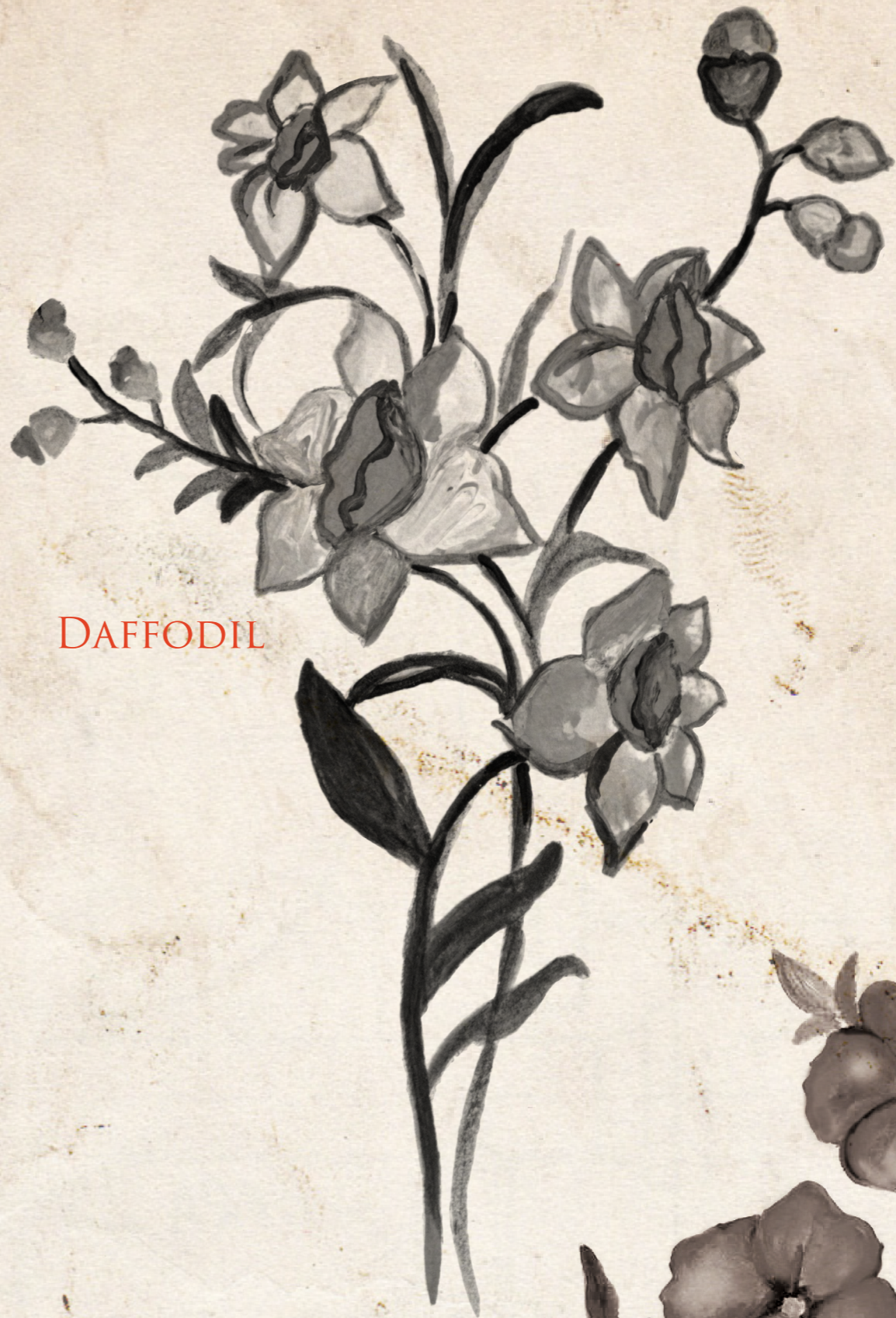


OUR PLANTS

Our Heritage

a zine project by artists Leila Ashtiani, Sofie Dieu, Humaira Fayazi, Abouk Giir, Rahila Zeeshan, with the support of Multicultural Women Victoria, Maroondah City Council and Maroondah Federation Estate Gallery





