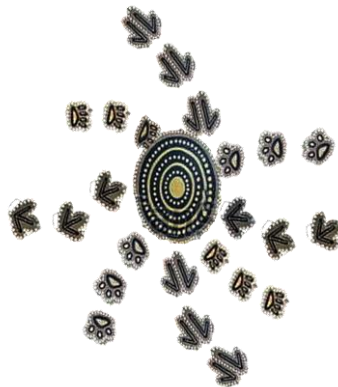


Edible Native Bush Plants Compatible To The Sydney Region



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Sprawlers



(SPECIES NAME) *Hardenbergia violacea*

(COMMON NAME) *False sarsaparilla*

GENERAL DESCRIPTION)

Purple flowers in spring. A widespread species most commonly found in Eastern Australia. It occurs in a variety of habitats from coast to mountain, usually in open forest/woodland and sometimes in heath.

(COMMON GARDEN USE)

Rockery scrambler or small twinning plant.

(COMMON FOOD USE)

Leaves can be boiled to make sweet tea.



(SPECIES NAME) *Tetragonia Tetragonioides*

(COMMON NAME) *Warrigal greens*

(GENERAL DESCRIPTION)

Ground cover plant. Grows along coastal regions

Prefers a nice shady area

Was the first Australian plant to be cultivated abroad.

(COMMON GARDEN USE)

Ability to thrive on neglect

Self-seeding plant.

(COMMON FOOD USE)

Recommend blanching for 10 -15 secs in boiling hot water due to its oxalic acid content.

High in fibre.

Can be made in to a native pesto or salad

Substitute for spinach when cooking as it doesn't wilt as much.



(SPECIES NAME) *Prostranthera rotundafolia*

(COMMON NAME) Native thyme

(GENERAL DESCRIPTION)

Native Thyme is a strong growing plant when well-watered, in a sheltered, well drained position and in acid to neutral soil conditions.

(COMMON GARDEN USE)

As a pot plant, it provides a continuous supply of ready herb and is easy to maintain with regular pruning

(COMMON FOOD USE)

When used in dishes featuring chicken, turkey, pork or lamb, a small amount makes a big difference.



(SPECIES NAME) *Prostanthera rotundifolia*

(COMMON NAME) *Round-leaved Mint Bush*

(GENERAL DESCRIPTION)

Mint bush may reach 1.5m high by a similar spread. Flowers are generally purple in colour and are prolific in spring.

(COMMON GARDEN USE)

Propagation is easy from cuttings but seed can be slow to germinate.

Mint bush responds to well to annual fertilising after flowering and are not as sensitive

(COMMON FOOD USE)

Mint bush is a substitute for a number of culinary herbs such as mint, thyme, oregano and sage.



(SPECIES NAME) *Mentha australis*

(COMMON NAME) *Native mint*

(GENERAL DESCRIPTION)

Native mint is a straggly, perennial herb avg 0.5 - 0.75m high with soft, aromatic leaves from 25 - 60 mm long, lance shaped and tapering to a point

(COMMON GARDEN USE)

Native mints are not often seen in cultivation but they are useful plants for a sunny or shady, moist situation and have culinary uses similar to introduced mint.

Under good conditions it can become invasive but it can be kept in check by regular clipping. It grows well in a container.

(COMMON FOOD USE)

Use sparingly as a tea, with new potatoes, with a tomato salad or in desserts.



(SPECIES NAME) *Apium prostratum*

(COMMON NAME) *Sea Celery*

(GENERAL DESCRIPTION)

Sea celery can be a biennial or perennial herb depending on conditions with broad or narrow divided leaves, similar to the common celery plant.

(COMMON GARDEN USE)

As far as is known, the plant is not in wide cultivation but it is apparently easily grown in a moist sunny position.

Propagation from seed is reported to be successful without any pre-treatment although germination may take several weeks.

(COMMON FOOD USE)

It has a flavour similar to the common celery but with some evidence of parsley flavour.

