

Australian Food Plants Study Group
ANPSA - Australian Native Plants Society (Australia)
<http://anpsa.org.au/foodplantsSG/AFPSG-news.html>
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Membership is open to all financial ANPSA members & complimentary although donations towards public plantings are very welcome!

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Special Tasmanian Edition

My file tells me that I started on this newsletter in July last year ... something must have held me up to take this long!! Apologies – I organise a few groups so life is hectic!! As you can see by the heading above, I am based in Qld but as we have members all over Australia, I thought I would do a Tasmanian Special Edition as one of our members Shelley Gage attended the Native Plant Conference down there last year and loved it! Here's some material I sent down with her to display at the Conference.

Do put Tasmania on your bucket list – I've visited twice and really enjoyed my time there. It was pre Bushfood days so here's a few ideas I can heartily recommend: They have some excellent wet caves; lavender at the Bridestowe Estate late Dec early Jan; Penny Farthing bicycle race at Evandale in February; Truffle & Saffron farms; Dolerite rocky column cliffs and the MONA Museum





Sheryl: These fruits look as though they could be the edible *Syzygium papyraceum*

There are plenty of edible native plants around Tasmania if you know where to look and what to look for. Expert Kris Schaffer presents various workshops based on some of the information now available in a brochure on edible native plants that was produced by Kat Hopkins and Chris Cumming through federal funding with the National Landcare Program. “There’s a wonderful resurgence with the interest in our cuisine, but for us with Natural Resource Management it’s about a re-connection with country,” Ms Schaffer said. “It’s the indigenous way of honouring where our food comes from, so if we look at what is from the natural bush then we can really learn and appreciate how the Aboriginal people had this totally different way of looking at food.” She said paying attention to the source of food in such a way was similar to saying grace before a meal, paying respects to the food being eaten. “We do this every time, it’s like welcome to country – it’s not just a tokenistic break, it’s about honouring and respecting,” Ms Schaffer said.

Ref: Based on <https://www.examiner.com.au/story/4928001/sharing-bush-cuisine/>

Edible Native Plants of Tasmania Poster

<http://www.habitatplants.com.au/hpwp/wp-content/uploads/Tas-Edible-Native-Plants.pdf>

Sheryl: This poster is fantastic. I’m going to confer with other bushfood associations in other States to see whether it’s feasible to create one for other parts of Australia.

Wildseed Tasmania is a nursery that sells plants and seed

Contact Helenka 03 6265 2651 (M) 0438 318 797 or Andrew: 0429 851 500

Address: 91 Weston Hill Road, Sorell

Nursery open by appointment only

info@wildseedtasmania.com.au http://www.wildseedtasmania.com.au/bush_food.php

Smoke Pre-treatment They now stock the 'Kirstenbosch' smoke impregnated papers for use with species requiring exposure to smoke to overcome germination dormancy. These proven papers provide a simple, cost effective means of germinating many difficult native seeds. Papers are merely immersed in water and seed soaked for 24 hours prior to sowing.

Field Trip Sunday 17th March 2019

For those of you who live within commuting distance of Brisbane, you are invited to join the Qld Bushfood Association at Yoorala Street Community Garden, 98 Yoorala Street, The Gap. We'll also assist by doing a bit of maintenance, pruning, signage etc. after lunch. See you there at 9.30am for morning tea, AGM will start at 10am. Bring something to share as well as a bite for lunch. BYO plate & mug. Sheryl will show a powerpoint she will be presenting at a conference in New Zealand on bushfood and will be asking for feedback. We'll also be conducting a Fingerlime grafting workshop after the AGM by retired nurseryman Ian Hinrichsen. <https://www.yscg.com.au/>
<https://www.facebook.com/yooralastreetcommunitygarden>
<https://www.facebook.com/balaangala>

Fri 3rd – Sun 5th May - Woodfordia - The Planting

<http://www.theplantingweekend.com/>

Sat 4th – Mon 6th May Maleny Wood Expo

<http://www.malenywoodexpo.com.au/>

Entry \$15.00 Under 16 free, concession \$12.00.

Saturday 11th May - Native Plants Qld – Autumn Plant Sale at Grovely TAFE.

