

NEWSLETTER

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323 Philp Ave
Frenchville
Qld. 4701

12/6/2011

Dear Members and subscribers,

What a year it's been to date! Just about everything that can go wrong in Nature seems to have happened somewhere in the world, and Australia hasn't escaped: rolling floods in the east, cyclones in the north, fire in the west.... And just now some of the coldest, most miserable June weather Rockhampton has experienced for many years!

While recovery is well underway, it's not complete yet, and we hope things are at least looking up in your neck of the woods. Life is pretty much back to normal here in Rockhampton, except for the pot-holed roads. Rocky floods regularly, and most people know how to cope. It was the duration of the flood height and over-zealous officialdom that added to the community's problems.

Our two grand-daughters from Japan came to stay at the beginning of March, for their annual time at our local primary school. A couple of weeks later, after the earthquake and radiation leak, the rest of the family arrived, so we had a house full for quite a while. They are now all safely back home in Yokohama, and life there has resumed.

This is the last newsletter I'll be editing as Study Group Leader, so I'd like to thank everyone for their support over the time I've been in the chair. On the whole I've enjoyed the last twenty years, but things change, and I'm happy to be passing the responsibility on to our incoming Leader, Jan Lee. Of course, we'll continue as members.

At the first SGAP meeting of the year Ngaire Kane not only donated a copy of Jan Sked's "Go Native - Wild Food Cookbook" as a raffle prize, but brought along a bag of football shaped native limes from her garden. The waxy green skin, separate juice vesicles and taste were strongly reminiscent of *Citrus garrowayi*, but the shape modification definitely came from somewhere else. The limes were of excellent flavour, and were particularly successful used in a fresh salsa accompanying fish.

Also at this meeting Neil Hoy brought a large bag of Bunya Nuts to share with anyone who wanted some. Naturally I took some home with me. I prepared them by first making a cut in the pointed end, then boiling in salted water for about 30 minutes before shelling and refrigerating. To serve, I melted some butter in a frying pan and tossed the nut halves till lightly browned, then liberally salted them. They were delicious and surprisingly filling.

April's meeting was enlivened by Denis Kitchin's talk on "Bush Tucker? - A Mystery Plant", which was revealed as the ubiquitous Prickly Pear (*Opuntia spp*). Denis led us on an often laughter-filled journey through the history and uses of this plant, and the reasons for, and results of, the Prickly Pear's introduction and establishment in Australia. He concluded his entertaining presentation by providing an appropriately shaped and iced Prickly Pear cake for supper.

Chris Hewitt, the President of the Capricorn Regional Bonsai Society, addressed the May meeting, and brought along some examples of his craft. While figs are the main native plants attempted by most devotees, Chris brought along some of the other native species he has cultivated, including *Syzygium spp*, *Brachychiton bidwillii*, *Schefflera actinophylla*, *Pleiogynium timorense*, *Araucaria cunninghamii* and *Gymnostoma australianum*. He was very interested in some of the other suggested possibilities, such as the Native Ebonies (*Diospyros spp*).

Our visit to Bouldercombe Gorge Resources Reserve in May was rather a disappointment. The vegetation, apart from the mature trees (largely *Syzygium australe*), seemed to consist mainly of thick, lush, exotic weeds, in some places reaching head height. While this was an understandable legacy of the extensive flooding earlier in the year, the fact that nothing had been done to control or minimise their spread and impact was concerning.

The cold snaps earlier in the year have meant that the Native Raspberries (*Rubus probus*) are already producing ripe fruit, so going by current weather conditions, it looks like being another long and productive season.

The Native Mulberry (*Pipturis argenteus*) is also fruiting heavily, and has been all year. The fruit is small, so picking enough to be useful is a chore, but by picking and freezing daily in a clip-lock bag, I collected enough to make a small batch of jam. It was brownish in colour, sweet and rather bland, but quite pleasant. Unfortunately, the tree is in quite the wrong place, so is destined for the chop. However, it is easily propagated by seed or cuttings.

Last night on ABC TV's "Gardening Australia" Clarence presented a segment on Australian native herbs; Native Mint (*Prostanthera rotundifolia*), Lemon Myrtle (*Backhousia citriodora*), Aniseed Myrtle (*Anethola anisata*), and Native Ginger (*Alpinia caerulea*). Nowadays, they all have culinary uses, but the Aborigines also utilised them for medicinal purposes.

