

# 1 Lomandra

*Lomandra Hystrix*

## Description:

- Flat, thin leaves 90-130cm long, 5-10mm wide.
- Cylindrical flowers.
- Robust, tufted herb.

## Traditional Uses:

- Leaves were dried, split and braided to make bags and baskets.
- Leaf base eaten, has a pea like taste.
- Seeds roasted and ground into flour to make cakes.



## Distribution



# 2 Blue Flax Lily

*Dianella Caerulea*

## Description:

- Tufted herb to 50cm.
- Hard, stiff glossy leaves 75cm long, 20mm wide.
- Rich blue flowers with yellow anthers.

## Traditional Uses:

- Blue berries are eaten raw.
- Sweet flavour, which becomes nutty when chewed.
- Leaves used to make a strong fibre.



## Distribution



# 3 Kangaroo Grape

*Cissus Antarctica*

## Description:

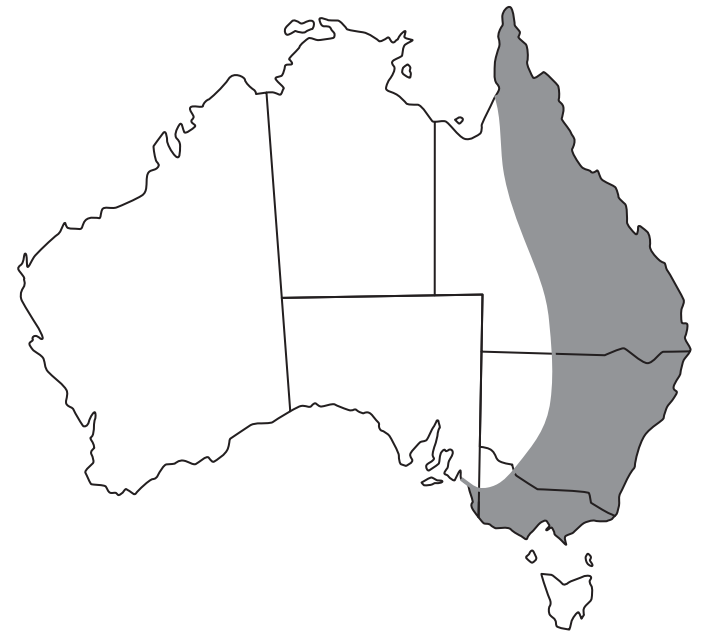
- Woody climber.
- Simple leaves, rusty hairy underneath
- Greenish flowers.
- Glossy purple/black berries.

## Traditional Uses:

- Fruit eaten when ripe - acid tasting.
- Stems used as an aid for climbing - looping round trunk and climber.