DAFFODIL



VIOLET

LEILA'S PLANTS

love in painting

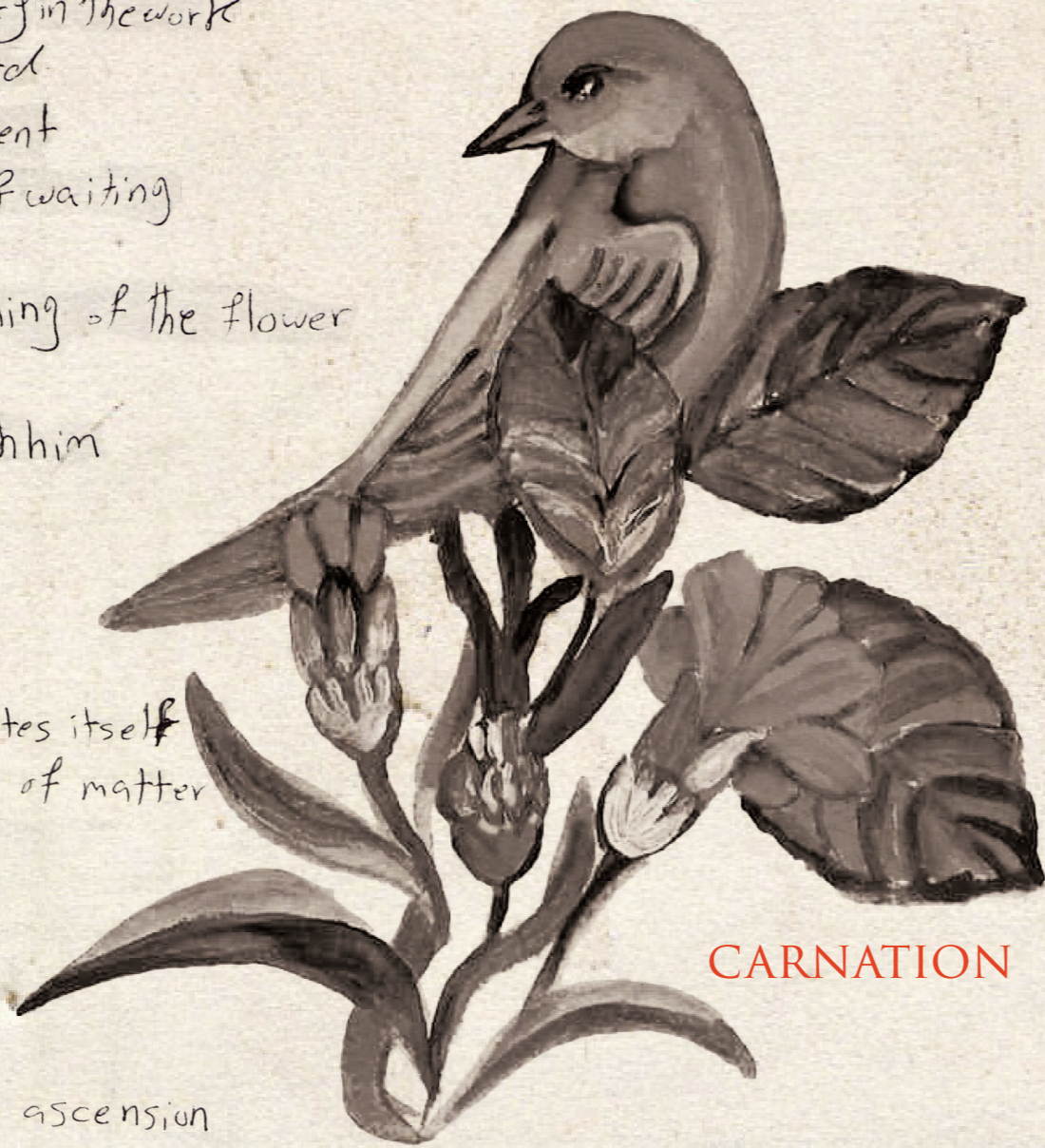
flowers and birds
to create harmony

It's not necessary in the work
to draw the bird
but if it is present
it's in state of waiting
patiently
for the blossoming of the flower
and
making love with him

