

Although indigenous people ate 70% protein and 30% carbohydrate from yams and other root crops, many plants needed specialised treatments that were passed down orally from generation to generation and over time much of this knowledge has been lost. Some parts of a plant may be edible whilst other parts may be hazardous to eat. Special preparation may be required. Some fruit may be unpleasant to eat when not fully ripe or raw but are good when made into conserves. It must be remembered that because there were some hundreds of quite distinct Aboriginal languages and many more dialects here in Australia, any aboriginal names given by anybody are very localised in their application.

Finger Limes are very slow to grow and fruit from seed, so look for an advanced cutting grown plant which is suitable for growing only in a pot or a grafted one to go in the ground.

If you want a nice shaped Lemon Myrtle, *Backhousia citriodora*, buy a cutting grown one as seedlings tend to multi sucker and some suckers spread along the ground. Warrigal Greens, *Tetragonia tetragonoides*, need to be boiled and water discarded due to oxalic acid content.

Many *Syzygiums* are susceptible to Psyllids but the following are advertised as resistant: *Acmena smithii* Hot Flush, Hedgemster. *Syzygium luehmannii*, Hinterland Gold, Resilience, Straight and Narrow. *Syzygiums* may not fruit after heavy pruning. Sublime, Red Head and Hobbit are resistant to Myrtle Rust.

There are a number of forms of *Flacourtia*, many of which are dioecious, but some, including "Shipton's Flat", bear bisexual self-fertile flowers. Unless you have a bisexual tree, you will need to grow at least 3 trees to have a fair chance of having both male and female plants.

MYRTLE RUST MANAGEMENT PLAN

<https://www.ngiq.asn.au/wp-content/uploads/Myrtle-Rust-Management-Plan-2012-Final.pdf> Native Plants Queensland recommend Zaleton which contains two different fungicides: Tebuconazole which works systemically and Trifloxystrobin which works longer term as a preventative but is only for ornamentals and not food-bearing plants.

Neither the Study Group, their affiliates, officers or members assume any liability for information contained in this brochure or for any adverse effects arising from the consumption of food.

We hope this brochure will pique your interest in searching out some of our bushfood plants.

The Qld Herbarium does not use the term 'bushfoods' in any publication so there is no specific list of 'bushfoods'.

When reading some of the Bush Tucker books you'll see the words "Edible" & "Palatable" used. The difference is sugar! Usually, if it says "Edible" then you'll need to cook and add sugar or process into a conserve, chutney or drink etc. When researching, just Google the following terms: edible, forage, bushfood, bush tucker / tukka, medicinal, wild food or look at some YouTube videos.

Bush tucker, also called bushfood, is any food native to Australia and used as sustenance by the original inhabitants but it can also describe any native fauna or flora used for culinary and/or medicinal purposes regardless of the continent or culture. ref: Wiki

Our different States do not automatically synchronize botanic names so the same plant could be known by a different name in another State. Check here for the latest updates:

<https://biodiversity.org.au/nsl/services/apc>

There's very little data on which nutrients can be found in which wild foods. Often, researchers find that the same food will have different levels of nutrients from one region to the next which may be because nutrient levels can be affected by environmental factors like drought, water stress and pests. One study overseas found that levels of Zinc and Vitamin A in the same foods varied ten-fold from one region to another.

The Bunya is technically not classified as a nut so those who have nut allergies are able to eat them.

Using native plants as a food source is a journey of discovery.

Email: australianfoodplants@gmail.com

<http://anpsa.org.au/foodplantsSG/index.html>

Australian Native Plants

Society (Australia)



**Australian Food
Plants Study Group**

Let's Grow Some Bushfood

If you would like to learn more about native plants, join a Branch of the Society: <https://www.npq.org.au/>

There are 18 Study Groups within ANPSA and 27 other groups whose newsletters you can read online: <http://anpsa.org.au/study.html>

This list of plants has been compiled from the collective experience of members to help you select some bushfood that will grow well in most soil types in Queensland and help you to create a great 'Bush Tucker Garden'.

If you are finding it hard to acquire grafted or advanced plants, email and I'll put you in touch with a grower.

WEBSITES

<http://anpsa.org.au/foodplantsSG/index.html>
<https://www.witjutigrub.com.au/>
<https://www.ausbushfoods.com/>
<https://tuckerbush.com.au/plants/>

BUSHFOOD ASSOCIATIONS

<http://www.qldbushfood.org.au/>
<https://www.facebook.com/bushfood.WA/>
<https://www.sanativefoods.org.au/>
<https://anfab.org.au/>

Membership is open to all financial ANPSA members and is complimentary although donations towards public plantings are very welcome! Newsletter is emailed twice a year.

Bendigo Bank BSB 633 000 Account 161043369

Email: australianfoodplants@gmail.com

<http://anpsa.org.au/foodplantsSG/index.html>

TREES		
<i>Acronychia acidula</i>	E Fr	Lemon Aspen
<i>Acronychia oblongifolia</i>	E Fr	White Aspen
<i>Araucaria bidwillii</i>	S	Bunya Pine
<i>Athertonia diversifolia</i>	P	Atherton Almond
<i>Capparis velutina</i>	FB	Native Caper
<i>Capparis arborea</i>	FB	Native Caper
<i>Capparis lasiantha</i>	Fr	Native Pomegranate
<i>Capparis mitchellii</i>	Fr	Native Pomegranate
<i>Davidsonia jerseyana</i>	E Fr	Davidson's Plum
<i>Davidsonia pruriens</i>	E Fr	Davidson's Plum
<i>Elaeocarpus grandis</i>	E Fr	Blue Quandong
<i>Ficus coronata</i>	P Fr	Sandpaper Fig
<i>Ficus opposita</i>	P Fr	Sandpaper Fig
<i>Macadamia integrifolia</i>	P S	Macadamia
<i>Macadamia tetraphylla</i>	P S	Macadamia
<i>Pleioxygium timorense</i>	E M/F	Burdekin Plum
<i>Podocarpus elatus</i>	P Fr M/F	Plum Pine
<i>Podocarpus spinulosus</i>	Fr	Plum Pine
<i>Planchonella australis</i>	P	Black Apple
<i>Syzygium anisatum</i>	E L	Aniseed Myrtle
<i>Syzygium species</i>	Fr L	Lillypilly
<i>Sterculia quadrifida</i>	E Fr S	Peanut Tree