## Distribution



# 4 Native Grape or Water Vine

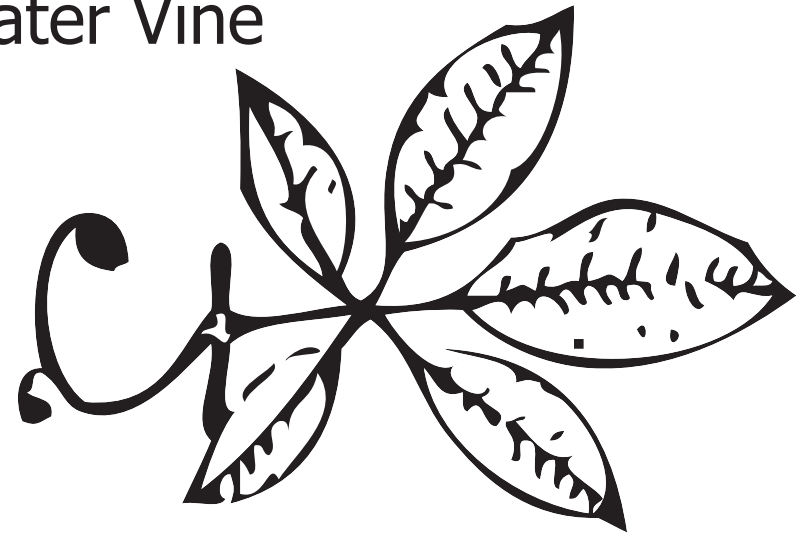
*Cissus Hypoglauca*

## Description:

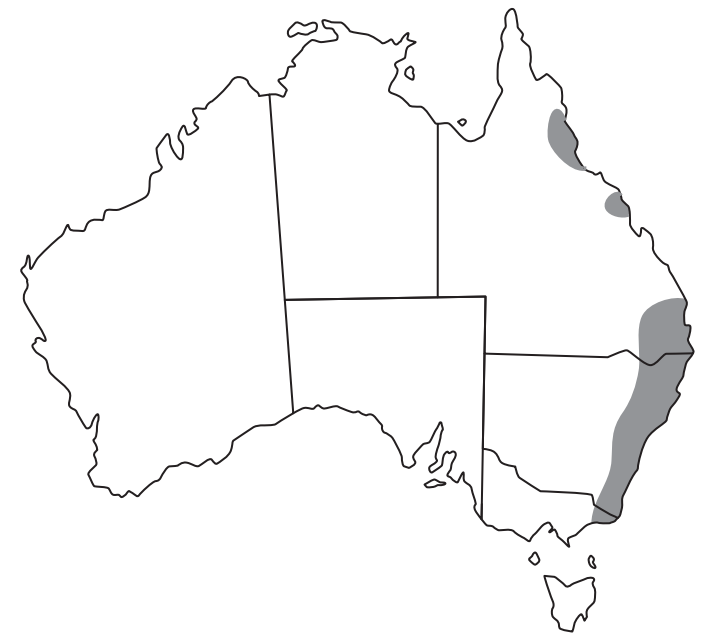
- Large woody climber, stems to several metres.
- Yellowish flowers.
- Black/purple grapes, 1-2cm diameter.

## Traditional Uses:

- Fruit has been used to make a gargle for sore throats.
- Fruits can be eaten.



## Distribution



# 5 Kangaroo Apple

*Solanum Aviculare*



## Description:

- Tall shrub to 4m.
- Large mauve/blue flowers with yellow anthers.
- Oval, 2cm long, yellow/orange fruit turning red when ripe.

## Distribution



## Traditional Uses:

- Eaten ONLY when ripe - sickly sweet but with bitter after-taste.

# 6 Native Ginger

*Alpinia Arundelliana*

## Description:

- Perennial herb to 2m.
- Leaves 12-25mm long.
- Dark blue/black fruit containing many seeds.

## Traditional Uses:

- Fruit pulp and gingery root tips eaten.
- Leaves used to wrap meat cooked in earth oven.



## Distribution



# 7 Hop Bush

*Dodonaea*



## Description:

- 2-4m high shrub
- Colourful fruits
- Sticky leathery leaves

## Distribution



## Traditional Uses:

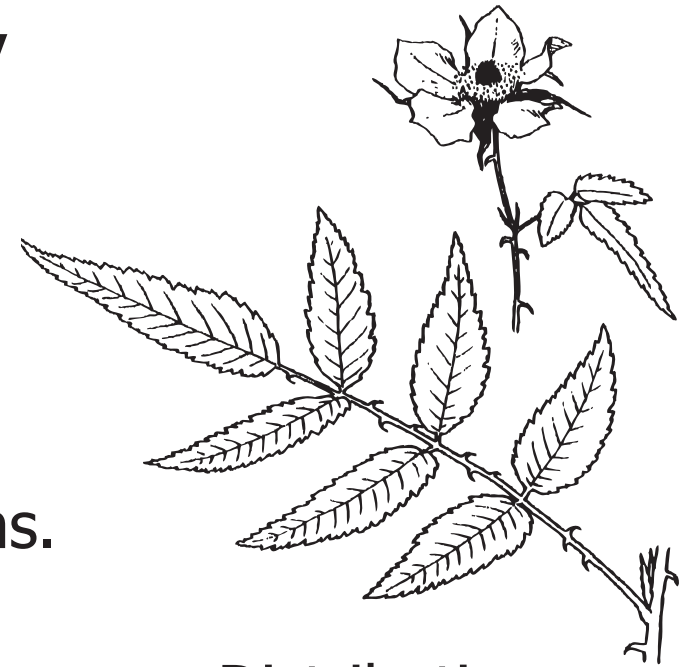
- Traditionally used to treat tooth ache, cuts and stingray stings

