

Botanical name	Common Name	Summary of Uses (Edible / Medicinal)
<i>Acacia longifolia</i>	Sydney golden wattle	Green seeds can be eaten once roasted. High in protein
<i>Acacia melanoxylon</i>	Blackwood	Bark is soaked in water to bathe painful joints.
<i>Acacia sophorae</i>	Coastal wattle	Ripe seeds can be roasted and ground into a flour for baking.
<i>Acmena smithii</i>	Creek lilly pilli	Fruit can be eaten fresh or made into jam.
<i>Alpinia caerulea</i>	Ginger	Small blue berries are edible. Young roots can be harvested and used as a ginger substitute.
<i>Angophora costata</i>	Sydney Red Gum	Kino – sap of eucalypts, (Yarra in Darug) can be applied directly to sores, abrasions and bites, or boiled in water and used as an antiseptic and sedative wash.
<i>Antidesma bunius</i>	Wild Cherry / Bignay	Bright red clusters of fruit – quite sour but very high in vitamin c. Delicious dried into a currant
<i>Apium prostrata</i>	Sea celery	Leaves and stems can be used in cooking and as a herbal tea.
<i>Araucaria bidwillii</i>	Bunya nut	Large fruits up to 10kg fall from the tree when ripe. Boil nuts until they split, then crack/cut open, eat as is or fry in oil/garlic/salt
<i>Archirhodomyrtus beckleri</i>	Rose myrtle	Berries ripen from green to red and can be eaten fresh when ripe.
<i>Arthropodium milleflorum</i>	Vanilla lily	Small fleshy roots can be eaten raw or roasted.
<i>Arthropodium strictum</i>	Chocolate lily	Small fleshy roots can be eaten raw or roasted – taste similar to radish. Flowers have a chocolate fragrance & are also edible.
<i>Atriplex cinerea</i>	Grey salt bush	Salty grey leaves can be dried and ground and used to flavour savoury dishes.
<i>Atriplex nummularia</i>	Old man salt bush	Salty grey leaves can be eaten raw or dried and ground and used to flavour savoury dishes. The leaves are boiled then dabbed on open wounds, boils, scabies and cold sores
<i>Austromyrtus dulcis</i>	Midyim berry	Edible berries can be eaten raw. Fruits at a very young age with high yield of fruit
<i>Backhousia anisata</i>	Aniseed myrtle	Fresh or dried leaves can be used to make tea or aniseed flavouring.

Botanical name	Common Name	Summary of Uses (Edible / Medicinal)
<i>Backhousia angustifolia</i>	Curry Leaf Myrtle	The leaves can be dried, crushed and used for flavouring giving a curry/honey aroma.
<i>Backhousia citriodora</i>	Lemon myrtle	Fresh or dried leaves can be used to make tea or lemon flavouring for baking and cooking. Antibacterial qualities can be used for cuts or skin irritations. Insect repellent
<i>Backhousia myrtifolia</i>	Cinnamon myrtle	Fresh or dried leaves can be used to make tea or cinnamon flavouring for baking and cooking.
<i>Banksia spp.</i>	Banksias	Nectar can be soaked to make a cordial or eaten fresh from flowers.
<i>Billardiera scandens</i>	Apple berry	Ripe green/yellow fruits, unusually sweet and can be eaten fresh, similar to apple puree – fruits are ready to eat when they are soft and fallen off the vine
<i>Carpobrotus glaucescens</i>	Pigface	Leaves can be cooked and used like green beans, fruit appears after flowering and can be eaten raw with a taste like salty strawberries.
<i>Casuarina &amp; Allocasuarina spp.</i>	Scrub She-oak, Swamp Oak, Black Oak, Forest Oak	An infusion of the inner bark was made as a gargle for toothache and chewing the young fruit to stimulate saliva production.
<i>Chamelaucium uncinatum</i>	Geraldton Wax	The leaves of this shrub have the most wonderful aroma and taste like a lemony pine needle. They are delicious in anything with seafood and especially stuffed in whole fish. The flowers are also edible, but not in large quantities
<i>Citrus australasica</i>	Finger Lime	Globular juice vesicles (also known as pearls) look like caviar - can be used as a garnish or added to various recipes. Effervescent burst of flavour with a tangy lime taste
<i>Citrus glauca</i>	Desert Lime	Fruit only grows to the size of a grape, having a limey yellow smooth skin. Incredibly intense and zesty flavour and can be eaten whole. Also used to make cordials, in marmalade, sauces, pickles & as a garnish - 3x more Vit. C than oranges.
<i>Clematis aristate &amp; Clematis glycinoides</i>	Old Man's Beard & Headache vine	The fresh/dried leaves when crushed create a strong and sharp aroma which is inhaled to relieve headaches and colds.
<i>Corymbia maculata</i>	Spotted Gum	Water solution of the kino (sap of eucalypts) can be drunk to relieve bladder inflammation
<i>Cymbopogon oblectus</i>	Silky Heads	Harvested for both medicinal and essential oil use. Leaves chopped and boiled in water for 10mins. The liquid is drunk to relieve coughs and colds or applied externally as a liniment

