

CENTRAL VICTORIA AND THE HIGHLANDS

# EDIBLE BUSH PLANTS



**DAVID & DEBBIE  
HIBBERT**

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# EDIBLE BUSH PLANTS OF CENTRAL VICTORIA

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**By David & Debbie Hibbert**

A basic collection of some common edible plants found in Central Victoria.



This is not a comprehensive resource, rather a simple collection of featured pages previously published in the eSplash magazine. Items are added in order of publication.

**All information in this eBook is for your information only. It is strictly not meant to help you consume bush foods. All information presented in this publication should be thoroughly cross-checked with a bush-food professionals.**

Contributors:

Stephen Hibbert, Denis Martin, Kathie Maynes, Kelly Petersen, Ron Turner

Artworkz, serving our community

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## IMPORTANT NOTICE



This series is for your information only.  
It is not, and should not be considered  
as a reliable resource on bush foods.

Do not attempt to eat any part of any plant mentioned  
in this eBook without first obtaining professional  
guidance and information from a qualified  
specialist in the area of bush foods.

Eating the wrong bush plant, the wrong part of  
a bush plant, or even just eating something the  
body is not accustomed to, could have serious  
health consequences or even cause death.

In preparing this resource, we acknowledge the  
traditional custodians of this land, current, past  
and future. Our efforts are not meant to harm, but  
to respect and value this history and to educate  
ourselves and others about First Nations Peoples  
and what we might learn from them.

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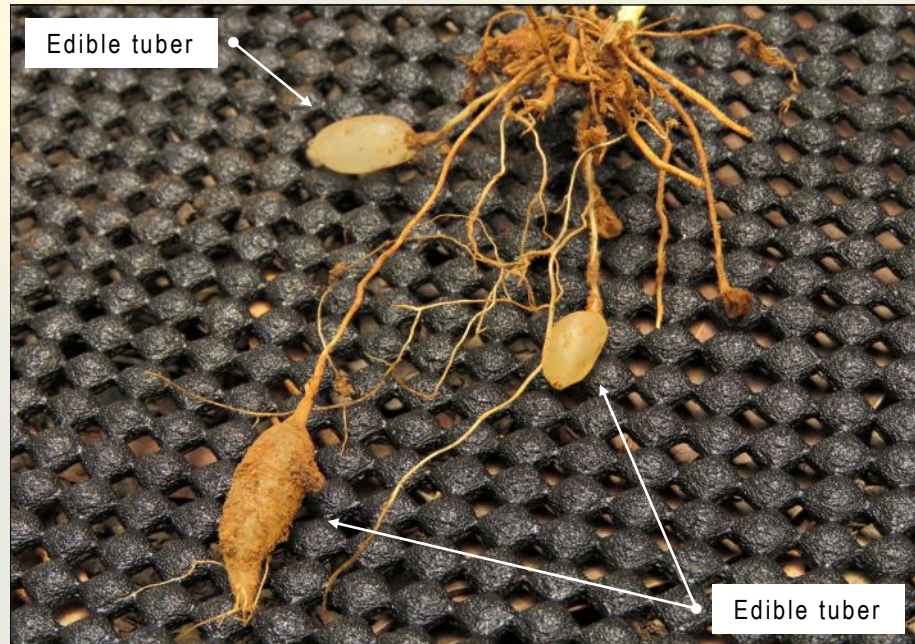
Bitter dock

# Common Fringe-lily

<b>Common Name:</b>	<b>Common Fringe-lily</b>
<b>Family:</b>	Asparagaceae
<b>Genus:</b>	<i>Thysanotus</i>
<b>Species:</b>	<i>Thysanotus tuberosus</i>
<b>Distribution:</b>	Qld NSW Vic Tas SA WA NT



A perennial herb endemic to Australia and found in all states of Australia. It grows to 60 mm in height and prefers grasslands, bushland, woodlands and forests. It flowers from September to April and each flower only lives for a few days. The whitish tuber can be dug up, cleaned and eaten raw or in stews and salads etc.



<b>Edible part</b>	Edible tuber
<b>Preparation</b>	Raw
<b>Taste</b>	Mostly tasteless
<b>Texture</b>	Crisp and watery
<b>Used by</b>	An important source of food for Aboriginals



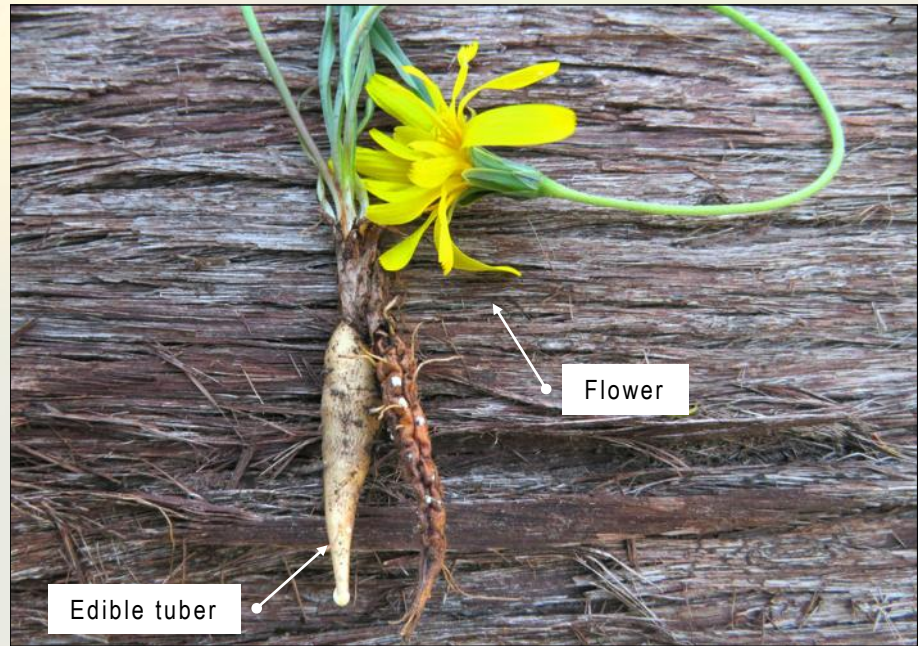
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# Yam Daisy (Murnong)

<b>Common Name:</b>	Yam Daisy, murnong
<b>Family:</b>	Asteraceae
<b>Genus:</b>	<i>Microseris</i>
<b>Species:</b>	<i>Microseris lanceolata</i>
<b>Distribution:</b>	Qld NSW Vic Tas SA WA NT



A native perennial herb also known as murnong or warran. It was once found across Australia before introduced sheep reduced its spread to almost nil. It grows to 50 cm height, and prefers grasslands, bushland, woodlands and forests. It flowers from September to March and has just one flower (unlike dandelion which has 2-7).



<b>Edible part</b>	It has tuberous roots that are more bitter in winter months
<b>Preparation</b>	Roasted or raw
<b>Taste</b>	Mostly tasteless
<b>Texture</b>	Crisp
<b>Used by</b>	An important source of food for Aboriginals and early settlers



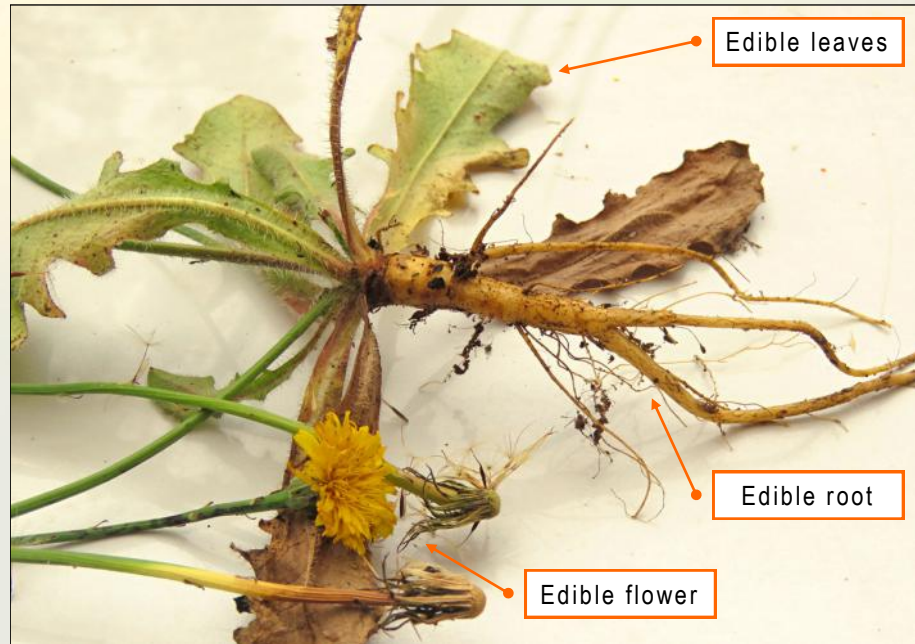
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# Dandelion

<b>Common Name:</b>	<b>Dandelion</b>
<b>Family:</b>	Asteraceae
<b>Genus:</b>	<i>Taraxacum</i>
<b>Species:</b>	<i>Taraxacum officinale</i> (Introduced into Australia)
<b>Distribution:</b>	<b>Qld NSW Vic Tas SA WA NT</b>



A tap-rooted perennial that grows to a height of 70 cm and has a flower width of up to 5 cm. The leaves in their rosette can grow to 40 cm. It prefers bushlands, woodlands, forests, grasslands and countryside. It is very common in Central Victoria where it is often considered a weed. The flowers, leaves and tubers are edible.



<b>Edible part</b>	Flowers, leaves, roots (fibrous but can be dried, crushed and used as coffee substitute)
<b>Preparation</b>	Serve flower petals raw and can lightly steam or boil leaves
<b>Taste</b>	Older leaves can be bitter, roots are bitter when eaten raw
<b>Texture</b>	Leaves are like spinach, flower heads are crunchy, roots are tough
<b>Used by</b>	An important source of food for Aboriginals and early settlers



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# Blackberry

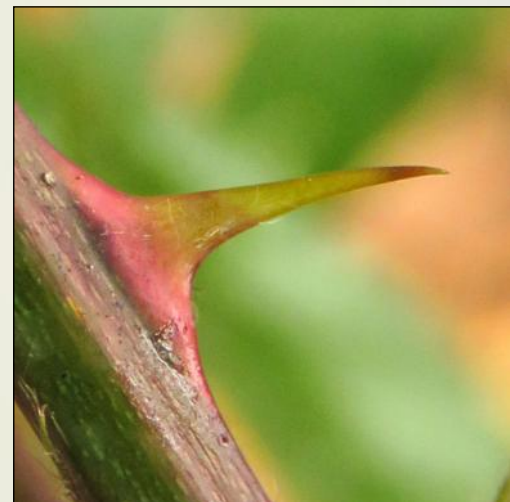
<b>Common Name:</b>	<b>Blackberry</b>
<b>Family:</b>	Rosaceae
<b>Genus:</b>	<i>Rubus</i>
<b>Species:</b>	<i>Rubus fruticosus</i> (Introduced into Australia)
<b>Distribution:</b>	Qld NSW Vic Tas SA WA NT



A perennial thorny climber introduced in 1851 by Baron von Mueller, then Curator of the Melbourne Botanic Gardens. He planted it along waterways to mitigate bank erosion, likely being caused by livestock. It is now Australia's most invasive weed, being classified as a *Weed of National Significance* in 1999. It has a thorny vine-like cane and a fruit width of up to 2 cm.



<b>Edible part:</b>	Berry
<b>Preparation:</b>	Eaten raw when ripe
<b>Taste:</b>	Sweet and juicy
<b>Texture:</b>	Soft when ripe
<b>Used by:</b>	An important source of food for early settlers who imported it and a common food today
<b>Prefers:</b>	Bushland, woodlands, forests, Wetlands, farms (with annual rainfall of at least 700 mm)



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# Rose Hip

<b>Common Name:</b>	<b>Rose hip</b>
<b>Family:</b>	Rosaceae (same family as the apple)
<b>Genus:</b>	<i>Rosa</i>
<b>Species:</b>	<i>All species (Introduced into Australia)</i>
<b>Distribution:</b>	<b>Qld NSW Vic Tas SA WA NT</b>



A fruit of the imported rose bush. The fruit is usually red to orange, but can tend towards black in some species. They are extremely high in vitamin C as well as other vitamins, minerals and fibre. The seeds are not edible and the strong fibres will irritate the throat, so must be removed. The fibres have been used in the past to make itching powder.