# 8 Native Raspberry

*Rubus Hillii* & *Rubus Parvifolia*

## Description:

- Scrambling prickly shrub with 1m long stems.
- Red or pink flowers.
- Red juicy fruit 10mm in diameter.



## Distribution

## Traditional Uses:

- Tea made from the leaves relieves stomach upsets. (*hillii*)
- Has been used for cases of diarrhoea. (*parvifolius*)
- Fruit varies in taste, can be very good.





# 9 Black Apple

*Planchonella Australis*



## Description:

- Medium to tall tree.
- Large, fleshy black/purple fruits tastes like custard apple.
- Green flowers, honey fragrance.

## Traditional Uses:

- Fruit pulp used in jams.

## Distribution



# 10 Davidsons Plum

*Davidsonia Pruriens*



## Description:

- Small, narrow tree up to 10m.
- Plum-like fruits 500mm long, sour tasting.
- Hairy foliage, bright pink when new.

## Traditional Uses:

- Fruits eaten and made into jam.
- Can be used to make wine.



## Distribution



# 11 Magenta Cherry *or Lily Pilly*

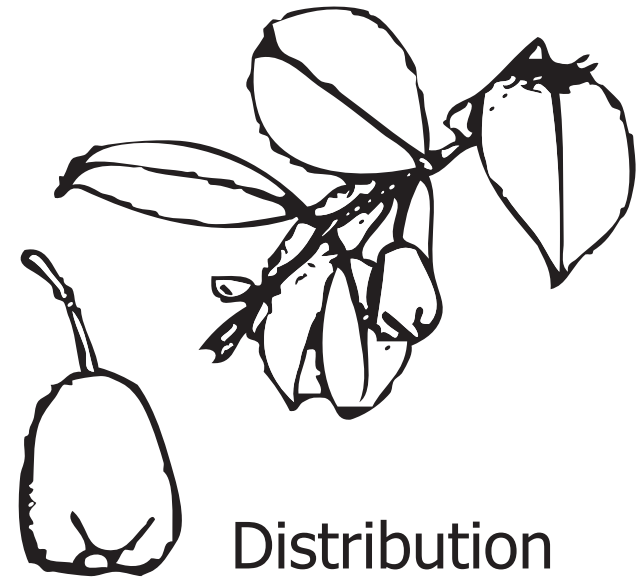
*Syzygium Paniculatum*

## Description:

- Small tree with dark dense foliage.
- White flowers.
- Large crisp succulent magenta red berry.

## Traditional Uses:

- Fruits can be eaten raw or made into jam or jelly.
- \* *Endangered.*



## Distribution



# 12 Sandpaper Fig

*Ficus Coronata*

## Description:

- Small tree with aerial roots.
- Rough oblong leaves.
- Hairy egg-shaped fruit - fig.
- Pleasant tasting purple / black fruit when ripe.

## Traditional Uses:

- Leaves used as sandpaper.
- Fruit edible when ripe. (Careful of the furry skin-needs to be peeled.)



## Distribution



# 13 Brush Pepperbush

*Tasmania Insipida*

## Description:

- 1-3m tall shrub.
- Glossy firm leaves with peppery smell and taste.
- Whitish green flowers.
- Purplish berry with tiny black seeds.

## Traditional Uses:

- Used heavily in both cooking and medicinally. Can be used in the same way as conventional pepper, with an added herbal dimension.
- The Leaf has a more subtle, organic herbal flavour than the berry, and is ideal where the intensity of the pepper berry is too dominant.



## Distribution



# 14 Lemon Aspen

*Acronychia Laevis*



## Description:

- Small - medium sized tree.
- Creamy white flowers.
- White/purplish edible fruit.
- Has a citrus flavour.