Grasses



(SPECIES NAME) *Dianella revoluta*

(COMMON NAME) *Dianella / Blue flax lily*

(GENERAL DESCRIPTION)

Dominant small shrub that forms large spread clumps.

Can grow up to 1m in height and 1.5m in width.

Once established it has a high resistance to drought and frost.

(COMMON GARDEN USE)

Suggested to be used as an edging to a garden.

(COMMON FOOD USE)

Provides food for various species of birds.

Produces sweet fruit that can be eaten or used to make a Cordial.



(SPECIES NAME) *Gahnia aspera*

(COMMON NAME) *Saw Sedge*

(GENERAL DESCRIPTION)

Small tufted hedge 40-60 cm high.

(COMMON GARDEN USE)

Ground cover to a shade tree.

(COMMON FOOD USE)

Leaf base can be crushed to be chewed for moisture. Seeds were collected to make flour.



(SPECIES NAME) *Lomandra spp*

(COMMON NAME) *Mat rush*

(GENERAL DESCRIPTION)

Leaves 10-50 cm tall. Erect tufted grass-like herb with small flowers that appear between April and November.

(COMMON GARDEN USE)

Rockery plant or garden plant.

(COMMON FOOD USE)

Leaf base chewed for moisture.

Seeds were collected to make flour.

Leaves woven to make baskets or rope.

Notes

Parasites



(SPECIES NAME) *Santalum acuminatum*

(COMMON NAME) *Quandong, Native Peach*

(GENERAL DESCRIPTION)

A hemiparasitic. This means that the plant is partially parasitic and relies on host plants for only water and soil nutrients, not for sugars.

(COMMON GARDEN USE)

Quandong is found in a wide variety of habitats characterised by generally nutrient poor, free draining soils. It is quite drought and salt tolerant and is likely to have frost tolerance when mature. It favours full sun.

(COMMON FOOD USE)

Peaches and other succulent stone fruits have similarly been bred from wild, thin fleshed forms and it looks like a Quandong, but is not.



(SPECIES NAME) *Native Mistletoe spp*

(COMMON NAME) *Mistletoe*

(GENERAL DESCRIPTION)

Flowering in spring and summer the leaf-sheaths are loose and tubular for much of their length; with 1 of their length closed.

Mistletoes, air-born parasitic plants which live off the sap of their hosts, thrive in almost every type of climate and soil in Australia, and are found everywhere except Tasmania.

(COMMON GARDEN USE)

Mistle toe is a parasite and should be removed

(COMMON FOOD USE)

Packed with sugar and carbs, mistletoe fruits are good tucker not just for the mistletoe bird but also for ravens, cockatoos, emus and cassowaries



(SPECIES NAME) *Exocarpus aphyllus*

(COMMON NAME) Leafless ballart

(GENERAL DESCRIPTION)

Leafless, shrub, 1-5 m high, hemiparasitic on roots. The leafless ballart can flower between Apr to Nov and sometimes in Jan .Grows in a rocky loam, clay-loam and calcareous soils.

(COMMON GARDEN USE)

Attract birds and have an edible tree in your garden.

(COMMON FOOD USE)

As many other Ballarts the fruits are quite sweet and edible, however the tasty part is not from the developing seed, but is the expanded pedicel (flower stalk) developed after the formation of the seed portion that sits atop it



(SPECIES NAME) *Exocarpus cupressiformis*

(COMMON NAME) Native cherry

(GENERAL DESCRIPTION)

It is a large shrub or small tree, 3 to 8 m tall, often pyramidal in shape.

(COMMON GARDEN USE)

Can give you a native edible cherry tree in your back yard

(COMMON FOOD USE)

The fleshy pedicel, the "cherry", is edible and so was used as food by indigenous Australians and by early European settlers. The fruit is picked when it is so ripe it is ready to fall from the tree. It may be eaten raw, or cooked.



(SPECIES NAME) *leptomeria acida*

(COMMON NAME) Native currant

(GENERAL DESCRIPTION)

Its most frequent occurrence is in sandy soils in heath, scrub or open forests and occasionally on the margins of rainforests as a spreading shrub up to 2 m tall.

