

Australian Finger Lime

Microcitrus australasica

Fruit

Needs regular watering and light feeding. Full sun to part shade. They are an erect tree growing to 10m in the wild, probably much smaller in cultivation. Yields will depend on growing conditions. Trees will take some years to fruit.

Pick the fruits of the tree. Has juice similar to lime. When the skin of the fruit is cut, juice vesicles are compressed and burst out (staying in one piece) enabling them to be used in creative ways.



Berry or Creeping Saltbush

Atriplex semibaccata

Fruit

Well drained soils. Salt tolerant. Yields will depend on growing conditions.

Pick berries in late summer. The berries can be eaten raw or made into sauces or salsas. The leaves can be dried to use as a salt substitute as they contain up to 25% salt.



Berry Saltbush

Einadia hastata

Fruit

Small, sprawling shrub, requiring well-drained soils, tolerating dryness and saline soils. Regular pruning promotes dense bushy growth. Full sun. Yields will depend on growing conditions.

Pick the small succulent red berries. Can be eaten raw.



Brown Pine

Podocarpus elatus

Fruit

5-10m in cultivation. Prefers moist and fertile soils. Tolerates light frosts. Seeds are attached by fleshy edible stems. Male & female cones are on different trees and both are needed for seed production. Yield is dependant on presence of both plants.

The edible portion is the grape-like swollen stalk which ripens from autumn to winter. It has a resinous flavour and a high Vitamin C content. Fruit must be eaten only when ripe. Can be used in jams, jellies, tarts and cakes.



Bulbine lily

Bulbine bulbosa

Root Vegetable

Moist well-drained soil. There is generally one tuber per plant.

Harvest the tubers. Waiting until the plants have divided and multiplied before harvesting will ensure a continuous crop. They can be steamed.



Cider gum

Eucalyptus gunnii

Sap

Grows in very cold climates. Fast growing tree, which can be maintained as a shrub. Prefers full sun/ part shade when young and full sun when mature. Does not like wet or sandy soil. Dependent on the size of tree as well as the method of tapping.

Tap the sap from the tree trunk, as you would for maple syrup. The plant produces a sweet sap similar to maple syrup. When bottled and capped, the liquid ferments and resembles apple cider, hence the common name "Cider gum".



Coast Banksia/ Hairpin Banksia

Banksia integrifolia / spinulosa

Nectar

B.integrifolia needs well-drained soil, and responds to summer watering. *B.spinulosa* prefers moist, well-drained soils but will tolerate dryness once established. Full sun for both. Yields will depend on growing conditions.

Pick flowers. Steep in water/drinks for a sugary effect.



Common Apple Berry

Billardiera scandens

Fruit

Scrambling climber requires well drained moist to dry soils. Will fruit better if kept moist. Full sun to part shade. Grows under established trees. Plant three or four plants for a reasonable crop.

Cylindrical fruit may be harvested when soft in summer / autumn. Eat directly off vine, add to fruit salad or other desserts.



Flax lily

Dianella longifolia and *revoluta*

Fruit

Hardy, easily maintained, clumping grass-like wildflower. 80cm x 50cm. Needs well-drained soil. Increase in yield as clump size increases, as flowers are small and dainty. Plant in drifts to increase impact and yield.

Pick berries when ripe. Berries sweet and juicy (slightly gritty). The leaf base (white) of *D. revoluta* is also edible, starchy in taste. Great addition to fruit salad.



Golden Wattle

Acacia pycnantha

Seed

Tree (3-10m x 2-5m) requires well-drained soil. Yields will depend on growing conditions and age of tree.

Seed should be lightly baked to reduce toxins that may be present. They can then be ground into a powder and used to make breads, biscuits, cakes, coffee substitute and ice-cream - Wattle seed is gluten-free.



Inland moonflower or Pigface

Carpobrotus modestus

Fruit and leaves

Ground cover preferring well drained soils in a sunny position although will tolerate most soils and light shade. It is salt and drought tolerant. Yields will depend on growing conditions.