## Traditional Uses:

- Fragrant Oils used.
- Was used as food.

## Distribution



# 15 Lemon Myrtle

*Backhousia Myrtifolia*

## Description:

- 3-4m high shrub.
- Dark green foliage.
- Fine grey hairs on young branches.
- Cream coloured flowers.

## Traditional Uses:

- Leaves are used fresh or dried and ground as flavouring.
- Can be used with baked fish and lemon tea.



## Distribution



# 16 Gosford Wattle

*Acacia Prominens*

## Description:

- 3-6m high shrub.
- Smooth grey bark.
- Pale/lemon yellow bobble flowers.
- Long Seed pods flat except over seeds.



## Traditional Uses:

- Acacias are used for food, weapons, tools and ornaments.
- Some acacias can be used to stun fish.
- The gum, when soaked in water tends to form a jelly-like substance, which can be eaten.
- Pale amber gums are usually more pleasant than those that are a darker red-brown colour.

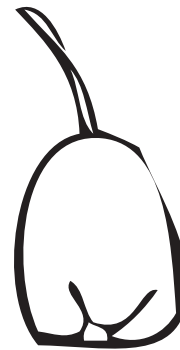
## Distribution





# 17 Creek Lillypilly

*Syzygium Smithii*



## Description:

- Summer flowering evergreen tree
- Cream and green smooth waxy leaves
- Flushes of pink new growth
- Pink to mauve edible berries.

## Traditional Uses:

- Commonly eaten where ever it was grown.
- Tart or a cranberry-like flavour.

## Distribution



# 18 Port Jackson Fig

*Ficus Rubiginosa*

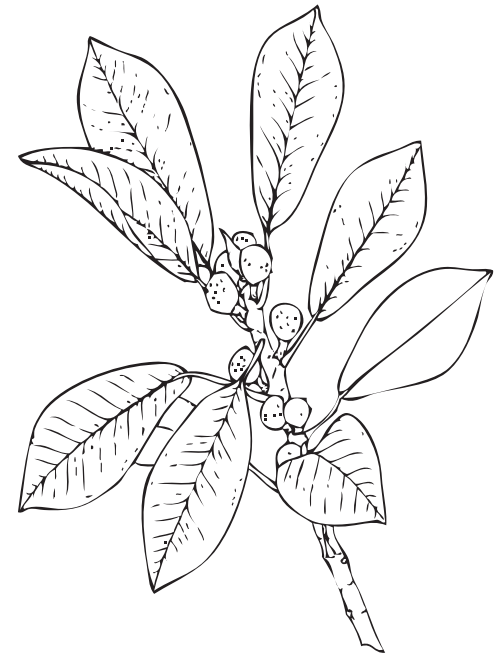
"Dthaaman" *Local Aboriginal Word*

## Description:

- Small-large spreading tree.
- Buttressed roots.
- Yellow figs turning red, 10-20mm.

## Traditional Uses:

- Fruits are edible.
- Inner bark used for twine for dilly bags and fishing nets.
- Timber used for coolamons, shields and dug out canoes.
- Milky sap used as a natural latex to cover wounds.



## Distribution



# 19 Plum Pine

*Podocarpus Elatus*

## Description:

- Medium to large tree.
- Dark brown bark, scaly on old trees.
- Blue/black fleshy fruit, 20mm.

## Traditional Uses:

- Fleshy part of the seed cone eaten.
- Used in condiments.
- Timber useful for boat planking and lining.



## Distribution



# 20 Orange Thorn

*Pittosporum Multiflorum*



## Description:

- Shrub to 2-3m.
- Thickly branched with small spines.
- White flowers.
- 10mm orange berries, rough skinned.

## Distribution



## Traditional Uses:

- They were eaten and are said to have an average flavour with a tang similar to an orange.

# 21 Walking Stick Palm

*Linospadix Monostachya*



## Description:

- Shrub with stems 1-2m high.
- Leaves 50-130cm long.
- Long red fruit 10-12mm long.
- Fishtail like leaves.