(COMMON GARDEN USE)

Can be used as a food source for cooking and eating.

(COMMON FOOD USE)

The fruit is smaller than a pea, and not often prolific, however they can be of the conditions are right.

This is the best, the best bush food, it is the equivalent of having a rocket propelled lemon hit you smack in the face.

Notes

Shrubs



(GENERAL DESCRIPTION)

Spindly little plant with strange needle like stem/leaves

(COMMON GARDEN USE)

Can be used as a food source for cooking and eating.

(COMMON FOOD USE)

It produces pretty white flowers and an abundance of fruit. The soft pulp is described as being one of the most delicious of all bush foods. It has a sweet mildly aromatic flavour with soft skin and small edible seeds. A beautiful ground cover and bird attractant.

(SPECIES NAME) *Austromyrtus dulces*

(COMMON NAME) Midyam berry



(GENERAL DESCRIPTION)

From a plant providing ground cover 0.5m high up to 10m high trees. Flowers come in many colours and the leaves can vary in shape depending on species.

(COMMON GARDEN USE)

Ground cover to a shade tree.

(COMMON FOOD USE)

Flowers were soaked in water to extract the nectar and make drinks. Nectar can be shaken onto hand or bread for a sweet treat

(SPECIES NAME) *Grevillea spp*

(COMMON NAME) *Grevillea or spider flower*



(SPECIES NAME) *Leptospermum spp*

(COMMON NAME) *Teas tree*

(GENERAL DESCRIPTION)

Shrubs from 1.5m to small trees to 4m high. Flowers come in pink or white. Flowering time depends on species as can they flower all year round.

(COMMON GARDEN USE)

Small shrub to small tree.

(COMMON FOOD USE)

Flowers were soaked in water to make a drink. Oil from leaves were used to heal wounds.



(SPECIES NAME) *Persoonia spp*

(COMMON NAME) *Geebung*s

(GENERAL DESCRIPTION)

Persoonia is a genus of 98 species of shrubs and small trees

(COMMON GARDEN USE)

Can be used as a food source for cooking and eating.

(COMMON FOOD USE)

Fruits can be eaten raw, Fruit the size of a small grape common in the coastal regions of eastern Australia and they are 'prolific fruit bearers



(SPECIES NAME) *Tasmannia spp*

(COMMON NAME) Native pepper

(GENERAL DESCRIPTION)

Fruits, shoots, berries, leaves, seeds, flowers, pollen or tubers may be eaten for some species

(COMMON GARDEN USE)

Can be used as a food source for cooking and eating.

(COMMON FOOD USE)

The peppery-flavored fruits and leaves (especially dried) of this genus are increasingly used as a condiment in Australia.



(SPECIES NAME) *Clistemon spp*

(COMMON NAME) Bottlebrush

(GENERAL DESCRIPTION)

The flowers attract native birds, especially honey eaters, and reward the gardener with extraordinary amounts of colour they can grow upto about 10m height

(COMMON GARDEN USE)

Can be used as a food source for cooking and eating and the nectar can be shaken for a tasty treat.

Native bird attraction

(COMMON FOOD USE)

The stamens for teas. The flowers can be soaked to make a refreshing drink [Bush lollies]



(SPECIES NAME) *Solanum laciniatum*

(COMMON NAME) Kangaroo apple,
desert raisin, bush tomato,

(GENERAL DESCRIPTION)

Solanum is a large and diverse genus of flowering plants, which include two food crops of the highest economic importance, the potato, [kangaroo apple], and the tomato but many species in the genus bear some edible parts, such as fruits, leaves, or tubers

(COMMON GARDEN USE)

It can be used as an edible plant in your back yard

(COMMON FOOD USE)

Depends on the species, usually the fruit is edible only when properly ripe

Notes

Small-Large trees



(GENERAL DESCRIPTION)

Fifty-two species are found in Australia and are generally known as brush cherries or satinash

(COMMON GARDEN USE)

It is grown for its hedging / screening capabilities. In the rain forest it can grow to nearly 30m tall but in the home garden it could reach 10m if unpruned and you gave it 20 years.