The fruit follows the flowers which occur between August and January. The fruit is fig-like, fleshy, slightly compressed and oblong in shape, 1.5-2 cm long and purplish in colour. The fruit and leaves can be eaten raw, the leaves can also be cooked.



Kangaroo Apple

Solanum aviculare

Vegetable

Well-drained soils in full sun to part shade. This indigenous plant is rejuvenated by heavy pruning. The plant is also used as a rootstock for grafting eggplant. Yields will depend on growing conditions.

Pick the fruits ONLY when ripe (scarlet in colour). Please note that the fruits are poisonous when unripe. Use as a tomato substitute, particularly in cooked dishes. Please remember the fruit must be ripe.



Lemon scented myrtle

Backhousia citriodora

Herb

Protect from frost when young. Moist, well-drained soil in full sun to part shade. Yields will depend on growing conditions.

Pick the leaves. The leaf is dried and used as a substitute for lemon. Can be used in tea infusions. It can also be used as a lemon flavour replacement in milk-based foods as it doesn't have the curdling problem associated with lemon.



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Lilly Pilly

Acmena smithii

Fruit

Native of QLD, NSW and Vic. Can reach 20m but does not exceed 12m in cultivation in Vic. Plant in moist, well-composted soils for best results. Yields will depend on growing conditions and size of tree.

Pick 1 -2cm fruit in summer / autumn. Can be eaten raw or made into jam.



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Macadamia nut

Macadamia sp.

Nuts

Full sun. In hot weather protect trunk to avoid sunburn. Keep well watered while young, irrigate for a good crop. A regular, small dose of citrus fertiliser & liberal applications of organic matter is beneficial. After 6 years dehusked nuts are produced.

Mature nuts fall to the ground. They should be collected within two weeks to prevent deterioration. Eaten raw, or cooked. Sweet or savory dishes.



Midgen Berry

Austromyrtus dulcis

Fruit

In the sun, the shrub is compact to 40cm tall. In a shadier position the shrub will be more spreading. Prefers moist soils with protection from heavy frosts. The plant appears relatively free from pests and diseases. Yields depends on growing conditions.

Pick the berries when ripe. These follow the flowering period which is in spring-summer. Berries can be eaten raw or made into jam.



Mint bush

Prostanthera sp.

Herb

Moist, well-drained loamy soil in part shade. Yields will depend on growing conditions.

Pick leaves. Use small amounts fresh or dried as a mint substitute, in microwave dishes or as a liquid infusion. Allow to infuse in fresh boiled water for 3 to 5 minutes to make a soothing peppermint tea which apparently relieves period pain.



Muntries

Kunzea pomifera

Fruit

Shrub 0.3m high to 1-2m wide. Can be trellised. Prefers well-drained soil, pH 6.0 - 8.0. Moderate restriction of water early spring stimulates flowering & reduces competitive vegetative growth. Grow in shade to full sun.

Pick the berries in summer. Can be eaten raw or cooked. Can be used to make jam/jelly. Yields depends on growing conditions.



Native elderberry

Sambucus gaudichaudiana

Fruit

Moist well drained soil. Useful plant for shady, moist areas. Yields will depend on growing conditions.

Pick the white or yellowish fleshy berries in summer. Can be eaten fresh, or made into cordial.



Native or mountain pepper

Tasmannia lanceolata

Herb

Partly shaded, moist well-drained soil. Plants are dioecious, which means that for berry production both male and female plants are necessary. Yields will depend on growing conditions.

Pick leaves or harvest and dry the berries. The leaves can be dried and crushed. They can be added to dishes raw, or cooked.



Native Raspberry

Rubus parvifolius

Fruit

Rambling, small shrub or trailing plant which can be trained as a climber. Small flowers October to December followed by edible berries. Requires well drained soils. Planting more than one will increase the yield.