## Traditional Uses:

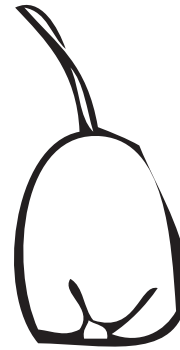
- Men used the stem as a spear.
- Fine line used as string by stripping the leaves.
- Berries eaten when clearly red, new shoots eaten raw or cooked.

## Distribution



# 22 Riberry

*Syzygium Leuhmanii*



## Description:

- Medium sized buttressed tree.
- Smooth, slightly flaky bark.
- New growth is pink.

## Traditional Uses:

- The berry was eaten for its spicy yet sweet taste.
- Popular ingredient in many wildfood dishes.

## Distribution



# 23 Native Tamarind

*Diploglottis Cunninghamii* & *Diploglottis Campbellii*

## Description:

- 20-30m tree.
- Rusty coloured new growth.
- Creamy brown flowers, 3mm long.
- Endangered.



## Distribution

## Traditional Uses:

- Fruits used to flavour drinks and make jam.
- The juicy red fruit, although very acid, is pleasant to eat or use in drinks or jams.
- The pulp is one of the best bush tuckers available and has a pleasant sour taste.
- Contains high amounts of vitamin C.



# 24 Macadamia

*Macadamia Tetraphylla*

## Description:

- Small to medium tree to 15 m high.
  - Long spikes of creamy flowers.
  - Green fruit which turn brown.
  - Ripens in Autumn.
- \* *Endangered.*

## Traditional Uses:

- Split the shell open and eat the nut inside. (only when the shell is brown)



## Distribution





# 25 Flame Tree *(Dwarf Kurrajong)*

*Brachychiton Bidwilli*



## Description:

- Stunning sprays of tubular shaped flower clusters pink/red
- Large boat shaped seed capsules.

## Traditional Uses:

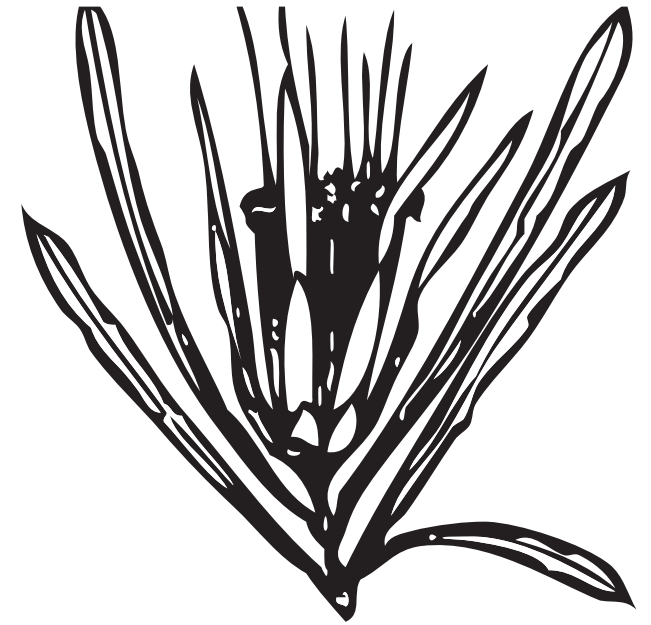
- Special care needed to prepare the seeds for roasting because of the dangerous hairs inside the seed pod.
- Fibre from the inner bark was used to make twine for fishing nets and fishing lines.

## Distribution



# 26 Mountain Devil

*Lambertia Formosa*



## Description:

- Shrub to 2m high
- Named from its beaked and 2 horned woody fruit resembling a devil.
- Spiky leaves.
- Brightly coloured red flowers.

## Traditional Uses:

- Flower is broken off for nectar.
- Commonly used as a pacifier for the young children of the area.

