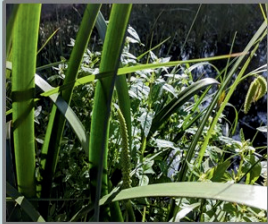




***Kennedia prostrata* - Running Postman**  
Indigenous people sucked the scarlet pea-type flowers to extract the sweet nectar. The stems were also useful as twine.



***Acacia dealbata* - Silver Wattle**  
Used as a seasonal indicator - when the flowers fall, it is time to fish for eels. Every part of the plant is used - wood, bark, blossoms, seeds and gum.



***Cycnogeton procerum* - Water Ribbons**  
A common water plant, with sweet or starchy tubers growing in the mud, under the main stem. An important food source, and were usually cooked in ground ovens.



***Acacia pycnantha* - Golden Wattle**  
Roasted seeds and gum were eaten, and the bark was used as a mild sedative for rheumatism.



***Atriplex semibaccata* - Creeping Saltbush**  
The leaves are edible once they have been boiled. Berries can be eaten raw.



***Coprosmia quadrifida* - Prickly Currant Bush**  
Tiny red currant-like fruit is edible, with a sweet, slightly tart taste. Can be eaten raw or cooked.

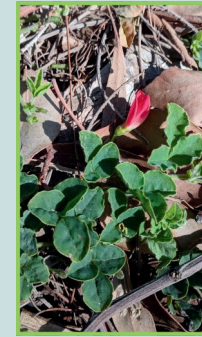


***Billardiera mutabilis* - Common Apple Berry**  
The fleshy, edible fruits ripen from green/purple to yellow. Tasting similar to kiwi fruit, they can be eaten raw when ripe, or roasted whilst still green.



**WARNING :** Extreme care should be exercised before consuming any plants. Eat only those plants that you can positively identify, and you know are safe to eat.

Updated 10 Oct 2024



## bush food plants

Many indigenous plants available at Greenlink Nursery were used by the traditional owners of this area for food, medicine and tools.

Here are a few that you may like to try growing in your own garden.....

The Eastern Kulin nation of Koories, the First Nations people of the Port Phillip area of Victoria, have lived here for well over 40,000 years.

The traditional homelands of the Wurundjeri-balluk clan of the Woi wurrung included the local country known as *Namenarren* (now Whitehorse).

Wurundjeri means white (or manna) gum (*wurun*), and *jeri* (a tasty grub that lives in the bark of the gum).

Wurundjeri people would have camped along the banks of the creeks in Whitehorse and shared their food each evening. 1

Greenlink acknowledges the Wurundjeri people as the Traditional Owners of the land that the nursery conducts business on and we pay our respects to Elders past, present and emerging.

1. Excerpts taken from "History of Wurundjeri Walk"  
<https://wurundjeriwalkhistory.wordpress.com/pre-1930/>



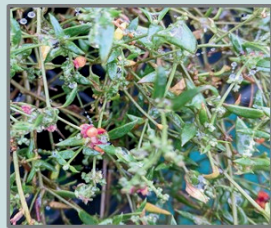
*Arthropodium strictum* - Chocolate Lily

This plant, like many other members of the Lily family, produce tuberous roots which were dug up and eaten, either raw or roasted. The purple, chocolate-scented flowers can be added to salads.



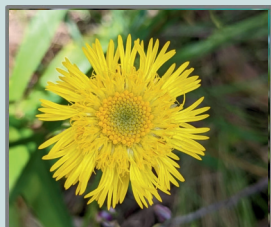
*Pelargonium australe* - Austral Stork's-bill

These plants have slender fleshy tap roots that are rich in starch, but bitter to taste. They would have been roasted before eating.



*Einadia nutans* - Nodding or Climbing Saltbush

Attractive small red berries are very sweet to eat, and were also used as a dye or face paint. The leaves were also eaten, but boiled first to remove salt.



*Podolepis decipiens* - Showy Podolepis

Indigenous people roasted the thick taproot before eating.



*Themeda triandra* - Kangaroo Grass

The seeds were collected and separated, and grinding stones were used to produce flour which was then mixed with water and cooked to make damper.



*Viola hederacea* - Native Violet

Delicate purple and white flowers can be added fresh to salads.



*Eucalyptus viminalis* - Manna Gum

The leaves were used to smoke out a fever, the bark made into shields and water containers, the sugary sap made by insects (manna) was used as a food source, and the flowers were soaked in water to make a sweet drink.



*Mentha australis* - Native Mint

The leaves have a fresh minty taste, and can be used to make tea. This native mint was also used to treat coughs and colds.



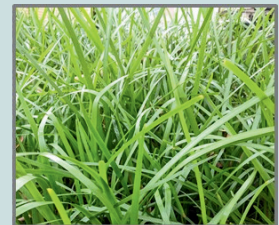
*Microseris walteri* - Yam Daisy/Murnong

A favourite staple food, the potato-like tubers are edible cooked or raw. They were baked in baskets over the coals of a fire, to produce a sweet tasty syrup that was very good to eat. When eaten raw, they are crisp and bland.



*Rubus parvifolius* - Native Raspberry

Small, sweet and delicious deep red berries are produced through Summer. Medicinal tea was made from the leaves to treat diarrhoea.



*Lomandra longifolia* - Spiny Headed Mat-rush

This was the main plant used by Wurundjeri people to make baskets, mats and eel traps. The white leaf bases can be chewed to release starch.



*Bulbine bulbosa* - Bulbine Lily

The tubers are very sweet tasting and nutritious, containing calcium and iron, and were traditionally roasted and eaten all year round. Tubers can take years to mature.