Walk in off Dawson Parade or park in Woking St. UBD 138 E1 <http://www.npq.org.au/>

John Wrench will be answering questions on bushfood. Come visit & be on our stand!

Saturday 29th June - Kenilworth Cheese Wine and Food Festival

Buy some bushfood plants and get tips on growing Bushfoods in your backyard from Veronica at Witjuti Grub Bushfood Nursery.

<https://www.witjutigrub.com.au/>

<http://www.kenilworthfoodfest.org.au/>

Chef Peter Wolfe of Cedar Creek Bushfood Farm won't be there this year but you check him out on his Facebook pages: <https://www.facebook.com/cedarcreekfarmbushfoods/>

<https://www.facebook.com/freerangingchef/>

There will be a Bushfood Conference around the end of August or early Sept so save August 31st, September 7th, 14th or 21st. Date is yet to be confirmed. Mark your calendar/diary.

Watch all 6 shows of The Outback Chef Bush Food Podcast.

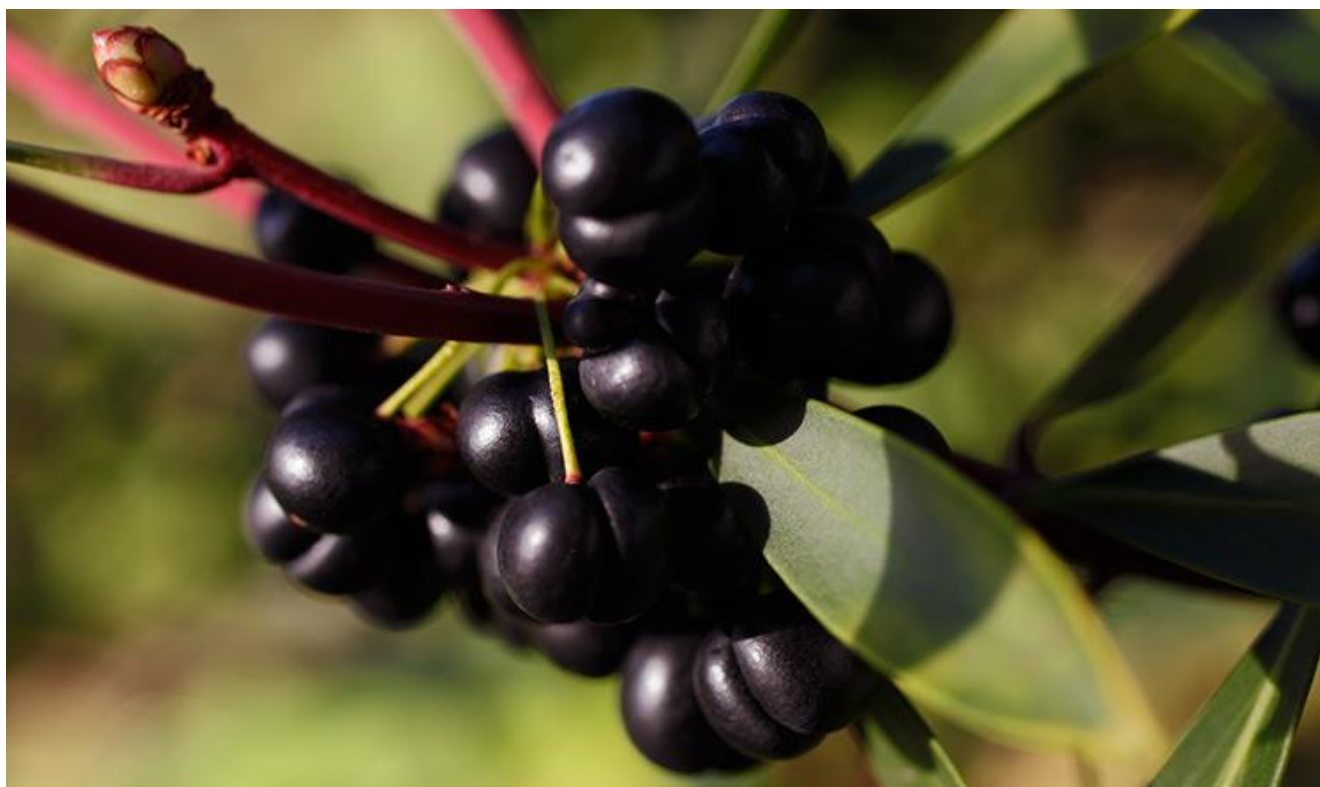
www.buzzsprout.com/140274/623724

<https://www.outbackchef.com.au/>

History of Tasmania

Dutch seaman Abel Janszoon Tasman (1603 - 1659), commissioned by Anthony van Diemen*, (Governor General of the Dutch East Indies), 'discovered' Tasmania in 1642 and named the island van Diemen's Land, in his honour. Two hundred years later, the name was changed to Tasmania, in recognition of the explorer, rather than the administrator. The wealth and influence of the East India Company grew from its mastery of the spice trade and the tropical 'Spice Islands' during the 17th and 18th centuries. Little did Tasman realise that he had discovered another Spice Island - in the South Seas! (*pronounced dee - men) Tasman wrote: "This land being the first we have met with in the South Seas, and not known to any other European nation, we have conferred on it the name of Anthony van Diemen's Land, in honour of the Honourable Governor General, our illustrious master, who sent us to make this discovery

Tasmania is the home of Diemen Pepper owned by Chris Read and he is one of the main bushfoodies down there so do go and visit. Chris has worked for many years in the areas of essential oils and floriculture, as researcher, technical adviser and practitioner. He currently operates a mixed horticultural enterprise on his coastal property Five Bob near Hobart in southern Tasmania producing cut flowers (Dutch Iris) Boronia Extract and Pepper products. The farm hosts Five Bob Café, a public sculpture trail and forest walk, under the management of Art Farm Birchs Bay and a newly established vineyard for good measure. Five Bob also produces thousands of pepper plants each year special fruiting selections for commercial orchards and several attractive clones for domestic gardens.



