

Vol. 1.

Wild Food



Recipes

ACACIA (Wattle)

Acacia Pikelets:

Wattle pollen of any species  
2 eggs  
 $\frac{1}{2}$  cup sugar  
pinch of salt  
1 cup of milk  
2 level teaspoons of cream of tartar  
 $1\frac{1}{2}$  cups of flour  
1 level teaspoon of baking soda

Beat lightly as for a sponge cake for about 10 minutes, 2 eggs,  $\frac{1}{2}$  cup sugar and a pinch of salt. Then add 1 cup of milk; sift  $1\frac{1}{2}$  cups of flour, baking soda, cream of tartar and liberal amounts of Acacia pollen. Mix lightly and spoon onto a hot frying pan greased with butter.

ACAENA ANSERINIFOLIA (Bidgee-Widgee Buzzy)

Can be used as a substitute for tea but considerably more leaves are required than would be used in making tea.

ACMENA SMITHII (Lillypilly)

Purplish fruits while edible are of poor quality.

ADIANTUM (Maiden Hair Fern)

Can be used dried or fresh. Pour 2 quarts of boiling water over 4 ozs of fern leaves, cover closely and allow to cool. Was once used as a cure for colds.

ALPINIA CAERULEA (Wild Ginger)

Found at the margins of rainforests. Young tips of underground stems have a distinct ginger flavour. This species has blue fruits with a scanty but pleasantly acid pulp. Seeds can be eaten raw. Stems can be finely chopped and boiled in syrup to use as a dessert topping.

AURICULARIA POLYTRICHA (Hairy Jews Ears)

This species is found on decaying wood, usually in rainforests, mangroves and moist forests.

Cloud Ears, Chinese Style:

$\frac{1}{2}$ cup dried fungus	2 tabsp. soy sauce
2 teasp. hoi sin sauce	1 clove garlic (crushed)
$\frac{1}{4}$ cup water	2 teasp. vegetable oil
1 teasp. sesame oil	1 teasp. cornflour mixed with 1 tabsp. water

## Cloud Ears cont:

Soak fungus for an hour in large quantity of hot water. Clean, trim and cut to bite size pieces. Heat oils, fry garlic for 1 minute then add the fungus, soy sauce, hoi sin sauce and water. Bring to boil, keeping stirred and then thicken.

Served usually as part of a Chinese meal with noodles or rice.

## AUSTROMYRTUS DULCIS

One of the most edible native fruits found in sandy coastal areas.

This fruit is also pleasant stewed, 1 cup of sugar to 3 cups of fruit. Use sufficient water to barely cover fruit and cook until soft, then add sugar and simmer for a few minutes.

## AVICENNIA MARINA VAR. AUSTRALASICA (Grey Mangrove)

### Avicennia 'Fruit' Dip

½ cup fruit	¾ cup natural yoghurt
pinch of salt	pepper
1 teasp. vegetable oil	

Remove skin from fruit and boil for 1 hour with 3 changes of water. Soak in wine for 3 hours and then mash or blend fruit with oil, salt and pepper and stir in yoghurt.

### Avicennia 'Fruit" Dip

3 cups fruit	1 cup natural yoghurt
1 pkt cream cheese	pinch of salt
Tabasco sauce to taste	

Peel Avicennia fruit and remove hypocotyl (brown furry lump at the base of the seed). Place in pressure cooker with small amount of water and boil at pressure for 7 minutes. Drain off liquid and mash seeds with other ingredients till smooth. Add condiments to taste.

## Olives la Avicennia

The main problem with Avicennia fruit is getting rid of the tannins. "Olives" can be prepared by extracting the tannins in a strong brine solution. The process will take several weeks or longer and the brine solution should be changed regularly. Preparation is finished when the brine solution remains clear.

## Avicennia garnishes

Finely chopped, the propagule (fruit) provides an interesting garnish for salads. Used in this way, the tannin is not too strong.

Avicennia marina and the river mangrove, Aegiceras corniculatum are excellent honey producing species. The honey is rich and aromatic and is an interesting variation from the Eucalytus honeys.

## BAECKEA VIRGATA

Add a few leaves to tea when infusing, needs to be drunk black.

## BEER-BREAD (Wild Bread)

Although this recipe contains not wild plants, it is easily produced from ingredients that can be stored while camping and is suitable for cooking in an earth oven.