(COMMON FOOD USE)

Can eat the fruit when ripe

(SPECIES NAME) *Syzygium Spp*

(COMMON NAME) Bush Cherry



(GENERAL DESCRIPTION)

It is usually a dense-foliaged, medium tree of about 8 - 10 m high by 6 m wide, the flowers are followed by fleshy fruits. The fruits are edible with an apple taste to it

(COMMON GARDEN USE)

It can be used as an edible hedging plant

(COMMON FOOD USE)

Can eat the fruit when ripe.

(SPECIES NAME) *Acmena smithii*

(COMMON NAME) Lillipilly



(SPECIES NAME) *Xanthorrhoea spp*

(COMMON NAME) Black boy

(GENERAL DESCRIPTION)

Fifty-two species are found in Australia and are generally known as brush cherries or satinash

(COMMON GARDEN USE)

Flowers are borne on a long spike above a bare section called a scape the total length can be up to four metres long in some species. Flowering occurs in a distinct flowering period, which varies for each species

(COMMON FOOD USE)

The flowering spike and the resin make the perfect fishing spear. It is also soaked in water and the nectar from the flowers gives a sweet-tasting drink



(SPECIES NAME) *Banksia spp*

(COMMON NAME) banksia

(GENERAL DESCRIPTION)

Very hardy plant. Use as screen or hedge. These Australian wildflowers and popular garden plants are easily recognised by their characteristic flower spikes and fruiting "cones" and heads often grow over 15 metres tall, some even grow to standing 30 metres tall

(COMMON GARDEN USE)

They are an important food source for native birds. In many species the fruits will not open until they have been burnt or completely dried out.

(COMMON FOOD USE)

The bottles when flowering can be soaked to make drinks



(SPECIES NAME) *Ficus spp*

(COMMON NAME) Ficus

(GENERAL DESCRIPTION)

Fruits of some species are edible or used medicinally. Both leaf surfaces are smooth, glabrous, with five to seven pairs of long basal lateral veins.

(COMMON GARDEN USE)

They can be used as a food source for birds

(COMMON FOOD USE)

Their fruit are a key resource for some fruit eaters including fruit bats, certain birds and other foragers.



(SPECIES NAME) *Eucalyptus olida*

(COMMON NAME) Strawberry gum

(GENERAL DESCRIPTION)

Eucalyptus olida, also known as the Strawberry Gum and Forest berry, is a medium-sized tree to 20 m, restricted to the Northern Tablelands of New South Wales.

(COMMON GARDEN USE)

Used to flavour everyday foods eg: pancakes

(COMMON FOOD USE)

Eucalyptus olida leaf is also used as a dried spice product in bushfood cooking, especially with fruit; and in herbal teas.



(SPECIES NAME) *Backhousia citriodora*
(COMMON NAME) *Lemon myrtle*

(GENERAL DESCRIPTION)

A strong citrus smell all year round.
It grows to a height of between 6 – 8m can grow up to 20m and bears clusters of white flowers in autumn and summer.

(COMMON GARDEN USE)

Prefers moist well drained soil
Tolerates full sun in cool environments
Protects other trees from strong winds, frost and provides shade for other trees, feature tree.

(COMMON FOOD USE)

Can be used when needing a lemon flavour A few drops can be used to flavour sauces after cooking completed. This is a volatile oil that has diminishing results if combined with heat.
Can be dried and added to provide a lemon flavour to cakes and deserts



(SPECIES NAME) *Backhousia myrtifolia*
(COMMON NAME) *Cinnamon Myrtle*

(GENERAL DESCRIPTION)

Small tree up to 7m. It forms a low canopy. The leaves of cinnamon myrtle have a cinnamon-like sweet aroma and flavour.

