can be hand-pulled when young but larger plants may need to be cut and swabbed with glyphosate.

Coprosma repens

Mirror bush

Medium shrub





The shiny waxy leaves

An extremely hardy garden escapee, from dumped prunings and bird voiding, which can grow to 5m. It was traditionally popular for hedges in coastal gardens because the shiny waxy leaves are very salt resistant.

Chemical application is essential for control. This is best done by cutting the plant down and swabbing the cut(s) with neat glyphosate. It is also wise to scrape the adjacent bark and swab it at the same time. Alternatively the plant can be left standing and attacked by cut and swab or by drill and fill. Beware, because if the plant is not killed properly, it will readily sprout.

Delairea odorata

Cape ivy Sprawling Climber





Cape ivy is a vigorous growing invader which rapidly smothers everything with runners of several metres which soon become dominant. If the runners touch the ground they can take root.

Identification of juveniles is easiest in late winter and early spring when it is in flower. Otherwise it is readily seen because of its dominance.

Control is best achieved by cutting the runner near the ground and swabbing. Cape ivy is readily seen in many of the dunes at Hayborough.

Dorotheanthus bellidiforis Livingston daisy

Ground cover





A South African invader, with a wide variety of colours, which sometimes appears in the dunes, probably from dumping from nearby gardens. It spreads quite quickly, smothering natives, but is easily controlled by digging or spraying.

Euphorbia paralias/terracina



Sea spurge



Small shrub

A very hardy spurge that thrives on the lowest foredunes and in many other locations. Like spinifex it is an ultimate survivor and can tolerate occasional submerging by the sea. It is a brilliant sand retainer often creating mounds as shown in the illustration. It is a non indigenous European invader which comes in two forms.

It is considered acceptable in some areas because of its survival and sand retention qualities but it spreads very easily.

Foeniculum vulgare



Fennel

Small plant

A Mediterranean invader which is used as a herb in the kitchen, but sometimes appears in the dunes as a garden escapee.

It sends out long stalks of up to a metre which have feathery leaves and yellow flowers.

It is a hardy perennial which is dormant during the winter but can be controlled by spraying the new growth in spring. Spraying must be thorough because there is so little leaf surface.

During other seasons it can be controlled by cutting the long stalks to about 10 cms and swabbing.

Galenia pubescens

Galenia

Ground cover





A hardy rear dune ground cover with white flowers, originally from South Africa. It builds up a thick mat which smothers everything else. Each plant can have a size of 1 to 2 metres across. Control requires constant attention. Spraying can be done in spring or summer when the plant growth is active.

Gazania linearis

Gazania

Ground cover







Two variations in the flowers

A multicoloured garden escapee. It thrives in the dunes, especially in the Port Elliot and Middleton areas where it is virtually beyond control, and is suppressing the native plants. Its only merit is that it does have sand retention qualities.

It has not taken off with such vigour in the Victor Harbor dunes but should be removed wherever it is found so that it can be kept under control. It is comparatively easy to dig out or small ones can easily be hand pulled.

When monitoring an area it is easy to miss juveniles, but they can often be noticed by walking in both directions and seeing the silver coloured back of the leaves.

Lachenalia bulbifera

Lachenalia

Small bulb plant





A garden escapee, originating from South Africa. This has only been found in the Victor Harbor dunes opposite about No 50 The Esplanade, probably dumped by a nearby resident.

It is a ferocious breeder and copious bulblets can be found next to the parent. Consequently extraction by very careful digging is the best method of removal. Even if only one bulblet is missed it will grow into a plant the next year.

Annual monitoring of this site has been found to be essential.

Leptospermum laevigatum Coastal tea tree

Tall shrub







A first year seedling

Mature tree

A small tree which was introduced from Victoria as a revegetation species because it grows so well here. Unfortunately it so readily adapted itself to the location that it has become a menace and is now treated as a weed because it takes-over. It has small white flowers in spring which produce masses of seeds.

Control can be done by cutting the tree at the very bottom making sure there is not a single leaf bearing branch or twig remaining. A mass of seedlings can then be expected which are easily hand-pulled. Chemical control is not necessary.

Lycium ferocissimum African boxthorn

Medium shrub







An extremely hardy and aggressively prickly shrub which can grow to 2m or more. It has white flowers in the late winter which then become red berries which the birds eat and void elsewhere.

The plant can become invasive and dominant (such as on Wright Island) and it must be controlled. However small the plant is, chemical application is essential. This is best done by cutting the plant down and swabbing the cut(s) with neat glyphosate. It is also wise to scrape and swab the adjacent bark at the same time. Alternatively the plant can be left standing and attacked by cut and swab or by drill and fill.