Sometimes
the bird separates itself
from the world of matter

by soaring
in a state of ascension

towards the immaterial world



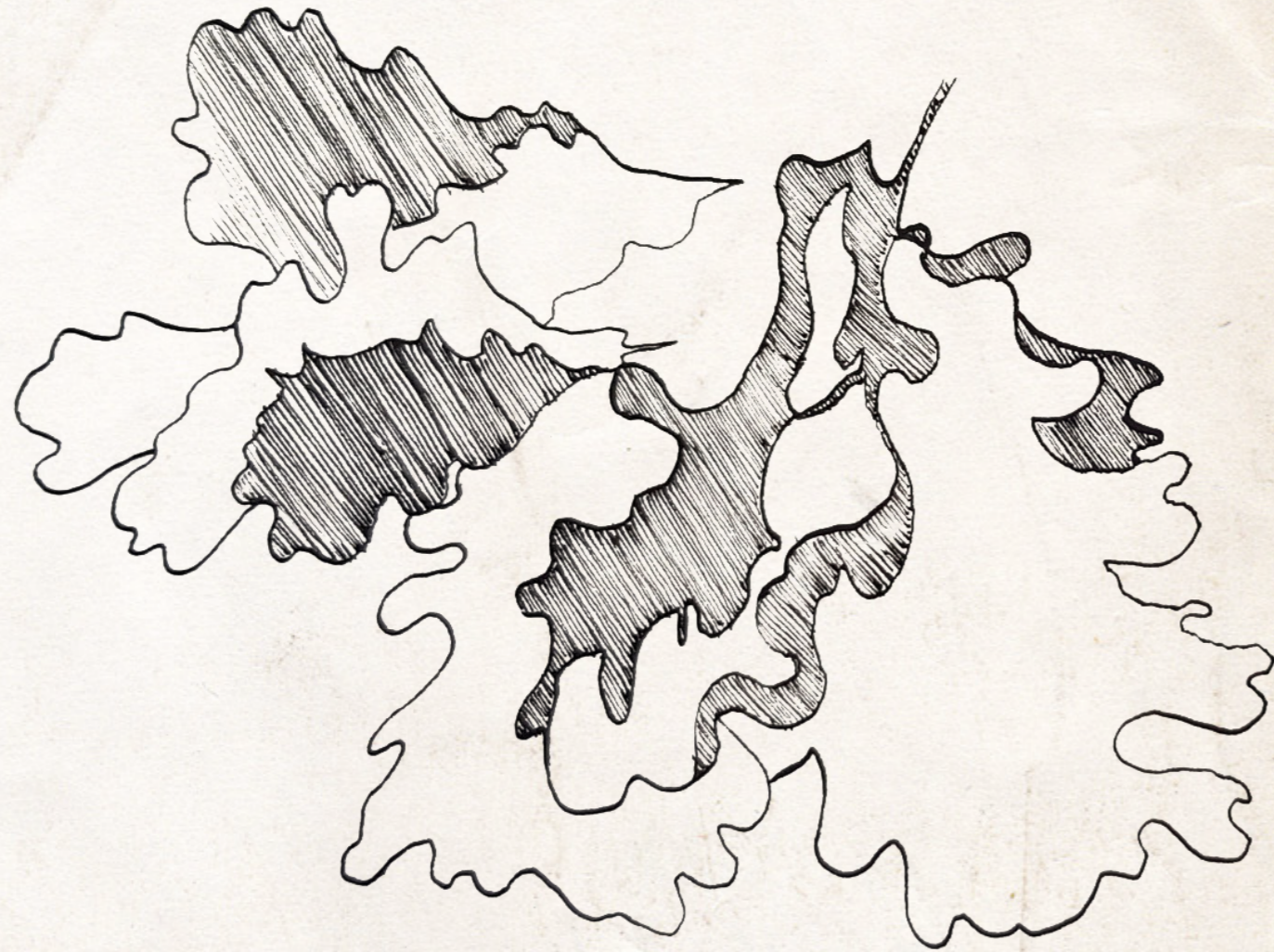
CARNATION



ROSE

symbol of rebirth and new beginning
symbol of beautiful events
when a child is born
when a friendship is formed
when a romance ends in marriage

OAK TREE



Chêne pédonculé
Pédunculate oak

from the land of the Romans all the way to Russia

20-30 m high up to 3m diameter

live between 600 and 1000 years

Hardwood tree

SOFIE'S PLANT



Acorn Weevil
lays eggs in the
acorns &
extract food from
it



floraison mi-Avril (après avoir atteint 50 à 60 ans)

monoïque - les fleurs mâles & femelles sont séparées mais présentes sur le même arbre.

