

Macadamia



Scientific name: *Macadamia integrifolia*
Aboriginal name: Boombera (NSW)

- Aboriginal Uses**
- Australia's only commercial nut tree that is native to Eastern Australia
 - Nuts are eaten raw or after cooking and can be used in many food dishes
 - They are prized for their high energy and fat content

Old Man Saltbush



Scientific name: *Atriplex nummularia*
Aboriginal name: Tyulern (Vic)

- Aboriginal Uses**
- Woody branches used as fuel for fires
 - Used as a windbreak
 - Collected the minute saltbush seeds to grind and roast for damper
 - Large fresh blanched saltbush leaves used as a wrap around meat or fish, in salads or as a leafy bed for grilled meat or vegetables
 - Dried saltbush flakes can be added to damper

Blueberry Lily



Scientific name: *Dianella revoluta*
Aboriginal name: Mangard (Noongar)

- Aboriginal Uses**
- Fruits can be eaten raw; they have a sweet flavour that becomes nutty when seeds are chewed
 - Roots can be pounded, roasted and then eaten
 - Leaves are used to make string and cord for binding

Marri



Scientific name: *Corymbia calophylla*
Aboriginal name: Marri (Noongar)

- Aboriginal Uses**
- Resin or 'kino' can be used as a medicine to treat an upset stomach
 - Mixed with water, the resin can be rubbed on skin to treat eczema
 - Seeds can be eaten
 - The blossoms (called 'Ngumbit') are soaked in water to make a sweet drink

Scarlet Runner



Scientific name: *Kennedia prostrata*
Aboriginal name: Kabin (Vic)

- Aboriginal Uses**
- The flowers provide a source of sweet nectar
 - Leaves are used to make a tea-like drink, which has a pleasant flavour
 - The stems of the plant are used as twine

Bottlebrush



Scientific name: *Callistemon sp.*
Aboriginal name: Birdak (Noongar)

- Aboriginal Uses**
- Flowers are sucked for their nectar
 - Flowers can also be made into a sweet drink when soaked in water

Warrigal Greens



Scientific name: *Tetragonia tetragonoides*
Aboriginal name: Unknown

- 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

Coastal Sword Sedge



Scientific name: *Lepidosperma gladiatum*
Aboriginal name: Kerbin (Noongar)

- Aboriginal Uses**
- Leaves used to make rope and string for Mia Mia (shelter)
 - The white base of the leaf is edible and can be eaten raw or roasted
 - Plants in wetter areas are more succulent

Quandong



Scientific name: *Santalum acuminatum*
Aboriginal name: Dumbari (Noongar)

- Aboriginal Uses**
- Succulent bright red fruits make a tasty snack and can be made into jams and jellies, high in vitamin C
 - The outer peel is removed to uncover a kernel which is cracked open to reveal the nut, this is then roasted and eaten
 - Seeds can be used as beads for jewellery
 - Seeds contain oil used for moisturising the skin
 - Seeds also ground up and mixed with water to treat skin sores
 - Pounded leaves were used to treat diseases introduced by European settlement

Coastal Pigface



Scientific name: *Carpobrotus virescens*
Aboriginal name: Bain (Noongar)

- Aboriginal Uses**
- After flowering, the plant produces fruit with a juicy centre of seeds in a white pulp which can be eaten fresh or dried
 - The juice from the leaves can be used to treat stings, scalds and burns
 - Leaves are also boiled and eaten as greens

Bush Tucker Plants

for your home garden



About this Brochure

Native Flora: Most plants in this brochure are available from your local native nursery or garden centre. Native flora in the wild is protected and should not be picked without a license but can be easily grown in your home garden. Information regarding Flora Licenses are available from the Department of Biodiversity, Conservation and Attractions: www.dbca.wa.gov.au

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



Bush Tucker Fact Sheets: Detailed fact sheets on each of the Bush Tucker species in this brochure are available from the SERCUL website: www.sercul.org.au/our-projects/bushtucker/

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Peppermint Tree

Scientific name: *Agonis flexuosa*

Aboriginal name: Wonnli (Noongar)



- Aboriginal Uses**
- Leaves were used for smoking and healing
 - Oil used to rub on cuts and sores

Milkmaids

Scientific name: *Burchardia congesta*

Aboriginal name: Kara (Noongar)



- Aboriginal Uses**
- The tuberous roots of the Kara can be eaten raw or roasted and when eaten raw the tubers taste like a succulent potato
 - The species has a high protein content making it nutritionally valuable

Red-eyed Wattle

Scientific name: *Acacia cyclops*

Aboriginal name: Wilyawa (Noongar)



- Aboriginal Uses**
- Seeds are ground into flour, then mixed with water and cooked as bread
 - Gum from the stem can be eaten
 - Bardi grubs which burrow in the stems as larvae are a sought after and nutritious food

Centella

Scientific name: *Centella asiatica*

Aboriginal name: Unknown



- Aboriginal Uses**
- Centella can be added to salads, eaten raw or infused as a tea.
 - There are many medicinal claims about centella including help with memory loss, burns, skin diseases, arthritis (eat two leaves a day) and longevity.

