

MEDICINE and BUSH TUCKER GARDEN

THANK YOU to Catalyst Foundation for funding this project at Elizabeth Grove Primary School.

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THANK YOU to the Young Doctors who planted out the garden and are learning the traditional and recent use of indigenous bush tucker and medicine plants. **2020**

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Lemon myrtle
Backhousia citriodora

A rainforest tree, native to sub-trops, with attractive dark green leaves, adorned with clusters of white flowers in summer

FOOD - leaves can be harvested all year round and can be used either fresh, dried or ground or wrapped in paperbark to flavour fish dishes. Sucking on the leaves provided both hydration and a boost of nutrients, vitamins and minerals.

MEDICINE - The oil from this plant is used to make cosmetic products such as hand-creams and soaps. Crush and inhale the leaves to treat headaches. Leaves were chewed or crushed and made into a paste which was rubbed into sores and boils. The leaves were also burnt to release their insect-repelling properties.



Elegant wattle
Acacia victoriae

A prickly tall shrub with masses of yellow flowers appearing in spring

FOOD - The pods contain edible seeds which were roasted while still green. The harder mature seeds are ground prior to eating. Aboriginal people also ate a white gum which exudes from the trunk. Edible grubs can also be found in the roots.

Wirilda Swamp Wattle
Acacia retinodes

A tall evergreen with long slender grey-green leaves and cream-yellow pompom flowers in mainly Spring

MEDICINE - Gum from the tree was softened in water and eaten to relieve chest pain.



Native Pelargonium
Pelargonium australe

A perennial herb with green 5-7 lobed leaves and pinkish flowers appearing between October and March

MEDICINE - The root is used in cough and cold remedies to alleviate symptoms and reduce the duration of illness.



Silver Banksia
Banksia marginate

A fast growing and long lived medium sized shrub that flowers throughout the year, but mainly February to July

FOOD - The sweet nectar from the flowers was sucked or drained by soaking in water and sometimes mixed with wattle gum to make a sweet lolly.

CULTURAL - The dry cones were used as strainers and to carry smouldering fire. Single flowers were used as fine paint brushes. The wood was also used to make needles and the dried flowers were used to strain the water for drinking.

Sweet apple berry
Billardiera cymosa

An evergreen climber, medium shrub with decorative flowers and small, edible fruits

FOOD - The fruit can be eaten raw, sun-dried like sultanas or cooked. It is commercially grown for the fruit which can be eaten fresh or added to salads.



Ruby Saltbush
Enchylaena tomentosa

A very hardy, woody, low-growing shrub with fleshy green leaves that are covered in fine white hairs bearing small berries with a crisp, salty-sweet flavour

FOOD - The leaves are rich in oxalic acid - eat cooked and only in small amounts. Edible berries may be eaten raw or soaked in water to make a sweet tea.

CULTURAL - Berries were used as body paint by children.



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Bulbine Lily
Bulbine bulbosa

A flowering perennial plant producing rosettes of grass-like leaves and star-shaped yellow flowers from September to March

FOOD- Edible tuber/corms of the mature plant are nutritious to eat.



Tussock Grass
Poa labillardierei

Dense coarsely tufted grasses with very fine long, dull grey-green leaves and green purplish flowers from October to March.

CULTURAL - Leaves made into string for nets, bags, baskets and mats.



Stiff Mat Rush
Lomandra multiflora

Sparsely tufted, small grass-like perennial, with strap-like leaves and yellow flowers

FOOD - Seeds were ground for making damper, base of the leaves chewed for hydration as they contain water and starch
CULTURAL - Used for weaving baskets and constructing eel traps.

Native Flax
Linum marginale

Delicate perennial with bright blue, cup shaped flowers from September to March, then dies back after flowering

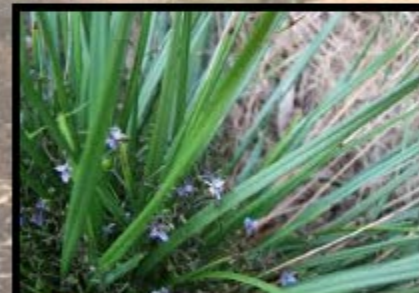
FOOD - Oily seeds are edible and ground in large quantities. Stems and leaves were beaten and stripped to make string for fishing nets, bags, baskets and mats.