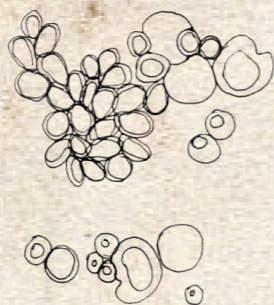
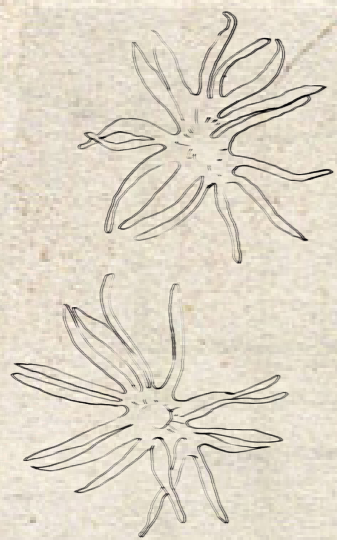
maturité des fruits entre septembre & octobre (à 30%)



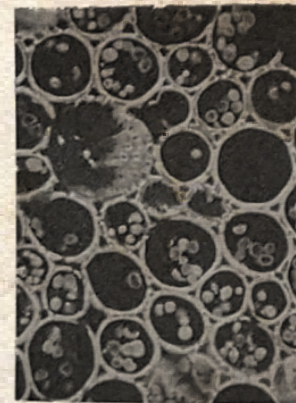
two types of wood cells
- wood fibers -
- vessel elements

grow a secondary cell wall of cellulose, hemicelluloses & lignin

provide the transportation network for the oak tree's Usap



mes, ancêtres récoltaient les glands pour s'approvisionner durant l'hiver >> balanophages



Women of my country remember
good and new days when they see
Spring flowers.

POPPY



HUMI'S PLANTS



We remember that we
have not had an easy past, but nothing
even death, has prevented us from progressing
and flourishing.

We are like apple buds that grow
green and bear fruit after going
through the wind and rain. We are
all like wild poppy that grows and
dances freely in the vast plains.

APPLE BLOSSOM



HIBISCUS



ABOUK'S PLANT

Hibiscus

It's a small tree with evergreen shrub, glossy single stem leaves.

It grows up to 8 feet



Hibiscus tea known as Karkede (Kark-day) in South Sudan that has a delicious taste and is caffeine-free with a lovely fragrance. The dried hibiscus is edible and used for food like a soft doughy known as Asida (Aseedah). It is a flavouring added to foods to improve the colour, odour, or flavour. It is used in baking and pastries. Hibiscus flowers are made into jellies, jams, and syrups but its extracts flavours Liqueurs.

Thrips



Mealybugs

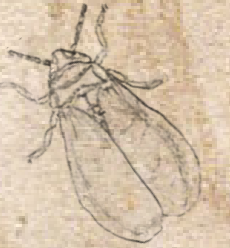


Aphids



The hibiscus flowers is prone to bugs infestation

While some animals,
Like butterflies, hummingbirds and
certain types of bees, help pollinate
the plant, other Like deer, rabbits, and
groundhogs can cause serious damage
by eating the leaves, stems, and flowers.



White flies.



While some animals,
Like butterflies, hummingbirds and
certain types of bees, help pollinate
the plant, other Like deer, rabbits, and
groundhogs can cause serious damage
by eating the leaves, stems, and flowers.



