

EDIBLE NATIVE PLANT LIST – SUNSHINE COAST REGION

- *Acronychia Imperforta* – **FRASER ISLAND APPLE** – Juicy bright orange fruit which ripens in winter and spring, have a sharp tasting edible flesh. This is a hardy, ornamental shrub or small tree for seaside garden.
- *Acronychia acidula* – **LEMON ASPEN** – An excellent shade tree which bears large clusters of cream to white crisp juicy fruit in winter and spring. Excellent for refreshing drinks and sorbets.
- *Alpinia caerulea* – **NATIVE GINGER** – All parts of this plant are edible, raw or cooked. The pulp of the blue fruit is pleasantly acid and the seed is ginger flavoured. Aborigines wrapped the leaves around meat to be cooked in an earthen oven. The young root tips are gingery and tender.
- *Araucaria bidwillii* – **BUNYA PINE** – The delicious nuts, held in large green cones are relished by modern day Australians almost as much as they were by aborigines. Special feasts attended by tribes from hundreds of miles away were held there when there was a good harvest.
- *Athertonia diversifolia* – **ATHERTON OAK** – Long racemes of cream and brown flowers in summer are followed by oval, blue fruit which ripens the following spring. The hard shelled fruit contains an edible, sweet kernel (like a sweet Macadamia nut)
- *Austromyrtus dulcis* – **MIDYIM** – Occuring in sandy coastal areas of Northern NSW and Southern QLD. This small shrub produces pretty white flowers in spring and summer. These are followed by edible, mauve white speckled berries which are quite delicious.
- *Backhousia citriodora* – **LEMON SCENTED MYRTLE** – This small rainforest tree is now being grown in commercial plantations. The exquisitely fresh lemon scented leaves have made this one of the most popular bush foods. The leaves are harvested for use in Asian cooking. They are also used to make nice tasting tea.
- *Backhousia anista* – **ANISEED TREE** – Ornamental rainforest tree with a delicious aniseed flavoured leaves. The leaves are used to flavour deserts and sauces. They are also used to make a tea which has a stimulating effect.
- *Carpobrotus glaucescens* – **PIG FACE** – Fruits of this fleshy creeper of the sand dunes ripen in Summer and Autumn. They have a delicious salty-apple flavour.
- *Cordyline manners-suttoniae* – **A PALM LILLY** – Fruit edible when fully ripe
- *Davidsonia pruriens* – **DAVIDSON'S PLUM** – The purple egg shape fruit ripens in Autumn. It has a tangy flavour and is delicious stewed with sugar. Good for jam and wine making.
- *Dianella congesta* – **FLAX LILLY** – The shiny, dark blue berries are edible. Aborigines ate the roots after pounding and roasting them on hot rocks. They used the fibre from the tough leaves to make baskets and nets.