(COMMON GARDEN USE)

Prefers light and medium, well-drained, moist soils and requires well-drained soil in full, or nearly-full sun. Does not like shade. Feature tree for yard use

(COMMON FOOD USE)

Adds a cinnamon taste to your food can be used in cakes, stews and other various foods.



(SPECIES NAME) *Syzygium anisatum*

(COMMON NAME) Aniseed myrtle

(GENERAL DESCRIPTION)

Aniseed myrtle is a rare Australian rainforest tree with an aromatic leaf that has an essential oil profile comparable to true aniseed flavour

(COMMON GARDEN USE)

In cultivation, a medium sized tree to 15m, developing a dense, spreading crown. In its natural environment, the rainforests of the Bellingen & Nambucca river valleys in north-eastern NSW, the Anise Myrtle can reach up to 45m

(COMMON FOOD USE)

Used as a flavouring spice and herbal tea ingredient



(SPECIES NAME) *Davidsonia jerseyana*

(COMMON NAME) Davidson Plum

(GENERAL DESCRIPTION)

These native herb varieties occur mainly in drier areas of central, inland and coastal Queensland, from Blackall to Cloncurry, often around the fringes of Forests.

(COMMON GARDEN USE)

Commonly grown in dense subtropical, riverine and seashore rainforests along the east coast of Australia.

To successfully propagate fruit and seeds both male and female plants are required for pollination once conditions are met trees will produce prolific amounts of fruit

(COMMON FOOD USE)

The vivid purple fruit has a plum/pine flavour which is primarily harvested in the wild.

Smoking / Cooking



(SPECIES NAME) *Melaleuca*
(COMMON NAME) *Paperbark tree*

(GENERAL DESCRIPTION)

Small shrubs from 1.0m to small trees to 20 m high.

Flowers come in different colours. Leaves come in different shapes and colours. Flowering time depends on species as they flower all year round.

(COMMON GARDEN USE)

Small shrub to large feature or shade tree.

(COMMON FOOD USE)

Flowers were soaked in water to extract the nectar to make sweet drinks. Bark was used; for shelter, to carry fire, to wrap food. An all-purpose plant.



(SPECIES NAME) *Corymbia citriodora*
(COMMON NAME) *Lemon scented gum*

(GENERAL DESCRIPTION)

Corymbia citriodora has smooth, pale, uniform or slightly mottled bark, white to coppery in summer, and a conspicuously narrow-leaved crown which smells strongly of lemons

(COMMON FOOD USE)

While unrefined oil from the lemon eucalyptus tree is used in perfumery, a refined form of this oil is used in insect repellents the leaves can be burnt over charcoals to provide flavour to food.

While the leaves off this tree can be used to flavour everyday foods eg: pancakes, icecream

Hunting plants



(SPECIES NAME) *Pimelea linifolia*

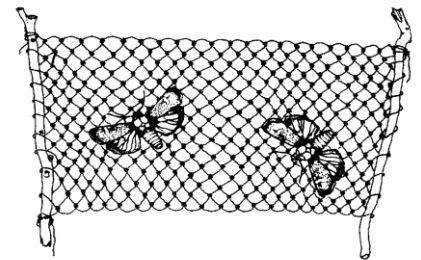
(COMMON NAME) Rice flower

(GENERAL DESCRIPTION)

The plant is prostrate or 1.5 m high. Most are shrubs but some annual species are found in tropical areas. The name "rice flower" has been applied to many members of the genus, a few of which are cultivated to a limited extent.

