

Warrigal Greens

Scientific name: *Tetragonia tetragonoides*

Aboriginal name: Unknown



Plant habit



Foliage and flower bud

About ...

The name, Warrigal Greens, seems to be made up from two older names, Warrigal Cabbage and Botany Bay Greens. Warrigal was the Eora (Sydney area) Aboriginal name for the native dog or dingo.

In 1788, the nutritious plant was added to the rations of the first British settlers at Sydney Cove. Seeds of the plant were then distributed to all colonies throughout Australia to supply extra nutrition for settlers.

In the late 1700s, Warrigal Greens was the first Australian native food plant to be introduced into Europe.

Warrigal Greens are adaptable plants, growing in hot, dry and sandy soils. Once the plant is established, it can resist salt spray and drought. However, it does not tolerate cold or frost conditions.

Family	AIZOACEAE
Climate	Temperate to tropical
Habitat	Sandy and stony beaches, sand dunes and salt marshes along the coasts of Australia; also inland plains
Form	Low, spreading vine with thick, succulent stems
Foliage	Leaves are bright green and spear shaped Grow between 20 and 120 mm long Soft, flat and shiny
Flower	Flowers during Kambarang, Birak and Bunuru (Spring and Summer) Tiny, yellow, star-shaped flowers at the base of the leaves

Aboriginal Uses

- Young leaves can be eaten raw in salad
- It is best to boil older leaves for 1 – 2 minutes and discard the water, as the leaves contain oxalic acid

Developed by SERCUL for use with the *Bush Tucker Education Program*.



Used as food



Used as medicine



Used as resources



Local to SW WA

Caution: Do not prepare bush tucker food without having been shown by Indigenous or experienced persons. Some bush tucker if eaten in large quantities or not prepared correctly can cause illness.