The plant grows in the cool rainforests of Tasmania and both the spicy aromatic leaves and berries are used. Use it for savouries and soups, vinaigrettes, pasta, fish and game. The berries are sweet and fruity as well as sharp and spicy, so they make an interesting option for sweet dishes, desserts and confectionary. [watch the video!](#)

The aromatic compounds in the foliage, fruit and bark of Tasmanian native pepper have prompted several investigations of its natural chemistry. Many interesting compounds have been identified, but the most unusual and interesting of these is 'polygodial'. Polygodial was first identified in leaf extracts in 1962 and has been a 'compound of interest' ever since. Besides the hot flavour, lots of other biological properties have been demonstrated - in particular the antimicrobial and antifungal activity which features in trials of shelf-life extension for fish and meat products and application in therapeutic and nutritional products.

Suggestions for enjoying Tasmanian native Pepperberries

Store Pepperberries in a closed glass jar or they will absorb moisture from the air. If they become slightly soft, a few minutes on a shallow tray in a low oven (<100°C) will save your grinder from 'clogging up'.

Tasmanian Pepper is best used towards the end of cooking, (some of the flavours can be lost at prolonged high temperatures – especially frying and baking).

A small bowl of ‘cracked’ pepperberries on the table - pinch over soups and sauces – or keep a second grinder filled with Tasmanian Pepper berries.

Pepperberries will bleed a soft pink colour into marinades or pickle solutions, pale sauces and yoghurt.

Include crushed Pepperberries in your favourite Dukkah

Tasty salad dressing - soak dried berries in warm vinegar overnight, and combine with your favourite oil and spices.

Dry Pepperberry Rub: Blend 2 teaspoons each of crushed pepperberries, seasalt, brown sugar and garlic powder with half a cup paprika, and 2 tablespoons dried, rubbed oregano. Store in an airtight container. Rub firmly into meat at least 30 mins before grilling or BBQ.

Adult Ice Cream: Blend finely milled pepperberries into a softened vanilla bean ice cream and refreeze before serving. Adjust to taste, (remembering that flavour is less noticeable in frozen food).

Check out their website for recipe suggestions.

Contact Details:

Chris Read, 3866 Channel Highway, Birchs Bay Ph: 0407 781 600

<http://www.diemenpepper.com/> email: info@diemenpepper.com

Bush tucker treats from Tasmania's Forests

Canada's Thirsty Traveller, Kevin Braucht set out with Pepper Bush Adventures' Craig Williams to sample some campfire bush tucker in the Tyne Valley.

