



40 Bush Food Plants

To plan your bush food garden, consider a number of alternatives as not all plants are available at all times. Contact us with your requests or if you would like your garden designed for you. For schools, a free sketch design is available.

Genus	Species	Common Name	Food Use	Aboriginal Use
Acacia	longifolia	Sydney Golden Wattle	green seeds steamed in pods	Y
Acmena	smithii	Creek Lillypilly	fruit	Y
Alpinia	caerulea	Ginger	edible fruit, young root tips	Y
Araucaria	bidwilli	Bunya Nut	nuts	Y
Arthropodium	milleflorum	Vanilla Lily	small fleshy roots edible	
Austromyrtus	dulcis	Midyim	berries can be eaten raw	Y
Backhousia	citriodora	Lemon Myrtle	leaves for tea, flavouring	Y
Baeckea	virgata	Twiggy Myrtle	leaves a tea substitute	Y
Banksia	spp.	Banksias	nectar soaked from flowers overnight	Y
Billardiera	scandens	Apple Berry	ripe purple fruits	
Brachychiton	populneus	Kurrajong	roasted seeds	Y
Carpobrotus	glaucescens	Pigface	raw fruit, roasted leaves	Y
Cissus	antarctica	Kangaroo Vine	raw berries eaten	Y
Cupaniopsis	anacardioides	Tuckaroo	edible orange fruit	Y
Davidsonia	pruriens	Davidson's Plum	juicy purple fruit	Y
Eucalyptus	gummifera	Red Bloodwood	nectar soaked from flowers	Y
Ficus	spp.	Figs	ripe fruit eaten	Y
Gahnia	spp.	Saw Sedges	leaf buds and seeds ground to flour	Y
Grevillea	spp.	Grevilleas	nectar soaked from flowers	Y
Hardenbergia	violacea	Sarsaparilla	leaves a tea substitute	Y
Hibiscus	heterophyllus	Native Rosella	flower buds, young shoots raw or cooked	Y
Leptospermum	petersonii	Lemon-Scented Tea Tree	leaves a tea substitute	Y
Lomandra	confertifolia	Mat Rush	flowers eaten	Y
Lomandra	longifolia	Mat Rush	white leaf bases eaten	Y
Macadamia	spp.	Macadamia Nut	nuts	Y
Melaleuca	spp.	Paperbarks	flowers sucked or soaked for drink	Y
Melastoma	affine	Blue Tongue	sweet (sometimes bitter) fruit	Y
Mentha	spp.	Native Mints	aromatic herbs	
Microcitrus	australasica	Finger Lime	sour citrus fruit raw or crushed for drink	Y
Podocarpus	spp.	Plum Pines	purplish stalk of fruit eaten	Y
Prostanthera	incisa	Cut-Leaf Mint Bush	dried leaves used for flavouring	
Randia	fitzalanii	Yellow Mangasteen	raw yellow fruit	Y
Sollya	heterophylla	Bluebell Creeper	small black fruits	Y
Syzygium	luehmanni	Riberry	bright red fruits with spicy taste	Y
Syzygium	spp.	Lilly Pilly	pink fruits great for jam	Y
Tasmania	spp.	Pepper Tree	leaves and seeds used for flavouring	
Tetragona	tetragonoides	Warrigal Greens	blanched leaves used like spinach	
Viola	hederacea	Native Violet	flowers can be used in salads	
Wahlenbergia	spp.	Bluebell	flowers can be used in salads	

References:

Leiper, Glenn *Mutooroo: Plant Use by Australian Aboriginal People* (1984, Eagleby South State School)
 Godfrey, Ken *Aboriginal Plant Bioresources of the Western Cumberland Plain* (Greening Australia)
 Low, Tim *Wild Food Plants of Australia* (1988, Angus & Robertson)

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