### Wild Bread

3 cups S. R. flour            3 teasp. baking powder  
1 teasp. salt                    1½ cups of warm beer

Sift dry ingredients (forget about this in the bush). Make a well in the centre and pour in the beer. Mix well with a wooden spoon or knife until most of the flour is combined, and then mix a soft dough with hand.

Turn dough onto a lightly floured board. Knead lightly. Shape into loaf and place in a greased tin (9" x 3" x 4"). If no oven is available, then wrap dough in alfoil and place near open fire to rise. If desired, brush the top of loaf with warm milk and bake at 450° for 30 minutes. In bush, wrap in alfoil and bake in coals of campfire).

### BUNYA NUT PINE (Araucaria bidwillii)

Bunya pine was a common tree in rainforests of southeast Queensland. Nuts can be eaten raw, roasted or can be ground into a flour. When camping, boiling is the best method of preparation as nuts roasted in a camp fire frequently explode but by either method as delicious when eaten hot. The kernel is starchy with the texture of a waxy boiled potato with a slightly resinous flavour.

### CALLISTEMON (Bottle brush)

Add a few leaves to tea when infusing, needs to be drunk black.

### CAPPARIS (Native caper, Native pomegranate)

#### Pomegratate Honey

2 kg pomegranate            1 litre of water  
sugar (see later)

NOTE: Do not use overripe fruit as this will prevent the honey from setting successfully.

Chop unpeeled pomegranates roughly. Place in a large saucepan with water, cook with lid on for 10 minutes. Remove lid and cook fruit for a further 15 minutes. Strain twice through a cloth in a colander. Do not squeeze. Measure liquid and add an equal quantity of sugar and heat slowly, stirring, until the sugar has dissolved. Bring to the boil and cook rapidly until the mixture sets when tested. Bottle and seal.

### CARPOBROTUS (Pigface)

Commonly found in sandy coastal areas.

The fruit can be eaten fresh and has a flavour not unlike salty apples. The leaves can be eaten cooked as a vegetable but have little to recommend them and may cause a slight irritation of the throat.

### CITRUS LIMON (Bush lemon)

Although these lemons lack some of the refinements of the cultivated varieties, they are excellent substitutes in any of your favourite recipes. Some of the recipes prepared for the evening are included

### Lemon Cake

½ cup butter	½ cup of sugar
½ cup milk	2 eggs
2 cups flour	2 teasp. cream of tartar
1 teasp. baking soda	2 lemons (juice and rind)

Beat butter and sugar to a cream, beat eggs in well one at a time, add milk, dry ingredients and then the lemons. Bake in patty tins or small dishes for 20 minutes in medium oven.

### Lemon Cheese

½ lb sugar	3 eggs
juice of 3 lemons	rind of 2 lemons
½ lb butter	

Stir in saucepan over a low heat until thickens.

### Lemon Borita

Dissolve in hot water 1½ teasp. gelatine.

Beat 6 egg yolks and add juice of 2 lemons, rind of lemon (grated). 1 cup caster sugar and gelatine liquid. Beat stiff and fold in egg whites. Chill well in serving dish, and top with whipped cream.

### Lemon Marshmallow Slice

2 oz butter	2oz sugar
1 egg	2 oz plain flour
2 oz S. R. flour	1 oz cornflour
pinch of salt	

Cream butter and sugar together, add egg and beat well. Gradually add sifted dry ingredients forming a stiff paste. Knead well. Roll out and line a greased deep pie plate or lamington tin. Bake in a moderate oven until golden brown.

1½ cups sugar	1½ cups of water
juices of 2 lemons	juice of 2 oranges
1 oz custard powder	1 oz cornflour

Place sugar, water and juice in a saucepan and blend in dry ingredients. Stir over heat until mixture boils and thickens. Cook for 2 minutes. Remove from the heat and add 1 oz butter. Mix well and pour into cooled tart shell.

1 cup of water	1 cup of sugar
2 dessp. gelatine	pinch of cream of tartar
1 dessp. lemon juice	½ teasp. vanilla essence

Place dry ingredient in saucepan with water and bring to the boil and cook for 10 minutes. Remove from the heat and allow to cool. When it begins to thicken add remaining ingredients and beat until fluffy.



Lemon Marmalade:

Allow 7 cups of water to every 1 lb fruit, separate peel and cut up very fine, put in a basin with water overnight; cut up lemon pulp in another basin. Keep seeds separate and pour 2 cups of boiling water over them. Next morning discard half the water from the peel and replace it with fresh water. Weigh juice and fruit when boiled quite soft, then add 1½ cups of sugar to every lb fruit and boil until it sets when tested.