Chocolate Lily
Dichopogon strictus

Perennial with long grass-like leaves and scented mauve purple flowers from September to December

FOOD - Juicy tubers which taste watery and bittersweet, can be eaten raw or cooked



Small Stemmed Flax Lily
Dianella brevicaulis

A tufted, perennial herb with fibrous roots and blue-purple flowers.

FOOD - Berries are sweet and juicy and eaten when ripe (slightly gritty), leaves boiled to drink as a tea.

Native Lilac
Hardenbergia violacea

Climbing plant with dark, glossy green leaves with prominent veins and branches that twist around the stems of other plants.

FOOD - Leaves were boiled to obtain a sweet drink, drunk like tea.
MEDICINE -The leaves of the plant were also used for treating stomach complaints.



Lemon Scented Grass
Cymbopogon ambiguus

An aromatic grass, with fragrant, bluish green grey leaves and fluffy seed heads

MEDICINE - Combined with hot water as a steam inhalation remedy for colds, chest congestion and to treat flu symptoms. Can be rubbed on the body to help treat aches, pains and sores.

Kangaroo Thorn
Acacia paradoxa

Large erect tree or spreading shrub with dark green foliage, fine thorns, brownish-grey bark and golden-yellow flowers from July to November

USE - Shelter and dwelling for small birds, food source for moths, butterflies, other insects and birds.



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Bower Spinach
Tetragonia implexicoma

A scrambling succulent plant with thick, bright green edible leaves and small scented single yellow flowers, followed by edible red berries

FOOD - The berries were a sweet tasting snack or addition to a main meal and valued as a red dye.

Use - Settlers cooked the succulent leaves like spinach and ate the fruit.



Burdekin Plum
Pleiogynium timoriense

A semi-deciduous tree with glossy dark green leaves, gray-brown bark and yellowish-green flowers between January and March

FOOD - Fruit was traditionally ripened by being buried underground. The fruit is removed from the tree, placed in a dark, damp place to ripen, then eaten raw, in stews, jellies, jams and preserves.



Finger Lime
Citrus australasica

A thorny small tree with white flowers and cylindrical fruit

FOOD - A traditional food of Aboriginal communities in sub-tropical rainforests. Now commercially grown as gourmet bushfood, used fresh as a garnish, in dressings, jams, sauces and cordials. The pulp resembles caviar. Dried ground finger lime is also used in dukkah.

Running Postman
Kennedia prostrata

A prostrate, non-climbing ground cover with light green leaves and bright red, pea shaped flowers during spring

MEDICINE - The nectar was used to soothe sore throats. The leaves were used to make a refreshing drink. The stems were made into twine and used as ties.



Muntries
Kunzea pomifera

A small prostrate shrub, with white flowers in spring and green edible berries that turn purplish/red as they ripen.

FOOD - Surplus fruit was pounded into a pulp, shaped into flat cakes and dried in the sun or baked into cakes. They could be traded with other tribes. The crunchy textured fruit can be eaten raw in salads or cooked in jams or pies.



Seaberry Saltbush
Rhagodia candolleana

A sprawling dense shrub with thin, fleshy oblong leaves, small pale flowers between December and April, followed by dark-red fruits

FOOD - Berries were eaten despite their bitterness. The the leaves can be cooked and eaten.

Native Thyme
Prostanthera incisa

A dense, low spreading shrub with mint fragranced foliage and a showy display of lilac flowers on the tips in spring

MEDICINE - Rich in essential oils that give off a minty aroma when released.
FOOD - A highly aromatic herb used in cooking and the making of herbal teas



Samphire
Sarcocornia quinqueflora

A salt-tolerant spreading perennial with green to purple colourings that grows on the seashore and mudflats.

FOOD - Used as bush tucker, due to its abundance, flavour and nutritional value. It is high in Vitamin A and a good source of calcium and iron.

Sea Celery
Apium prostratum

An indigenous edible bush food which produces lots of green leaves and tiny white flowers that occur in clusters in late Spring

FOOD - Both leaf and stem are eaten. Dried leaves are used in native Australian spice mixes, tasting much the same as celery. It is a great addition to soups, stocks and flavouring quiches and has high Vitamin C content.