(COMMON FOOD USE)

This tree was once used to craft nets used by the people of the southern highlands to catch bogon moths



(SPECIES NAME) *brachychiton populneus*

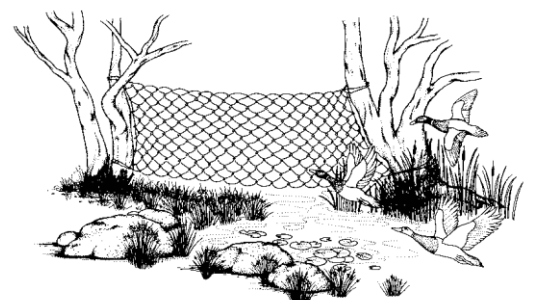
(COMMON NAME) Kurrajong

(GENERAL DESCRIPTION)

Kurrajong has multiple uses. Seeds are eaten by Aboriginal people after roasting. The soft spongy wood was used for making shields, and the bark as a fibre. The leaves are also used as emergency fodder for drought-affected animal stock

(COMMON FOOD USE)

Fibres of the bark of Kurrajong were used to make this net. Waterbirds are frightened into the net by boomerangs thrown above them to simulate birds of prey.





(SPECIES NAME) *Callitris spp*

(COMMON NAME) white cypress pine

(GENERAL DESCRIPTION)

Murray River people used the resin from *Callitris* species as an adhesive for fastening barbs to reed spears and axe-heads to handles. From the long branches, they made canoe poles, which doubled as fish spears.

Axe-heads attached with resin from the Native Cypress-pine. These types of axes were used in Victoria, north-western parts of NSW and in Queensland.

(COMMON FOOD USE)

Used to make tools to get food eg: axe, spear



axe



(SPECIES NAME) *Lomandra longifolia*

(COMMON NAME) Spiny-headed Mat-rush

(GENERAL DESCRIPTION)

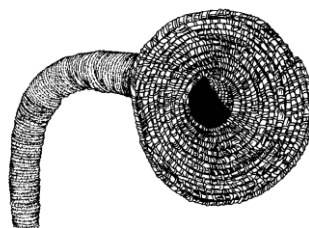
Eel traps made of woven mat-rush. These traps are fixed in position. Traps can also be held by hand.

At Lake Condah, Victoria, Aboriginal people still make these traditional eel traps.

Women gathered the smooth strap-shaped leaves from the water's edge to make baskets. They split each rush, tied them in bundles to be soaked allowing the fibres to become pliable for weaving.

(COMMON FOOD USE)

Flowers provided nectar, seeds were also collected to make flour and leafs were used to craft various tools for food gathering.



Witchetty Grub



(SPECIES NAME) *Endoxyla leucomochla*

(COMMON NAME) *witchetty grub*



(SPECIES NAME) *Acacia kempeana*

(COMMON NAME) *witchetty bush*

(GENERAL DESCRIPTION)

The Witchetty grub is the larval stage (caterpillar) of a large cossid wood moth, (*Endoxyla leucomochla*), and was called 'witjuri' by the Adnyamathanha people of South Australia's Central Desert.

The larva eats into the woody roots of the Witchetty bush, *Acacia kempeana*, and feeds on the root sap.

To make things a little confusing, people have come to use the name 'Witchetty' for any fat, white, wood-boring grub, including those of other wood moths, swift moths, curl grub and even longicorn beetles in eastern Australia.

(COMMON FOOD USE)

Aboriginal women and children dig around the roots of the plant to find the grubs, which are a rich source of protein.

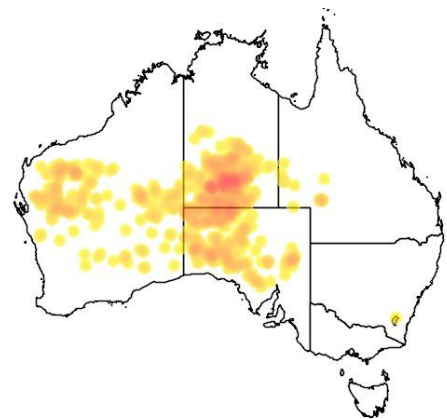
(GENERAL DESCRIPTION)

Spreading shrub or tree to 5 m high. Bark furrowed, usually grey or brown. Occurs in all mainland States except Vic. and N.S.W

(COMMON FOOD USE)

Aborigines obtained witchetty grubs from the roots, as well as the bush providing edible gum and seed

Were the *Acacia kempeana* and witchetty grub can grow and live?



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