Cedar Creek Nursery at Belli Park in the Sunshine Coast hinterland is propagating the new CSIRO varieties of Finger Limes; the Australian Red Centre Lime with blood red edible skin and the Sunrise Lime whose small yellow pear-shaped fruit have a sharp fresh flavour.

A book recommended by some members of the Sub-Tropical Fruit Club of Qld Inc is "5-Minute Microwave Bottling" by Isabel Webb. Any fruit can be bottled without added sugar in a microwave oven using ordinary recycled glass food jars with screw-top metal (yes, metal) lids, and so can jams, pickles, etc.

30th June: Well, here we are at the end of the month, and although it's been really cold, there are consolations: we're back to clear bright sunny winter days, and the raspberry bushes are bent down under the weight of so many big plump berries ripening daily.

With best wishes to you all -

Regards,

Lenore Lindsay and Rockhampton SGAP.

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EDIBLE SPECIMENS FROM MEMBERS' GARDENS TABLED AT MEETINGS:

28/1/11: *Acronychia laevis*, *Auranticarpa rhombifolia* (fruit), *Backhousia citriodora* (leaves), *Brachychiton acerifolius* (seed), *Bridelia leichhardtii* (fruit), *Bursaria incana* (medicinal), *Cyclophyllum coprosmoides*, *Diospyros humilis* (fruit), *Dodonaea viscosa* (hop substitute), *Eugenia reinwardtiana* (fruit), *Grevillea* "Billy Bonkers", *G.banksii*, *G.banksii alba*, *G.*"Ivory Whip", *G.*"Lollipop", *G.*"Sprite King" (nectar), *Melaleuca viridiflora* (red) (nectar, bark for cooking and other purposes), *Owenia acidula* (fruit), *Petalostigma pubescens*, *P.triloculare* (medicinal), *Sterculia quadrifida* (seed).

25/2/11: *Acronychia laevis* (fruit), *Araucaria bidwillii* (nut), *Auranticarpa rhombifolia* (fruit), *Bursaria incana* (medicinal), *Canavalia rosea* (treated seed, seed roasted and ground as a coffee), *Dodonaea viscosa* (hop substitute), *Eugenia reinwardtiana* (fruit), *Grevillea* "Billy Bonkers", *G.*"Ivory Whip", *G.*"Ninderry Sunrise", *G.*"Scarlet King", *G.*"Lollipop" (nectar), *Pittosporum ferrugineum* (fruit), *Viola hederacea* (flowers), *Nauclea orientalis* (fruit), fruit of hybrid Native Lime (*Citrus garrawayi* x something unknown).

25/3/11: *Auranticarpa rhombifolia*, *Bridelia leichhardtii*, *Diospyros geminata*, *Eugenia reinwardtiana* (fruits), *Grevillea* "Billy Bonkers", *Grevillea* "Ninderry Sunrise" (nectar), *Hibiscus divaricatus* (buds, flowers, shoots, roots), *Pouteria pohlmaniana* (fruit).

15/4/11: *Acacia salicina* (seed), *Acronychia laevis*, *Arytera divaricata* (fruits), *Cissus oblonga* (fruit, roots), *Cordyline stricta* (underground stem), *Cupaniopsis anacardioides*, *Diospyros geminata*, *Eugenia reinwardtiana* (fruits), *Ficus opposita* (fruit, shoots, medicinal sap), *Phaius australis* (pseudobulbs), *Pogonolobus reticularis*, *Pouteria pohlmaniana*, *P.sericea* (fruits), *Sterculia quadrifida* (seed).

27/5/11: *Acronychia laevis*, *Alectryon tomentosus*, *Arytera divaricate* (fruits), *Cassia tomentella* (gum from seeds), *Diospyros geminata*, *Diospyros humilis*, *Planchonella pohlmaniana* (fruits), *Sterculia quadrifida* (seeds).

24/6/11: *Acronychia laevis* (fruit), *Brachychiton bidwillii* (seed), *Bridelia leichhardtii*, *Diospyros geminata* (fruit), *Eucalyptus exserta*, *Grevillea* "Billy Bonkers", *G.* "Cooroora Cascade", *G.* "Ivory Whip", *G.* "Lollipop", *G.venusta*, *G.wickhamii* (nectar), *Hibiscus heterophyllus* (buds, flowers, shoots, roots), *Leptospermum* "Pink Cascade", *Phaius australis* (pseudobulbs), *Pouteria pohlmaniana*, *Rubus probus*, *Trophis scandens* (fruits), *Viola betonicifolia*, *V.hederacea* (flowers).