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- *Dioscoria transversa* – **NATIVE YAM** – the small, pencil like tubers can be eaten raw or roasted. Plants die back to the tubers in winter
- *Diospyros ferrea* – **SEA EBONY** – Edible, sweet tasting, deep red fruit which ripens in summer
- *Diploglottis cunninghamii* – **NATIVE TAMARIND** – Bunches of yellow-brand hairy capsules in summer split to reveal a juicy orange coloured pulp surrounding a large brownseed. The pleasantly acid tasting pulp makes a refreshing drink and is used for making jam.
- *Elatostema reticulatum* – **RAINFOREST SPINACH** – Grows adjacent to streams in other wet, shady spots. The young leaves stems are edible and can be used as a substitute for spinach.
- *Eugenia reinwardtiana* – **BEACH CHERRY** – The bright red fruit of this small shrub ripens between August and March. It is good to eat , being succulent and sweet.
- *Ficus coronata* – **CREEK SANDPAPER FIG** – The dark purple fruit is very tasty when fully ripe. Peel off the hairy skin before eating the soft, pulpy seed mass. The sandpapery leaves were used by aborigines to give a smooth finish to their weapons.
- *Freycinetia Scandens* – **CREEK SANDPAPERS FIG** – Bright red fruit resembling strawberries ripens in winter. It is eaten raw.
- *Geitonoplesium cymosum* – **SCRAMBLING LILY** – The crisp, tender young shoots are delicious eaten raw or they may be boiled and eaten in the same way as asparagus.
- *Hicksbeachia pinnatifolia* – **RED BOPPLE NUT** – The brilliant red fruit contains a large nut with pleasantly flavoured, edible kernel.
- *Macadamia intergrifolia* – **MACADAMIA NUT** – This is the best known and most widely planted of all Australian food plants. There are now extensive commercial plantings of the tree in northern NSW and Southern Queensland Aborigines ground the sporocaps of this aquatic fern to obtain a yellow, starchy powder which they made into cakes.
- *Marsilea sp* – **NARDOO** – Well known as the food on which Bourke and Willis ‘starved to death’. Aborigines ground the sporocaps of this aquatic fern to obtain a yellow, starchy powder which they made into cakes.
- *Microcitrus australis* – **NATIVE LIME** – The pleasantly juicy pulp of the round green fruit is used to make refreshing drinks or marmalade.
- *Microcitrus australisica* – **FINGER LIME** – Green cylindrical fruit with a similar flavour to round lime.

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- *Pandanus pendunculatus* – **SCREW PINE** – Each hard, woody segment of the large orange fruit contains a few slender seeds which are rich in fat and protein and have a delicious nutty flavour. The fresh part of the fruit tastes good, but should be baked to remove irritants.
- *Planchonella australis* – **BLACK APPLE** – Aborigines ate the large, juicy, black-purple fruit which ripens during late spring and summer. The fruits are often used to make jelly.
- *Planchonia careya* – **COCKY APPLE** – A common tree of northern eucalypt forests. Aborigines ate the large, green, egg-shaped fruit roasted or raw. Bark and roots were pounded to use as a fish poison. Strong fibre from the bark was spun to make string for nets and belts.
- *Pleiogynium timorense* – **BUDEKIN PLUM** – the purple-black fruit is edible when completely ripe and fallen to the ground. Aborigines buried the fruit in sand until it was ready to eat. An excellent jam is made from the fruit.
- *Podocarpus elatus* – **BROWN PINE** – This rainforest pine bears greenish seeds on swollen edible stalks which resemble blue-black grapes.
- *Sterculia quadrifida* – **PEANUT TREE** – Leathery, boat shaped fruiting capsules ripen in summer. They split open to show a beautiful interior containing shiny, black, peanut sized seeds. The seeds have a delicious, nutty flavour. Aborigines ate them raw or roasted. Also used the fibrous bark to make nets.
- *Syzygium australe* – **LILLY PILLY** – With its purplish fruit one of the best of the lilly pilly group. Can be eaten raw or as a jam.
- *Syzygium luehmannii* – **SMALL LEAVED LILLY PILLY OR RIBERRY** – The attractive red fruit of this ornamental small tree is a popular ingredient in many wildfood dishes. It is now being harvested commercially.
- *Tasmania insipida* – **PEPPER BUSH** – Edible pale pink fruit contain tiny, hot tasting seeds which can be crushed and used as pepper.
- *Tasmania Cattapa* – **BEACH ALMOND** – A stately tree to 12, with layered whorls of branches. Large leaves turn yellow to bright red. The leathery almond shaped fruit are hard to open but contain an excellent kernel similar to an almond.
- *Terminalia sericocarpa* – **DAMSON** – This handsome, spreading tree from Northern Australia produces pink to purple, hairy skinned fruit in summer. The edible kernel has a delicious, almond flavour.

(Plant List and Descriptions Courtesy of Fairhill Native Plant Nursery, Yandina, Sunshine Coast)