

Habitat plants – Ryde and Hunter’s Hill – for the people too!

Edible – local native

<i>Billardiera scandens</i> (Apple berry)	fine vine	fruit edible raw
<i>Centella asiatica</i>	a ground cover	1 leaf chewed per day for treatment of arthritis
<i>Dianella caerulea</i>	tufted plant	berries edible raw, leaves useful for weaving
<i>Dianella longifolia</i>	as for <i>D caerulea</i>	
<i>Dianella revoluta</i>	as for <i>D caerulea</i>	
<i>Eustrephus latifolius</i> (Wombat berry)	vine	white pulp of fruit and tuber can be eaten
<i>Lomandra filiformis</i>	rush	leaf bases can be chewed for refreshment, leaves useful for weaving
<i>Lomandra multiflora</i>	as per <i>L filiformis</i>	
<i>Lomandra longifolia</i> (Mat rush)	as per <i>L filiformis</i>	
<i>Plantain debilis</i> (Sago weed)	herb	add boiling water and sugar to seed to make sago like desert
<i>Prostanthera sp.</i> (Native mint bush)	herb	leaves can be added to cooking for flavouring
<i>Rubus parvifolius</i> (Native raspberry)	vine	fruit can be eaten raw
<i>Rubus rosifolius</i> (Native raspberry)	vine	fruit can be eaten raw
<i>Trachymene incisa</i> (Wild parsnip)	herb	taproot can be eaten raw or cooked - sweet & fragrant - 2-3 yrs to maturity
<i>Xanthorea sp.</i>	Grass trees	inner white portion can be eaten raw or roasted, as is slow growing better to pluck out centre leaves and chew bases
<i>Banksia, Grevillea, Melaleuca</i>	small tree/shrub/tree	blossoms soaked in water produce sweet drink

Edible – Australian native (many available but here are a few suggestions)

<i>Davidsonia pruriens</i> (Davidson’s plum)	small tree	4-6m, clusters of edible plum like fruit
<i>Microcitrus australasica</i> (Finger lime)	small tree	to 10 m, thin skinned fruit with delicious pulp
<i>Tetragonia tetragonoides</i> (Warrigal greens or NZ spinach)	a ground cover	raw in salads or cooked as spinach

The logo for the IEFW (Invasive Ecological Field Workers) is written in a stylized, green, cursive font.

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