EXCURSIONS:

6/2/11: Keppel Sands northern headland: *Acacia disparrima* (root), *Acronychia laevis*, *Aidia racemosa*, *Alectryon connatus*, *Bridelia leichhardtii*, *Capparis canescens*, *Carissa ovata*, *Cupaniopsis anacardioides*, *Cyclophyllum coprosmoides*, *C.odoratum*, *Dianella caerulea*, *Diospyros geminata*, *Drypetes deplanchei*, *Euroschinus falcata*, *Exocarpus latifolius*, (fruit), *Clerodendrum floribundum* (root), *Dodonaea lanceolata*, *D.viscosa* ssp *burmanniana* (seed capsules hop substitute), *Ficus opposita*, *F.rubiginosa* (fruit, shoots, medicinal sap), *Cissus oblonga* (fruit flesh), *C.opaca* (tubers), *Geijera salicifolia* (medicinal), *Geitonoplesium cymosum* (shoots), *Lantana camara**, *Mallotis discolor*, *Myoporum acuminatum*, (fruit), *Corymbia intermedia*, *C.tesselaris* (nectar), *Eucalyptus umbellata* (nectar, leaves), *Melodorum leichhardtii*, *Myrsine variabilis*, *Passiflora suberosa**, *Planchonia careya*, *Pleiogynium timorense*, *Pouteria sericea* (fruit), *Sterculia quadrifida* (seed kernels), *Tetrastigma nitens* (fruit), *Trophis scandens* (aril), *Opuntia stricta** (fruit, "leaves"), *Gahnia aspera* (seeds), *Amyema* (either congener or *conspicuum*), *Dendrothoe glabrescens* (fruit), *Livistona decora* (palm "cabbage").

6/3/11: Canoona: *Canavalia maritima* (treated seed, seed roasted and ground as a coffee), *Murdannia graminea* (tubers), *Psychotria daphnoides*, *Myrsine variabilis*, *Bridelia leichhardtii*, *Alectryon diversifolius*, *A.connatus*, *A.tomentosus*, *A.subdentatus* (fruits), *Gahnia aspera* (seeds).

3/4/11: Ritamada, Emu Park: *Livistona decora* (palm "cabbage"), *Avicennia marina* (seeds), *Themeda triandra* (seeds), *Ipomaea pes-caprae*, *Vigna marina* (roots), *Canavalia maritima* (treated seed, seed roasted and ground as a coffee).

1/5/11: Bouldercombe Gorge Resources Reserve: *Acacia disparrima* (root), *Alectryon conatus*, *A.diversifolius*, *A.subdentatus*, *Arytera divaricata*, *Bridelia leichhardtii*, *Capparis arborea*, *Diospyros australis*, *D.geminata*, *D.humilis*, *Euroschinus falcata*, *Exocarpus latifolius*, *Lantana camara** (fruits), *Brachychiton australis* (seeds, young tap root, shoots, mucilage from wood chips, water source), *Corymbia citriodora* (leaves), *Erythrina vespertilio* (root), *Ficus opposita*, *F.virens* (fruit, shoots, medicinal sap), *Pipturis argenteus*, *Pittosprum spinescens*, *Planchonia careya*, *Pouteria pohlmaniana*,

Syzygium australe, *Melodorum leichhardtii*, *Passiflora suberosa**,
Cayratia acris (fruit), *Cissus oblonga*, *Clematocissus repens*,
C.reneformis (fruit, roots), *Eustrephus latifolius* (roots, arils),
Geitonoplesium cymosum (shoots), *Tetrastigma nitens*, *Dianella caerulea*
(fruit), *Trophis scandens* (arils), *Emilia sonchifolia* (whole plant),
Lomandra longifolia (leaf bases), *Livistona decora* (palm "cabbage"),
*Phoenix dactylifera** (fruit), *Cycas media*, *Macrozamia miquelli*
(treated seeds), *Geodorum densiflorum* (tubers).

