



## Edible Native Garden

Good looking Australian native plants that you can eat too!

These native plants and many others, have been traditionally used by Aboriginal people and now many of them are used today as part of our contemporary Australian cuisine.

**BE VERY CAREFUL!** Some Australian plants can have poisonous properties too!  
*Never eat any part of a plant if you are unsure of the species identification and/or its health properties.*

## Beverages

*Acacia victoriae* WATTLE COFFEE: edible seeds dried and ground to brew 'coffee'

*Acacia holosericea* VELVET WATTLE COFFEE: edible seeds dried and ground to brew 'coffee'; edible seed pods when young and tender

*Adiantum species* FERN TEA: brew leaves for an excellent substitute for 'Chinese Tea'

*Backhousia citriodora* LEMON MYRTLE TEA: heavily aromatic citronella leaves – hot & cold tea; flavour a stir fry; insect repellent

*Backhousia myrtifolia* CARROL TEA: heavily aromatic cinnamon leaves – 'mint chocolate'

*Brachychiton populneus* KURRAJONG COFFEE: edible seeds dried & ground to brew 'coffee'

*Brachychiton bidwillii* LITTLE KURRAJONG COFFEE: edible seeds dried & ground for 'coffee'

*Canavalia papuana* COASTAL JACK BEAN COFFEE: edible seeds dried & ground for 'coffee'

*Leptospermum petersonii* TEA TREE TEA: aromatic foliage brewed to make 'Lemon Tea'

*Melaleuca species* TEA TREE TEA: aromatic foliage brewed to make 'Tea'; insect repellent

*Santalum acuminatum* DESERT QUANDONG TEA: steep 3 Quandong halves in cup of boiling water for laxative; Also good for jam, pies, and cakes;

## Tubers

*Alpinea species* NATIVE GINGER: Ginger flavoured rhizome; pleasant acidic pulp around seeds

*Blechnum indicum* BUNGWALL FERN Nutritious rhizomes dried and ground to make 'biscuits'

*Bulbine bulbosa* BULBINE LILY or NATIVE LEEK: Nutritious large starchy tubers roasted; leaves onion flavoured

*Curcuma australasica* NATIVE TURMERIC: Turmeric flavoured rhizome - roasted

*Dioscorea transversa* NATIVE YAM: Long thin tuber grated, prepared by soaking, then roasted

*Doryanthes species* SPEAR LILY: Young flower stems roasted; roots cooked into a 'cake'; leaf fibres make strong twine

*Molineria capitulata* WEEVIL LILY: Tap roots eaten roasted or raw; foliage fibres used to make string and nets;

*Nelumbo nucifera* LOTUS: Edible leaves, stalks & tuber – raw, boiled or roasted; Seeds ground and brewed to make 'Coffee' and flour for 'bread';

*Nymphaea gigantea* WATER LILY: Edible stems and tuber

*Typha orientalis* CUMBINGI, BULL RUSH: Underground starchy stems release an edible 'flour'; copious pollen baked into cakes; new shoots taste like water chestnuts



## AUSTRALIAN NATIVE PLANTS FOR BUSH TUCKER & OTHER USES

*Thysanotus tuberosus* FRINGED LILY: Nutritious crisp juicy tubers eaten raw

### Green Vegetables & Salads

*Archontophoenix species* FEATHER PALM: Tender new foliage at top of trunk - steam as a vegetable – this kills the palm!!

*Colocasia esculenta* TARO: Edible foliage and stems - steam as a vegetable; starchy tuber boiled

*Elatostema reticulatum* RAINFOREST SPINICH: Edible foliage and stems - steam as a vegetable

*Livistona species* FAN PALM: Tender new foliage at top of trunk - steam as a vegetable – this kills the palm!!

*Lomandra hystrix* GREEN MAT RUSH: Tender base of new foliage – a crunchy salad green

*Nymphaea species* WATER LILY: Buds & peeled flower stalks like celery; seed pods roasted; nectar from the flowers

*Tetragonia tetragonoides* WARRIGUL GREEN: Edible foliage and stems - steam as a vegetable

### Flowers

*Banksia species* BANKSIA: Sweet nectar from flowers

*Grevillea species* SPIDER FLOWER: Sweet nectar from flowers

*Hibiscus species* NATIVE HIBISCUS: Seed pods make tangy jam like Rosella

*Viola banksii* NATIVE VIOLET: Sprinkle flowers as garnish to salads and to desserts

### Nuts and Seeds

*Aleurites moluccana* CANDLE NUT: Edible nuts raw or roasted –too many eaten are emetic

*Araucaria bidwillii* BUNYA NUT: Delicious starchy seeds – raw or roasted

*Hicksbeachia pinnatifolia* RED BAUPLE NUT: Similar to but larger than the Macadamia Nut

*Macadamia integrifolia* MACADAMIA NUT: World's best nut – raw or roasted

*Sterculia quadrifida* PEANUT TREE: Black berries taste like boiled peanuts

*Terminalia muelleri* COASTAL ALMOND: Pulpy purple fruit 'tropical flavoured'; tiny edible white almond kernel

### Fruits

*Acronychia species* LEMON ASPEN Sour aromatic succulent fruits with a citrus tang

*Austromyrtus dulcis* MIDYIM Soft sweet peppermint flavoured succulent berries

*Carissa ovata* CURRENT BUSH Edible berries like juicy dates but full of gritty seeds

*Carpobrotus glaucescens* PIGFACE Soft succulent red fleshy fruits tastes like salty strawberries or fresh figs

*Citrus australasica* FINGER LIME Tangy citrus flavoured fruits

*Citrus australasica* FINGER LIME Tangy citrus flavoured fruits; the little sacks of fruit juice explode like caviar in the mouth; great to add as a garnish