Botanical name	Common Name	Summary of Uses (Edible / Medicinal)
<i>Cymbopogon refractus</i>	Native lemongrass	The segments of the seed head stem have a slight citrus aroma and can be used in teas
<i>Davidsonia sp.</i>	Davidson plum	Sour fruit is edible when ripening to dark purple.
<i>Dianella caerulea</i>	Blue flax lily	Purple fruit best eaten fresh when just ripe.
<i>Dodonaea viscosa</i>	Sticky Hopbush	The leaves and roots were chewed (juice not swallowed) to reduce toothache
<i>Eremophila debilis</i>	Winter apple	Edible berries when they turn violet
<i>Eucalyptus olida</i>	Strawberry Gum	Oil of leaves have a strong aroma of passion fruit or strawberries. Used for flavouring and perfumery. Many recipes on-line!
<i>Eucalyptus saligna</i>	Sydney Blue Gum	Leaves are bruised and gently placed in the nasal septum to clear head and nasal congestion associated with colds
<i>Eucalyptus stageriana</i>	Lemon Scented Iron Bark	Lemon Eucalypt lollies!
<i>Eupomatia laurina</i>	Native guava	Soft, sweet flesh and strong, spicy seeds. The whole fruit can be dried and used to flavour foods.
<i>Eustrephus latifolius</i>	Wombat berry	Edible orange fruits and tubers.
<i>Ficus coronata</i>	Sandpaper Fig	Edible fruit pick early to prevent eating floury ones **The sap (milky) can be applied to wounds to promote healing and has also been used in the treatment of ring worm
<i>Geijera parviflora</i>	Wilga ? Australian Willow	The inner bark was chewed and dried. The placed on open wounds/sores etc as an antiseptic layer. Leaves also relieve aches and pains when placed on hot ashes and laid on – it allowed the essential oils to permeate through the skin.
<i>Grevillea spp.</i>	Grevilleas	Nectar can be soaked to make a cordial or eaten fresh from flowers. Especially <i>Grevillea banksii</i> & cultivars
<i>Hibiscus sabdariffa</i>	Native rosella	Edible red calyxes are high in vitamin c.
<i>Kunzea ambigua</i>	Tick bush	Leaves can be ground and made into a green paste for flavouring – similar to spinach.
<i>Kunzea pomifera</i>	Muntries	Edible, pinkish yellow small berries best eaten fresh. Similar to apples
<i>Leptospermum petersonii</i>	Lemon-scented tea tree	Leaves can be used as a tea substitute