<https://www.youtube.com/watch?v=PS9I-S6ORU8>

Book Review - Eat Wild Tasmanian

by Rees Campbell



The first of its kind, Rees Campbell's *Eat Wild Tasmanian* demystifies the botanical larder of the Tasmanian bush. You will find where plants grow, which parts to harvest and when, which ones will suit your garden — and most importantly, what to do with the produce once you have picked it. With more than 100 easy-to-follow recipes, *Eat Wild Tasmanian* is replete with colour photos of the food and the plants, along with growing notes and distribution maps. This innovative and original book is a must-have for the Tasmanian gardener, the Tasmanian cook, every gourmet chef in Australia, and every visitor or resident who enjoys Tasmania's unique wild places. Tasmanian wild food can now be in your garden and on your table, from native violet jelly to wallaby with warrigal pesto. *Eat Wild Tasmanian* is your companion in the bush and in the kitchen. More than 100 easy-to-follow recipes, Growing notes for 138 Tasmanian plants. Lavishly illustrated with nearly 400 images, 216 colour pages, 200 mm x 245 mm, hardback. www.fullersbookshop.com.au

Ten Tasmanian Bush Food Plants

Tasmania is home to a large range of bush food plants, however most of us walk straight by them or grow them in our gardens without realising they we can actually eat parts of them. So here's ten hardy, nutritious and delicious native plants of Tasmania you can sink your teeth into...



Pig face (*Carpobrotus rossii*)

This succulent ground creeper can be found along the coast growing in sand dunes. They have a purple/pink fruit which is *delicious* (salty and sweet), you just have to suck out the small seed pulp of the fruit. This is by far my favourite bush tucker, you can also eat its green leaves in salads, apply 'pig face juice' to sandfly bites and make a poultice of crushed leaves to help ease pain from burns – *image from [here](#).*

Running Postman (*Kennedia prostrata*)

This plant's beautiful red flowers can be added to water where they'll realise a delicious nectar. The leaves can be infused in hot water for tea and apparently you can use the stems as a strong twine. This ground cover is naturally found in coastal regions but can thrive in a home garden in a well drained, sunny location, *image from [here](#).*



Dragon-leaf Richea (*Richea dracophylla*): A popular plant you'll see on any good Tassie bush walk. The large flower heads are full of nectar, you just have to remove the 'gum nut like' cap cap from each one and suck out the nectar. This plant will grow up to 3m at higher altitudes, but can also live in a pot in a moist, shady spot – *image from [here](#).*

Native Raspberry (*Rubus parvifolius*)

Similar to raspberries only with a smaller berry. Eat them fresh, in jams or other preserves. This plant will climb to 1.5m and have spiky thorns, adding to the harvest challenge – *image from [here](#).*





Sagg (*Lomandra longifolia*)

This is a popular landscaping plant that sometimes get overlooked as a bush food. Its young, white shoots can be eaten raw and taste a bit nutty – they can also be baked. This clumping grass can grow in dry or wet conditions up to around 1m high – *image from [here](#).*

Native Pepper (*Tasmannia lanceolata*)

Definitely Tasmania’s most popular bush food used by cooks across the world in place of common pepper. You can harvest and use the pepper berries fresh, or dry them and use at a later date. It grows as an understory shrub and prefers cool, moist areas – you can also grow them in large pots as well – *image from [here](#).*



River Mint (*Mentha australis*)

You’ll find this strong tasting mint herb growing along water ways in northern Tasmania. Use it just like you’d use common garden mint, in drinks, salads and cooked meals. Some people write you shouldn’t eat this while pregnant – so please be careful, *image from [here](#).*

Sweet-scented Kunzea (*Kunzea Ambigua*): Use the leaves as a tasty tea or as a strong flavour in cooking. People say this is the best native plant to add to dishes like roast meat and veggies. Kunzea will grow to 3m on average soils and can be pruned easily to keep it smaller – *image from [here](#).*



Water Ribbons (*Triglochin procera*)

You can eat Water Ribbon’s thick, tuberous roots. To prepare them pan fry or roast them. These tubers were a major food food indigenous folks in Tassie and the mainland. They grow best in slow moving or still water up to 50cm deep or in really damp ground – *image from [here](#).*