*Davidsonia pruriens* DAVIDSON PLUM Sour tangy fruits, excellent for jams & preserves



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- Dianella species* FLAX LILY Edible berries, not much flavour, decorative garnish
- Diploglottis australis* NATIVE TAMARIND Edible fruits juicy sour tangy flavour – excellent for drinks & jam; adds flavour to stir fries, salads
- Diploglottis campbellii* SMALL LEAF TAMARIND Edible fruits juicy sour tangy flavour – excellent for stir fries, drinks & jam
- Ehretia acuminata* KODA Edible sweet succulent fruits
- Elaeagnus triflora* MILLA MILLA VINE Juicy sweet succulent fruits – for jams and salads
- Eugenia reinwardtiana* BEACH CHERRY Succulent sweet juicy berries rival exotic cherries
- Eupomatia laurina* COPPER LAUREL Berries with sticky sweet pulp – good for jam
- Eustrephus latifolius* WOMBAT BERRY Minute amount of tasty white flesh around seeds; sweet juicy tubers
- Exocarpus cupressiformis* NATIVE CHERRY Astringent tangy succulent fruits
- Flacourtia sp Shiptons Flat* CAPE PLUM Sweet tasty plums raw or stewed
- Ficus coronata* CREEK SANDPAPER FIG Sweet tasty berries, good for jams
- Ficus racemosa* CLUSTER FIG Sweet tasty fig fruits, good for jams
- Glycosmis trifoliata* PINK LIME BERRY Sweet tasty fruits eat straight from the shrub, good for jams
- Grewia latifolia* DISENTRY PLANT or DOGS BALLS Sweet juicy small fruits like dates when black; infusion of leaves for diarrhoea
- Hibiscus tiliaceus* COTTONWOOD Young shoots edible; Fruits used for 'Rosella' jam
- Maclura cochinchinensis* COCKSPUR THORN Edible berries like lemon peel; poisonous thorns
- Melastoma malabathricum* BLUE TONGUE Sweet (sometimes bitter) fruit pulp; stains tongue blue
- Morinda citrifolia* CHEESE FRUIT Disgusting rotten cheese smell (Australian Durian!); Eaten raw; mushy pulp taste between camembert and custard apple; high source vitamin C; cure for colds;
- Myoporum acuminatum* BOOBIALLA Bitter, aromatic, salty / sweet succulent fruits
- Nauclea orientalis* LEICHARDT TREE Bitter fruit; leaf & bark infusion for fever, snake bite, rheumatic pain, induce vomiting; poison fish in pond;
- Passiflora herbertiana* NATIVE PASSIONFRUIT Delicate tangy sweet aromatic fruits
- Pandanus tectorius* PANDANUS Small amount of sweet pulp at base of fruits; delicious roasted kernel (hard to get out)
- Pipturus argenteus* NATIVE MULBERRY Sweet but insipid fruits for jams and jellies, loved by birds
- Pleiogynium timorense* BURDEKIN PLUM Sour astringent fruits; store (underground) until soft, then as good as a plum; excellent tangy jam
- Podocarpus elatus* BROWN PINE Dark juicy sweet fruit pulp; resinous when green; for jams and sauces



## AUSTRALIAN NATIVE PLANTS FOR BUSH TUCKER & OTHER USES

*Pouteria australis* BLACK APPLE Edible sweet fruits; once ripe will be infested by fruit fly

*Psychotria loniceroides* HAIRY PSYCHOTRIA Edible watery insipid fruits; can irritate the back of throat

*Rubus mollucanus, R. rosifolius, R. probus* RASPBERRY Succulent sweet fleshy berries; excellent raw and for jam

*Salacia chinensis* LOLLYBERRY Edible sweet berries

*Sambucus australasica* NATIVE ELDERBERRY Fleshy sweet fruits; excellent for jams and sauces

*Scaevola calendulacea* DUNE FAN FLOWER succulent tasteless fruits

*Schizomeria ovata* CRABAPPLE Edible acidic fruits when completely ripe; good for jam

*Solanum aviculare* KANGAROO APPLE Sickly sweet pulp with bitter aftertaste; mildly poisonous alkaloid - source of contraceptive

*Syzygium species* FOLIAGE & HEDGES Edible fruits good for sauces and jams

*Tabernaemontana pandacaqui* BANANA BUSH Pairs of yellow banana shaped fruits

### HERBS & SPICES

*Alpinia caerulea* NATIVE GINGER Ginger flavoured rhizome; pleasant acidic pulp around seeds

*Curcuma australasica* NATIVE TURMERIC Turmeric flavoured rhizome - roasted

*Mentha laxiflora* NATIVE MINT Aromatic mint flavoured foliage

*Piper novae hollandiae* NATIVE PEPPER Aromatic pepper flavoured seeds

*Plectranthus graveolens* NATIVE MINT Aromatic mint and flavoured foliage

*Tasmannia insipida* PEPPER BUSH Sweet succulent fruits, dried seeds peppery

*Tasmannia lanceolata* MOUNTAIN PEPPER Sweet succulent fruits, dried seeds peppery

### OTHER FOODS & USES

PAPER BARK - The papery bark of Tea Trees was widely used by aboriginals (just as we use Alfoil) to wrap foods for cooking over open fires.

MEDICINAL & CULINARY OILS - Tea Tree Oil; Eucalyptus Oil; Lemon Myrtle Oil; Macadamia Oil; Emu Oil; Goanna Oil

NATIVE BEES - Similar to honey produced by exotic bees

LIVE FOOD - Mud Crab, Crayfish, Witchetty Grub, Kangaroo & other meats



**Why not  
make  
your  
garden  
edible?**



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