<b>Edible part</b>	Outside of berries (berried usually found in later summer to early winter)
<b>Preparation</b>	Remove seeds and fibrous hairs before making jam, tea, wine, jelly etc
<b>Taste</b>	Sweet, but some berries can tend to be bitter. Best after first winter frosts
<b>Texture</b>	Soft and slightly crunchy
<b>Used by</b>	Early settlers as an important source of Vitamin C



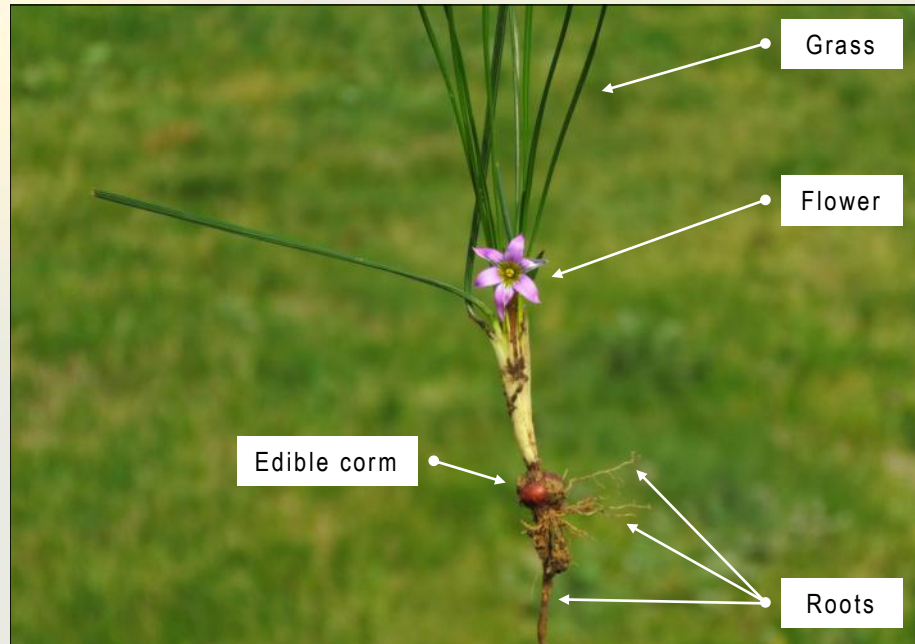
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# Onion Grass

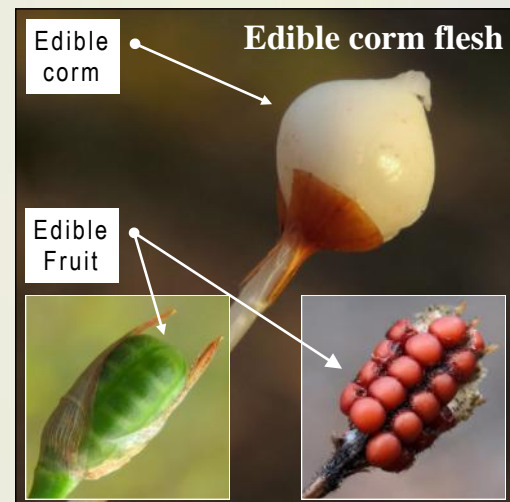
<b>Common Name:</b>	<b>Onion grass</b>
<b>Family:</b>	Iridaceae
<b>Genus:</b>	<i>Romulea</i>
<b>Species:</b>	<i>rosea</i> (Introduced into Australia)
<b>Distribution:</b>	Qld NSW Vic Tas SA WA NT



A perennial introduced from South Africa where the indigenous population fed on them. Both the tiny sweet fruit (often referred to as a plum pudding) and corm are edible and both are rich in fibre, vitamins and minerals. Both can be used in soups, stews or salads or eaten raw. The tough strong long tubular narrow grass is not edible.



<b>Edible part</b>	Corm (5–15 mm) and buried 1–4 cm underground, and fruit (3–7 mm) following flowers
<b>Preparation</b>	Remove thin brown outer skin of corm. Fruit can be eaten as picked
<b>Taste</b>	Mostly tasteless
<b>Texture</b>	Crisp like a chestnut
<b>Used by</b>	Early settlers as an important source of Vitamins and minerals



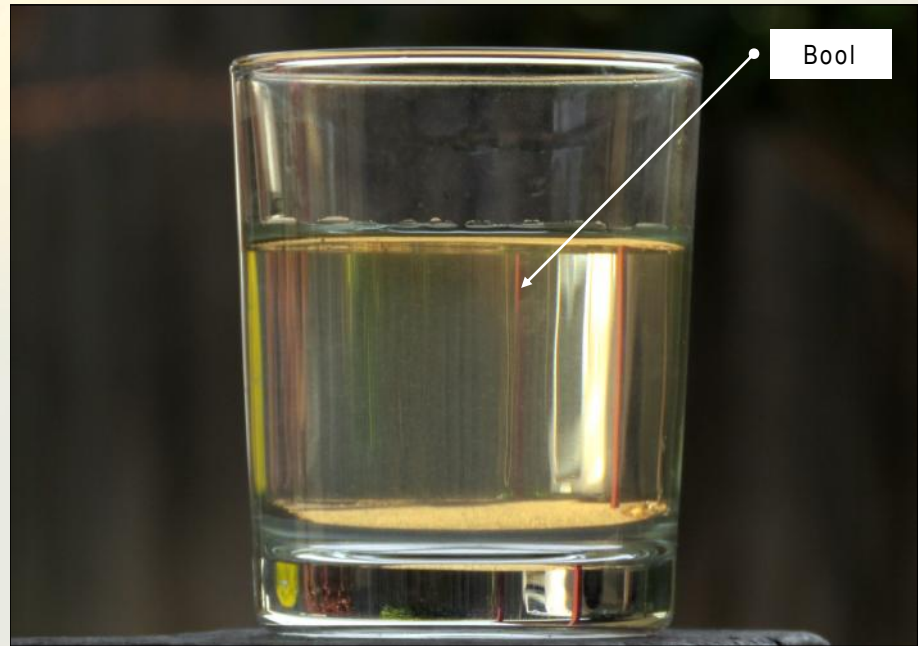
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# Bool

<b>Common Name:</b>	<b>Bool</b>
<b>Family:</b>	Myrtaceae
<b>Genus:</b>	<i>Eucalyptus</i>
<b>Species:</b>	<i>E. ricarpa</i>
<b>Distribution:</b>	Qld <b>NSW</b> Vic Tas SA WA NT



The Ironbark is a eucalypt endemic to Victoria and the south coast of NSW. It flowers from late winter to summer and the flowers have a nectar that can be extracted and drunk. The drink (bool) has a faint hint of eucalypt. It was first mentioned by explorer Sir Thomas Mitchell who saw Aboriginals drinking it.



<b>Edible part</b>	Nectar from the flowers can be used to sweeten water and drunk
<b>Preparation</b>	Steep flowers overnight in water, then strain the fluid off and consume it as a drink
<b>Taste</b>	A slight sweet hint of eucalypt
<b>Texture</b>	A slightly smooth feeling on the tongue
<b>Used by</b>	Early Aboriginals as a sweet drink



Flower



Steeping the flowers



Drink

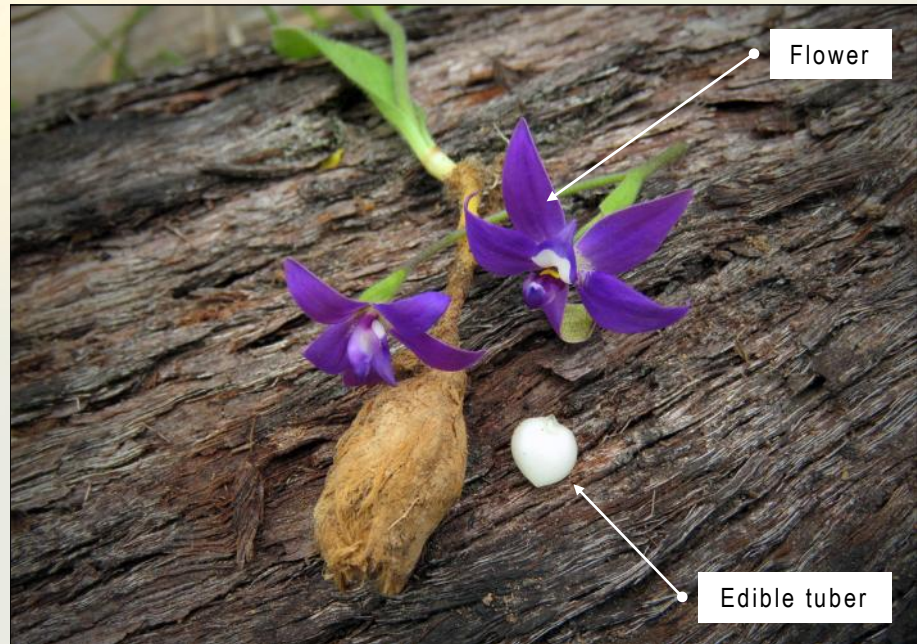
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# Waxlip Orchid

<b>Common Name:</b>	<b>Waxlip orchid</b>
<b>Family:</b>	Orchidaceae
<b>Genus:</b>	<i>Caladenia</i>
<b>Species:</b>	<i>C. major</i>
<b>Distribution:</b>	Qld NSW Vic Tas SA WA NT



A purple Australian native that is found in all states of Australia (except Western Australia and the Northern Territory) and is most widespread in NSW. It grows to 40 cm and prefers bushland, woodlands and forests where it grows best in dry to moderately moist soils. It has an edible tuber and was a source of food for early Aboriginals.



<b>Edible part</b>	Small white tuber
<b>Preparation</b>	Eaten raw
<b>Taste</b>	Tasteless
<b>Texture</b>	Crispy
<b>Used by</b>	Aboriginals and early colonialists



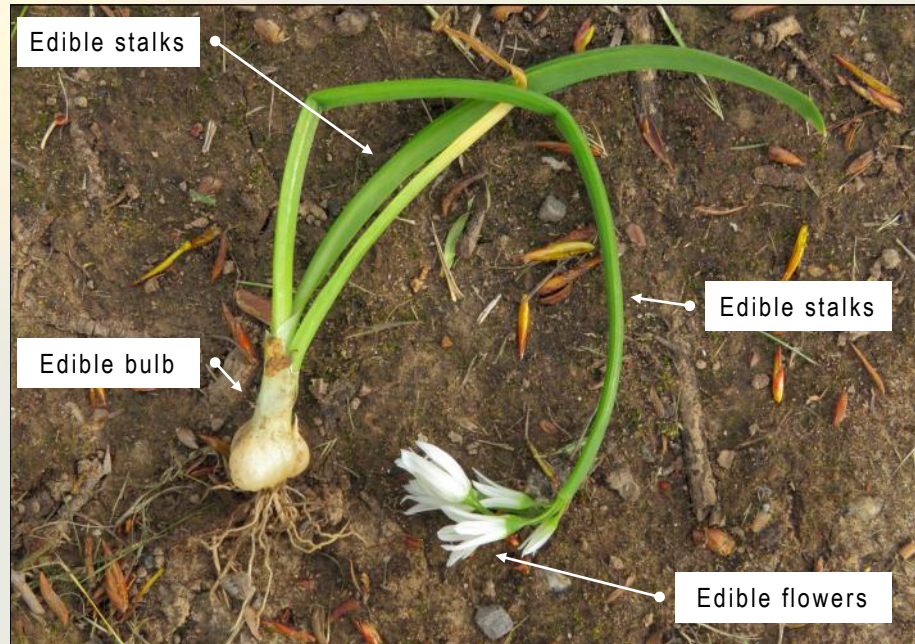
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# Onion Weed

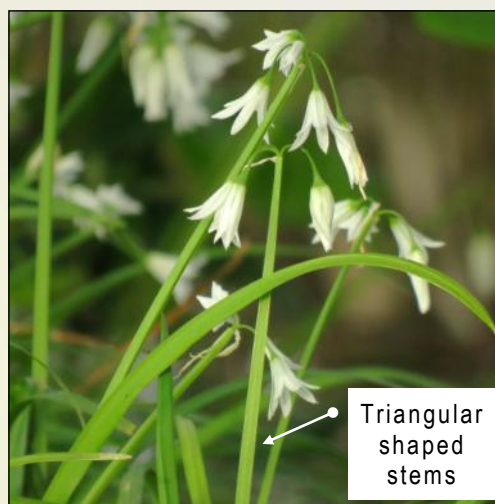
<b>Common Name:</b>	<b>Onion weed, Three-cornered leek</b>
<b>Family:</b>	Amaryllidaceae
<b>Genus:</b>	<i>Allium</i>
<b>Species:</b>	<i>A. triquetrum</i> (Introduced into Australia)
<b>Distribution:</b>	<b>Qld NSW Vic Tas SA WA NT</b>



A bulbous grass-like plant native to Europe and Africa and introduced to all states of Australia. It has white flowers, grows to a height of 60 cm and prefers grasslands, bushland, woodlands and forests where it grows best in moist soils. The green stem is distinctly triangular in shape and all parts of this plant are edible.



<b>Edible part</b>	Bulb is like leek, stem is like spring onion, flower is an edible decoration with an onion taste
<b>Preparation</b>	Use in salads and cooking. Flowers add colour to salads. Peel skin off bulbs before eating
<b>Taste</b>	Flower has a strong onion taste, stems are like spring onions and bulb has a very mild taste
<b>Texture</b>	Flower is a little crunchy, stem is like spring onions and the bulb is crunchy
<b>Used by</b>	Early settlers after they introduced into Australia



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# Silver Wattle Resin

<b>Common Name:</b>	<b>Silver wattle resin</b>
<b>Family:</b>	Fabaceae
<b>Genus:</b>	<i>Acacia</i>
<b>Species:</b>	<i>A. dealbata</i>
<b>Distribution:</b>	Qld NSW Vic Tas SA WA NT



A native to eastern Australia from NSW to South Australia and Tasmania. It is found in wetter areas and near waterways. The chewy resin is tasteless but edible. It can be harvested and stored for later use. Silver Wattle resin can be mixed with charcoal to make a cement, while its bark can be used for making cord and its limbs for forming tomahawk handles.



<b>Edible part</b>	Lighter coloured resin, the darker resin contains more tannin
<b>Preparation</b>	Remove any rubbish stuck to it
<b>Taste</b>	Tasteless
<b>Texture</b>	Very sticky
<b>Used by</b>	Along with black and golden wattle resin, it was used by Aboriginals and early settlers



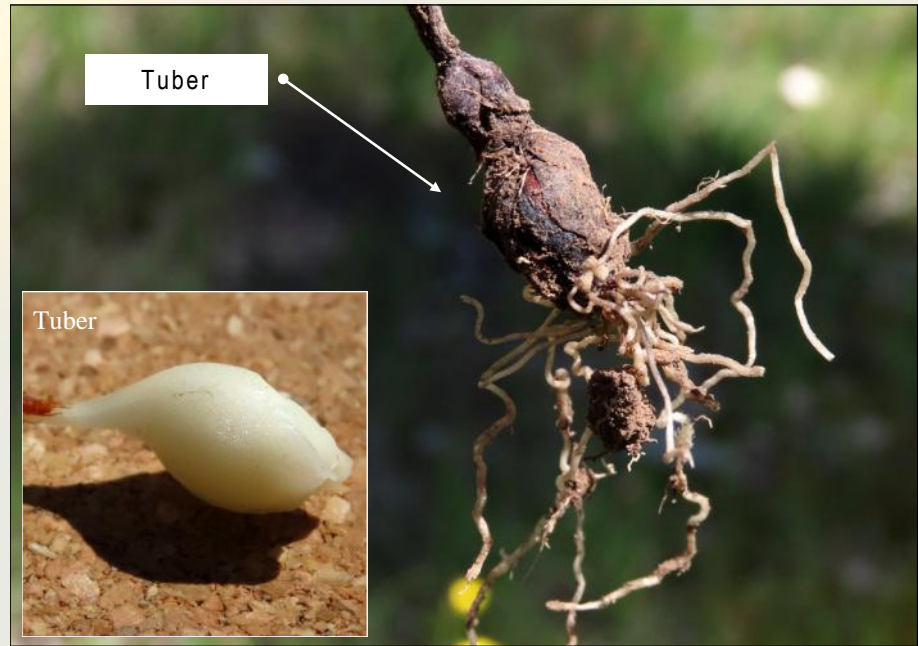
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# Early Nancy

<b>Common Name:</b>	<b>Early nancy</b>
<b>Family:</b>	Colchicaceae
<b>Genus:</b>	<i>Wurmbea</i>
<b>Species:</b>	<i>dioica</i>
<b>Distribution:</b>	Qld NSW Vic Tas SA WA NT



A native perennial herb found in all states of Australia (except the Northern Territory). It grows to 30 cm and prefers bushland, woodlands, grasslands and forest areas. It is one of the first wildflowers to appear after winter. The small tubers of this species are edible, though starchy, fibrous and a little bitter.