Melaleuca armillaris Bracelet honey myrtle Large shrub





Melaleuca armillaris is actually a native to South Australia which has been found on the lower slope of the Bluff.

However, as it is a dense evergreen and fast grower that can take over from other plants, it is not favoured and should be removed. It can become a dense copse and grow up to more than 6 metres.

Moraea flaccida

Cape tulip

Small plant





Cape tulip originates from South Africa (and despite its name is not actually a tulip). The flowers are orange on a stem up to 50 cms high. It is a garden escapee and spreads readily in the dunes by corms and seeds, which makes it difficult to control.

Control should be done in late winter, because it is dormant in the hotter months, and is best achieved by digging or swabbing.

Olea europaea

Olive







Regrowth after a previous inadequate killing treatment

A garden escapee which can grow to 10m. It has long narrow grey/green leaves and berries which the birds love to eat and eliminate elsewhere. Olive trees must always be removed but however small the plants are, chemical application is essential. One method, which is not always successful, is to fell the tree and swab the cut(s) with neat glyphosate. It is also wise to scrape the adjacent bark and swab it at the same time. The best method is to leave the plant standing and attack it by drill and fill into the lignotuber which is the large swelling, usually partly underground, at the base of the trunk.

Polygala myrtifolia

Polygala

Medium shrub





Red berries

A drought tolerant garden escapee which can grow to about 3m. It flowers for a long period during the warmer months of the year. It has readily adapted itself to life in the dunes especially along the railway line near the Hindmarsh estuary.

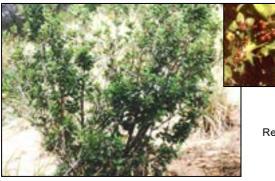
Control can be done by cutting the tree at the very bottom making sure there is not a

Control can be done by cutting the tree at the very bottom making sure there is not a single leaf bearing branch or twig remaining. A mass of seedlings can then be expected which are easily hand-pulled. Chemical control is not normally necessary.

Rhamnus alaternus

Buckthorn

Large shrub



Regrowth after inadequate pruning and poisoning



An extremely hardy garden escapee which can grow to 5m. It has waxy green leaves and yellow flowers in spring which then become red berries which the birds eat and void elsewhere. The plant can become invasive and dominant and it must be controlled. However small the plant is, chemical application is essential. This is best done by cutting the plant down and swabbing the cut(s) with neat glyphosate. It is also wise to scrape and swab the adjacent bark at the same time. Alternatively the plant can be left standing and attacked by cut and swab or by drill and fill. If the plant is not killed properly it will readily sprout, sending out multiple branches

which are even harder to kill.

Scabiosa atropurpurea

Pincushion

Perennial





A perennial garden escapee which flowers in the summer. It grows to less than a metre. The plant can normally be hand pulled except when it is a few years old. No chemical treatment is necessary.

Senecio ptophorus African daisy

Perennial





The African daisy is a perennial shrub which can grow to 3m tall. It flowers in the summer and can easily be identified by the yellow flowers and laced leaves. Control is best achieved by cut and swab or digging out.

Tamarix aphylla

Tamarisk



Mature trees along the Inman River near the Victor Harbor Council offices

Dense regrowth near the yacht club

Large shrub



Pink flowers



A very hardy garden escapee growing to 5m or more. It is drought tolerant and provides excellent sand retention facilities. It is also a good wind buffer such as on the dunes along The Esplanade. However small the plant is, chemical application is essential. This is best done by cutting the plant down and swabbing the cut(s) with neat glyphosate. It is also wise to scrape and swab the adjacent bark at the same time. Alternatively the plant can be left standing and attacked by cut and swab or drill and fill. If not killed properly it will readily sprout, sending out dense shoots which are even harder to kill.

Thinopyrum junceiforme Sea wheat grass Grass



Sea wheat grass along The Esplanade. It can also be found in similar density along Franklin Parade south of the Kent Reserve boat ramp.

A perennial grass native to European coasts. It grows ferociously and in many places is taking over from spinifex as the grass lowest down on the beach. It sends out long underground runners and forms dense stands.

This has become a prominent grass at the lowest part of many Victor Harbor beaches (since about 2020), and is particularly of local concern because it is not suited to the nesting habits of the hooded plovers.

Although efforts are being made to eradicate it, they fall far short of being successful.



Members of Victor Harbor Coastcare after a working bee along the coastline between the River Hindmarsh and the River Inman on Clean Up Australia Day 2023.

Copies of this book can be requested by email to vhcoastcare@gmail.com or by using the phone number found at vhcoastcare.org.au



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