COLOCASIA (Taro)

It is commonly found growing wild in swampy places or on creek banks. The tubers may be boiled or baked BUT SHOULD NOT BE EATEN RAW.

CORDYLIN (Palm Lilly)

Found in rainforests and wetter Eucalyptus forests. The underground stems of this species may be boiled as a vegetable but are fibrous and watery.

CYPERUS ROTUNDUS (Nut Grass)

May be boiled and cut into small pieces and served as a vegetable.

DAVIDSONIA PRURIENS (Ooray, Davidson's Plum)

One of the best native fruits, small tree occurring in tropical rainforests. Pleasant to eat raw but may also be stewed.

Stewed Davidson's Plum

1 cup sugar                      3 cups fruit

Add sufficient water to just cover the fruit and boil until soft before adding the sugar. Apple may also be included if insufficient fruit is available. Jam can be made in a similar way by adding 1 cup of sugar for each cup of fruit used and cooking until mixture sets when tested.

DIOSCOREA (Yams)

Many of the yam species contain a poison which must be removed before eating. Only a very few species can be eaten raw. Tubers may be sliced and placed in running water for several hours and then boiled or baked. Fibrous matter may be removed by grating and the fibrous matter sieved out so that the starch is retained in the water, the starch is then allowed to settle and the excess water is decanted off and the remaining pulp is cooked. MAKE SURE YOU HAVE A HARMLESS SPECIES OR KNOW HOW TO PREPARE IT PROPERLY BEFORE EATING THESE.

ECKLONIA RADIATA (Kelp)

This is a marine alga with a variety of uses.

Kelp Pickles

Use tender upper parts of the stipe and lower parts of the blade of kelp, slicing stipe about 5 mm thick and cutting blade into bite size pieces. Soak in fresh water for several days, changing the water as often as convenient.

On about the 4th day, place kelp pieces in pan, cover with fresh water, bring to the boil and simmer for 10 - 15 minutes. Drain.

Prepare spiced vinegar: 2½ cups vinegar; 1½ cups of water; 3 cups raw sugar; 2 onions (sliced); 4 slices of lemon; 1 teasp. cinnamon; ½ teasp. ground cloves; 1 heaped teasp. mace; sliced capsicum (optional).

Combine the ingredients, bring to the boil for 10 minutes, pour over kelp pieces. Allow to stand. Repeat for 5 consecutive days, then bottle and allow to stand for at least 4 weeks before using.

### Tsukudani

1 tbsp. shredded green ginger    ¼ cup vinegar  
¼ cup honey                            4 cups water  
½ cup soy sauce                        Blades of Ecklonia radiata

Cut the kelp blades into suitably sized pieces and put in the pan with other ingredient to just cover. Bring to the boil and simmer uncovered for about an hour until most of the liquid has gone. Store in the refrigerator.

Use as a relish with rice or other dishes.

### Kelp Chips:

Rinse Ecklonia thoroughly in fresh water, removing any barnacles etc. Dry in the sun and store in an air tight jar until required.

Then place kelp chips in a very slow oven until crisp, break into bite size portions and serve. These can be returned to the oven to rejuvenate.

### EUSTREPHUS LATIFOLIUS (Wombat Berry)

The tubers may be collected and eaten raw. They have a pleasant texture although very little flavour.

### FICUS MACROPHYLLA (Moreton Bay Fig)

A large tree found in coastal areas and in rainforests. Fruits can be eaten BUT ONLY WHEN COMPLETELY RIPE i.e. purple.

### Moreton Bay Fig Jam:

1 lb fruit                                ¾ lb sugar  
water                                      lemon juice

Wash fruit and chop any firm fruit in half, soft ones will disintegrate during cooking. Place them in a pan with sufficient water to prevent fruit sticking to the base of pan. Add lemon juice (about 1 lemon to 4 lb of fruit). Boil until fruit is very soft and then add sugar and boil until it sets when tested.

Finger Lime    see Microcitrus

### GRACILARIA (Sea string, Chinese moss)

This species is easily collected because it inhabits rocky shores. This alga can be eaten raw in salads or boiled

### Gracilaria Cocktail:

Rinse Gracilaria in fresh water several times. Dry in the sun after cleaning and store in an air tight jar until needed.

Rinse dried Gracilaria several times before use.