Botanical name	Common Name	Summary of Uses (Edible / Medicinal)
<i>Leucopogon lanceolatus</i>	Lance bearded heath	Edible small white berries. The unripe berries are crushed and mixed with water for a refreshing medicinal drink as a tonic for the liver
<i>Leucopogon parviflorus</i>	Native currant	Edible small white berries taste like lychee 😊
<i>Lomandra longifolia*</i> & <i>Lomandra spicata</i>	Mat rush & Forest Mat-rush	Fleshy white stems can be eaten raw or cooked, tastes like fresh peas. The seeds can be ground then added to flour Leaves wrapped tightly around parts of the body to reduce pain
<i>Macadamia spp.</i>	Macadamia	Iconic Australian native edible nut.
<i>Melaleuca hypericifolia</i>	Hillock Bush	Foliage is crush and fragrant oil inhaled to relieve headache
<i>Melastoma affine</i>	Blue tongue	Sweet/bitter fruit that stains the tongue blue.
<i>Mentha spp.</i>	Native mints	Aromatic herb can be used for tea or cooking.
<i>Microseris lanceolata</i>	Yam daisy	Edible tuber tastes like a carrot. It is best to lift a plant and divide - replant some tubers for next year your crop.
<i>Planchonella australe</i>	Black apple	Edible fruit
<i>Plectranthus graveolens</i>	Bush Basil	Edible leaves similar to five spice.
<i>Podocarpus spp.</i>	Plum pine	Purple fruit can be eaten fresh or made into a jam.
<i>Polyscias sambucifolia</i>	Elderberry panax	The edible fruit is a lovely transparent steel blue. When the fruit falls easily into your hand, it is ready to eat.
<i>Prostanthera incisa</i>	Native thyme	Dried leaves used for flavouring.
<i>Prostanthera linearis</i>	Narrow-leaved Mint Bush	Oil from the leaves of some species is distilled for use in cosmetics and as soap additives
<i>Prostanthera ovalifolia</i>	Native Mint	Dried or fresh leaves can be used to flavour savoury breads or fresh tea
<i>Prostanthera rotundifolia</i>	Native sage	Dried leaves used for flavouring.
<i>Randia fitzlanii</i>	Mangosteen	Raw yellow fruit can be eaten fresh.

Botanical name	Common Name	Summary of Uses (Edible / Medicinal)
<i>Rhagodia spinescens</i>	Salt bush	Edible leaves, small sweet red berries are also edible.
<i>Rubus spp.</i>	Native raspberry	Edible fruit, tastes like raspberry.
<i>Sarcocornia quinqueflora</i>	Beaded samphire	Leaves are edible and can be pickled, steamed or blanched, and tastes salty and slightly peppery
<i>Smilax glycyphylla</i>	Sweet sarsaparilla	Only the soft, young, red leaves should be eaten & can be used to make a sweet tea. Or chewed for an energy hit. Edible purplish berries have very high vitamin C Leaves and stems are boiled in water which is then drunk to relieve stomach pains. Other organ and joint related uses
<i>Syzygium leuhmannii</i>	Riberry	Bright red fruits with spicy taste can be eaten fresh or made into jam.
<i>Syzygium spp.</i>	Lilly pilly	Pink fruits can be eaten fresh or made into jam.
<i>Tasmannia lanceolata</i>	Pepper bush	Leaves and berries taste uniquely spicy with a hint of herbal undertones and used in much the same way as conventional pepper. Spicy pepper flavour. The berries are known for their anti-inflammatory properties and were used to relieve arthritis and other joint conditions
<i>Tetragona tetragonoides</i>	Warrigal greens	Blanched leaves used like spinach
<i>Themeda australis</i>	Kangaroo grass	Seeds can be ground and used as a gluten free flour substitute.
<i>Thysanotus tuberosus</i>	Fringe Lily	Edible succulent tubers that taste similar to radish
<i>Trachymene incisa</i>	Native parsnip	Edible root can be eaten raw or cooked. Sweeter than parsnip. Easy to grow and can grow in a pot.
<i>Viola hederacea</i>	Native violet	Flowers can be used in salad.
<i>Wahlenbergia spp.</i>	Bluebell	Flowers can be used in salads.
<i>Xanthorrhoea sp</i>	Grass tree	Flower nectar can be added to water for a high energy drink. Root ball is high in starch and would on occasion be ground down to form a flour.