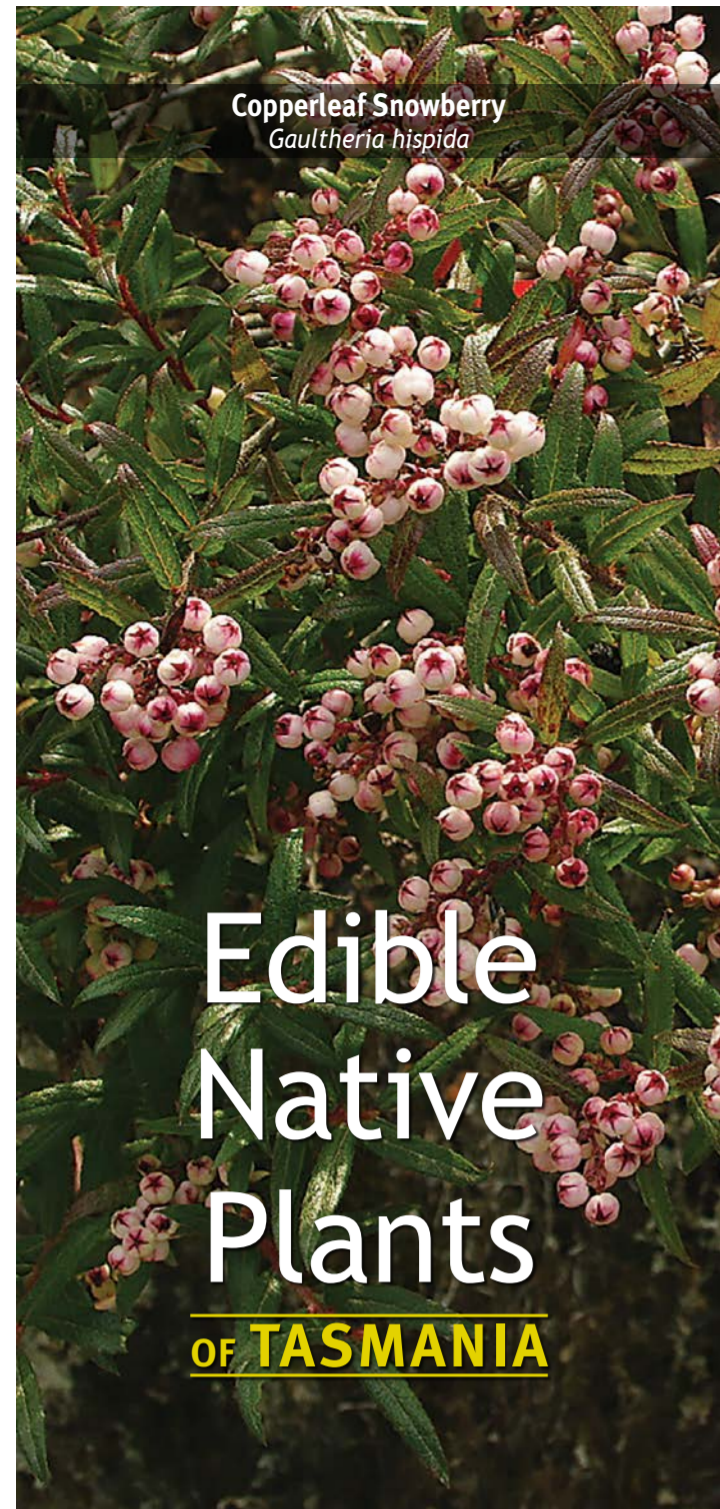


Edible Native Plants of Tasmania



Key

PART OF PLANT USED

- Underground Part
- Leaves/Leaf Bases
- Flowers
- Fruit
- Meristem/Bud
- Exudate/Sap
- Seeds

PREPARATION AND USE

- Snack
- Process
- Cook
- Eat Raw
- Tea
- Sweet Drink
- Flavouring

CAUTION

- Hazard / Toxin
- Harvest Kills Plant



Ants Delight *Acrotriche serrulata*
Copperleaf Snowberry *Gaultheria hispida*



Barilla or Grey Saltbush *Atriplex cinerea*



Bidgee-widgee *Acaena novae-zelandiae*
Running Postman *Kennedia prostrata*



Bower Spinach *Tetragonia implexicoma*



Cape Barren Tea *Correa alba*
Woolly Teatree *Leptospermum lanigerum*



Cheeseberry *Leptocophylla juniperina* subsp. *juniperina*



Coast Beardheath or Native Currant *Leucopogon parviflorus*



Coast Daisybush *Olearia axillaris*
Yellow Everlastingbush *Ozothamnus obcordatus*



Coastal Wattle *Acacia longifolia* subsp. *sophorae*



Cranberry Heath *Astroloma humifusum*



Creeping Strawberry Pine *Microcachrys tetragona*



Cutting Grass *Gahnia grandis*



Erect Currantbush *Leptomeria drupacea*
Geebung *Persoonia* spp.



Grasstree, yamina or Yacca *Xanthorrhoea australis*



Green Appleberry *Billardiera mutabilis*
Purple Appleberry *Billardiera longiflora*



Heartberry *Aristolelia peduncularis*
Blue Flaxlily *Dionella* spp.