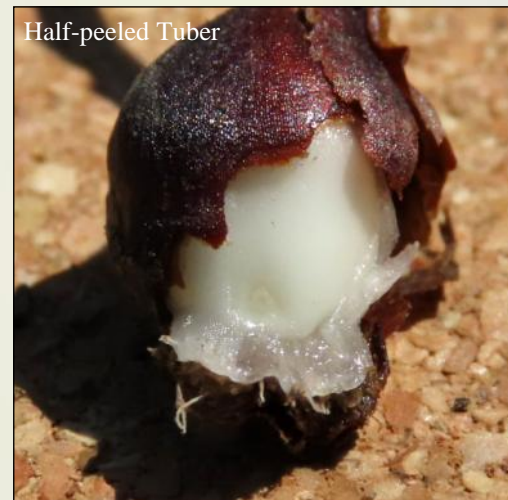
<b>Edible part</b>	Tuber
<b>Preparation</b>	Can be eaten raw or lightly baked or boiled
<b>Taste</b>	Slightly bitter
<b>Texture</b>	Crisp like a chestnut but more fibrous
<b>Used by</b>	Aboriginals and early white settlers



Female



Male



Half-peeled Tuber

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# Spiny-headed Mat-rush

<b>Common Name:</b>	<b>Spiny-headed mat-rush</b>
<b>Family:</b>	Asparagaceae
<b>Genus:</b>	<i>Lomandra</i>
<b>Species:</b>	<i>Lomandra longifolia</i>
<b>Distribution:</b>	<b>Qld NSW Vic Tas SA WA NT</b>



A native perennial herb in eastern Australia. Leaves grow to 100 cm and were used by Aboriginals for cordage and also woven. The inside white seeds on the seed-head can be eaten and the bottom of the rush can be pulled out and the white lower section chewed for nutrition and moisture. It is a hardy plant often used as a roadside plant.



Leaf cordage

<b>Edible part</b>	Base of leaf and the inside seed (once removed from its hard casing)
<b>Preparation</b>	Both are eaten raw, but the dried seeds can be ground and used to make simple cakes
<b>Taste</b>	Seeds taste a little like peas while the rush base is a little like raw cabbage
<b>Texture</b>	The seed is soft while the very bottom of the rush is soft like cooked carrot.
<b>Used by</b>	Aboriginals and early white settlers



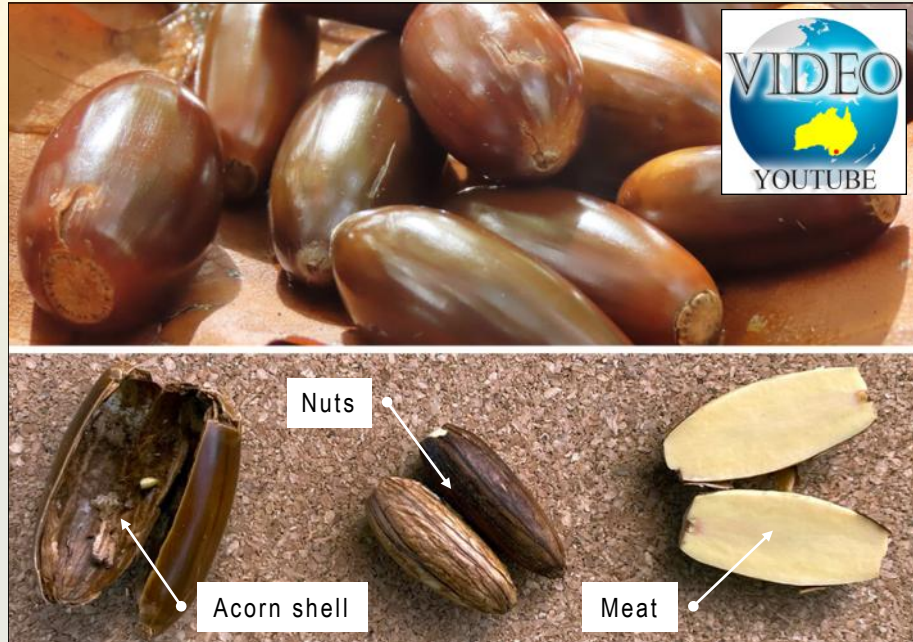
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# English Oak Acorn Nut

<b>Common Name:</b>	English oak
<b>Family:</b>	Fagaceae
<b>Genus:</b>	<i>Quercus</i>
<b>Species:</b>	<i>Q. robur</i> (Introduced into Australia)
<b>Distribution:</b>	Qld NSW Vic Tas SA WA NT



The English Oak has a small nut encased in a hard outer shell (acorn). The nut isn't edible due to high amounts of tannins. But if the nuts are boiled in fresh water for five minutes, the discoloured water then discarded, and this process repeated until the water stays clear of tannins, they can be eaten.



<b>Edible part</b>	Nut meat (only after treatment to remove tannins)
<b>Preparation</b>	Boil nut in clean water repeatedly until water remains clean of tannins
<b>Taste</b>	Bland and tasteless (in part due to the repeated boiling)
<b>Texture</b>	Soft like a boiled carrot, and even powdery (due to repeated boiling)
<b>Used by</b>	Early European settlers ( <u>See 1918 <i>National Geographic</i>, August issue, page 129</u> )
<b>Alternative</b>	There are alternative ways to process nuts. Research on <a href="#">YouTube</a> .



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# Lambs Tongue

<b>Common Name:</b>	<b>Lambs tongue</b> (ribwort)
<b>Family:</b>	Plantaginaceae
<b>Genus:</b>	<i>Plantago</i>
<b>Species:</b>	<i>P. lanceolata</i> (Introduced into Australia)
<b>Distribution:</b>	Qld NSW Vic Tas SA WA NT



A European native introduced into Australia. It grows to 45 cm and prefers bushland, woodlands and drier forests. The leaf has a purple end and can be eaten raw, used for tea, or chewed and applied to bites and wounds. Eat seeds raw, cooked, or dry and ground seeds and add them to flour.



<b>Edible part</b>	Leaf can be eaten raw or cooked. Cooked seeds are like sago
<b>Preparation</b>	Mix cut raw leaves into salad, or lightly steam or boil leaves
<b>Taste</b>	Leaves are bitter. Smaller leaves boiled for a few minutes are best
<b>Texture</b>	Leaves are like raw silverbeet leaves. Seeds are soft and bland
<b>Used by</b>	Early European settlers



Flowerhead



Tiny seeds

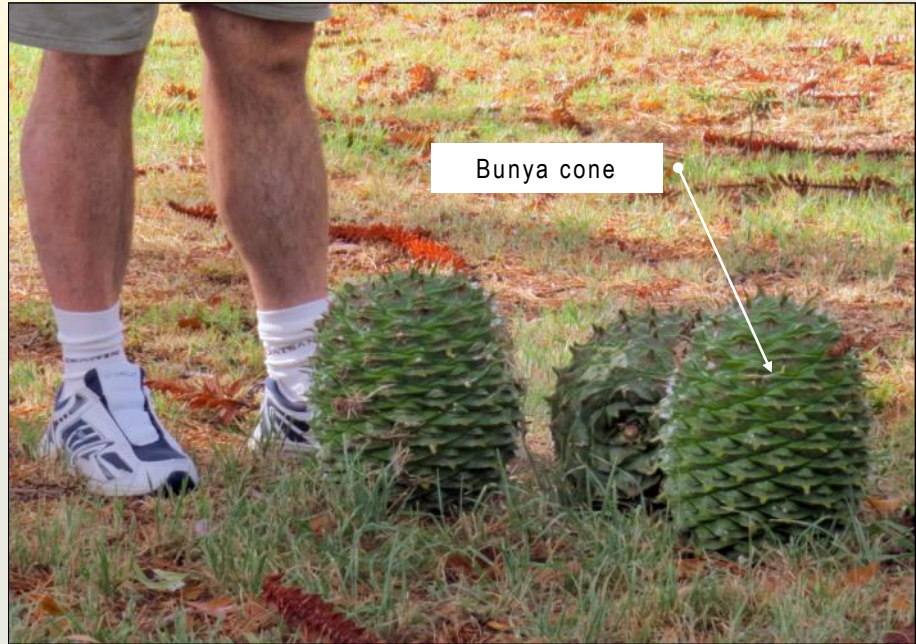
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# Bunya Pine

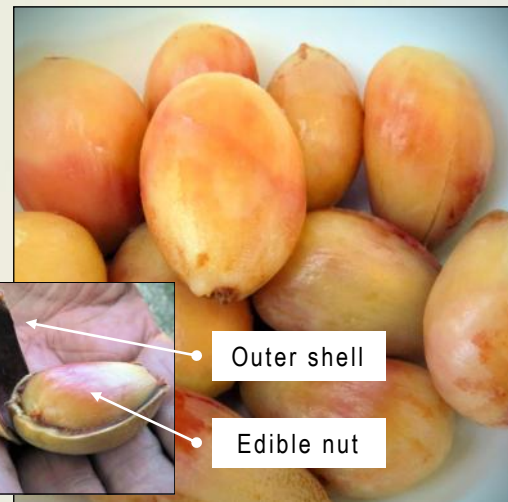
<b>Common Name:</b>	<b>Bunya pine</b>
<b>Family:</b>	Araucariaceae
<b>Genus:</b>	<i>Araucaria</i>
<b>Species:</b>	<i>Araucaria bidwillii</i> (Planted across Australia)
<b>Distribution:</b>	Qld NSW Vic Tas SA WA NT



An evergreen coniferous tree found naturally in southern Queensland and introduced across Australia. They grow to 45 m with seeds that weigh to 12 kg and 35 cm in diameter. They can live to 500 years and a single seed can have up to 100 edible nuts. The nuts are tasty and can be stored in wet mud once removed.



<b>Edible part</b>	Nut which is a natural source of protein, potassium and magnesium
<b>Preparation</b>	Remove from coating and eat raw or boil or roast (see our <i>Bunya Pine factsheet</i> for more)
<b>Taste</b>	Roasted seeds have a nutty flavour similar to chestnuts
<b>Texture</b>	Soft when raw, harder when roasted
<b>Used by</b>	Aboriginals who would travel to the trees natural habitat in Queensland, and early pioneers



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# Pigweed

<b>Common Name:</b>	<b>Pigweed, little hogweed, red rood, pursley</b>
<b>Family:</b>	Portulacaceae
<b>Genus:</b>	<i>Portulaca</i>
<b>Species:</b>	<i>P. oleracea</i> (Introduced into Australia)
<b>Distribution:</b>	Qld NSW Vic Tas SA WA NT



An annual edible succulent introduced into all states of Australia and also found in many countries worldwide. It grows to 40 cm is hardy and can grow in a wide range of soils and moisture conditions including bushland, woodlands, forests and in urban parks and gardens.



<b>Edible part</b>	Leaf, stem, flower bud
<b>Preparation</b>	Raw in salads or boiled
<b>Taste</b>	Leaf and stem is slightly salty
<b>Texture</b>	Leaf is crisp and stem is crispier and slippery to chew
<b>Used by</b>	Aboriginals and early settlers



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# Australian Raspberry

<b>Common Name:</b>	<b>Australian raspberry</b>
<b>Family:</b>	Rosaceae
<b>Genus:</b>	<i>Rubus</i>
<b>Species:</b>	<i>Rubus parvifolius</i>
<b>Distribution:</b>	Qld NSW Vic Tas SA WA NT



Also known as the Mountain Raspberry, it is native to Australia as well as some other East Asian countries. It is found in eastern Australia from Queensland to South Australia and Tasmania. The thorny bush grows to a height of 2 m and looks like a small version of the blackberry bush. It prefers higher altitudes.



<b>Edible part</b>	Berry
<b>Preparation</b>	Eaten raw
<b>Taste</b>	Sweet and juicy
<b>Texture</b>	Soft and smooth
<b>Used by</b>	Aboriginals and early settlers would also make preserves and pies from them



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# Pink Peppercorn Tree

<b>Common Name:</b>	<b>Pepper tree, Pink pepper tree</b>
<b>Family:</b>	Anacardiaceae
<b>Genus:</b>	<i>Schinus</i>
<b>Species:</b>	<i>S. molle</i> (var. <i>areira</i> ) (Introduced into Australia)
<b>Distribution:</b>	Qld NSW Vic Tas SA WA NT



A native of the South American Peruvian Andes, it is a slow growing evergreen flowering tree. It grows to 15 m, is found in all states of Australia, and is the largest tree in the genus *Schinus*. The reddish-pink berry appears in Spring to Summer. It is unrelated to common table Black Pepper (*Piper nigrum*).