## Distribution

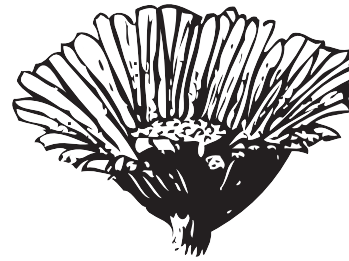


# 27 Pigface

*Carpobrotus Glaucescens*

## Description:

- Creeping Herb (succulent).
- Grows mainly on sand dunes.
- Bright Pink Flowers with Green succulent leaves.



## Distribution

## Traditional Uses:

- Fruit is good to eat when purple.
- Salty Strawberry.
- Leaves are edible after steaming but salty.
- Leaves when crushed or chewed releases insect stings.
- Leaves were split and applied for tooth aches.



# 28 Red Bloodwood

*Eucalyptus Gummiifera*

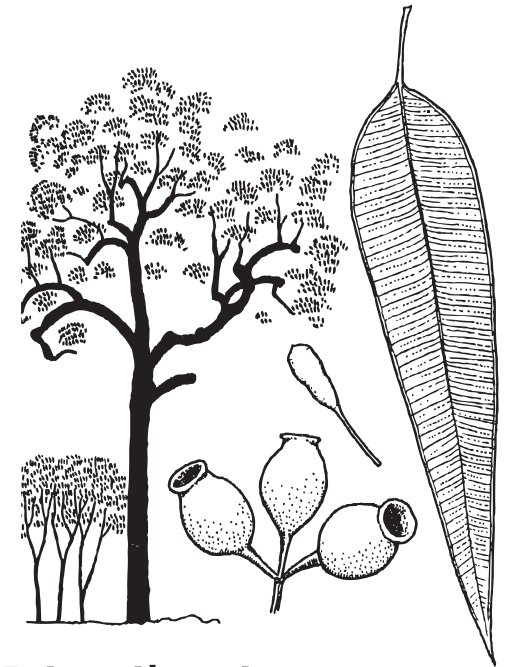
"Mannen" *Local Aboriginal Word*

## Description:

- Ranges from 2m to 30m high
- Prefers to grow on shallow sandy soils.
- Bark is red in appearance and crumbly.

## Traditional Uses:

- The sweet nectar was sucked from the flowers.
- Resin was used for strengthening fishing lines and mending stone tools.
- Resin was placed on open cuts to clean and close the wound.
- Resin was used for tooth ache.



## Distribution



# 29 Geebung

*Persoonia*

*"Mambarra"* Local Aboriginal Word



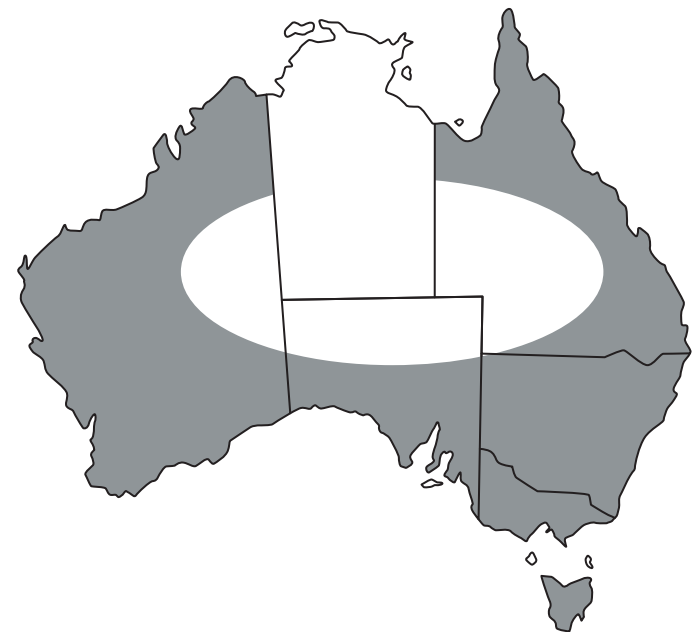
## Description:

- Ranges from 2m to 4m high.
- 42 different species in all states except NT.
- Very important understory in woodlands.
- Grows an abundance of edible fruits rich in vitamin C.

