

Ground covers



Pigface

Carpobrotus glaucescens

Herbaceous ground cover with thick succulent leaves and bright pink daisy like flowers. Common in coastal areas. Fruit can be eaten, ripe when purple. Leaves can also be eaten.



Apple Berry

Billardiera scandens

Slender climber or scambler with cream bell shaped flowers in spring. Common in woodlands and sheltered sandstone slopes. Produces a greenish fruit which is eaten when it turns purple.



Warrigal Greens

Tetragonia tetragonoides

Robust leafy sprawling herb. Small yellow flowers in summer. Occurs on salt marsh edges and moist places near the sea. Leaves are used like spinach and are cooked before eating.



Spiny Matt Rush

Lomandra longifolia

A hardy tufted grass like herb. Has spiky flower heads in spring and summer. Found in most plant communities. The leaves can be pulled back to reveal a white base which can be chewed for moisture. Flowers are edible and seed can be ground down to make flour. Leaves also used to make baskets and rope.



Native Violet

Viola hedeacea

A creeping ground cover, that grows in any moist shady areas. The flowers are white with purple marking and are edible. Flowers mostly in spring but will be present for much of the year.



Gymea Lily

Doryanthes excelsa

A large tufted herb with big strappy leaves which bears a tall stalk with a dense cluster of red flowers from June to September. Common in open forest on deep sandy soils. The flower stem and roots were roasted for eating. The nectar from the flowers was also consumed.



Wombat Berry

Eustrephus latifolius

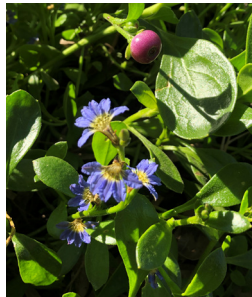
A vigorous but slender climber with white-purple flowers in spring. Found in shaded moist forest. Produces orange berries that can be eaten.



Sweet Sarsaparilla

Smilax glyciphylla

A climber with small white flowers in spring and bunches of glossy black berries in winter. Can be found in forest, woodland and coastal scrub. Young leaves can be eaten or boiled to make a sweet tea.



Dune Fan Flower

Scaevola calendulacea

A prostrate/ground cover with semi succulent leaves. Has a blue fan shaped flower with yellow centre for much of the year. Found in coastal dunes and scrub. The purplish berries are edible and juicy and mildly sweet and salty.



Wild Parsnip

Trachymene incisa

Erect and pretty small herb with white/pinkish flowers in summer. Sandy soils in woodlands. Thick tap root can be eaten raw or cooked. However younger roots are better eating as older roots can become fibrous.



Blue Flax Lily

Dianella caerulea

Tufted herbaceous plant with long strappy leaves. Bright blue flowers with yellow stamens, spring-summer. Berries are edible when turned blue, though full of seed. The roots can also be eaten after pounding and roasting. Leaves used to weave baskets and blue dye was extracted from berries.



Kangaroo Grass

Themeda australis

Tufted grass with attractive seed heads. Widely distributed across Australia. Seed can be ground down to make a flour.

Shrubs and small trees



Mint-bush

Prostanthera sieberi

A dense medium shrub with strongly aromatic leaves and prolific mauve flowers in spring. Found in moist sheltered gullies. Leaves are edible and can be used to make a mint tea.



Sydney Wattle

Acacia longifolia

A large, fast growing shrub likes well drained soils and full sun. Golden coloured flowers in spring. Produces a pod with seeds inside. Only when seeds are dried, cleaned and steamed or roasted, can they be eaten.



Plum pine

Podocarpus spinulosus

A spreading shrub with straggling branches. Are found scattered in sheltered areas on sandy soils. Produces a swollen purple-black fruit that can be eaten.



Coast beard-heath

Leucopogon parviflorus

Erect shrub to 1m with small white flowers on long spikes in late spring-summer followed by red edible fruit. Found in sunny, sheltered areas with sandy soils.

Small to medium trees



Native guava

Eupomatia laurina

A large shrub to small tree. Found in rainforest on enriched soils. Produces an edible fleshy fruit which has clear sweet pulp surrounding many seeds. Ripe when soft to squeeze and turns from green to brown.



Banksia

Banksia spp.

A woody tree or shrub with distinct cylindrical dense flower spikes. Nectar can be sucked straight from flower and can also be soaked in water to make a sweet drink.



Crimson bottlebrush

Callistemon citrinus

A shrub to small bushy tree, with large dense fluffy flowers. Flowers can be sucked for nectar and can be used to make a sweet drink by soaking in water.



Lilly pilli

Acmena spp. and Syzygium spp.

A shrub to tree found usually in rainforests near the coast. Has white fluffy flowers in summer time. Crisp berries are produced after flowering and are edible. Often used to make jams.

Bush Tucker Safety

Some wild food plants are dangerous, and the author and the publisher accept no responsibility for any mishaps arising from the tasting of plants mentioned herein.

This is only a guide, if you are in doubt about the identity of a plant do not touch it, leave it alone.

- Never eat any part of any wild growing plant unless you are certain you can 100% identify it. Being certain means you have developed a maturity of skill in identifying plants.
- Not all parts of a plant are edible ie. Even if the fruits are edible parts such as the root or stem can be toxic.
- Some plants are highly toxic, some are deadly. When sampled the edible parts should be consumed in minute portions as some parts are toxic if consumed in large quantities.
- **WARNING:** Never eat plants that are growing in an area where they may have been sprayed with pesticides or herbicides, or where the water supply to the area could be polluted, such as from urban or industrial run-off.



For more information contact Sutherland Shire Council's Community Nursery on

02 9524 5672 (option 2)

or

bushcare@ssc.nsw.gov.au

BUSH TUCKER GUIDE



A guide to native edible plants found in Sutherland Shire