<b>Edible part</b>	Seed (avoid if you are allergic to cashews as it is a member of the cashew family)
<b>Preparation</b>	Sun dry the berry, remove dried shell (rub between fingers), grind seed in a pepper grinder
<b>Taste</b>	Pepper taste, but not as strong as black pepper
<b>Texture</b>	Pepper-like when ground
<b>Used by</b>	Cultures across the world. Introduced into Australia as a readily available food enhancement



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# Kurrajong

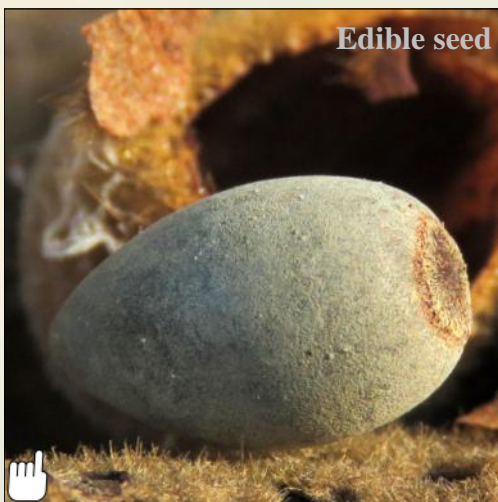
<b>Common Name:</b>	<b>Kurrajong</b> (Aboriginal meaning <i>fibre-giving</i> )
<b>Family:</b>	Malvaceae
<b>Genus:</b>	<i>Brachychiton</i>
<b>Species:</b>	<i>B. populneus</i>
<b>Distribution:</b>	<b>Qld NSW Vic</b> Tas SA WA NT



Found in eastern Australia from Queensland to Victoria. The seeds can be eaten raw or roasted on hot coals and even ground into a flour to make small cakes. The fibrous tubers of saplings can be eaten raw or cooked. Flowers can be eaten raw as can the leaves, but they are less palatable. Fire can be used to burn off the hazardous hairs found around the seeds.



<b>Edible part</b>	Flowers, leaves, seeds and tubers of younger trees
<b>Preparation</b>	Seeds roasted and ground into a flour as a beverage, flowers and tuber eaten raw
<b>Taste</b>	Roasted seeds have a nutty corn-like flavour. Tubers and flowers have little taste
<b>Texture</b>	Tubers are fibrous. Raw seeds are soft, roasted seeds harden, flowers are a little crunchy
<b>Used by</b>	Aboriginals as a food source and fibres for cord. Farmers used leaves as substitute fodder



Edible seed



Edible tuber



Edible flower

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# Grass Tree

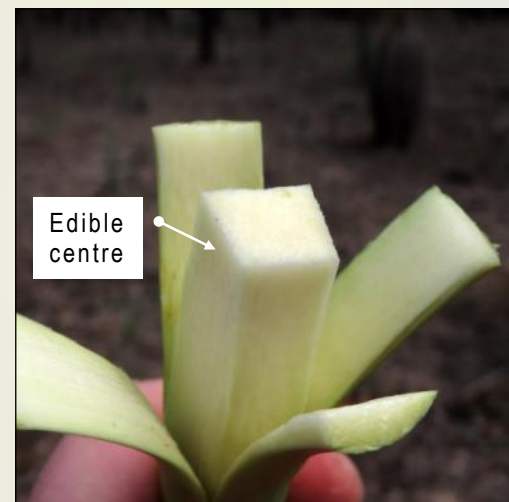
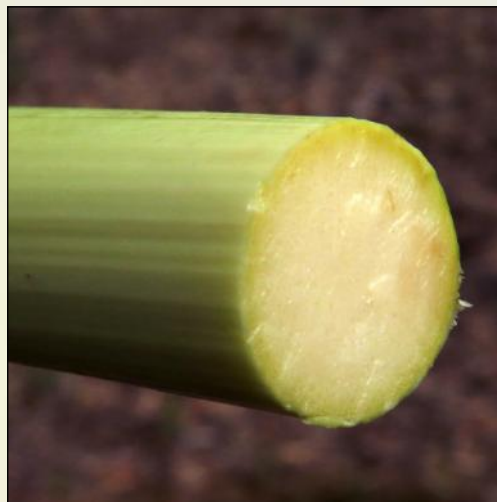
<b>Common Name:</b>	<b>Grass tree</b>
<b>Family:</b>	<i>Asphodelaceae</i>
<b>Genus:</b>	<i>Xanthorrhoea</i>
<b>Species:</b>	<i>X. glauca</i> (sub <i>angustifolia</i> )
<b>Distribution:</b>	Qld NSW Vic Tas SA WA NT



Grass trees are native to Australia and there are numerous species. *Glauca* has a flower stalk that also has an edible core at its base. Cutting the stalk off at the tree will expose its soft inner white food. It can be eaten raw, boiled or baked. The further up the stem you eat, the more fibrous and unpalatable it is. It is best to source younger stems in Spring.



<b>Edible part</b>	Soft starchy centre at the bottom of the spike
<b>Preparation</b>	Can be eaten raw
<b>Taste</b>	Slightly bitter taste which some say is like asparagus
<b>Texture</b>	Soft, like a firm banana
<b>Used by</b>	Aboriginals as a food source and fibre



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# Mallow

<b>Common Name:</b>	<b>Mallow, common mallow, marshmallow</b>
<b>Family:</b>	Malvaceae
<b>Genus:</b>	<i>Malva</i>
<b>Species:</b>	<i>M. sylvestris</i> , <i>M. parviflora</i> , <i>M. neglecta</i>
<b>Distribution:</b>	<b>Qld NSW Vic Tas SA WA NT</b>



A weed introduced into Australia. It is versatile as most parts of the plant are edible. Leaves are best cooked and eaten like spinach leaves, but they can also be used raw in salads. The flowers and fruits can also be added to a salad dish for colour and texture. Dried leaves can be used as a tea substitute and the roots can also be cleaned, boiled and then eaten.



<b>Edible part</b>	Leaf, fruits, flowers and roots
<b>Preparation</b>	Leaves can be eaten raw or lightly steamed or boiled. Fruits and flowers can be eaten raw
<b>Taste</b>	Leaves are similar in flavour to spinach. Flowers, fruits and roots are mostly bland
<b>Texture</b>	Leaves are similar to spinach though a little tougher. Fruits and flowers are slightly crunchy
<b>Used by</b>	Early white settlers



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# Wild Cherry

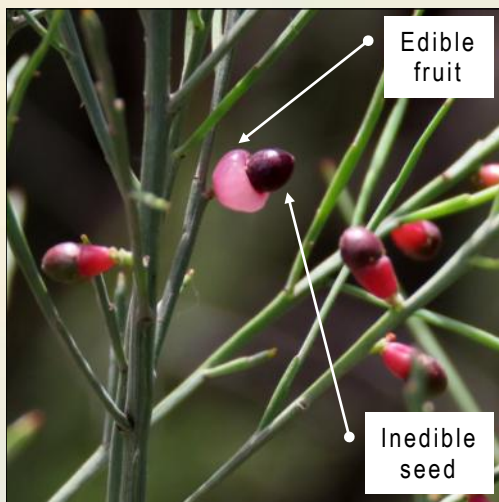
<b>Common Name:</b>	<b>Wild cherry, Native cherry, Cherry ballart</b>
<b>Family:</b>	Santalaceae
<b>Genus:</b>	<i>Exocarpos</i>
<b>Species:</b>	<i>E. cupressiformis</i>
<b>Distribution:</b>	<b>Qld NSW Vic Tas SA WA NT</b>



A medium sized native tree found in eastern Australia from Queensland to South Australia and Tasmania. It prefers shallow soils in sclerophyll forests and is often found on granite outcrops. The fruit is eaten without the seed (which is found on the outside of the fruit in this species). The small orange fruit is most plentiful in late spring to early summer, but is favoured by some birds, so availability can be limited.



<b>Edible part</b>	Fruit
<b>Preparation</b>	Eaten raw (without the seed which is found outside of the fruit)
<b>Taste</b>	Sweet
<b>Texture</b>	Similar to a ripe blueberry
<b>Used by</b>	Early Aboriginals, and colonialists who sometimes used the fruit to make jam



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# Old Man's Beard

<b>Common Name:</b>	<b>Old man's beard</b> (Usnea)
<b>Family:</b>	Parmeliaceae
<b>Genus:</b>	<i>Usnea</i>
<b>Species:</b>	<i>Usnea florida</i>
<b>Distribution:</b>	<b>Qld NSW Vic Tas SA WA NT</b>



Usnea is found worldwide, including in the wetter areas of Australia. It can be eaten in tiny amounts and has antibacterial properties (can be ground into a paste and placed directly on wounds). It is combustible if dry and is a good firestarter. Usnea resembles the species *evernia* in size and colour.



<b>Edible part</b>	The lichen can be eaten, but only in tiny amounts
<b>Preparation</b>	Eaten raw or ground into a paste with water
<b>Taste</b>	Bland
<b>Texture</b>	Tough and stringy
<b>Used by</b>	Early Aboriginals and early settlers. Also used dry for lighting fires and on sores as a paste



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# Lawn Daisy

<b>Common Name:</b>	Lawn daisy, common daisy, daisy
<b>Family:</b>	Asteraceae
<b>Genus:</b>	<i>Bellis</i>
<b>Species:</b>	<i>Bellis perennis</i> (Planted across Australia)
<b>Distribution:</b>	Qld NSW Vic Tas SA WA NT



A native to Europe that was introduced into Australia and is found in south eastern Australia from NSW to SA and Tasmania. It grows to 45 cm with a flower width to 35 cm. Flowers appear from Spring to Summer, but may appear outside this time. The buds, flowers and young leaves are all edible. Leaves can be used for tea.



<b>Edible part</b>	Buds, flowers and leaves
<b>Preparation</b>	Eaten raw and leaves can also be lightly steamed
<b>Taste</b>	Flowers are a little sour. Buds are a little tart and leaves are sour and more astringent with age
<b>Texture</b>	Buds are soft and chewy, as are the petals. Leaves are salad-like.
<b>Used by</b>	Used by early colonialists.



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# Prickly Currant Bush

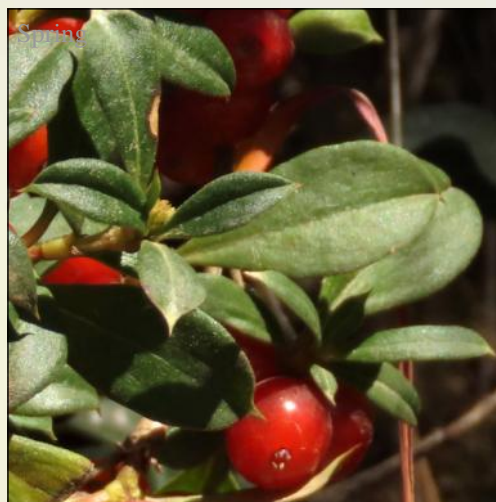
<b>Common Name:</b>	<b>Prickly currant bush</b>
<b>Family:</b>	Rubiaceae
<b>Genus:</b>	<i>Coprosma</i>
<b>Species:</b>	<i>C. quadrifida</i>
<b>Distribution:</b>	<b>Qld NSW Vic Tas SA WA NT</b>



A prickly native dioecious shrub that grows to 5 m and is found in southeastern Australia from QLD to SA and Tasmania. It prefers dark wetter areas in eucalypt forests or cool temperate rainforests. It has a small glossy red berry that ripens from January to March. The drupe berries are crowned by the remains of the calyx of the flower.



<b>Edible part</b>	Red berry
<b>Preparation</b>	Eaten raw, made into jams or used raw in salads
<b>Taste</b>	Sweet when ripe
<b>Texture</b>	Juicy when ripe
<b>Used by</b>	Early Aboriginals, and settlers



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# Soft Cranes Bill

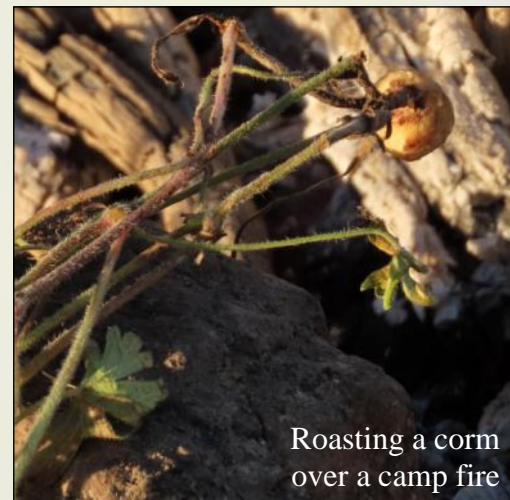
<b>Common Name:</b>	Soft cranes bill, cinquefoil geranium
<b>Family:</b>	Geraniaceae
<b>Genus:</b>	<i>Geranium</i>
<b>Species:</b>	<i>G. potentilloides</i>
<b>Distribution:</b>	Qld NSW Vic Tas SA WA NT



Also known as cinquefoil geranium and native carrot, it's a native found in eastern states of Australia from Queensland to SA and Tasmania. It grows to 50 cm with flower width to 15 mm. It prefers bushland, woodlands and open forests. Its leaves are kidney-shaped to roundish and can appear yellow, orange and reddish. It has an edible corm.



<b>Edible part</b>	Corm
<b>Preparation</b>	Eaten raw or roasted
<b>Taste</b>	Slightly bitter and astringent, though roasting lessens the astringency
<b>Texture</b>	Crunchy chewable texture
<b>Used by</b>	Aboriginals and early white settlers



Roasting a corm over a camp fire

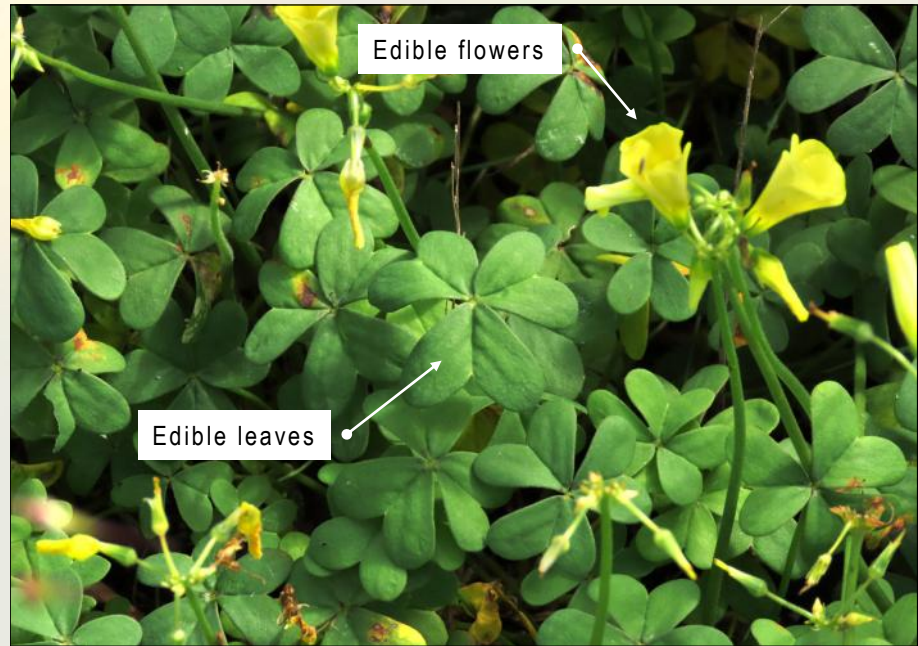
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# Yellow Woodsorrel

<b>Common Name:</b>	Yellow woodsorrel, sourgrass, lemon clover
<b>Family:</b>	Oxalidaceae
<b>Genus:</b>	<i>Oxalis</i>
<b>Species:</b>	<i>O. stricta</i>
<b>Distribution:</b>	Qld NSW Vic Tas SA WA NT



A yellow ground cover introduced from America and found in all states of Australia. It grows to 30 cm and prefers bushland, woodlands and forests. It is considered a weed in most states, though has an edible heart-shaped leaf and flower. Like spinach, it contains oxalis acid, so it should be eaten sparingly.