## Traditional Uses:

- Fruits were eaten when purple.

## Distribution



# 30 Apple Berry

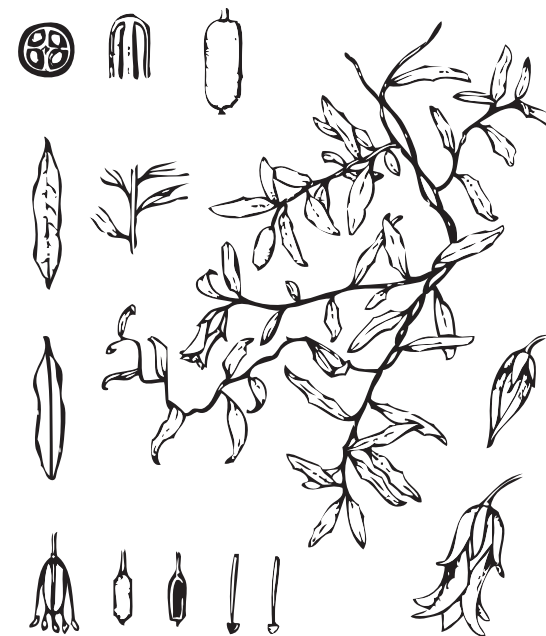
*Billardiera Scandens*

## Description:

- A slender climber or scrambler with stems to about 3m long.
- Fruits are edible and very tasty only when purple and furry to touch.
- Leaves are soft and often furry.
- Flowers are cream and droop from the stems.
- Fruit is good to eat when purple.

## Traditional Uses:

- Fruits were eaten when purple.



## Distribution



# 31 Banksia ssp.

*Banksia*

*"Wattung-urree"*

*Local Aboriginal Word  
Old man banksia*

## Common Species:

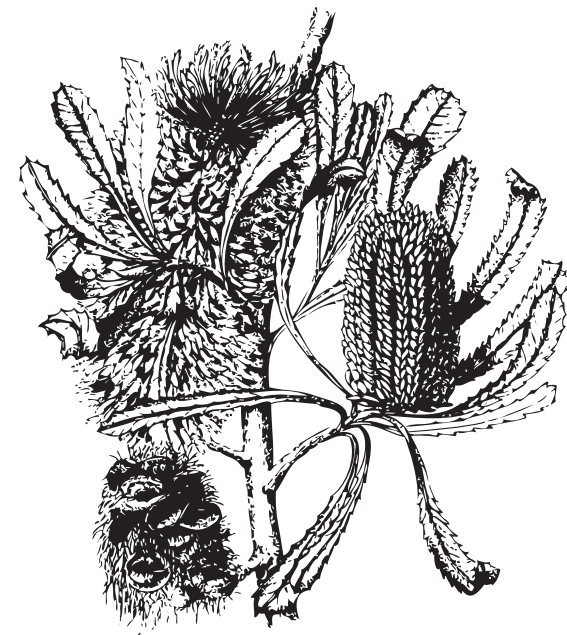
- Honeysuckle.
- Heath Leaved Banksia.
- Old Man Banksia.
- Hair Pin Banksia.

## Description:

- Ranges from 0.5m to 6m high.
- 72 different species in all states.
- Flowers bear a sweet nectar.

## Traditional Uses:

- Nectar or flowers was sucked or soaked in water for a refreshing drink.



## Distribution



# 32 **Grevillea ssp.**

*Grevillea*



## Common Species:

- Grevillea Caleyi.
- Grevillea Juniperina.
- Grevillea Linearifolia.
- Grevillea Longifolia.

## Description:

- Ranges from 0.5m to 6m high.
- 250 different species in all states.
- Flowers bear a sweet nectar.

## Traditional Uses:

- Nectar or flowers was sucked or soaked in water for a refreshing drink.
- Carefull some contain cyanide and are poisonous.

## Distribution





# 33 Native Cherry

*Exocarpus Cupressiformis*

"Kwigan" *Local Aboriginal Word*



## Description:

- Ranges from 2m to 6m high.
- Dense drooping foilage.
- Seeds grow on the outside of the fruit.
- Foilage resemble a Cypress Pine.

