




Edible Native Plants

Native edible plants can provide a nutrient rich, wildlife friendly alternative to the usual fruits and vegetables we plant in our backyards. Native species do not need fertilisers, which reduces the pressure of nutrient loading on nearby waterways. Planting native plants in our backyards is one way to reduce the use of exotic species and help protect native species from extinction.

Not all native plants are edible; in fact many are very poisonous. It is important to be 100% sure of species identification and also whether the species is edible. As a precaution, when tasting bush food, always rub the fruit on your skin first before putting it in your mouth. If your skin becomes itchy, don't eat the fruit as you may be allergic.

Fruit or Flower	Plant Description	Recipe Ideas
	<p>Brush Cherry – <i>Syzygium australe</i></p> <ul style="list-style-type: none"> -Tree of up to 15m -White-petalled flowers of 20mm during summer to winter -Edible red or pink oblong fruit up to 25mm 	<ul style="list-style-type: none"> -Fruit can be used to make a delicious jam
	<p>Finger Lime – <i>Citrus australasica</i></p> <ul style="list-style-type: none"> -Thorny shrub up to 4m tall -White to pink flowers of 15 cm throughout the year -Edible, acidic fruit up to 10cm long, green, yellow or blackish with lime flavour 	<ul style="list-style-type: none"> -Fruit can be used in chutneys, jams, savoury sauces and as a garnish. -Fruit can be frozen without affecting its flavour or texture once thawed -For a healthy meal, try steaming fresh fish with slices of the fruit
	<p>Midyim Berry – <i>Austromyrtus dulcis</i></p> <ul style="list-style-type: none"> -Sprawling shrub usually less than 1m tall -White flowers of 8mm -Edible, grey spotted 10mm fruit 	<ul style="list-style-type: none"> -Tastes great eaten fresh, seeds and all! -Try adding to fruit salad or cereal
	<p>Native Ginger – <i>Alpinia caerulea</i></p> <ul style="list-style-type: none"> -Grows to about 3m -Likes plenty of water and partial shade -White flowers are followed by round blue fruits of 15mm on spikes at end of stems -Pith inside fruit has a pleasant, refreshing, lemony taste -Young root tips are edible with a milder flavour than exotic gingers 	<ul style="list-style-type: none"> -Try adding young root tips (finely chopped) to stir-fries, marinades and salad dressings -Great with fish
	<p>The Peanut Tree – <i>Sterculia quadrifida</i></p> <ul style="list-style-type: none"> -Semi-deciduous tree of up to 18m tall -Perfumed, cream, bell-shaped flowers of 7mm , spring to summer -Edible peanut sized seed inside black covering -Do not eat the orange to red seed capsule 	<ul style="list-style-type: none"> -Try replacing regular peanuts with edible seeds of the peanut tree in biscuit and cake recipes -Tastes great toasted and salted

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	<p>Rose-Leaved Raspberry – <i>Rubus rosifolius</i></p> <ul style="list-style-type: none"> -Multi-stemmed shrub with prickly, hairy trailing stems to 2m long -White, 5-petalled flowers to 25mm all year -Edible red fruit to 20mm 	<ul style="list-style-type: none"> -Tastes great eaten fresh -Delicious in pastries, muffins and cakes -Fruits often made into jams
	<p>Blue Tongue, Native Lasiandra - <i>Melastoma malabathricum</i></p> <ul style="list-style-type: none"> -Shrub to 2m in moist areas -Pink flowers all year round -10mm hairy fruit with sweet, edible purple pulp, may stain lips and tongue 	<ul style="list-style-type: none"> -Best eaten fresh -Pulp can stain lips and tongue blue when eaten – a great novelty for kids
	<p>Macadamia - <i>Macadamia integrifolia</i></p> <ul style="list-style-type: none"> -Tree to 18 to 20m tall -Inside tough, outer shell, edible 3.5cm nut through summer -Not all macadamias are edible – <i>Macadamia ternifolia</i> is toxic so be sure of correct identification before eating 	<ul style="list-style-type: none"> -Very versatile – can be used in sweet and savoury recipes -Try sprinkling roasted, crushed nuts over ice-cream with your favourite topping -A great addition to biscuit and cake recipes
	<p>Brown Pine – <i>Podocarpus elatus</i></p> <ul style="list-style-type: none"> -Large tree of 40m or more -Male and female flowers on separate plants during spring -Edible, blue-black, plum-like fruit with 12mm seed inside, autumn to winter 	<ul style="list-style-type: none"> -Very versatile – can be used in sweet and savoury recipes -Try in fruit salad -Fruit can be used to make jams
	<p>Wild Orange – <i>Capparis mitchellii</i></p> <ul style="list-style-type: none"> -Tree to 4m -Flowers spring to summer, 30mm -Rounded, green fruit at end of stems, ripens to purplish/dull orange colour -Pulpy, yellow flesh is edible, but seeds are peppery (remove before eating) and skin is bitter and inedible 	<ul style="list-style-type: none"> -Fruit can be used in desserts, cordials or savoury dishes such as curries
	<p>Native Lemon Myrtle – <i>Backhousia citriodora</i></p> <ul style="list-style-type: none"> -Tree of 15m -White flowers of 6mm -Strongly lemon-scented crushed leaves 	<ul style="list-style-type: none"> -Leaves can be used fresh as a tea -Fresh leaves add a zesty flavour to fish -Leaves can also be dried and ground to flavour meat dishes and desserts such as ice cream, sorbet, scones and biscuits

Why not plant a native food garden today?