22/6/11: Kroombit Tops with Gladstone SGAP: Rain, mud, sodden
vegetation, legions of leaches and the stunning bright orange giant
Kroombit Slug: *Acacia bidwillii* (root), *Billardiera scandens*,
Cassytha sp, *Dianella caerulea*, *Elaeocarpis grandis*, *E.reticularis*,
Exocarpus cupressiformis, *Leucopogon lanceolatus*, *Persoonia volcanica*,
Rubus rosifolius, *Tetrastigma nitens* (fruit), *Banksia integrifolia*
subsp. compar (nectar), *Smilax australis*, *S.glyciphylla* (fruit, leaves
as tea), *Hardenbergia violacea* (leaves as tea), *Cordyline rubra*
(underground stem), *Cycas megacarpa* (seeds after extensive treatment),
Flagellaria indica (fruit, leaves), *Lomandra longifolia* (leaf bases),
Pteridium esculentum (fiddleheads), *Triglochin procerum* (tubers),
Viola bentonicifolia, *V.hederacea* (flowers), *Xanthorrhoea latifolia*
subsp latifolia (nectar, leaf bases, growing shoot).

5/6/11: Tondoon Eco-Fest with Gladstone SGAP.

BOOK REVIEW

**"Knowing Growing Eating - Edible Wild Native Plants for Southern
Australia" by Neville Bonney.** Reviewed by Margaret Lee.

This new release is in soft cover format, 100 pages, with many very
clear and colourful photographs of plants and fruit.

The health benefits of Southern Australian wild food plants are
listed, as well as feature articles on Aboriginal relationships with
such plants, the role of science and research, using such foods in
Australian cuisine, education in knowledge of wild food plants and the
role of small business in their distribution.

Over twenty plants are mentioned and each is divided into three
categories - Knowing the plant, Growing the plant and Eating the food
part of the plant.

Photographs of the raw material, as well as dishes prepared for the
table are all in colour, and numerous simple recipes are clearly set
out. This is a useful contribution to the increasing interest in an
Australian cuisine.

RRP is \$35

Soak *Tetragonia* seeds in warm water before planting for better
germination.

To make Lemon Myrtle Vinegar put 12 dried *Backhousia citriodora*
leaves into sterilised bottles. Boil 1 litre white wine vinegar and
pour over leaves. Seal while hot.

LETTERS TO THE EDITOR

Monto QLD 4630
26/5/11

Dear Lenore,

People have asked for an update on how the plantings here have gone over the last twelve months, so here we go.

Achronychia acidula, *A.imperforata*, *A.pubescens*
Athertonia diversifolia
Antidesma bunius, *A.ghaesembilla*
Davidsonia pruriens hairy form, *Davidsonia* Kimberley form, *D.jerseyana*
Brunswick Heads
Diploglottis bernieana, *D.bracteata*, *D.macrantha*, *D.obovata*, *D.pedleyi*
Diospyros humilis
Dimocarpus australianus
Ficus leptoclada
Fitzalania heteropetala
Gardenia edulis
Gossia bidwillii
Hibiscus heterophyllus
Hicksbeachia pilosa, *H.pinnatifolia*
Litsea fawcettiana
Meiogyne cilindrocarpa
Planchonia careya
Podocarpus grayae
Peripentadenia mearsii, *P.phelpsii*
Syzygium aqueum, *S.bamagense*, *S.branderhorstii*, *S.cormiflorum*,
S.corynanthum, *S.mackinnoniana*, *S.tierneyanum*, *S.velarum*,
S.wilsonii ssp wilsonii, *S.wilsonii ssp epigaeum*

A lot of rare flowering trees have also gone in. Many of those listed are also rare, and because of this we should be trying to grow them. Even though they are highly tropical, so far they are thriving. This is a high frost area so here's hoping for a few mild years. The commercial mainstay of the operation remains the limes, though they are not all yet old enough to bear.

There are 120 Desert Limes, 30 Round Limes and 120 Finger Limes. The Finger Limes comprise 14 distinctly different types, including 5 that could be described generally as red.

I'd also like to find out some information about *Syzygium megacarpa* if anyone can help.

Happy tree planting,

Alan Knight.

Please send any information on *Syzygium megacarpa* to Jan for publication. (Ed)

Eupomatia laurina: Bolwarra, Native Guava, Copper Laurel.

This is one of the 3 Australian members of the Genus Eupomatiaceae, a primitive family closely related to Annonaceae and Magnoliaceae.

They are bisexual, and lack true petals and sepals. Instead, the flowers comprise spirally arranged petal-like stamens and sterile staminoides, and are pollinated by beetles.