## Traditional Uses:

- Fleshy fruit was eaten when red ripe.
- The stalks were a main part of the diet.
- The stalk is sweet and palatable when deep red.
- Burn the green wood to keep mosquitos away.

## Distribution



# 34 Gymea Lily

*Doryanthes Excelsa*

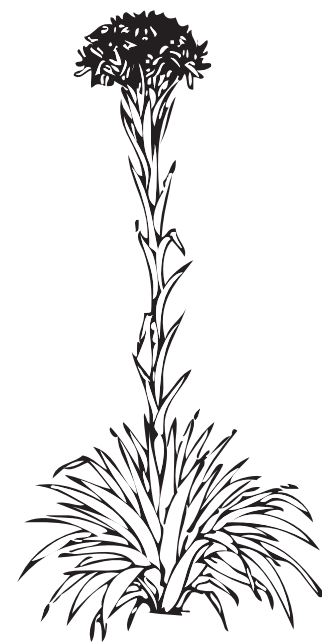
"Gymea" Local Aboriginal Word = Giant

## Description:

- Colossal leafy herb up to 5m.
- Sword shaped leaves to 2.5m.
- Dense cluster of large succulent red flowers 30-40cm wide.

## Traditional Uses:

- Stems and flowers are roasted and eaten.
- Roots roasted and made into a type of cake, eaten cold.
- Leaves for brush making and matting.



## Distribution



# 35 Eucalyptus ssp.

## *Eucalyptus*

- Eucalyptus are distinguished by their flowers, capsules and bark.
- Barks were regularly removed for canoes coolamons and shields in traditional times.
- Local Aboriginal hunters would chase lizards up the trees into the waiting hands of another hunter.



Smooth Barks



Part Barks



Full Barks



Mallees

Crumbly Barks



Stringy Barks



Ironbarks





# Local Aboriginal Biodiversity Calendar

**February, March, April**

***Murroree*** (warm)

*whotol keeli* (thunder and lightning)

*wibbee currimine broomoi* (wind from north-west)

*geeralla kooroonung birreko* (look for honey in hollow trees)

*moolgori* (black swan) builds her nest



# Local Aboriginal Biodiversity Calendar

**May, June, July,**

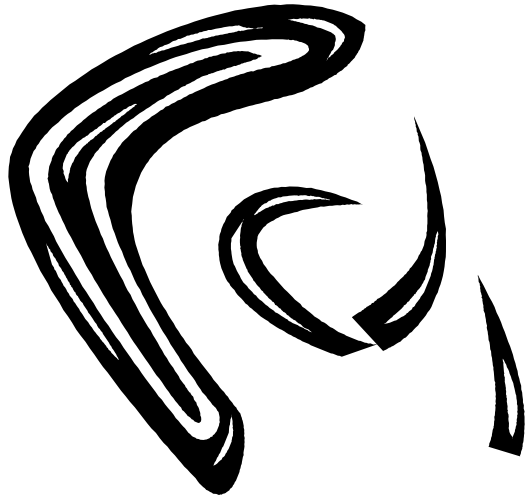
***Tuggera-murri Murrumbidgee*** (cold, much rain)

*belek belek (lyre bird) calls for a mate*

*cowal chulgunni derra kurrawa tulgan (big waves and rough seas)*

*bidjiwong (water lizard) comes out*

*nurra gunya (camp in shelters)*



# Local Aboriginal Biodiversity Calendar

**August, September, October,**

***Wingine*** (hot wind)

*budgery nungha (beautiful, calm waters)*

*burrn jarung (hooded plover) starts to nest*

*bunduluk (eastern rosella) builds her nest*

*mambarra ready to eat (geebung)*



# Local Aboriginal Biodiversity Calendar

**November, December, January,**

***Woonul*** (heat)

*kwigan* (cherry tree) in full fruit

*burn green wood of the kwigan to keep tuping (mosquitoes) away*

*kurrawa yongah* (smooth seas)