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.

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