<b>Edible part</b>	Leaf, flower and tuber
<b>Preparation</b>	Eaten raw in a salad or lightly steamed. Leaves can make tea with faint lemon flavour
<b>Taste</b>	Leaves and flowers have a palatable sour citrus taste
<b>Texture</b>	Leaves like spinach and flowers soft and chewy
<b>Used by</b>	Used by early colonialists



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# Milkmaids

<b>Common Name:</b>	<b>Milkmaids</b>
<b>Family:</b>	Colchicaceae
<b>Genus:</b>	<i>Burchardia</i>
<b>Species:</b>	<i>B. umbellata</i>
<b>Distribution:</b>	Qld NSW Vic Tas SA WA NT



A native perennial herb found in south eastern Australia from Queensland to South Australia and Tasmania. It grows to 70 cm high with each individual flower of each cluster head having a width to 27 mm. It prefers bushland, woodlands and open drier forests. The sweet tasting tubers were eaten by early Aboriginals.



<b>Edible part</b>	Tubers
<b>Preparation</b>	Eaten raw or roasted
<b>Taste</b>	Tasteless like a raw potato
<b>Texture</b>	A little fibrous and crisp, though pleasant
<b>Used by</b>	An important source of food for Aboriginals



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# Bulbine Lily

<b>Common Name:</b>	<b>Bulbine lily</b>
<b>Family:</b>	Asphodelaceae
<b>Genus:</b>	<i>Bulbine</i>
<b>Species:</b>	<i>B. bulbosa</i>
<b>Distribution:</b>	<b>Qld NSW Vic Tas SA WA NT</b>



A flowering plant also known as the golden lily or yellow onion weed, it is found in eastern Australia from QLD to SA and Tasmania. It grows to a height 75 cm and a flower width to 25 mm. It prefers dryer soils in bushland, woodlands and open forests and flowers from late Spring to Summer. Tubers were eaten raw or roasted by Aboriginals.



<b>Edible part</b>	Root
<b>Preparation</b>	Eaten raw or roasted
<b>Taste</b>	Tasteless
<b>Texture</b>	Crunchy like chestnut
<b>Used by</b>	Eaten raw or roasted by Aboriginals



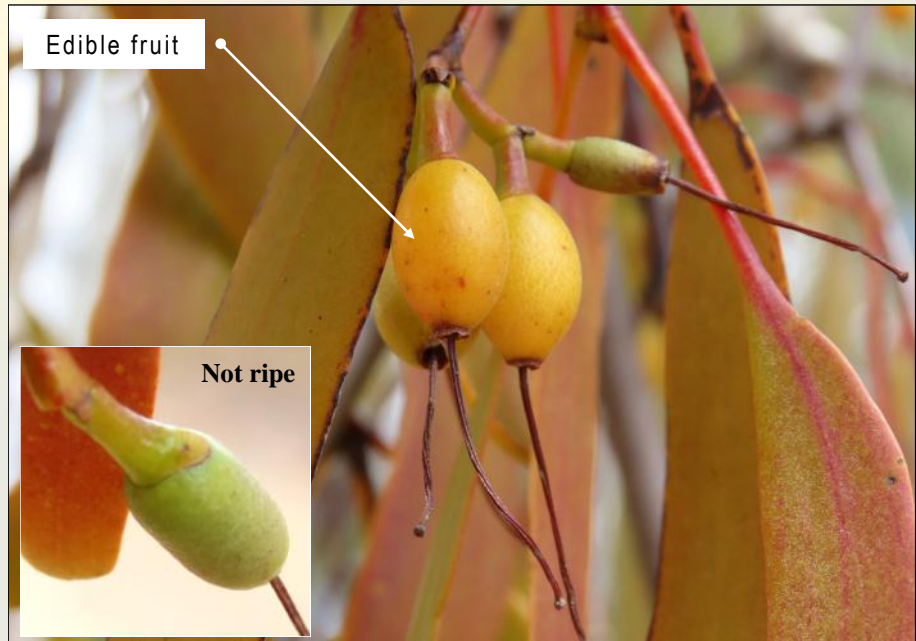
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# Mistletoe

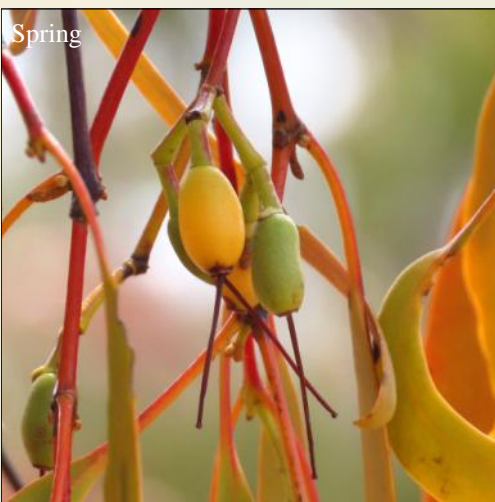
<b>Common Name:</b>	<b>Drooping mistletoe</b>
<b>Family:</b>	Loranthaceae
<b>Genus:</b>	<i>Amyema</i>
<b>Species:</b>	<i>A. pendula</i> , <i>A. pendulum</i> , <i>A. miqueli</i>
<b>Distribution:</b>	<b>Qld NSW Vic Tas SA WA NT</b>



Mistletoe is a parasitic species that attaches itself to certain bushes and trees where they then have a symbiotic relationship with the tree. There are many different species of mistletoe and some of the berries of certain species are poisonous, so only consume berries under the direct guidance of a professional.



<b>Edible part</b>	Berry
<b>Preparation</b>	Can be eaten raw or lightly baked or boiled
<b>Taste</b>	Slightly bitter
<b>Texture</b>	Crisp like a chestnut but more fibrous
<b>Used by</b>	Aboriginals and early white settlers



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# Quaking Grass

<b>Common Name:</b>	<b>Blowfly Grass</b>
<b>Family:</b>	Poaceae
<b>Genus:</b>	<i>Briza</i>
<b>Species:</b>	<i>B. maxima</i>
<b>Distribution:</b>	Qld NSW Vic Tas SA WA NT



Also known as blowfly grass, it is an erect species of annual grass native to Northern Africa, the Azores, Western Asia and Southern Europe. It was introduced into Australia, where it has become naturalised. It grows to 60 cm with flower heads having 3–8 large spikelets. The seed heads are edible. The leaflets can be chewed, but the pulp then discarded.



<b>Edible part</b>	Seed heads
<b>Preparation</b>	Very young seed heads raw, older ones crushed and added to cooked food. Leaves chewed and the remaining pulp spat back out as our stomachs cannot easily digest it.
<b>Taste</b>	Seed heads are tasteless while leaves are bitter
<b>Texture</b>	Seed heads crunchy
<b>Used by</b>	Early settlers



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# Mountain Currant

<b>Common Name:</b>	Mountain currant, shining currant
<b>Family:</b>	Rubiaceae
<b>Genus:</b>	<i>Coprosma</i>
<b>Species:</b>	<i>Coprosma nitida</i>
<b>Distribution:</b>	Qld NSW Vic Tas SA WA NT



A bush native to Australia and found in south eastern Australia from New South Wales to Victoria and Tasmania. It grows to 3 m, is often found in cooler valleys, and it prefers subalpine bushland, woodlands and forests between 300 m and 1000 m. Small edible sweet orange to red berries up to 7 mm with a hard seed appear in December.



<b>Edible part</b>	Berry
<b>Preparation</b>	Eaten raw or made into jams and jellies
<b>Taste</b>	Sweet with little taste
<b>Texture</b>	Like a small cherry
<b>Used by</b>	Aboriginals and early European settlers



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# Scotch Thistle

<b>Common Name:</b>	<b>Scotch Thistle</b>
<b>Family:</b>	Asteraceae
<b>Genus:</b>	<i>Onopordum</i>
<b>Species:</b>	<i>O. acanthium</i>
<b>Distribution:</b>	Qld NSW Vic Tas SA WA NT



A biennial flowering plant native to Europe and western Asia and introduced to south eastern Australia from NSW to SA and Tasmania. It grows to 2 m and prefers bushland, woodlands and grasslands and has a large rosette surrounded by spiny leaves. Stems can be cooked in boiling water until soft, much like asparagus or rhubarb.



<b>Edible part</b>	Seeds, stems, taproot
<b>Preparation</b>	Eat tiny seeds raw, strip stalk of all thorns and boil until soft like asparagus or rhubarb Flower buds can be boiled and eaten (much like a small artichoke)
<b>Taste</b>	Seeds have little taste. Stalks taste slightly bitter
<b>Texture</b>	Seeds are like poppy seeds, stalks are soft once cooked
<b>Used by</b>	An important source of food for early settlers



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# Hawthorn

<b>Common Name:</b>	<b>Hawthorn</b>
<b>Family:</b>	Rosaceae
<b>Genus:</b>	<i>Crataegus</i>
<b>Species:</b>	<i>Crataegus monogyna</i>
<b>Distribution:</b>	<b>Qld NSW Vic Tas SA WA NT</b>



A bush native to Europe and found in south east Australia from QLD to SA and Tasmania. It grows to 14 m and prefers waterways in bushland, woodlands and forests. Crimson flowers (with edible petals) appears in Spring with a width to 12 mm. Its edible haws (fruits) appear in late summer.



<b>Edible part</b>	Berry
<b>Preparation</b>	Eaten raw or made into jams and jellies
<b>Taste</b>	A slight sweetness, but generally bland
<b>Texture</b>	Like a cherry, though it has a large seed and little flesh
<b>Used by</b>	Early European settlers who imported it into Australia



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# Waxberry

<b>Common Name:</b>	<b>Waxberry, White waxberry</b>
<b>Family:</b>	Ericaceae
<b>Genus:</b>	<i>Gaultheria</i>
<b>Species:</b>	<i>G. appressa</i>
<b>Distribution:</b>	Qld <b>NSW</b> <b>Vic</b> Tas SA WA NT



Also known as the white waxberry, it is a native shrub found in south eastern Australia from New South Wales to Victoria. It grows to 2 m and prefers eucalypt woodlands, forests and alpine areas to 1600 m with rainfall exceeding 1000 mm annually. Bitter tasting edible white berries up to 10 mm in width appear in late summer.



<b>Edible part</b>	Berry
<b>Preparation</b>	Eaten raw
<b>Taste</b>	Bland
<b>Texture</b>	Soft and chewy
<b>Used by</b>	Eaten by Aboriginals and early settlers



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# Eucalypt Lerp

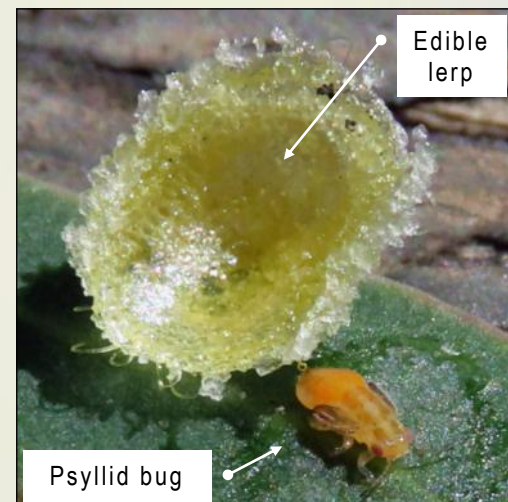
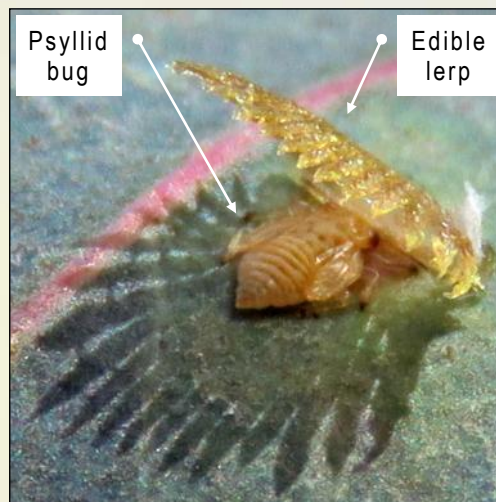
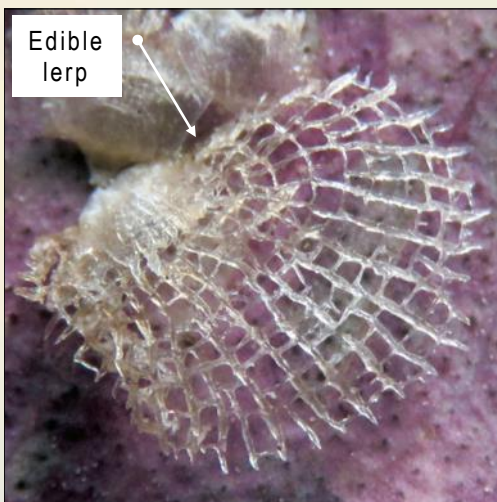
<b>Common Name:</b>	<b>Lerp of the psyllid bug</b>
<b>Family:</b>	Psyllidae
<b>Genus:</b>	<i>Glycaspis</i>
<b>Species:</b>	<i>G. brimblecombei</i>
<b>Distribution:</b>	Qld NSW Vic Tas SA WA NT



A tiny small sweet whitish honeydew structure (lerp) built on eucalypt leaves from Spring to Autumn by the small psyllid bug. The lerp can be scraped off and eaten. While it is small, it is a pleasant treat when eaten in large numbers. As the lerps are water soluble, they are most plentiful in warmer months with low rainfall.