Cider Gum (*Eucalyptus gunnii*)

The Cider Gum's sap can be collected and used as a syrup, similar to how maple syrup is used. It's said that indigenous Tasmanians made an alcoholic drink from it. To harvest the sap you need to make a wound in the tree's trunk – we suggest only doing this for trees on your own (or friend's land) and not out in the bush – *image from [here](#).*



A really important thing to remember when identifying bush foods out in the wild is to be careful – if there is any doubt at all, simply don't eat it. If you'd like to find out about more about these plants and many more we recommend getting in touch with [Plants of Tasmania](#) near Hobart. They have a wealth of knowledge including a booklet you can buy called "Tasmanian Bush Food" for only \$5!

Ref: <https://goodlifepermaculture.com.au/ten-tasmanian-bush-food-plants/>

Tasmanian Bushfood Sources

Plants of Tasmania Nursery, (03) 6239 1583 65 Hall St, Ridgeway

http://www.potn.com.au/edible_plants.html

<http://www.wildpepperisle.com.au/>

Wildseed Tasmania is a nursery that sells plants and seed

Contact Helenka 03 6265 2651 (M) 0438 318 797 or Andrew: 0429 851 500

Address: 91 Weston Hill Road, Sorell

Nursery open by appointment only

info@wildseedtasmania.com.au http://www.wildseedtasmania.com.au/bush_food.php

Chris Read, 3866 Channel Highway, Birchs Bay Ph: 0407 781 600

<http://www.diemenpepper.com/> email: info@diemenpepper.com

Lemon Pepper Cheese Balls

Mix together: 2 tsp Lemon Pepper and 100 g cream cheese or goat cheese

Then roll in ½ cup of very finely chopped, toasted macadamia.

Roll into very small balls and chill in fridge

Serve one ball on a lettuce leaf with other salad ingredients. This would go well with fish.

Macadamia Crumb for Lamb or Fish

Preheat oven to 180°C. Lightly oil a baking dish. Place fillets into a dish, brush lightly with remaining oil. In a small bowl, combine crumb ingredients to form a thick paste.

Mix together: 1 cup finely chopped macadamias, ¼ cup chopped fresh parsley leaves, 1 tablespoon chopped fresh oregano leaves, 1 tablespoon chopped marjoram leaves, 1 small clove garlic, crushed, 1 tablespoon fresh lemon juice, 1 tablespoon grated lemon zest, 2 tablespoons macadamia oil, cracked black pepper to season. Serve with roasted vegetables or salad.

<http://www.australian-macadamias.org/consumer/our-nut-hub/recipes/macadamia-crumb-for-lamb-or-fish>

What did Aboriginal people eat in Tasmania?

Tasmanian Aboriginal people were hunter-gatherers, meaning that they caught and collected their food by hunting animals and gathering plants. With sophisticated and detailed knowledge of the environment, they knew how to best utilise the natural resources available to them. In Tasmania, with such diverse landscapes and expansive coastline, this resulted in an extremely rich and varied diet, higher in protein and vitamin C than on the mainland of Australia.

Which plants were eaten? Fruits, roots, seeds and sap were all part of the Tasmanian Aboriginal diet. An important year round food source was the native pigface. The leaves of the pigface are edible and have a mildly salty flavour and following flowering it bears sweet red fruit. This plant is still widely used by Tasmanian Aboriginal people today for stings, bites, wounds, and food just as it has been for hundreds of generations. The grasstree is another versatile plant for Tasmanian Aboriginal people; the leaves, nectar, root and stem of the plant are all edible. Grasstree seeds were collected and ground into flour to make damper and the flowers were soaked in fresh water to make a drink. Other plants eaten included native currants, native cherry, kangaroo apple, native potato and native carrot, honeysuckle nectar, pith from manferns, and the 'native bread' fungus. A unique seasonal food collected in highland areas was the fermented sap of the cider gum which provided a weak alcoholic beverage, used occasionally.



Pigface



Which birds and animals were eaten?

A large variety of birds and animals were eaten by Aboriginal people.