Pick the berries from December to April. Can be eaten fresh or made into jams and sauces.



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Olive Tea tree

Leptospermum liversidgei

Tea/Infusion

Hardy species that will tolerate poor drainage. It is suited to sun or partial shade and will tolerate at least moderate frost. It will also respond well to pruning. Yields will depend on growing conditions.

Harvest the leaves and use fresh or dried.



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Prickly Currant Bush

Coprosma quadrifida

Fruit

Tall shrub requires moist well drained soil and a shady site. Yields will depend on growing conditions.

Pick edible red drupes January-March. Can be eaten raw.



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Riberry

Syzygium luehmannii

Fruit

Native of QLD and NSW. A tall tree in its natural habitat, but smaller in cultivation (10m). Plant in moist, well - composted soil for best results. Yields will depend on growing conditions and size of tree.

Pick 1.2cm fruits in summer/autumn. Can be eaten raw or made into jam.



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River Bottlebrush

Callistemon sieberi

Nectar

Very adaptable, prefers very wet to moist conditions in heavy clay soil but tolerates dryness once established. Yields will depend on growing conditions.

Pick flowers. Steep in water/drinks for a sugary effect.



River Mint

Mentha australis

Herb and Tea

Moist or wet soils. Is happy planted by a pond or stream. Yields will depend on growing conditions. **WARNING** - This may cause complications during pregnancy. Please consult your doctor before consuming.

Pick the leaves. Can be used fresh or dried as a mint substitute.



Sea Celery

Apium prostratum

Vegetable

Trailing perennial requiring moist well-drained sandy soil. Yields will depend on growing conditions.

Cut stalks. Use as a celery substitute.



Seaberry Saltbush

Rhagodia candolleana

Fruit and Herb

Both male and female plants are needed to produce berries. 2m x 1-2.5m. Well-drained soil, full sun. Yields will depend on growing conditions.

Pick the small, dark red berries in autumn. Leaves can be used as a salt substitute. The berries can be eaten raw or made into sauces or salsas. The leaves can be dried to use as a salt substitute.



Swamp Paperbark

Melaleuca ericifolia

Nectar/ Bark

Moist or wet fertile soils, tolerating dry conditions once established. Responds well to pruning. Yields will depend on growing conditions.

Pick the flowers or peel off the bark. Steep in water/drinks for a sugary effect. The bark can also be used to wrap food in for baking. ie. Fish



Vanilla/Chocolate lilly

Arthropodium sp.

Root vegetable

Moist clay soil is required for *Arthropodium milleflorum*, while well-drained soil is required for *Arthropodium strictum*. Generally one tuber per plant.

Harvest the tubers. Waiting until the plants have divided and multiplied before harvesting will ensure a continuous crop. Can be eaten roasted. The taste is very bitter.



Warrigal greens

Tetragonia tetragonioides

Vegetable

Small spreading short-lived succulent herb. Requires moist, well drained soil in sun or partial shade. Yields will depend on growing conditions.

Pick the leaves. There is a high level of oxalic acid in the leaves, which must be leached out by blanching before eating. This can be done by plunging the leaves into boiling water for a minute or so. The water should be discarded.



Water-ribbon

Triglochin procerum

Root Vegetable

This plant can be submerged in fresh water to 1.5m deep or planted in areas subject to regular inundation. Numerous tubers per plant.

Pick the tubers from under the plant. Can be eaten raw or roasted. They taste like water chestnuts.



White Correa

Correa alba

Tea

Well-drained soils, tolerating moisture or extended dry periods once established. Yields will depend on growing conditions.

Harvest the leaves. Steep in boiling water. Tastes like mild jasmine tea.



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Yam Daisy

Microseris lanceolata

Root vegetable

Indigenous, tufted perennial herb, regenerates annually from a fleshy tuberous root. Requires well-drained soils. Many plants are needed for one meal.

Pull the plant up and harvest the bulb. Roast as you would with potatoes or pumpkin.



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