<b>Edible part</b>	Lerp of the psyllid bug
<b>Preparation</b>	Scraped off the leaf with a fingernail and eaten raw or dissolved in water and drunk
<b>Taste</b>	Sweet sugary taste with a slight eucalypt taste
<b>Texture</b>	melts in mouth
<b>Used by</b>	Consumed by Aboriginals in drier areas and in drier seasons



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# Hard Water Fern

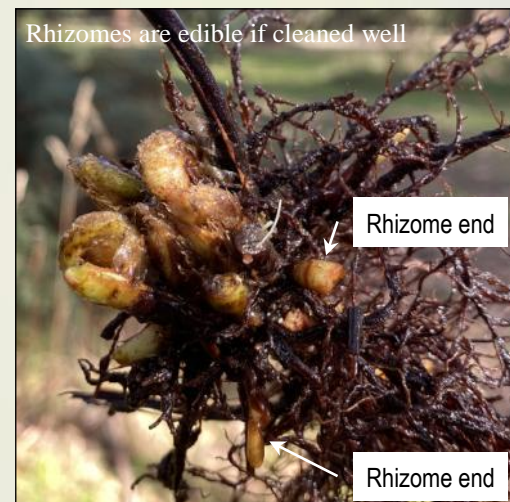
<b>Common Name:</b>	Hard Water Fern, leech fern, hard hill fern
<b>Family:</b>	Blechnaceae
<b>Genus:</b>	<i>Parablechnum</i>
<b>Species:</b>	<i>P. wattsii</i>
<b>Distribution:</b>	Qld NSW Vic Tas SA WA NT



A native fern found in south eastern Australia from QLD to SA, Tasmania and King Island. It grows to 1.25 m, prefers wet soils in forests and rainforests and is often found on banks of smaller waterways. This species of fern are often associated with a higher occurrence of leeches. The rhizomes were eaten raw or roasted by Aborigines.



<b>Edible part</b>	Rhizome, when cleaned extremely well.
<b>Preparation</b>	Eaten raw or roasted
<b>Taste</b>	Bitter and astringent
<b>Texture</b>	Fibrous
<b>Used by</b>	Aborigines and early white settlers



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# Kangaroo Apple

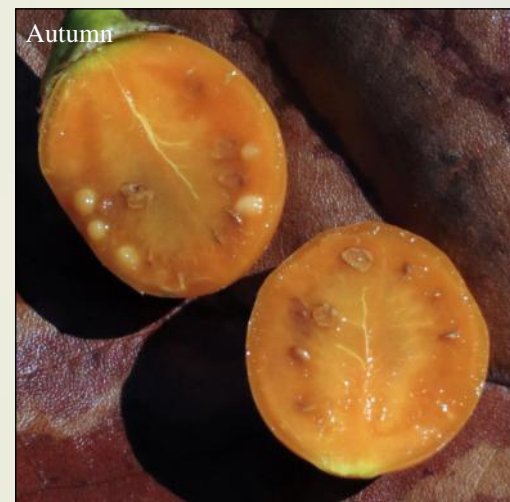
<b>Common Name:</b>	<b>Kangaroo apple</b>
<b>Family:</b>	Solanaceae
<b>Genus:</b>	<i>Solanum</i>
<b>Species:</b>	<i>S. aviculare</i>
<b>Distribution:</b>	Qld NSW Vic Tas SA WA NT



Also known as New Zealand nightshade, it is native to southeast Australia and NZ. It grows to 3 m and prefers bushland, woodlands and forests. It has a poisonous fruit that grows to 3 cm long and appears in autumn. It is only edible when the fruit turns red and splits. **Do not eat the fruit when green, yellow or orange, or if pregnant.** Discard the seeds.



<b>Edible part</b>	Fruit when ripe (soft and turned a blood red colour), <u>but poisonous when all other colours</u>
<b>Preparation</b>	Eaten raw, hard seeds can be spat back out after sucking the soft flesh
<b>Taste</b>	Sweet
<b>Texture</b>	Soft and wet. Seeds are hard and it is recommended they be spat out after sucking the pulp
<b>Used by</b>	Eaten by Aboriginals and early colonialists



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# Nut Grass

<b>Common Name:</b>	Nut grass, java grass, purple nut sedge
<b>Family:</b>	Cyperaceae
<b>Genus:</b>	<i>Cyperus</i>
<b>Species:</b>	<i>C. rotundus</i>
<b>Distribution:</b>	Qld NSW Vic Tas SA WA NT



Also known as java grass and purple nut sedge, it is a species of sedge native to Africa, Europe and southern Asia. It was introduced to all states of Australia, except Tasmania. It grows to 140 cm and prefers open grasslands and bushland. The small edible tubers have a slightly bitter taste, but are a good survival food.



<b>Edible part</b>	Tuber
<b>Preparation</b>	Eaten raw
<b>Taste</b>	Bland and a little bitter
<b>Texture</b>	Tough and chewy
<b>Used by</b>	Introduced and used by early settlers



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# Turkey Tail Fungus

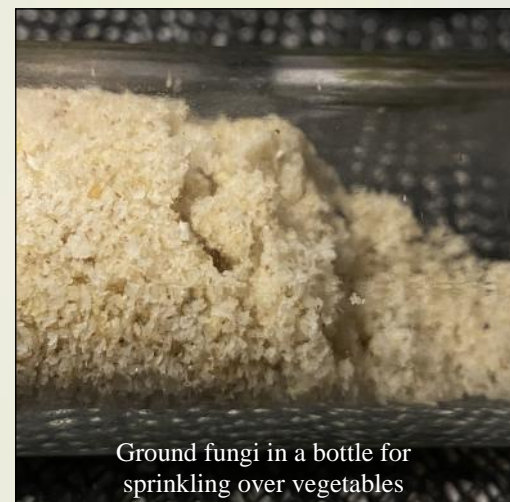
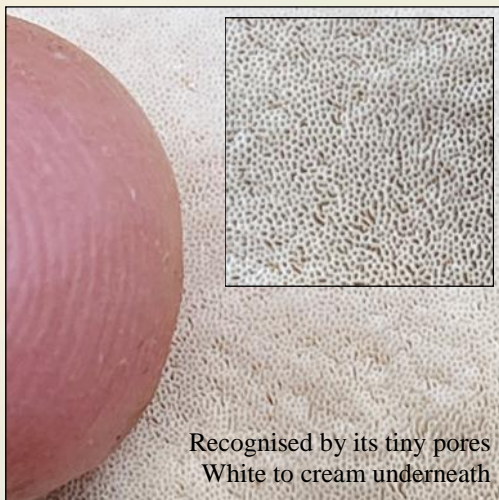
<b>Common Name:</b>	<b>Turkey tail fungus</b>
<b>Family:</b>	Polyporaceae
<b>Genus:</b>	<i>Trametes</i>
<b>Species:</b>	<i>Trametes versicolor</i>
<b>Distribution:</b>	Qld NSW Vic Tas SA WA NT



A polypore mushroom found in all states of Australia (except the NT). The top varies from light brown to dark grey and is 1–7 mm thick. It's used in traditional Chinese medicine and a compound is officially used to treat cancer in Japan. Its leathery when raw but edible as a dried powder, which is available online and at select health food shops.



<b>Edible part</b>	Outer bracket. <b>AVOID SIMILAR LOOKING UNEDIBLE FUNGI</b>
<b>Preparation</b>	Dried, powdered and sprinkled over foods, or use a rind grater and sprinkle it over foods
<b>Taste</b>	A slight taste similar to a raw lawn variety edible mushroom available in supermarkets
<b>Texture</b>	Leathery and inedible in its natural state, but can be ground into foods using a rind grinder
<b>Used by</b>	Eaten by Aboriginals



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# Wood Hedgehog Fungus

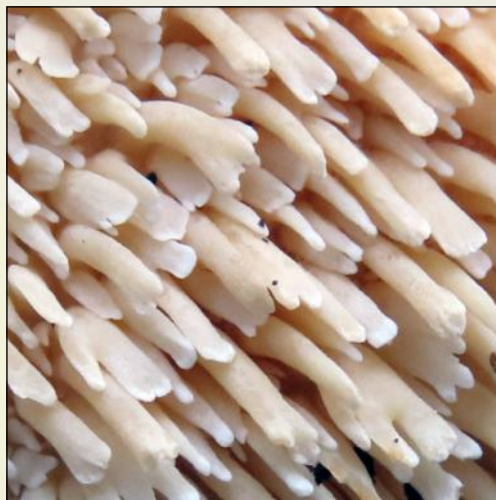
<b>Common Name:</b>	<b>Wood Hedgehog, sweet tooth fungus</b>
<b>Family:</b>	Hydnaceae
<b>Genus:</b>	<i>Hydnum</i>
<b>Species:</b>	<i>Hydnum repandum</i>
<b>Distribution:</b>	<b>Qld NSW Vic Tas SA WA NT</b>



A native fungi also known as the sweet tooth fungus. It has spines instead of gills and is found in Europe as well as all states of Australia (except the NT). It prefers moist soils in woodlands, bushland and open forests and appears from late Winter to Spring. It often forms in irregular shapes and is edible.



<b>Edible part</b>	Mushroom
<b>Preparation</b>	Remove all dirt, then finely slice into salads, steam, boil or lightly fry
<b>Taste</b>	A relatively bland flavour with a slight sweetness
<b>Texture</b>	Similar to the standard variety mushroom
<b>Used by</b>	Eaten by Aboriginals and early settlers



**Fried**



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# Icicle Fungus

<b>Common Name:</b>	<b>Icicle fungus</b>
<b>Family:</b>	Clavariaceae
<b>Genus:</b>	<i>Mucronella</i>
<b>Species:</b>	<i>Mucronella pendula</i>
<b>Distribution:</b>	Qld NSW Vic Tas SA WA NT



An uncommon native coral fungi found in south eastern Australia from NSW to SA and Tasmania. It grows in colonies and prefers wet eucalypt or beech forests under decaying lumber or in hollows. Its icicles are like translucent stalactites which grow to 3 cm long and brown as they age. It is edible, though not popular.



<b>Edible part</b>	Flowing icicles
<b>Preparation</b>	Eaten raw
<b>Taste</b>	A slight taste similar to a raw garden variety edible mushroom
<b>Texture</b>	Extremely soft like jelly
<b>Used by</b>	Eaten by Aboriginals and early settlers



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# Hairy Bittercress

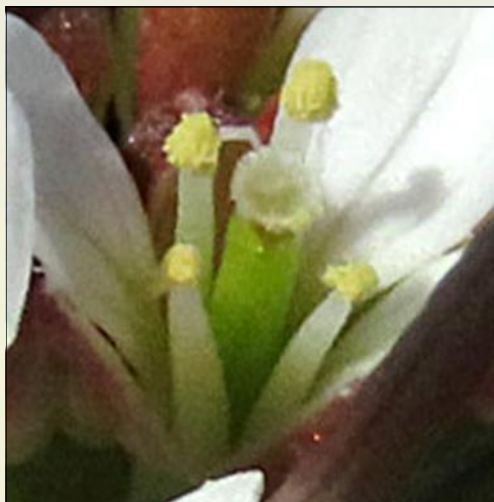
<b>Common Name:</b>	<b>Hairy bittercress, Wild mustard</b>
<b>Family:</b>	Brassicaceae
<b>Genus:</b>	<i>Cardamine</i>
<b>Species:</b>	<i>Cardamine hirsuta</i>
<b>Distribution:</b>	<b>Qld NSW Vic Tas SA WA NT</b>



An invasive native of Eurasia also known as wild mustard and introduced to all states of Australia (except the NT). It grows to 30 cm and prefers moist soils in bushland, woodlands, open forests, and gardens as a weed. It's an annual/biannual, has flowers to 7 mm wide and above-ground parts are edible and can be eaten raw.



<b>Edible part</b>	The entire above-ground structure of this plant can be eaten, though leaves are most palatable
<b>Preparation</b>	Eaten raw and used in salads or on sandwiches
<b>Taste</b>	Mild peppery
<b>Texture</b>	Leaves are soft and stems and flowers are slightly crunchy
<b>Used by</b>	Early settlers



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# Water Ribbons

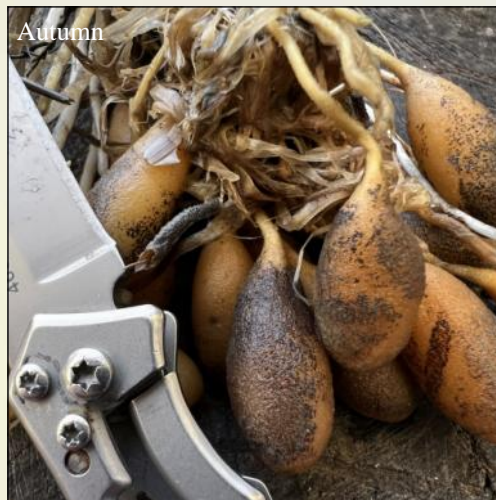
<b>Common Name:</b>	<b>Water ribbons</b>
<b>Family:</b>	Juncaginaceae
<b>Genus:</b>	<i>Cycnogeton</i>
<b>Species:</b>	<i>Cycnogeton procerum</i>
<b>Distribution:</b>	Qld NSW Vic Tas SA WA NT



A native aquatic species of perennial plant found in all states of Australia (except the NT). It prefers small rivers and streams where it is often found near the banks. It is also found in wetland areas and can survive dry periods. Flower heads appear from September to March on an erect stem to 150 cm. The small tubers are edible.