RAHILA'S PLANT



Blooms year round
Symbolises beauty, love or sensuality



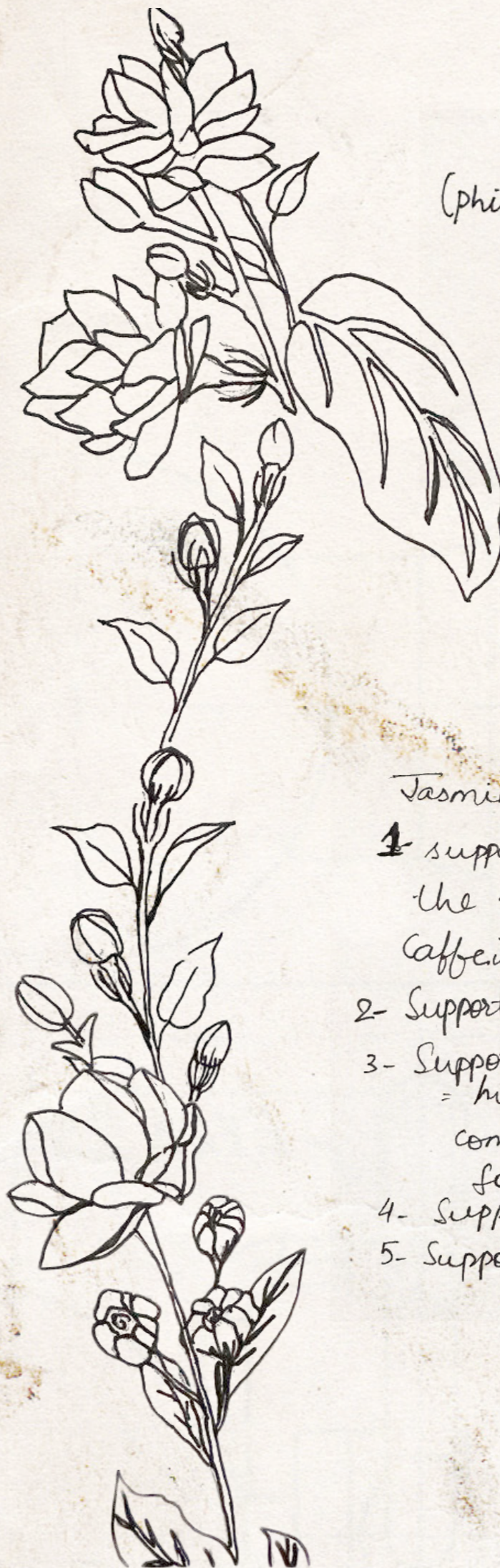
Medicinal flower

- Relieving pain and muscle soreness
aids in relaxed sleep.
- Less sweet and mellower, with citrus,
honey and herbaceous notes.



JASMIN

Wedding ornaments
for bride-bracelet,
earrings, necklace



(Urdu) Motiya
(philipine) Sampaguita
or
Jasminum Sambac
or
Arabian Jasmine

- Jasmine Tea benefits
- 1- supports calm and focus
the right amount of
Caffeine
 - 2- Supports healthy skin
 - 3- Supports healthy cells
= high in antioxidants as
compared to the ones
found in any other tea.
 - 4- Supports healthy Cholesterol level
 - 5- Supports Gut health.

This zine is the result of a collaboration between artists Leila Ashtiani (Iran), Sofie Dieu (France), Humaira Fayazi (Afghanistan), Abouk Giir (Sudan), Rahila Zeeshan (Pakistan) and Multicultural Women Victoria (MWV). *Our Plants, Our Heritage* is a multicultural community project that brings together women of Melbourne greater region.

Using botany to investigate each woman's unique cultural background and creativity, this project aims at addressing and preventing isolation, discrimination as well as gender inequality. It also offers a safe opportunity for migrant and refugee women to express their inner world being their joys as much as their struggles. This project acknowledges multicultural women's special needs and support them to reconnect after two years of heavy disruption caused by Covid-19.

This project was delivered on the land of the Wurundjeri Woi Wurrung People. The artists and MWV acknowledge their elders past, present and emerging and are grateful for the continuous inspiration their way of being, doing and connecting to the world provides the CaLD community. Sharing knowledge about the plants of our tradition that our own ancestors cared for, help us appreciate and respect even more the Australian native plants that surround us in our everyday life.

This project was made possible thanks to the generous support of Creative Victoria's Creative Project Funds program and the City of Maroondah Community Grant.

Follow us on IG

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