Larger marsupials such as Bennett's wallabies and Forester kangaroos were a common food source, as were possums. Other animals eaten included wombat, bandicoot, bettong, echidna, and potoroos. Many of these animals were cooked whole on open fires or coals. Birds eaten included mutton birds, emu, swans, ducks, crows and penguins. Mutton-birds (also known as Short-tailed shearwaters) were an important food source collected by the Tasmanian Aboriginal people for at least the last 8000 years. Throughout the nineteenth and early twentieth centuries, mutton birding was the mainstay of families on the small islands in Bass Strait, particularly among the Furneaux Islands in the north east. Today, Tasmanian Aboriginal people still undertake mutton

birding, with it being one of the major industries for the community. The main rookeries are on Big Dog Island and Babel Island. Non-commercial cultural mutton birding is permitted in other selected rookeries around the state depending on the seasonal mutton bird population. Licence holders are required to abide by the Animal Welfare Act 1933. As well as eating the meat, the oil in the birds is well known for its health benefits because it has a high proportion of omega-3 fatty acids. The omega-3 content is so high that if a person drank 1 gram of oil each day they would more than double their normal daily intake.

What seafood was eaten?

Seafood was a significant part of the diet of many Tasmanian Aboriginal groups, evidenced by the extensive shell middens found around Tasmania. Many low lying coastal areas have shell middens. Some of the shell middens in Tasmania are among the largest in the world. They indicate the many generations of people and the thousands of meals eaten in these places. Within coastal areas seals, crayfish and shellfish were plentiful. To access seasonally abundant foods which were available on offshore islands, such as mutton birds and seals, ocean-going canoes were constructed from bark or reeds. Shellfish including abalone, mussels, oysters, and limpet could be collected on-shore or by diving. Some early colonial records indicate that Aboriginal women dived for shellfish. They filled their grass baskets with enough food for their family or tribe gathered on the shore. The shellfish was cooked on a campfire before the fish was eaten and the shells left at the site.

Ref: <https://www.aboriginalheritage.tas.gov.au/cultural-heritage/aboriginal-diet>

On the eve of British settlement/invasion, key foods of animal origin included kangaroo and wallaby, possum and wombat, muttonbird and penguins (both the flesh and the eggs) and various molluscs and crustacea. Their plant menu included fruits such as the native cherry, native currant and kangaroo apple, and vegetables such as the native potato and native carrot. (The adjective 'native' emphasises that these were quite different species from their European namesakes.) They also ate plants unfamiliar to later Tasmanians, such as honeysuckle nectar, pith from manferns, and the 'native bread' fungus. The fermented sap of the cider gum apparently provided a weakly alcoholic beverage, used occasionally. Two of the modern nutritionist's recommended food groups were absent: cereal grains and milk (apart from extended breast-feeding of infants). However, early European medical visitors considered Indigenous people to be in excellent health. The British arrival drastically disrupted Aboriginal society and its food culture – by 1830 a million sheep grazed on lands once the territory of grazing marsupials. In recent years, the Palawa (Aboriginal) community has sought to revive the gathering and use of traditional foods. Chemical analysis has demonstrated the excellent nutritional qualities of the muttonbird, and it is likely that other traditional foods have equally desirable nutritional profiles. The Aboriginal food culture can offer valuable insights to the wider community.

Ref: http://www.utas.edu.au/library/companion_to_tasmanian_history/A/Aboriginal%20traditional%20diet.htm

Species Name	Common name	Notes
Berries and Fruit		
<i>Aristotelia peduncularis</i>	Heart Berry	Fat, fairly hollow berries, often heart-shaped. Occurs in moist shady forests in summer/autumn. Can be bitter in taste.
<i>Billardiera longiflora</i>	Climbing Blue Berry	A vigorous vine with cream tubular flowers in spring followed in summer and autumn by shiny purple-blue berries. Like the heart berry they are typically hollow. These berries are ideal for jam, jelly or chutney.
<i>Billardiera mutabilis</i>	Apple Berry	A vine from northern Tasmania. The berries are still a pale green colour when ripe. It is recommended you spit the seed and rough skins out. The flesh is quite sweet with a flavour described as being similar to stewed apples. The fruit ripens in autumn.

