



There has been widespread interest in the concept of using Australian plants as unique food and food flavouring. The following bush tucker plants are often available at Zanthorrea.

***Acacia saligna* (wreath wattle)**

This wattle from the south west of WA has edible seeds. (Caution: Not all wattle seeds are edible.)

***Acmena smithii* & *Syzygium australe* (lilly pilly)**

A medium sized tree or large shrub from Eastern Australia, which has edible bland tasting fruits. Use the lilly pilly fruit cooked in jams and jellies.

***Austromyrtus dulcis* (midyim)**

A ground covering plant from near Grafton, eastern Australia. The tiny greyish fruits are very soft and have a sweet aniseed taste. They are delicious eaten raw.

***Backhousia citriodora* (lemon myrtle)**

This medium tree has strongly lemon flavoured leaves which are sought after by the gourmet industry. Fresh and dry leaves are used to flavour sauces, salads, beverages and desserts. Excellent with chicken or fish.

Banksia attenuata* & *Banksia grandis

These are both small trees local to the hills area. Nectar may be sucked from the flower. When soaked in water the flowers produce a sweet drink.

***Dianella revoluta* (spreading flax lily)**

A grass-like plant from the south west of WA. The fruit is eaten raw. Roots are pounded and roasted on hot rocks. Some dianella seeds are said to be mildly toxic.

***Kenedia prostrata* (Running Postman)**

A common ground cover to the hills. The flowers have sweet nectar and can be used to make a tea.

***Kunzea pomifera* (muntries)**

This small sprawling shrub from South Australia has sweet apple flavoured berries which may be eaten raw or cooked. They also make excellent jam and tarts.

***Leptospermum petersonii* (lemon scented tea tree)**

The leaves of this attractive large shrub may be infused to make a pleasant tasting tea.

***Macadamia integrifolia* (macadamia nut)**

This is the best known of the Australian food plants. This large tree produces hard fruits which contain sweet, oily nuts.

***Sollya heterophylla* (Australian bluebell)**

A shrubby twining climber to 1m which is local to hills area. The edible fruits may be eaten raw.

***Tasmanica lanceolatum* (mountain pepper)**

A medium tree. Ground seeds may be used as a pepper substitute.

***Tetragonia tetragonoides* (Warrigal spinach)**

A native of sandy coastal areas around Australia. Young shoots and leaves are edible raw or cooked. Similar in taste to spinach. Leaves are slightly bitter and best eaten lightly cooked or blanched to remove oxalates which should only be eaten in moderation.