The Bolwarra is a shrub or bushy tree to 10 metres tall which occurs in rainforest and moist open forests all along the east coast of the country. Leaves are glossy green, simple, entire, and alternate with petioles and no stipules. Stems are round. Flowers are cream to white, up to 25mm in diameter, occurring in the leaf axils. They have a very strong perfume, which some people find unpleasant.

The urn-shaped edible yellow-green fruit are 15-20mm in diameter and have sweet flesh and strongly spicy seeds.

Besides eating the fruit, Aborigines traditionally used the bark to make string and fishing lines.

Macadamia integrifolia & M.tetraphylla: Queensland Nut.

The Macadamia or Queensland Nut is one of the finest nuts in the world. The species most commonly grown is *Macadamia integrifolia*, but *Macadamia tetraphylla* is also cultivated commercially.

Macadamias are both ornamental and useful. They are rainforest trees found mainly in Queensland, although *M.tetraphylla* extends into northern New South Wales. *M.integrifolia* occurs naturally from Beechmont to Mt Bauple in southern Queensland and *M.tetraphylla* is found in rainforests from the Gold Coast hinterland into north-eastern New South Wales. The conservation status of both species is 'vulnerable'.

In spring *M.integrifolia* has creamy-white flowers that grow in dense spikes. *M.tetraphylla* produces pink to purplish flowers in long, pendulous spikes in late winter and spring. Both species are very attractive in bloom. However, it is the fruits of the Macadamia that make it famous. These are round green follicles, maturing to brown, containing one or two shiny brown seeds with extremely hard, bony shells. They mature in late summer and autumn. The kernels of these nuts are delicious, either raw or cooked. (Not all Macadamia species have edible nuts - eg *M.ternifolia*, whose nuts are considered poisonous, also grows in south-eastern Queensland).

Macadamia nuts can be eaten raw and are delicious roasted and salted. They are used commercially in snack foods, health foods, confectionery, ice cream, cakes and biscuits. They make a wonderful addition to all manner of home cooking - sweet or savoury.

Macadamia oil is one of the finest cooking and salad oils and is cholesterol-free. I often substitute it for butter or margarine in cooking. And anything cooked in Macadamia oil is enhanced by its nutty flavour.

Macadamia trees are a good size for the home garden. Grown from seed, they take a long time to fruit, but the ones bought commercially are grafted and will fruit within a few years. They will grow in a reasonably well-drained soil in sun or semi-shade and should be well-mulched.

Every home garden should have a Macadamia tree.

By Jan Sked.

Diploglottis campbellii: (Sapindaceae): Small-leaved Tamarind,
Campbell's Tamarind

This is an endangered rainforest tree reaching up to 25 metres in its natural habitat in south east Queensland and northern New South Wales, but forming a smaller compact tree up to 10 metres under cultivation in full sun.

Its large compound leaves can be up to 35 cm long, with each leaflet measuring up to 10cm. They are glossy above and somewhat hairy below. Panicles of small pink-white flowers appear in Spring, followed by brownish-green, usually three-lobed fruit.

When ripe, each lobe splits to reveal the fleshy red aril surrounding the single seed. There is also a variety with yellow arils, which Oliver Carter of Toowoomba had in cultivation.

As far as I know there are no named cultivars, but there is naturally wide variation in fruit quality, so there's definitely an opening for some breeding work on the species.

The fruit flesh is juicy and the flavour rather tart. It makes good jam and jelly, and refreshing summer drinks.

There are a number of other species of Native Tamarinds occurring in Queensland and New South Wales, with at least one extending northwards into New Guinea: *Diploglottis australis*, *D.berniana*, *D.bracteata*, *D.diphyllostegia*, *D.harpullioides*, *D.macrantha*, *D.obovata*, *D.pedleyi*, and *D.smithii*. The arils of all are reputed to be edible.

We have *D.australis* (smaller fruit, yellow aril) and *D.berniana* (we think) with a red/orange aril in the Kershaw Gardens. My small yellow-arilled *D.campbellii* died one summer when the garden sprinkler system malfunctioned while we were away. I have what I think is a red-arilled *D.campbellii* in a large pot, but it is yet to fruit.

A Question from South Australia:

Why are Quandongs (*Santalum acuminatum*) apparently unpalatable to birds, especially as they look attractive and ripen when other fruit is scarce? The parrots rip into any other fruit around, but leave the Quandongs alone.

Any ideas anyone?

SOME MUSINGS ON EDIBLE HEATHS

For some years I've been toying with the idea of writing an article that I'd provisionally entitled "Edible Epacrids".