1 cup dried Gracilaria                1 teasp. almond essence  
2 pints milk                                4 tabsp. honey  
1 teasp. mixed spices

Boil Gracilaria in milk until it has broken into small pieces. Strain and discard the seaweed. Allow liquid to cool slightly and add spices, honey, essence and rum if required, blend well and serve chilled.

### Gracilaria Blanc Mange

Soak dried Gracilaria in cold water for 30 minutes. Remove any foreign matter. Drain and tie seaweed in a cheesecloth or muslin bag. Place in sufficient milk to cover in a pan and cook over a low heat for 30 minutes. Press the bag against the side of the pan occasionally to release the gel. Stir continually

Remove from the heat, discard bag. Add honey or sugar and fruit etc to taste. Stir well, pour mixture into lightly buttered mould. Cover tightly and refrigerate for several hours before serving.

Ginger - see Alpinia cacrulca

Guava - see Psidium guayara

### HIBISCUS HETEROPHYLLOUS (Native Rosella)

A tall shrub from moist Eucalytus forest. Young shoots and buds can be eaten without cooking in salads or boiled as a vegetable.

#### Rosella Jam:

Five pounds of Rosellas after seeds and pips have been removed, wash well, add 7½ cups of water; boil for 15 minutes, add 1 lb of sugar for each lb of fruit and a cup of sugar for each cup of water, boil for a further 20 minutes.

#### Rosella Cream:

2 cups of Rosella jam                      2 cups of sour cream

2 teasp. brandy

Mix well, serve chilled with whipped cream

#### Rosella Jelly:

Wash fruit and boil until seeds are seen through the pods and the fruit is reduced to a pulp; strain through flannel jelly-bag; add 1 cup of sugar to a cup of juice and boil for 20 minutes. If boiled longer the colour will spoil. When first boiling the fruit do not cut it, and do not quite cover it with water.

### LEPTOSPERMUM

Leaves can be added to tea while infusing, tea must be drunk black. The lemon scented Leptospermum makes a pleasant drink.

Lilly Pilly - see Acmena smithii

### LINOSPADIX MONOSTACHYUS (Walking Stick Palm)

Red fruits are edible when raw.

### MACADAMIA INTEGRIFOLIA (Queensland Nut, Bauple Nut, Macadamia Nut)

This species is found in rainforests and is now widely cultivated, the nuts may be eaten raw or roasted when ripe. Roasting must be done in a slow oven for a long period of time



Macadamia Dip:

Blend on medium speed

28 Macadamia nuts                      ½ clove of garlic  
1 tabsp. olive oil                      1 teasp. lemon juice  
pinch of freshly ground pepper

Add at slow speed 225 grams of natural yoghurt. Remove from blender and stir in ½ cup of finely chopped Sonchus, Rumex or other salad vegetable or cucumber for the nonadventurous cooks.

MICROCITRUS AUSTRALASICA (Finger Limes)

MICROCITRUS AUSTRALIS (Native Lime)

Both these species are edible and make excellent marmalade

Finger Lime Marmalade:

1½ lb finger limes                      3½ pints of water  
2½ lbs of sugar                      seeds of 1 lemon

Slice limes finely and remove seeds. Soak for 24 hours in water. Add lemon seeds tied in a muslin cloth or cheesecloth bag. Boil gently for 1 hour before adding sugar then boil until sets when tested.

NASTURTIUM OFFICINALE (Water Cress)

Eaten raw and is an excellent salad ingredient.

NELUMBO (Lotus)

Seeds may be eaten raw, boiled or roasted.

NYMPHAEA (Water Lilly)

Seeds may be fried lightly in a pan and the peeled stalks may be used in salads or with dips as a pleasant change from biscuits.

Nutgrass - see Cyperus

Ooray - see Davidsonia pruriens

OPUNTIA TOMENTOSA (Prickly Pear)

This is the tree form but the low form is also edible however is reported to be less tasty. BE CAREFUL WHEN HANDLING THIS PLANT. THE VERY FINE SPINES HAVE BARBS AND ARE VERY DIFFICULT TO REMOVE. Fruits should not be collected without some sort of protection for the hands. The spines may then be burnt off the outside using a naked light i.e. match. The fruits must then be peeled as any remaining spines may lodge in the tongue causing extreme discomfort.

Prickly Pear Jam:

3 lb fruit                                      3 lb sugar  
1 bush lemon

Stew fruit in sufficient water to just cover and boil until soft. Add lemon and sugar and boil until it sets when tested. Use strainer to remove the seeds.