Bloodroot

Scientific name: *Haemodorum spicatum*

Aboriginal name: Mardja (Noongar)



- Aboriginal Uses**
- Has a red-coloured root system that is edible and is said to taste like pepper/chilli
 - Eaten either raw or roasted; may be pounded and added to dishes
 - Used to help with dysentery (diarrhoea)
 - The reddish-orange colour in the roots were used as a dye

Bull Banksia

Scientific name: *Banksia grandis*

Aboriginal name: Poolgarla (Noongar)



- Aboriginal Uses**
- The flower spikes can be used to make a drink of honey-sweet mead known as mangite or mungitch
 - The nectar can also be sucked directly from the plant
 - Grubs which burrow into the flower spikes can be gathered and eaten
 - Seed cones were used to carry smouldering coal when travelling

Harsh Hakea

Scientific name: *Hakea prostrata*

Aboriginal name: Janda (Noongar)



- Aboriginal Uses**
- The woody fruits are placed in an open fire, then the seeds are eaten
 - They are said to taste like roasted almonds
 - The bark was burnt into a white ash that was used to heal wounds
 - The nectar was used to make a sweet drink

Australian Bluebell

Scientific name: *Billardiera heterophylla*

Aboriginal name: Gumug (Noongar)



- Aboriginal Uses**
- After flowering in spring and summer, as well as flowering bursts throughout the year, the fleshy blue berries can be eaten when ripe and are quite sweet with a soft texture

Bulrush

Scientific name: *Typha domingensis*

Aboriginal name: Yangeti (Noongar)



- Aboriginal Uses**
- Roots are eaten after being treated by pounding the white rhizomes to remove the fibrous parts, then moulding the remaining paste and roasting into cakes
 - Centre of the stem at the base is edible
 - Young flowering spikes are eaten raw or cooked

Emu Plum

Scientific name: *Podocarpus drouynianus*

Aboriginal name: Koolah (Noongar)



- Aboriginal Uses**
- The large flavourless fruit can be eaten

Zamia Palm

Scientific name: *Macrozamia riedlei*

Aboriginal name: Jeeriji (Noongar)



- Aboriginal Uses**
- The toxic seeds were used as a food by Aboriginals after extensive processing, European explorers were poisoned from eating them raw
 - Raw seeds were ground into a powder and used to 'stun' fish in waterways making them easier to catch

Twining Fringe Lily

Scientific name: *Thysanotus patersonii*

Aboriginal name: Tjunguri (Noongar)

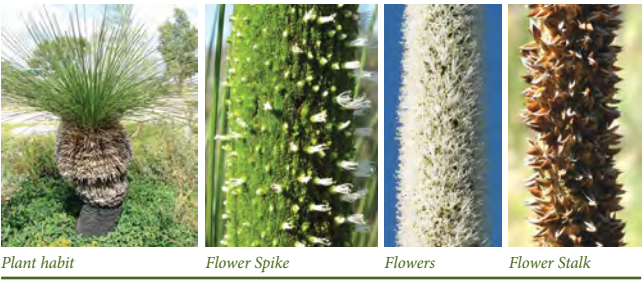


- Aboriginal Uses**
- The tubers are commonly eaten raw or roasted, with the stems and flowers also edible
 - Other species of Thysanotus can also be eaten

Grass Tree

Scientific name: *Xanthorrhoea preisii*

Aboriginal name: Balga (Noongar)

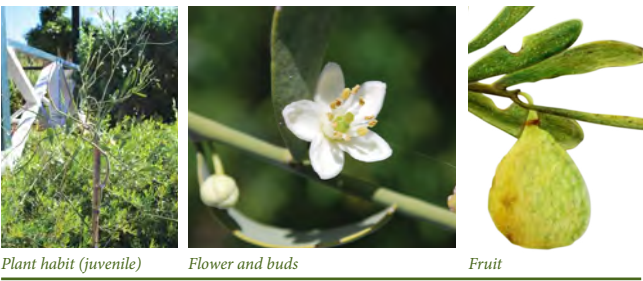


- Aboriginal Uses**
- Gum from flowering spikes can be made into cakes
 - Flowers can be used to make a sweet drink
 - Dead flowering spikes used to make fire or used as spear shaft
 - Bardi grubs are collected from trunks of dying trees
 - The black resin from the trunk can be used as an adhesive to attach spear heads to a shaft or to start a fire
 - Bunches of dried leaves were made into torches
 - Leaves used as thatching material for the roof of a hut

Desert Lime

Scientific name: *Citrus glauca*

Aboriginal name: Unknown



- Aboriginal Uses**
- The fruits are edible and have a strong citrus flavour
 - The fruits can be used in drinks, marmalades, jams, dipping sauces and simmer sauces

Maroon Bush

Scientific name: *Scaevola spinescens*

Aboriginal name: Murin Murin (Noongar)



- Aboriginal Uses**
- It produces small purple berries which are edible
 - It is said to be useful for the treatment of illness including cancer and digestive problems