<i>Carpobrotus rossii</i>	Pigface	This prostrate coastal succulent plant has purple flowers and edible reddish fruits in summer. This is a great fruit, a bit like a salty fig. Suck out the tiny seed and sweet pulp from the base of the flowering stem. The green leaves can also be eaten in a salad or cooked.
<i>Coprosma hirtella</i>	Coffee Berry	A bush to 1.5m with pale green rounded leaves. The reddish berries on female plants are edible when almost red-black.
<i>Coprosma moorei</i>	Blue-berried Coprosma	Ground-hugging alpine plants with tiny, succulent edible blue berries.
<i>Coprosma nitida</i>	Currant Bush	Prickly bush to 1.5 m or more. The female plants can be laden with shiny orange berries in autumn. The Silvereyes will tell you when they are ripe. Nice in pies, cakes and tarts.
<i>Coprosma pumila</i>	Creeping Coprosma	An alpine plant from the central plateau. Female plants have tiny edible orange-red berries.
<i>Coprosma quadrifida</i>	Currant Bush	Prickly bush to 1.5 m or more. The female plants can be laden with shiny orange berries in autumn. Nice in pies, cakes and tarts.
<i>Dianella tasmanica</i>	Tasman Flax Lily	The berries from this hardy strap-leaved plant can be made into jam.
<i>Gaultheria hispida</i>	Snow Berry	This bush for shady, moist sites comes alive in summer to autumn with the whitest of white berry-like fruit. David Tng gives them a rating of 4/5.
<i>Michrocarphus tetragona</i>	Creeping Strawberry Pine	Female plants of this prostrate alpine conifer bear tiny, raspberry-like fruit in late summer and autumn. Yum.
<i>Podocarpus lawrencei</i>	Mountain Plum Pine	Another conifer, with small, red edible berries on female plants.
<i>Rubus gunnianus</i>	Alpine Raspberry	A prostrate, suckering prickly plant that can be invasive in a moist spot that has tiny red fruits in summer on female plants.
<i>Rubus parvifolius</i>	Native Raspberry	A hardy trailing or climbing plant to 1.5m with small, hooked thorns. Pink flowers in summer followed by small, red, edible berries.
<i>Sambucus gaudichaudiana</i>	White Elderberry	A small shrub to 1m with white flowers followed by aromatic, edible berries. Add water to dried berries to create beautiful, sweet aromas. Highly recommended.
<i>Solanum laciniatum</i>	Kangaroo Apple	The Tasmanian representative of this widespread Australian genus that contains many poisonous and edible plants (and, overseas, spuds and tomatoes). The fruit of the Kangaroo Apple is poisonous when green, but edible when ripening to yellow or orange, so treat with caution. The fruit are high in Vitamin C, and make a great chutney.

<i>Tasmannia lanceolata</i>	Native Pepper	Our most famous food plant. Both the leaves and the berries (on female plants) have a wonderful spicy flavour. They can be dried, frozen or pickled. Many new products using this plant keep cropping up.
Leaves and Teas		
<i>Acaena species</i>	Buzzy	Leaves can be infused for tea.
<i>Acacia mearnsii</i>	Black Wattle	A bark tea can be used for indigestion. Caution: Contains tannins.
<i>Baeckea gunniana</i>	Alpine Baeckea	Leaves can be used in cooking (e.g. scones and roasts) or as a refreshing tea. Lemon tasting and aromatic. Leaves can be used fresh or dried.
<i>Barbarea australis</i>	Austral Wintercress	Quick growing Brassica with tasty, peppery leaves. Probably best to treat the plant as an annual like you would a lettuce or broccoli.
<i>Carprobrotus rossii</i>	Pigface	The succulent green leaves of this coastal ground-cover can be eaten in a salad or cooked.
<i>Correa alba</i>	White Correa	Leaves can be infused for tea.
<i>Kennedia prostrata</i>	Running Postman	Another mainly coastal plant. The leaves can be infused for tea, the stems can be used for twine and the nectar from the flower a drink.
<i>Kunzea ambigua</i>	Sweet-scented Kunzea	Can be infused as a tea and included as a flavouring in cooking.
<i>Leptospermum rupestre</i>	Mountain Tee Tree	Makes a very nice tea. <i>Leptospermum riparium</i> and <i>L. lanigerum</i> can also be used for tea and food flavouring.
<i>Phebalium montanum</i>	Alpine Phebalium	Leaves of this beautiful groundcover can be used in a salad (e.g. potato).
<i>Tetragonia implexicoma</i>	Bower Spinach or Ice Plant	Leaves can be used as a salad, steamed, or as a substitute in spinach pie. It is a good idea to blanch the leaves for a few minutes before serving or cooking.
<i>Tetragonia tetragonoides</i>	Warrigal Greens	Has a long history of European use (and probably indigenous use). Used by Captain Cook to ward off scurvy in NZ, and by French explorers in Tasmania. Still grown in France as a green vegetable. Leaves can be used as a salad, steamed, or as a substitute in spinach pie. As for the other <i>Tetragonia</i> , it is a good idea to blanch the leaves for a few minutes before serving or cooking.
Seeds		
<i>Acacia spp.</i>	Wattles	Wattle seeds have a high protein content, and are used in biscuits, ice cream and chocolate. The dried seeds are commonly roasted and ground. Green pods can also be cooked on a cool fire and the green seeds eaten. Tasmanian wattle seeds that can be eaten include <i>A. mucronata</i> , <i>A. leprosa</i> ssp <i>graveolens</i> , <i>A. verticillata</i> , <i>A. melanoxydon</i> , <i>A. dealbata</i> , and <i>A. sophorae</i> .
<i>Bulbine glauca</i>	Rock Lily	The seeds can be eaten like peas. The roots can also be eaten.