<b>Edible part</b>	Tuber
<b>Preparation</b>	Eaten raw, boiled or baked
<b>Taste</b>	A slight bitterness, but mostly tasteless
<b>Texture</b>	Like a chestnut
<b>Used by</b>	Aboriginals and early settlers



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# Fennel

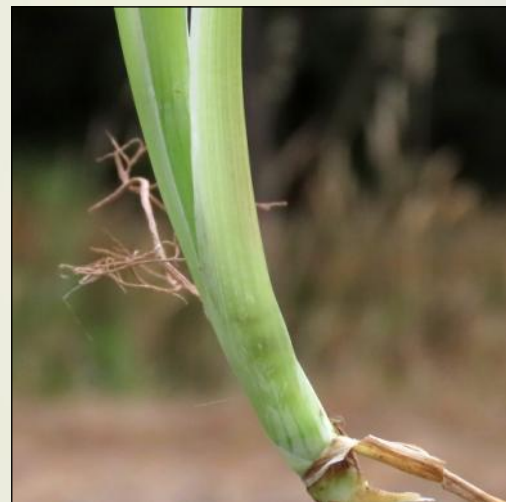
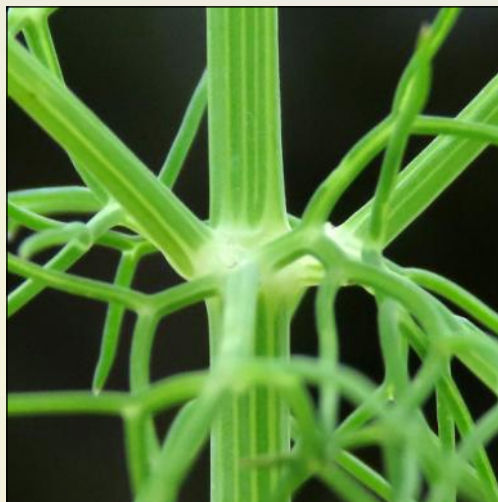
<b>Common Name:</b>	<b>Blue stars , blue quills, mudrurt</b>
<b>Family:</b>	Apiaceae
<b>Genus:</b>	<i>Foeniculum</i>
<b>Species:</b>	<i>Foeniculum vulgare</i>
<b>Distribution:</b>	<b>Qld NSW Vic Tas SA WA NT</b>



A highly aromatic aniseed smelling flowering herb in the carrot family native to the Mediterranean and found in all states of Australia (except the NT). It grows to 2 m and tiny yellow flowers appear in spring. It prefers bushlands and woodlands and roadsides. Seeds, leaves, stems and fronds are edible and have medicinal properties.



<b>Edible part</b>	All of the plant, but the seeds and young leaves are mostly used
<b>Preparation</b>	Eaten raw or dried and used in teas or as a dried herb
<b>Taste</b>	Like aniseed
<b>Texture</b>	Leaves are soft, seeds have a medium hardness and stems are slightly crunchy
<b>Used by</b>	Eaten by early settlers as a herb



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# Common Reed

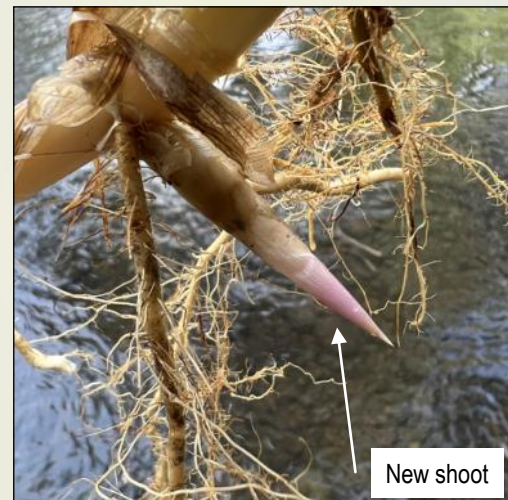
<b>Common Name:</b>	<b>Hawthorn</b>
<b>Family:</b>	<i>Poaceae</i>
<b>Genus:</b>	<i>Phyragmites</i>
<b>Species:</b>	<i>P. australis</i>
<b>Distribution:</b>	<b>Qld NSW Vic Tas SA WA NT</b>



A common wetland reed found in all states of Australia. It grows to 6 m and prefers wetter areas such as wetlands and beside bodies of water. The young shoots of this species can be consumed raw or cooked and the resin of damaged plants can be eaten raw. Seeds can also be crushed and added to other foods.



<b>Edible part</b>	Young shoots, hardened resin from damaged plants
<b>Preparation</b>	Shoots eaten raw, roasted, boiled or steamed. Resin eaten raw
<b>Taste</b>	Shoots are flavoured a little like parsnip. Resin is bland
<b>Texture</b>	Inside of shoots is soft, outside are fibrous. Resin is hard
<b>Used by</b>	Aboriginals for food, and parts of the plant for things such as weaving



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# Chickweed

<b>Common Name:</b>	<b>Chickweed, Common chickweed</b>
<b>Family:</b>	Caryophyllaceae
<b>Genus:</b>	<i>Stellaria</i>
<b>Species:</b>	<i>Stellaria media</i>
<b>Distribution:</b>	<b>Qld NSW Vic Tas SA WA NT</b>



Also known as common chickweed, it is a small plant native to Europe and naturalised around the world. It is often found in shady locations around houses and in lawns in all states of Australia. White flowers appear in spring and grow to a width of 8 mm. All above-ground parts of the plant are edible and grown as a crop in agriculture.



<b>Edible part</b>	The entire above-ground structure can be eaten
<b>Preparation</b>	Eaten raw in salads, sandwiches etc
<b>Taste</b>	Slightly bitter
<b>Texture</b>	Slightly crunchy
<b>Used by</b>	Early settlers



# Purple Woodsorrel

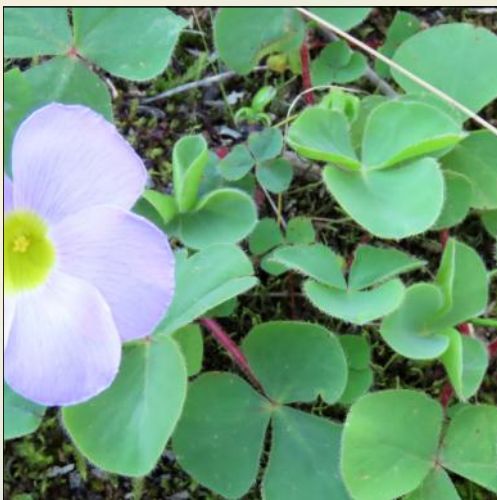
<b>Common Name:</b>	<b>Purple Woodsorrel</b>
<b>Family:</b>	Oxalidaceae
<b>Genus:</b>	<i>Oxalis</i>
<b>Species:</b>	<i>Oxalis purpurea</i>
<b>Distribution:</b>	<b>Qld NSW Vic Tas SA WA NT</b>



A purple ground cover (weed) introduced from Africa and found in all states of Australia (except the NT). It grows to 20 cm and prefers bushland, woodlands and forests. Flowers appear from August to November and have edible leaves, flowers and tubers. Like spinach, it contains oxalis acid, so eat it sparingly.



<b>Edible part</b>	Leaves, flowers and tuber
<b>Preparation</b>	Eaten raw in a salad or lightly steamed
<b>Taste</b>	Leaves and flowers have a palatable sour citrus taste
<b>Texture</b>	Leaves like spinach and flowers soft and chewy
<b>Used by</b>	Used by early colonialists.



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# Prickly Lettuce

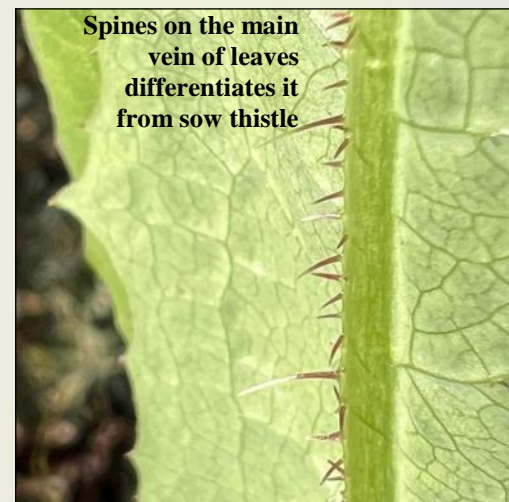
<b>Common Name:</b>	<b>Prickly lettuce</b>
<b>Family:</b>	Asteraceae
<b>Genus:</b>	<i>Lactuca</i>
<b>Species:</b>	<i>Lactuca serriola</i>
<b>Distribution:</b>	<b>Qld NSW Vic Tas SA WA NT</b>



Also known as the compass plant, it is a native to the Northern Hemisphere, grows to 1 m and prefers bushland, woodlands and roadsides. The leaf mid-vein has spikes and a reddish tinge when young. Young leaves can be cooked or eaten raw and the flowers are also edible, though both are bitter.



<b>Edible part</b>	Young leaves can be eaten raw or cooked, though are bitter and flowers eaten raw
<b>Preparation</b>	Best to steam leaves or add to other meals
<b>Taste</b>	Leaves and flowers are bitter
<b>Texture</b>	Leaves are like lettuce without the crunch
<b>Used by</b>	Early European settlers



# Common Selfheal

<b>Common Name:</b>	<b>Common selfheal, blue curls, heal-all</b>
<b>Family:</b>	Lamiaceae (mint family)
<b>Genus:</b>	<i>Prunella</i>
<b>Species:</b>	<i>Prunella vulgaris</i>
<b>Distribution:</b>	<b>Qld NSW Vic Tas SA WA NT</b>



Also known as blue curls, woundwort and heal-all, it is found in all states of Australia (except the NT). It grows to 30 cm, has a composite club-like flower head with a width to 30 mm and prefers bushland, woodlands and forests. It flowers from November to February, leaves/flowers are edible and is highly regarded for medicinal purposes.



<b>Edible part</b>	Flower, leaf, stem
<b>Preparation</b>	Leaves and stem eaten raw in salads or steamed and flowers lightly boiled or steamed
<b>Taste</b>	Lacking in taste
<b>Texture</b>	Leaves are a little fibrous and chewy, flowers are soft
<b>Used by</b>	Possibly eaten by early settlers



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# Bitter dock

<b>Common Name:</b>	<b>Bitter dock, broad-leaf dock, dock leaf</b>
<b>Family:</b>	Polygonaceae
<b>Genus:</b>	<i>Rumex</i>
<b>Species:</b>	<i>Rumex obtusifolius</i> ssp. <i>obtusifolius</i>
<b>Distribution:</b>	<b>Qld NSW Vic Tas SA WA NT</b>



A highly invasive plant native to Europe and introduced to all states of Australia (except the NT). It grows to 150 cm with large oval leaves to 30 cm long. Lower leaves tend to have reddish stems. It was used by early settlers, but leaves contain oxalic acid, so should be eaten sparingly to avoid stomach upsets. Ground dried seeds can be a flour substitute.



<b>Edible part</b>	Leaves
<b>Preparation</b>	Eaten raw in salads, or steamed/boiled as a vegetable
<b>Taste</b>	Bitter taste
<b>Texture</b>	Like silverbeet leaves
<b>Used by</b>	Early settlers



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# THESE ARE NOT EDIBLE

---

The following plants are  
not edible under any  
circumstances and are  
shown here for your  
information and safety.

# Sweet Amber

**Common Name:** Sweet amber, tutsan  
**Family:** Hypericaceae  
**Genus:** *Hypericum*  
**Species:** *H. androsaemum*



A member of the St. John's wort family, Sweet Amber is found across Eurasia. It is a perennial shrub that grows to 1.5 m and has a fruit that is considered to be toxic to humans and animals. Initially the berries are green, then red and finally black. Flowers are bright yellow. Leaves discolour as they age.



**This berry is not edible and is considered toxic to both humans and animals**



**THIS SPECIES IS NOT EDIBLE**

# Tasman Flax-lily

**Common Name:** Tasman flax-lily  
**Family:** Asphodelaceae  
**Genus:** *Dianella*  
**Species:** *D. tasmanica*



A herbaceous perennial herb found in south eastern Australia from New South Wales to Victoria and Tasmania. It has leaves that grow to 80 cm, violet flowers in spring and berries that develop in summer. It grows in clumps in wetter bushland and forests, though has also been cultivated for use in parks and gardens.