Podocarpus Cream

2 cups Podocarpus jam            2 cups of sour cream

2 teasp. brandy

Mix well, chill before serving with whipped cream.

Pomegranate - see Capparis

PORPHYRA (Laver)

Red alga found on rocky shores

Japanese Rice Snacks (with Porphyra and Salicornia)

2½ cups rice

Pickled Salicornia

2½ cups of water

Dried Porphyra (Packet of "Nori")

4 tabsp. vinegar

2 tabsp. sherry

2½ teasp. salt

3 tabsp. sugar

Other garnishes      cucumber, water lilly stems.

Sushi: Wash rice well in cold water and drain for 30 minutes. Place in pan with water and bring to the boil quickly. Cover and turn to a very low heat for 15 minutes. Remove from heat and keep covered, and leave a further 10 minutes. Have dressing ready by mixing together until sugar is dissolved. Mix rice and dressing together in a dish and cool rapidly.

Toast each sheet of Nori by passing it over a flame or holding over a hot plate. Place on a clean cloth and spread sushi over 2/3 of the sheet, starting at the end nearest to you. Place a row of pickled Salicornia and other garnishes down the centre of the rice. Roll up the Nori tightly and leave 10 minutes before chopping into short cylinders. Decorate each one with more pickle or some garnish.

PORTULACA OLERACEA (Pigweed, Purslane)

Used raw in salads or boiled as a vegetable.

PSIDIUM GUAYARA (Native Guava)

This species has become a naturalized member of riverbank communities and along roadsides in tropical and subtropical areas. The other guava native to Australia is Eupomatia laurina which is found in rainforests in coastal areas.

Guava Jam:

2½ lb guavas (washed, chopped and seeds removed)

¾ - 1 pints of water      3 lb sugar

Stew guavas in water slowly until fruit is very soft. Add the sugar and stir until it dissolves. Bring to the boil and boil rapidly until it will set.

Guava Delight:

Use gelatine to set jelly, then cut into squares using a sharp knife and roll in icing sugar. Keep chilled until served.

Prickly Pear Cake:

Using any plain cake mixture, to patty cake tin add 1 teasp. of cake mixture, followed by 1 teasp. prickly pear jam and then another teasp. cake mixture. Cook in a fast oven until brown

Candied Prickly Pear:

Select young cladodes of Opuntia; slice off spines and bristles strip off cuticle. Cut into strips. Cover with water in pan, bring to the boil for 2 - 3 minutes; drain and discard water.

230g sugar (8oz) Prepare syrup of 3/4 cup of sugar to each 1 1/2 cups of water. Bring to the boil and pour over slices in china or plastic bowl and allow to stand until the next day,

60g sugar (2oz) Day 2: Drain syrup, add 1/2 cup of sugar, dissolve, bring to the boil and pour over the slices. Repeat on days 3,4,5.

90g sugar (3oz) Day 6: Drain, add 3/8 cup of sugar to syrup, dissolve; add Opuntia slices, bring to the boil for 3 - 4 minutes. Return to the bowl.

Day 8: As day 6 but boil until the the syrup is thick as honey. Allow to stand in syrup in bowl for 4 - 6 more days; drain, dry in sun or in a cool oven. Roll slices in sugar.

Prickly Pear Jelly:

3 lemons

4 doz. prickly pears

3/4 cup of sugar to each cup of juice

Remove prickles, peel fruit and cut in half the place in saucepan with sufficient water to just cover and boil for 1 hour. Strain through flannel to remove seeds and add sugar and lemon and boil until jelly will set. Bottle in airtight container.

OXALIS CORYMBOSA (Pink Shamrock)

Used raw in salads.

Palm Lilly - see Cordyline

PASSIFLORA FLAVOCARPA (Wild passionfruit)

Used raw for fruit salads and makes an excellent topping for pavlova.

Pigweed - see Portulaca

PLEIGYNUM SOLANDRI (Burdekin Plum)

Excellent as a jelly, use the same recipe as given for Rosella.

PODOCARPUS ELATUS (Brown Pine)

This species is a common rainforest tree and is edible raw. When cooking the fruit of this species it is best to remove the central stalks as these give the jam or jelly a resinous flavour.