This was partly because of criticism from some quarters that there wasn't enough information on temperate and cool climate plants in the newsletter, partly because the topic hadn't been covered previously, and partly because I had very limited experience in this area myself and thought I'd learn more in the process of researching and writing.

However, things did not proceed smoothly. There seemed to be very little information around, so I made enquiries firstly within our Study group, then the Epacris and Wallum Study Groups. While I was not exactly overwhelmed with responses, I thank Phil Watson, Gwen Elliot and Barbara Henderson for their replies.

While they couldn't give me much in the way of first hand experiences, they were able to suggest a couple of references I could consult, which of course I did where possible. Perseverance produced a few more scanty references here and there, but it seems that those who write specifically about the heaths are generally not interested in whether or not the fruits are edible. In the meantime, the botanical family EPACRIDACEAE disappeared and its members were shunted back into ERICACEAE, so I wasn't sure if my working title was still appropriate.

Then in September last year in the coastal heath on Stradbroke Island I saw and tasted *Leptomeria acidula* (which is in SANTALACEAE) and got interested again, realising that maybe I needed a broader title anyway. So ... Edible Heaths.

Heath is a name given to both a habitat community, and the shrubs in the family ERICACEAE which are common in that habitat.

But, working on the first definition, of course I got tangled in all the other plants with edible parts that may be found in the heathlands, both coastal and montane. As the list of Banksias, grasstrees, lilies, ground orchids, Geebung, Dodders, *Trachymene*, *Exocarpus*, *Coprosma*, *Leptomeria*, *Melastoma*, *Podocarpus* et al grew longer and longer, I decided that going along that road was going to be all too hard, so I reverted to my original idea of those plants most people think of as heaths, and stick with the ERICACEAE.

It seems that the majority of these that are edible occur in Tasmania (approximately 15 to 20 species according to Phil), and bear small roundish drupes of various shades of red, pink, white and green, and are typically mucilaginous as a strategy to assist moisture retention around the central germinating seed. Of course, many are found elsewhere in Australia too, but predominantly in cooler, wetter climates.

I have tasted the fruits of 3 or 4 heaths besides the *Leptomeria*: *Acrotriche aggregata*, a *Monotoca* and a couple of *Leucopogon*. They were generally pleasant, ranging in taste from tart through to sweet, but very tiny.

Tim Low suggests that nearly all the heaths that have fleshy fruits are probably edible, and the only exception he knows of is the Tree

Heath, *Trochocarpa laurina*, of eastern rainforest margins, whose blue/black or yellow fruit is bitter.

A number of the heaths were popular with early European settlers as ingredients for jams and jellies, as well as being eaten fresh. These included *Acrotriche depressa*, *Astroloma humifusum*, *Brachyloma depressum* and *Lissanthe sapida*. The fruits were often called Native Currant or Cranberry, or something similar.

The following genera are known to contain species with edible fruits: *Acrotriche*, *Astroloma*, *Brachyloma*, *Cyathodes*, *Leptecophylla*, *Leucopogon*, *Lissanthe*, *Melichrus*, *Monotoca*, *Pentachondra* and *Styphelia*.

As this is my final newsletter, following is a brief summary of what I've discovered so far about some individual edible species of heaths.

Acrotriche aggregata: Red Groundberry, Tall Groundberry.
Qld (including CQ), NSW.

Dense shrub up to 3m. Leaves simple, alternate, stiff, pointed, to 2cm. Shiny green above, whitish below. Slightly compressed cushion-shaped bright red shiny fruit to 7mm. Taste tart/sour. Tiny white flowers in spikes or axillary clusters.



Acrotriche aggregata. Photo: J.Plumb.

Acrotriche serrulata: Green fruit. Edible tiny green flowers.

Astroloma humifusum: Cranberry Heath, Native Cranberry, Tasmanian Cranberry. NSW, Vic, SA, Tas, WA.

Small, densely branched, more or less prostrate shrub usually less than 30cm high. Rigid leaves about 1cm long ending in a needle-like point. Round greenish fruits 7-11mm in diameter, often with purplish spots or stripes. Tastes of apples. Scarlet tubular flowers.

Astroloma conostephioides: Flame Heath. Vic, SA.

Prickly, twiggy shrub .3-2m tall. Narrow dark green spine-tipped leaves. Whitish fruits to 1cm completely enclosed inside reddish-brown papery scales. Sweet and sticky. Scarlet tubular flowers.

