

Native Roots

Under the ground hides a secret bushfood bounty. Used mostly for water and energy storage, roots and tubers are amongst the most nutritious bushfoods and were often staples of aboriginal societies. Many can be eaten raw but are usually best boiled or roasted.

Warning: Never eat plants unless you are certain you can identify them, know that they are free from pesticide and herbicide sprays and their water supply is clean.

Native Ginger

Alpinia caerulea

Eat the tips of the tubers for a mild ginger flavour. Fruits and new shoots are also edible.



Native Yam

Dioscorea transversa

For a small plant it produces sizeable tubers that are best boiled or roasted.



Bungwall Fern

Blechnum indicum

The white, starchy roots are actually quite nutritious and can be ground into flour after baking.



Musk Mallow

Abelmoschus moschatus

Enjoy the leaves as a vegetable or roast the fleshy underground tuber.



Wild Parsnip

Trachymene incisa

Eat the tuber raw or cooked – a tasty relative of the carrot.



Wombat Berry

Eustrephus latifolius

It's the sweet underground tubers, rather than the fruits of the Wombat Berry, that are tasty. Eat them raw.



Attracts butterflies



Attracts birds



Frog friendly



Edible

Grow your own bushfoods

Native Shoots

It seems kangaroos and koalas are not the only creatures that devour leaves as part of their diet. Many leaves, particularly fresh growth, make tasty and nutritious additions to the diet of the bushfood lover.

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Warrigal Greens

Tetragonia tetragonoides

Young leaves make a great vegetable but should be blanched in hot water before eating.



Native Rosella

Hibiscus heterophyllus

Fresh leaves are tasty and the flower buds are used to make jam.



Scrambling Lily

Geitonoplesium cymosum

Try boiled fresh Scrambling Lily shoots as a replacement for asparagus.



Sea Celery

Apium prostratum

Edible leaves and stem go well in soups – a nice replacement for its close relative, celery.



Wild May

Leptospermum polygalifolium

Dried leaves were used by the early settlers to make a weak tea.



Spiky Mat-rush

Lomandra longifolia

Fresh white leaf bases can be chewed to elicit a mild pea flavour.



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Native Fruits

Fruits have evolved in many plants to attract wildlife to eat and disperse their seeds. This is particularly common in rainforests where birds are the main movers of seeds. Fruits vary in taste from sweet to absolutely horrid when eaten fresh and many make nice jams.

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Midyim Berry

Austromyrtus dulcis

Tasty spotted berries are sweet straight off the plant, added to fruit salad or made into jam.



Brown Pine

Podocarpus elatus

Just eat the soft part of the fruit and you'll be rewarded with one of our sweetest bush tuckers.



Macadamia

Macadamia integrifolia

The only Australian plant so far grown as a commercial crop. Supremely tasty but a tough nut to crack!



Wild Raspberry

Rubus moluccanus

The red fruits are sweet and juicy if picked at just the right time.



Blue-tongue

Melastoma affine

Wait for the fruits to start to open to enjoy a tasty blue treat - and get a very blue tongue.



Peanut Tree

Sterculia quadrifida

The black seeds taste like peanuts but need to be peeled first - a very fiddly job!



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