Podocarpus Jam:

1 lb fruit

1 lb sugar

Just cover the fruit with water and cook until soft and then add the sugar and cook for a further 30 minutes. Store in air tight bottl

Guava Jelly:

Wash and chop fruit (DO NOT USE OVER-RIPE FRUIT). To 3 lb fruit add 1½ pints of water. Simmer slowly until tender and then mash and sieve through muslin. Allow juice to drain on its own and do not squeeze the fruit or the jelly will be cloudy. Heat the juice and to each pint of juice add 1 lb sugar. Stir till dissolved and boil rapidly until it will set

Purslane - see Portulaca

ROSE HIP

Rose Hip Syrup

2 lb ripe rose hips                      1 lb sugar

4½ pints water

Mince rose hips coarsely, put into 3 pints of boiling water and bring up to the boil again. Remove from the heat and leave for 15 minutes. Pour through jelly bag. Return pulp to the saucepan, add the remaining 1½ pints of boiling water, reboil and leave for 10 minutes. Then strain as before.

Put the juice in a clean saucepan and boil it down until it measures 1½ pints, then add 1 lb of sugar and boil for a further 5 minutes. Pour the syrup immediately into clean bottle and seal. Process the syrup by putting the bottles in a deep pan of hot water, standing them on a false bottom to boil for 5 minutes. Put into small bottles as syrup will not keep long once it is opened. A dessertspoon a day is recommended for a deficiency in vitamin C.

Rose Hip Jelly:

Hips and Haws in equal quantities, sugar and lemon. Cover hips and haws with cold water. Boil very slowly until the fruit is quite soft but not pulpy. Strain through the jelly bag, but do not press the fruit or the jelly will become cloudy. To each pint of juice add 1 lb of sugar and juice of ¼ lemon. Boil up quickly when sugar has dissolved until it will set. Bottle immediately.

RUBUS ROSIFOLIUS (Wild Raspberry)

While these may be eaten raw, they are excellent stewed, in jams or jellies. Use similar recipe to Rosella.

RUMEX BROWNII (Dock)

This is found in gullies and creeks, and can be used as a salad vegetable and adds flavour and colour to a quiche.

SALICORNIA QUINQUEFLORA (Samphire, Glasswort, Chicken Claws)

Found on saltflats in intertidal areas.

Pickled Chenopods (Salicornia, Suaeda)

Prepare spiced vinegar using 2 pints vinegar and add loz of mixed pickling spice to the basin, cover with a lid and stand in a saucepan of water. Bring water to the boil then remove the pan from the heat and let it stand for 2 hours. Strain the vinegar and use it as required.

To prepare the pickles by dropping Salicornia into boiling water for 2 minutes then drain and pack into jars allowing room for at least ½" vinegar on top. Cover immediately with cold spiced vinegar. Leave a few weeks before using.

SOLANUM NODIFLORUM (Night Shade)

THIS SPECIES CONTAINS CYANIDE UNLESS THE BERRIES ARE RIPE.  
DO NOT EAT GREEN FRUIT OR OTHER PARTS OF THE PLANT (STALKS).

This species can be eaten raw (see above) or stewed for pies etc or for jam or jelly. It has a pleasant aroma and a taste not unlike blackberries.

Solanum Berry Tart:

3 cups of berries	1 cup of sugar
1 pie flan	lemon juice

Add sufficient water to saucepan to prevent the berries sticking to the base of the pan. Cook fruit until soft and then add sugar and lemon juice. Pour into pie flan and allow to cool.

SONCHUS OLERACEUS (Milk thistle, Sow Thistle)

Young leaves and shoots make a pleasant green vegetable when cooked and also makes a colourful ingredient in quiche.

STELLARIA MEDIA (Chickweed)

Common weed found in most gardens and can be eaten raw in salads or cooked as a vegetable.

SUAEDA AUSTRALIS (Seablite)

Abundant on salt flats. The tips of the stems can be eaten raw when crisp, or boiled as a green vegetable

SYZYGIUM

Several species in this genus have edible fruits, lilly pilly, Cherry Alder, Robby, Durobby. These may be eaten raw or stewed, or made into jam or jelly.

TARAXACUM OFFICINALE (Dandelion)

Can be used in tea or the roots used for coffee. These are baked and the ground in the normal manner. The leaves can also be used in salads or cooked as a vegetable.

Taro - see Colocasia

TASMANNIA INSIPIDA (Pepper Tree)

Fruits are tasteless but edible.

TYPHA (Bulrush)

This is an aquatic plant, common in swampy areas. The young shoots may be boiled. Pollen can also be used in cakes.

Water Cress - see Nasturtium

Wattle - see Acacia

WAHLENBERGIA (Australian Bluebell)

Flowers have a mild flavour but are attractive in salads.