Brachyloma depressum: Spreading Brachyloma. Vic, Tas.

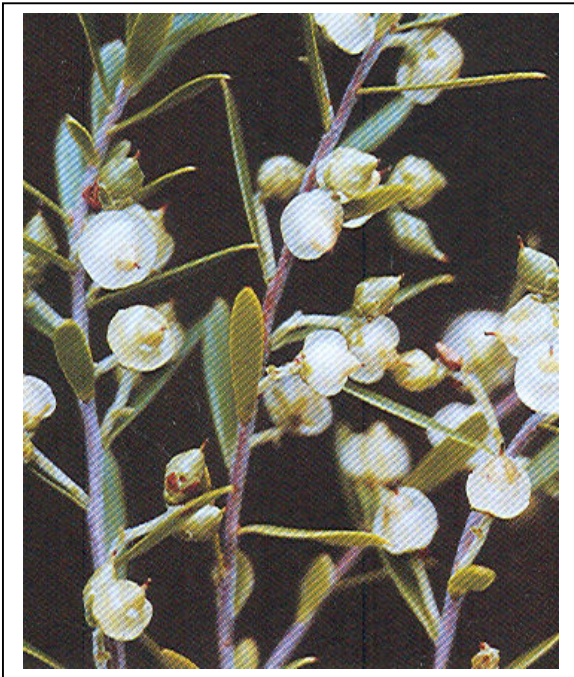
White flowers. Pea-sized fruits with a heavy rather musky odour when ripe. Makes a good quality rich claret coloured jam or jelly.

Leucopogon fraseri: Patotaro in N.Z.

Small prostrate shrub. Tiny spine-tipped leaves. Round orange/red fruit. Tubular white furry flowers.

Leucopogon lanceolatus: Lance Beard Heath. Qld, NSW, Vic, SA, Tas. Shrub 1-3m tall. Tiny shiny scarlet fruits 2-3mm wide on spikes 1.5-4cm tall. Watery sweet taste. Pink buds, tiny furry white flowers.

Leucopogon leptospermioides: Beard Heath. Qld (including CQ), NSW. Small dense shrub to about 1m. Leaves simple, alternate, to 2cm, more or less sessile with pointed apex. White, ovoid, fleshy fruits about 3.5mm long with a subtle but pleasant flavour. Small tubular white furry flowers in axillary spikes up to 2cm long.



Leucopogon leptospermioides

Photos: J.Plumb

Fruit

Flowers



Leucopogon suaveolens: Mountain Beard Heath. NSW, Vic, Tas. Small mountain/alpine shrub. Untapered leaves 5-14mm wide with curled margins. Red fruits 4-6mm wide. Sweet tasting. Tiny white furry flowers.

Leucopogon montanus: Snow Beard Heath. NSW, Vic, Tas. High alpine meadows. Flat leaves 3-7mm long. Sweet red fruit. White furry flowers.

Leucopogon parviflorus: Bearded Heath. All states. Much-branched twiggy shrub with small rigid leaves. Rounded yellow-green to white fruit about 5mm long. White woolly flowers.

Lissanthe sapida: Native Cranberry. NSW.

Lissanthe strigosa: Peach Heath. Qld, NSW, Vic, SA, Tas. Extremely prickly small shrub with slender rigid leaves ending in needle-like points. Small sweet white fruits about 4mm across. Flowers urn-shaped, white to pale pink.

Monotoca elliptica: Tree Broom Heath.
Orange/red fruits.

Monotoca scoparia: Prickly Broom Heath: Qld, NSW, Vic, SA, Tas.
Shrub or small tree. Dark green, rigid, convex, spiny-tipped leaves
with whitish undersides. Sweet lemon or white fruit 2-3cm wide.

Pentachondra pumila: Carpet Heath. NSW, Vic, Tas.
Tiny alpine cushion plant 5-15cm tall. Stiff leaves 3-6mm long.
Crimson fruit 5-8mm wide. Sweet and watery. Furry white flowers.

Styphelia triflora: Five Corners. Qld, NSW.
Erect twiggy shrub 1-2m tall with needle-pointed leaves. Green fruits
8-10mm long, partly concealed by scaly bracts. Sweet and tasty.
Large stone. Tubular pinkish or yellow flowers with hairy recurved
petals.

Styphelia viridis: Green Five Corners. Qld. NSW.
Erect twiggy shrub 1-2m tall with needle-pointed leaves. Sweet green
fruits. Green tubular flowers.