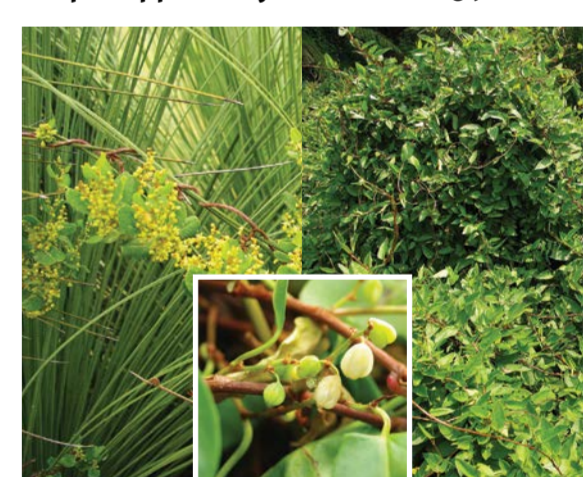
Kangaroo Apple *Solanum laciniatum*



Leeklily *Bulbine* spp.



Lemon-leaf Heathmyrtle *Baeckea gunniana*
River Mint *Mentha australis*



Macquarie Vine or Native Grape *Muehlenbeckia* spp.



Manfern or lakri *Dicksonia antarctica* or *Cyathea* spp.



Milkmaids *Burchardia umbellata*



Mountain Pepper *Tasmania lanceolata*



Native Cherry *Exocarpus cupressiformis*



Native Ivyleaf Violet *Viola hederacea*
Native Bluebell *Wahlenbergia* spp.



Native Raspberry *Rubus pavifolius*

Edible Native Plants of Tasmania



More information

Cautionary Notes

This poster is only a guide to what's potentially edible. Take great care with plant identification. Beware any contamination by sprays, run-off, or sewage. Remember that you're eating at your own risk and recognition so be cautious. Consume any new or unfamiliar food in small quantities. Ensure fruits are fully ripe. Note it's often best not to ingest seeds or pips.

Never damage or deplete wild native plants or communities. Be aware the cultivation and contemporary use of our edible native plants is still an evolving art and science. Source plants for your garden from native plant nurseries. Share stories of your gardening successes and failures. And your recipes!

Any proposed disturbance to native plants in conservation areas and on other public lands managed by the Tasmanian Parks & Wildlife Service would require permission of PWS staff. Damage to listed threatened species is prohibited under the Tasmanian Threatened Species Act.

Useful References

- Bushfood References Bibliography, www.anbg.gov.au, 2011
- Field Guide to Useful Native Plants from Temperate Australia, Caton & Hardwick, 2016
- Food safety of Australian plant bushfoods, Hegarty et al, 2001 www.rirdc.infoservices.com.au
- Growing Respect Garden: a kid's guide to growing & using Tasmanian bush foods, Caulfield, Dillon, Schaffer, Everett, et al, 2011
- Grow Your Own Bushfoods, K & I Smith, 1999
- Koorie Plants Koorie People, Zola & Gott, 1990
- Tasmania's Natural Flora, Howells(ed), Australian Plants Society, 2012
- Tasmanian Plant Names Unravelling, M. A. & H. Wapstra, 2010
- The Key to Tasmanian Vascular Plants, www.utas.edu.au/dicotkey
- The useful native plants of Australia, including Tasmania, Maiden, 1889, reprinted 1975
- Wild food plants of Australia, Low, 1991

Nurseries & Bushfood Educators

- | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| Habitat Plants
Sally & Herbert Staubman
240 Jones Rd. Liffey
6397 3400, habitatplants.com.au | Plants of Tasmania Nursery & Gardens
65 Hall St. Ridgeway
6239 1583, potn.com.au |
| Tree Action Group community plant nursery
Thule Rd. Whitemark, Flinders Island
0427 594 539 (wayne) 0417 377 592 (kat) | Kris Schaffer
bushfoods7000@gmail.com
0421 042 135 |

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Photos credits: Mark Alexander, Greg Jordan, John Holley, David Tng, Alison Hugo, Kat Hopkins and Karen Ziegler.

Key

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Underground Part	Leaves/Leaf Bases	Flowers	Fruit
Meristem/Bud	Exudate/Sap	Seeds	

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Tea	Sweet Drink	Flavouring	

CAUTION

Hazard / Toxin	Harvest Kills Plant
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Native Stinging Nettle *Urtica incisa*



Pale Vanilla Lily *Arthropodium milleflorum*
Chocolate Lily *Arthropodium stictum*



Pigface or kunnikung *Carpobrotus rossii*



Pineapple Candleheath *Richea dracophylla*



Pineapple Grass *Astelia alpina*



Pinkberry *Leptocophylla juniperina* subsp. *oxycedrus*



Prickly Currantbush *Coprosma quadrifida*
Coffeeberry *Coprosma hirtella*



River Wintercress *Barbarea australis*



Roundleaf Mintbush *Prostanthera rotundifolia*



Rounded Noonflower *Disphyma crassifolium*



Sagg *Lamandra longifolia*



Sapphire *Sarcocornia quinqueflora*



Sea Celery *Apium insulare*
Sea Parsley *Apium prostratum*



Sheoak or lumina *Allocasuarina* spp.



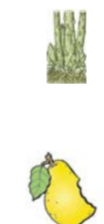
Silver Banksia *Banksia marginata*
Needlebush *Hakea* spp.



Silver Wattle *Acacia dealbata*



Southern Reed *Phragmites australis*



Speargrass *Austrostipa* spp.



Swordsedge *Lepidosperma* spp.



Tasmanian Waratah *Telopea truncata*



Warrigal Greens *Tetragonia tetragonioides*



Water Ribbons *Triglochin procerum*



White (or Manna) Gum *Eucalyptus viminalis*
Cider Gum *Eucalyptus gunnii*



White Elderberry *Sambucus gaudichaudiana*



White Kunzea *Kunzea ambigua*



Yellow Stars *Hypoxis* spp.
Showy Copperwire Daisy *Podolepis jaceoides*