Flowers, Nectar and Pollen		
<i>Banksia marginata</i> and <i>Banksia serrata</i>	Banksias	Pour a cup of warm water over the flower spike to get the nectar. (Note: leave the flowers on bush for the pygmy possums and honeyeaters, and so the plants can set seed.)
<i>Callistemon spp.</i>	Bottlebrushes	As for Banksias
<i>Grevillea australis</i>	Southern Grevillea	Nectar can be sucked flowers or the flowers used as a garnish on salads.
<i>Hakea spp.</i>	Hakeas	As for Grevilleas.
<i>Kennedia prostrata</i>	Running Postman	Nectar from flowers, which make a colorful garnish for a salad.
<i>Melaleuca spp.</i>	Paperbarks	Pollen from flowers can be eaten.
<i>Richea scoparia</i>	Scoparia	Nectar can be eaten - don't get spiked!
<i>Telopea truncata</i>	Waratah	Nectar can be eaten.
<i>Viola hederaceae</i>	Native Violet	Flowers can be used in a salad or as a garnish. Coat flowers with beaten egg white and dust with icing sugar! Great for cakes or for children with ice cream or deserts.
<i>Wahlenbergia stricta</i>	Bluebell	As for the Native Violet.
<i>Xanthorrhoea sp.</i>	Grasstree	Pour water over cones for nectar, or pick a few flowers and infuse.
Edible Roots and Growth Tips		
<i>Arthropodium milleflorum</i>	Vanilla Lily	Tubers can be eaten raw or roasted.
<i>Bulbine bulbosa</i> and <i>B. glauca</i>	Yellow Rock Lily	The roots can be eaten raw or cooked. Note that <i>B. semibarbata</i> roots are inedible.
<i>Lomandra longifolia</i>	Sagg	Young, white shoots can be eaten raw, having a pleasant nutty flavour.
<i>Triglochon procerum</i>	Water Ribbons	The thick, tuberous roots can be pan-fried or roasted. (They make great chips!)
Saps and Gums		
<i>Acacia mearnsii</i>	Black Wattle	Indigenous Tasmanians would wound the trunk in autumn to ensure a good flow of gum, then the balls of gum were kept and carried about. They were eaten or dissolved in water with flower nectar to make sweet drinks.
<i>Eucalyptus gunnii</i>	Cider Gum	The tree can be wounded (your own, of course, not those in the bush) and the sap collected in a receptacle and then used to make a syrup (like is done for maple syrup), or, as in olden times, to make an intoxicating beverage.

Ref: This is a list grown by Plants of Tasmania Nursery:

http://www.potn.com.au/edible_plants.html

Look forward to receiving enquiries from you and your submissions!!

Cheers

Sheryl - 37°C in the shade here!!