**This berry is not edible and is considered toxic to both humans and animals**



**THIS SPECIES IS NOT EDIBLE**

# AUSTRALIAN HABITATS

## ALPINE



Areas of high altitude and given to snow in winter months

## BUSHLAND



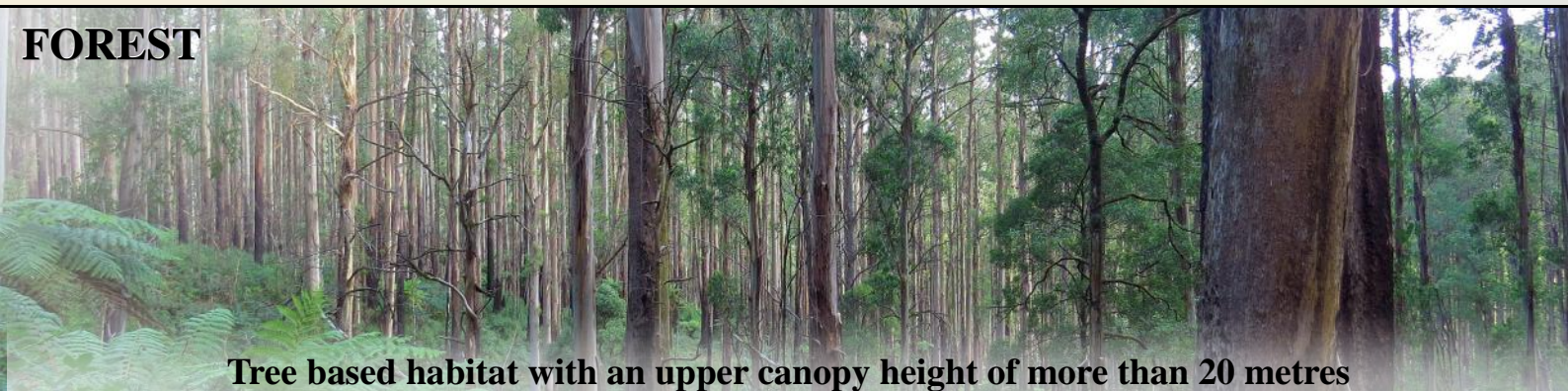
Bushlands are areas where the flora and fauna are predominately indigenous

## FARM



Paddocks used by farmers for agriculture and livestock

## FOREST



Tree based habitat with an upper canopy height of more than 20 metres

# AUSTRALIAN HABITATS

## GRASSLAND



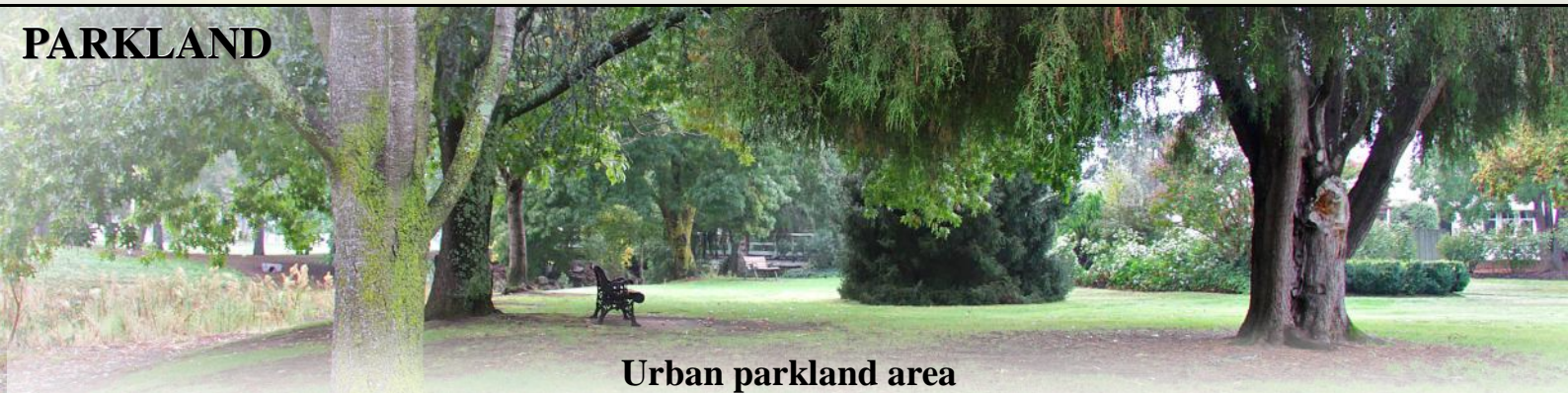
Grassland based habitat with few low shrubs and no tall trees

## OPEN BUSHLAND



Open bushlands are areas where the flora and fauna are predominately indigenous and open

## PARKLAND



Urban parkland area

## RAINFOREST



A forest with a heavy annual rainfall

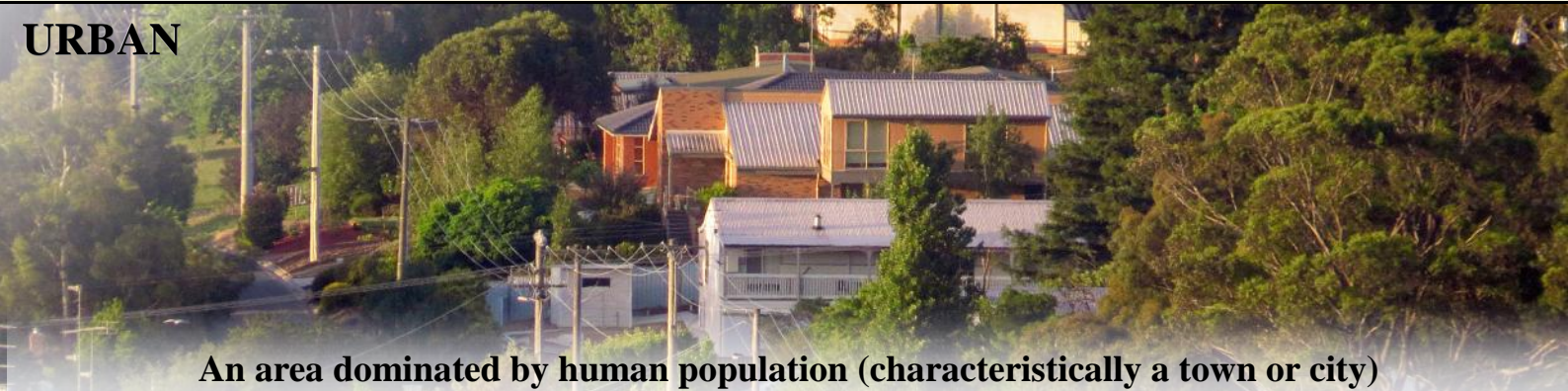
# AUSTRALIAN HABITATS

## SCRUB



**Thick low growth habitat where vegetation ranges from 0.5 to 4 metres**

## URBAN



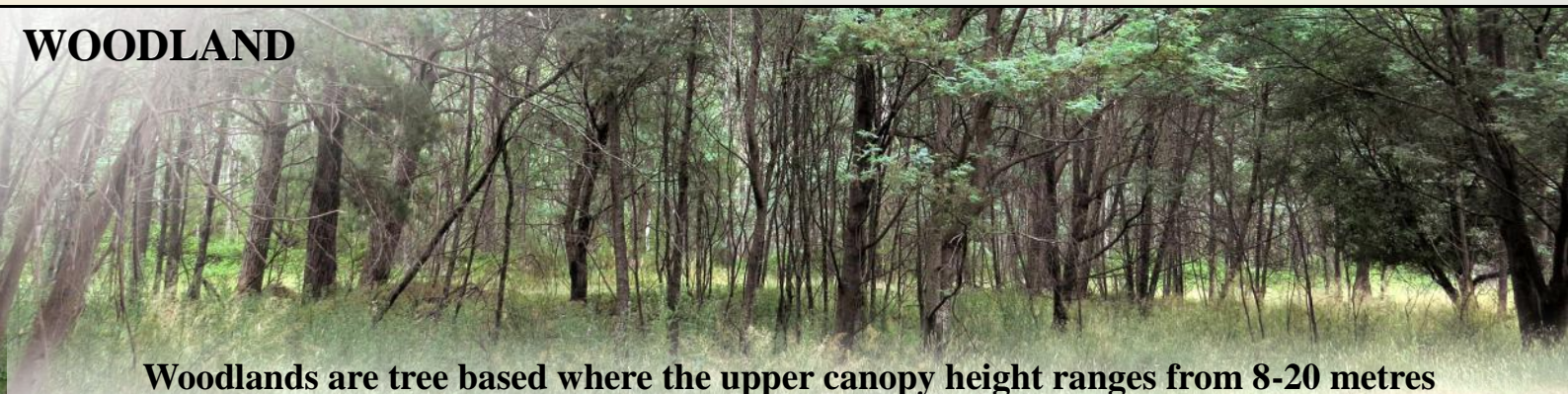
**An area dominated by human population (characteristically a town or city)**

## WETLAND / MARSH / SWAMP



**A low lying area of uncultivated land where water naturally collects**

## WOODLAND



**Woodlands are tree based where the upper canopy height ranges from 8-20 metres**

# GLOSSARY

<b>ssp.</b>	<i>(acronym)</i> Subspecies. It is alternatively written as subsp.
<b>ANNUAL</b>	<i>(noun)</i> A plant that completes its entire life cycle within a single year. Different annual plants begin and end their cycles at different times of the year.
<b>ANTHROPOD</b>	<i>(noun)</i> Any invertebrate animal having an exoskeleton, external segmented body and jointed appendages, such as ants, flies, beetles, cicadas, crabs, centipedes and dragonflies.
<b>ASTRINGENT</b>	<i>(adjective)</i> A term used to describe the drying sensation or puckery caused in the mouth and throat by certain foods and drinks. The action is the result of chemicals (often tannins) that shrink body tissue, resulting in the sensation.
<b>BERRY</b>	<i>(noun)</i> A small roundish juicy fruit that does not have a stone.
<b>CANE</b>	<i>(noun)</i> The hollow jointed part of a tall grass, bamboo or sugar cane.
<b>CHITIN</b>	<i>(noun)</i> A chemical compound that is a derivative of glucose and found in the cell wall of fungi as well as in other forms such as the exoskeletons of arthropods such as cicadas.
<b>COMPOSITE FLOWER</b>	<i>(noun)</i> A flower comprising hundreds or even thousands of small flowers clustered together to form one large flower.
<b>CONIFER</b>	<i>(noun)</i> A tree where the seeds are located within a cone.
<b>CORM</b>	<i>(noun)</i> A short vertical or roundish swollen underground section of plant stem that serves as a storage organ for the plant and helps in its long-term survival.
<b>COROLLA</b>	<i>(noun)</i> Whorl of petals of a flower.
<b>DECIDUOUS</b>	<i>(adjective)</i> A tree that sheds all of its leaves each year.
<b>DIOECIOUS</b>	<i>(adjective)</i> A characteristic of a species where the male and female organs are on separate individuals (two distinct sexes).
<b>DRUPE</b>	<i>(noun)</i> A fruit such as cherry and plum that has a single hard stone and a natural line of weakness where the fruit can be opened. .
<b>EDIBLE</b>	<i>(adjective)</i> Fit to be eaten, especially by humans.

# GLOSSARY

<b>ENDEMIC</b>	<i>(adjective)</i> prevalent or regularly found among a large group of people or in a district; confined to a particular area ( <i>biology</i> ).
<b>ESCARPMENT</b>	<i>(noun)</i> A long, steep slope, esp. one at the edge of a plateau or separating areas of land at different heights.
<b>FLORET</b>	<i>(noun)</i> One of the small flowers that make up a composite flower head.
<b>FRUIT</b>	<i>(noun)</i> The fleshy part of a plant that is eaten as food. Unlike vegetables, all fruits contain seeds. Fruits generally have some form of outer skin to protect them such as an apple skin.
<b>FUNGI</b>	<i>(noun)</i> Any member of the group of eukaryotic organisms, including moulds yeasts, that have fruits such as mushrooms. Fungi all have chitin in their cell walls.
<b>HERB</b>	<i>(noun)</i> Any seed bearing plant that has flowers or leaves that are used for flavouring food (when fresh or dried), for medicine or for its scent.
<b>INDIGENOUS</b>	<i>(noun)</i> When a species is found naturally in a specific ecosystem or area without human intervention (as against native).
<b>INDIGENIOUS</b>	<i>(noun)</i> Naturally occurring in a certain area (as against native which means it is found in a country or region such as Australia or Victoria).
<b>INTERNODES</b>	<i>(adjective)</i> The part of the plant between the nodes on a stem from where leaves grow.
<b>INVASIVE SPECIES</b>	<i>(adjective)</i> Used to describe when a living organism spreads into an area where it was not previously found, with such success that it harms the environment, human health or upsets the ecosystem already established in that area.
<b>LOAM</b>	<i>(noun)</i> Fertile soil or clay and sand that contains natural humus.
<b>HUMUS</b>	<i>(noun)</i> Organic component of soil, formed by decomposing plant matter such as leaves.
<b>MONOECIOUS</b>	<i>(adjective)</i> A characteristic of a species where the male and female organs are on the same individual (not having individual sexes).

# GLOSSARY

<b>NATIVE</b>	<i>(noun)</i> When a species is found naturally in a certain country or region (as distinct from indigenous).
<b>NATURALISED</b>	<i>(noun)</i> When a species that is not native to an ecosystem becomes self sustaining in that ecosystem. Naturalisation usually occurs as a result of human intervention.
<b>NODE</b>	<i>(noun)</i> The part of a plant's stem from where leaves emerge.
<b>ORCHID</b>	<i>(noun)</i> A diverse widespread family of flowering plants that are often colourful and fragrant. There are over 28,000 accepted species of orchids. They are the second largest flower group behind the daisy family ( <u>Asteraceae</u> ).
<b>PERENNIAL</b>	<i>(noun)</i> A plant that lives for two or more years.
<b>PINACLE</b>	<i>(noun)</i> A loose cluster of buds or flowers.
<b>POLLEN</b>	<i>(noun)</i> A powdery substance discharged from the male part of the plant that is made up of fine or coarse grains. Pollen grains are most often yellowish in colour.
<b>ROOT</b>	<i>(noun)</i> Anchors the tree to the soil and absorbs water and soil minerals.
<b>ROSETTE</b>	<i>(noun)</i> A circular arrangement of leaves, with all the leaves of a similar height (such as seen with the dandelion rosette).
<b>SCLEROPHYLL FOREST</b>	<i>(noun)</i> Vegetation with hard leaves and short internodes.
<b>SEED</b>	<i>(noun)</i> A plant in its embryonic stage and inside a protective covering that is capable of growing into another plant.
<b>STEM</b>	<i>(noun)</i> The part of a plant that generally rises above the ground. It may also be referred to as a stalk.
<b>STONE</b>	<i>(noun)</i> A large hard seed found in some fruits such as plums, cherries and peaches. It is also called a pip.
<b>TANNINS</b>	<i>(noun)</i> A class of water soluble astringent chemicals that are extremely unpalatable. Tannins are used successfully to treat leather.
<b>TAPROOT</b>	<i>(noun)</i> In a plant that has a taproot system, the taproot is the largest most central root in the root complex.

# GLOSSARY

**TERRESTRIAL PLANT**

*(adjective)* A plant that grows from the ground, as distinct from one that grows in water (aquatic), ones that grow on trees (epiphytic), and ones that grow on rocks (lithophytic).

**TRUNK**

*(noun)* The part of a tree that is connected to the roots and rises from the ground. It is not the roots or branches.

**TUBER**

*(noun)* A rounded swollen part of a plant that acts as a food reserve for the plant. Tubers can also bear buds from which new plants grow. Tubers are often edible such as with the potato.

**VEGETABLE**

*(noun)* Any part of a plant that is consumed by humans as food.

**WHOWL**

*(noun)* A set of leaves, flowers, or branches extending from a stem at the same level and encircling it.

**YAM**

Common name for the edible tubers on some plants in the genus *Dioscorea*.



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