AND NOW FOR SOME PRONUNCIATION IN GENERAL ON THE ENDINGS OF LATIN NAMES

According to Dr Gordon Guymer, the Director of the Queensland Herbarium, there are no hard and fast rules and it depends on your locality as to their pronunciation.

ae	ee-aa (<i>victoriae</i> vick-TOR-ee-aa) (<i>vitae</i> VITE-aa)
aea	EE-a (<i>Dodoneae</i> dod-on-EE-a) (<i>Fagraea</i> fa-GREE-a)
ae	ee-aa (<i>lochiae</i> LOCK-ee-aa) (<i>paulinae</i> poor-LIN-aa)
ale	ee - australie – oss-TRA-lee
ea	ee-a (<i>Alchornea</i> al-CORN-ee-a)
eae	ee-aa (<i>synapheae</i> sin-AFF-ee-aa)
ei	ee-eye (<i>moorei</i> MOOR-ee-eye)
ia	ee-a <i>Macadamia</i> <i>Acacia</i> - a-KAY-sha
iae	ee-aa (<i>lochiae</i> - LOCK-ee-aa)
ii	ee-eye (<i>bidwillii</i> - bid-WILL-ee-eye)

SOME BUSHFOOD FOR SMALL SUBURBAN GARDENS		
<i>Acacia victoriae</i>	E S	Wattle
<i>Acmena smithii</i>	E	Blue Lillypilly
<i>Alpinia caerulea</i>	E	Native Ginger - 2 types - red & green leaf
<i>Antidesma erostre</i>	P Fr	Wild Currant
<i>Antidesma bunius</i>	M/F P Fr	Herbert River Cherry
<i>Atriplex nummularia</i>	L	Old Man Saltbush
<i>Austromyrtus dulcis</i>	P Fr	Midyim Berry
<i>Backhousia angustifolia</i>	E L	Curry Myrtle
<i>Backhousia citriodora</i>	E L MR	Lemon Myrtle
<i>Backhousia myrtifolia</i>	E L	Cinnamon Myrtle
<i>Carissa ovata</i>	Fr	Currant Bush
<i>Citrus australis</i>	P Fr	Round Lime
<i>Citrus australasica</i>	P Fr SN	Finger Lime
<i>Eugenia reinwardtiana</i>	MR P Fr	Beach Cherry
<i>Flacourtie</i>	Bi E Fr M/F	Cape Plum
<i>Glycosmis trifoliata</i>	P Fr	Pink Lime Berry
<i>Hibiscus heterophyllus</i>	F	Native Hibiscus
<i>Melastoma malabathricum</i>	P Fr	Blue Tongue
<i>Podocarpus spinulosus</i>	P Fr	Dwarf Plum Pine
<i>Syzygium australe</i>	E MR	Scrub Cherry
<i>Syzygium fibrosum</i>	Fr	
<i>Tasmannia insipida</i>	M/F SN L S	Pepper Bush

If some of the plants in the above section
Bushfood for Small Suburban Gardens
become too tall, just trim them!
We have left off a number of bushfoods
because of issues: weed potential,
insignificant flesh on fruit etc.

This brochure is a work in progress
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LOW GROWING PLANTS		
<i>Apium prostratum</i>	P L	Sea Celery
<i>Austromyrtus dulcis</i>	P	Midyim
<i>Carpobrotus glauces cens</i>	P Fr	Pigface
<i>Commelina cyanea</i>	P	Blue Flower Wandering Jew
<i>Cullen tenax</i>	P L S	Emu Foot Grass
<i>Mentha australis</i>	L	River Mint
<i>Mentha diemenica</i> (dryer area)	L	Native Mint
<i>Mentha satureioides</i>	L	Bush Mint
<i>Prostanthera species</i>	E L	Native Mint Bush
<i>Tetragonia tetragonoides</i>	L SN	Warrigal Greens
<i>Viola banksii</i>	L	Native Violet
GARNISHES		
<i>Commelina cyanea</i>	L	Blue Flower Wandering Jew
<i>Trachymene incisa</i>	F	Native Parsnip
<i>Viola banksii</i>	F	Native Violet
<i>Wahlenbergia</i>	F	Australian Bluebell
VINES AND SCRAMBLERS		
<i>Elaeagnus triflora</i>	P Fr	Millaa Millaa
<i>Dioscorea transversa</i>	R E	Native Yam
<i>Eustrephus latifolius</i>	R E	Wombat Berry
<i>Geitonoplesium cymosum</i>	Sh	Scrambling Lily
<i>Maclura cochinchinensis</i>	Fr E	Cockspur Thorn
<i>Passiflora cinnabarinia</i>	E Fr SN	Red Passion Flower
<i>Piper hederaceum</i>	P L S	Pepper Vine

LEGEND	
Bi	Bisexual
E	Edible but needs processing
F	Flower petals
FB	Flower Buds (pickle)
Fr	Fruit
L	Leaves – raw, cook or process
M/F	Dioecious - separate male & female
MR	Myrtle Rust susceptible
P	Palatable
R	Root
S	Seeds
Sh	Young shoots
SN	Special Needs