Styphelia adscendens: Golden Heath. NSW, Vic, SA, Tas.
More or less prostrate twiggy shrub with needle-pointed leaves. Small
green ribbed fruits. Fluffy yellow flowers.

That's about the sum of my research to date. We'd appreciate any
comments or additions you might be able to add. Please send them to
Jan for publication.

Phil recommended a reference book which I haven't been able to get
hold of yet:

Jamie Kirkpatrick et al. 1988. "City Parks and Cemeteries - Tasmanian
Remnant Grassland and Grassy Woodlands".

My Reference List:

- Cribb AB & Cribb JW: 1976. "Wild Food in Australia"
William Collins Pty Ltd, Sydney.
- Farrow, Roger: 2010. "My 'Favourite Plant' found in NZ"
Journal, Australian Native Plants Society,
Canberra Region Inc- March 2010.
- Gunn, Bill: 1996. "The Epacridaceae of the Bellarine Peninsula"
SGAP Victoria Newsletter, June 1996.
- Leiper, Glenn; Glazebrook, Jan; Cox, Denis & Rathie, Kerry: 2008.
"Mangroves to Mountains" (revised ed)
SGAP (Qld Region) Inc. Logan River Branch.
- Low, Tim: 1991. "Wild Food Plants of Australia" (revised ed)
Collins Angus & Robertson Pty Ltd, Sydney.
- Melzer, Rhonda & Plumb, Joel: 2007. "Plants of Capricornia"
Capricorn Conservation Council, Rockhampton.

Obviously I trawled through many others which yielded quite detailed
botanical information but no facts pertinent to my particular topic.
In particular I'd mention the 4 issues of "Australian Plants" of 2001
which contained the 4 part series on the Tasmanian Epacridaceae by
Crowden and Menadue. These were accompanied by some magnificent
photos of apparently fleshy fruits of a number of species, but there
was nothing to indicate edibility or otherwise.

OUR NEW LEADER: INTRODUCING JAN LEE

My name is Jan Lee and I live just out of the beautiful Clare Valley in South Australia. Until recently I lived in the Eyre Peninsula region, just north of Port Lincoln, also in SA. I have been a member of APS for about 35 years and, along with my husband, have planted many hundreds of plants in the various properties we have lived at.

Also until recently, I worked full time, mostly as a medical and biological laboratory technician, but in 2008 spent a year as the Executive Officer for the South Australian Oyster Growers Association and South Australian Oyster Research Council. At present I work part time introducing a quality system into the research laboratories for the South Australian Research and Development Institute, Food Safety Group, based at the Waite Institute. Lucky me!!!!

I have 3 beautiful children and 4 grandchildren all who live in Adelaide at present. (Also lucky me!)

My interest in edible native plants has been life long, since the time I roamed the Aldinga Scrub as a kid on school holidays and long weekends, tasting berries and sucking on flowers. (Mind you as a mature adult I bit into a Native Apricot, *Pittosporum phyllaroides* I think it was, and my lips turned very blue!!!) My parents have always been active in APS and now my son and nephew have joined as well!!!! The love of plants is "endemic" in our family!!

However I would say it has been an unrequited passion along with painting that I am only just now turning my energies towards. I guess my underlying philosophy about native edible foods is that these plants grow and thrive in various regions throughout Australia and they have adapted and are best suited to these Australian conditions.

Our indigenous brothers and sisters have developed a knowledge of the plants, where they grow and how to utilise them, and have survived by living along with these plants. They are trying to educate us about these wonderful plants and it may be the love of plants that can help bridge the gap between our various cultures within Australia. It makes sense to me to grow what naturally grows in our soils and climates, working with the land instead of upsetting the delicate balance of soil, land and water, plants and what lives among them.

I am also concerned about food security and although I don't profess to know what to do about food for all in the future, Australian edible plants obviously have a potential to help provide good quality food to families and individuals.

I see my role as study group leader for Edible plants, APS, as a facilitator, researching interesting and practical information from the people who already know about native edible plants from all around Australia, and helping to promote and disseminate that information through newsletters, conferences and meetings.

I look forward to seeing you at the ANPSA conference in Adelaide in October, or catching up via the newsletter or email. Thanks to Lenore for her support; I hope I can do her proud,
Kind Regards, Jan.



Recent photo with husband Ken.

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Rubus probus
Native Raspberry