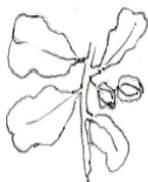


Find out some old and new uses for  
our native plants and trees  
In the  
**BUSH TUCKER GARDEN**

Walk to your left around the BUSH TUCKER AREA and immediately on your right you will pass a **Tuckeroo** (*Cupaniopsis anacardioides*).



The flesh around its seed is edible – believed to be an aboriginal delicacy – however it is also becoming a problem in our bush as the seeds are easily dispersed by birds.

Then on your left you will see a **Pine-leaved Geebung** (*Persoonia pinifolia*) and a



**Tree Broom Heath** (*Monotoca elliptica*) both of which have edible though unappetising fruits.



Also on your left is the **Native Elderberry** (*Sambucus australasica*) which has berries that can be eaten raw and used for food and medicine. They also make a sweet wine!



A little further on your left you will find a small twining shrub, the **Blue-bell Creeper** (*Sollya heterophylla*) Its cylindrical fruits are edible when soft and can be often found on the ground under the plant.



As you turn the bend on your right you will find the **Bleeding Heart Tree** (*Omalanthus populifolius*) an early coloniser of disturbed soil. The Chinese used the freshly crushed leaves to stop bleeding.



Close beside it you will find a **Lillypilly** (*Syzygium* species) that has edible fruit that can be eaten raw or used to make jams and jellies.



On the left you will find the **Native Guava** (*Eupomatia laurina*) Its green fruit has an edible sweet pulp with many seeds which can also be used in jams and jellies. The inner bark was used for twine, nets and bags.



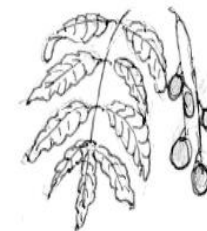
Further on your right you will find the **Hard Aspen** (*Acronychia laevis*) that has edible white, yellowish blue fruit, sadly not very palatable.

However on your left you will find both the **Native Tamarind** (*Diploglottis cunninghamii*) and **Bernie's Tamarind** (*Diploglottis berneana*) both of which have more pleasant fruit which can be made into jams or jellies.



On the bend on your right you will find the **Native Ginger** (*Alpina caerulea*) Every part of this plant is edible, the tubers and blue berries can be eaten and the leaves used to wrap food for cooking.

On the left of the track is a fine specimen of the **Davidson's Plum** (*Davidsonia pruriens*). It has edible tangy fruit which is also used in jam making





On the left of the track you will then find the **Sandpaper Fig** (*Ficus coronata*) that can be found

in our creeks and gullies. Feel the rough texture of the leaves and you will understand how they were used to smooth spearheads and boomerangs. The purple-black fruits can be eaten raw and the sap used as a healing agent

On the left also there is a **Native Finger Lime**

(*Microcitrus australasica*) with its spiky stems. The fruit is edible with a sharp grapefruit/lime flavour which can be made into marmalade.



Further on the left there is another Aspen – the **White Aspen** (*Acronychia oblongifolia*) which also has edible fruit though not very palatable.

On the right you will see a shrubby **Correa** (*Correa alba*) Its pale green leaves with their silvery underside were used by the early settlers to make tea.



Opposite on the left you will see two native peppers, the **Mountain Pepper** (*Tasmannia lanceolata*) and the



**Pepper Berry** (*Tasmannia insipida*) both of which, as the name implies, have a peppery fruit and seed. Even the leaves have a mild peppery flavour.

Also on the left is the soft-leaved **Native Lasiandra or Blue Tongue** (*Melastoma affine*) which has edible berries which will stain the mouth blue when eaten hence its common name.



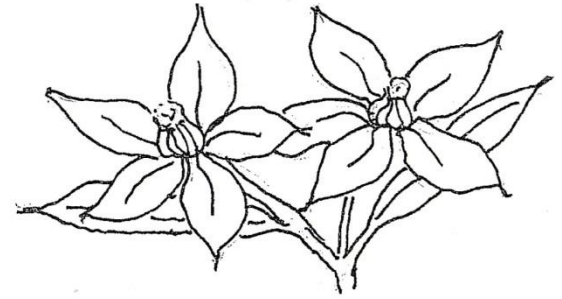
Nearby on the left you will also see the **Bird Lime Tree** (*Pisonia umbellifera*) Its cylindrical sticky fruit is spread by birds and its leaf, bark & stem material may have medicinal properties for tumours.

You may now like to retrace your steps back through the Rainforest to the Pool.

We hope you have enjoyed this

**Bush Tucker Walk**

## STONY RANGE REGIONAL BOTANIC GARDEN



# BUSH TUCKER WALK in the BUSH TUCKER GARDEN