



Wild Food and Traditional Usage Species of the City of Playford

CITY OF PLAYFORD

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KEY

COLUMN	FEATURE OR CODE	INDICATES
<i>Species</i>		Scientific name of plant in standard <i>Genus species format</i>
Common Name		Common name/s of species, including generic Indigenous Australian name if used as common name, plus Kaurna language (local region) name if available
F/M/T	F=Food	Food or drink usage
	M=Medicinal	Medicinal usage
	T=Traditional	Other traditional usage
Form		Usual growth form of plant as described below:
	T (ST)	Tree (Small Tree)
	Sh (T, L)	Shrub (Tall or Large)
	GC	Groundcover
	C	Climber
	Gs	Grass
	F	Fern
	H	Herb
	S	Sedge, rush or similar species
	W	Watercourse, aquatic or floodplain species
	P	Parasitic

**PLEASE NOTE: FOR INFORMATION PURPOSES ONLY
CAUTION MUST BE EXERCISED REGARDING ANY USE OF THESE SPECIES**

**These are wild plants, not nursery hybrids bred-to-purpose over many generations
Potency and chemical attributes can vary considerably from plant to plant**

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With thanks to Brenton Allen of Playford Greening & Landcare for making his research material available

Species	Common Name	F/M/T	LPsO	Form	Characteristics	When?
<i>Acacia ligulata</i>	Umbrella Bush Small Cooba	F		Sh	<ul style="list-style-type: none"> Seed roasted and ground for flour Grubs harvested from roots 	Summer
<i>Acacia longifolia</i> <i>var. sophorae</i>	Coastal Wattle Kaurna name - Mengka	F T		Sh / LSh	<ul style="list-style-type: none"> Ripening seed pods roasted and SEEDS ONLY crushed and eaten. Seeds also steamed. Valued as a hot firewood 	Early summer Year round
<i>Acacia notabilis</i>	Notable Wattle	F		Sh	Seed ground for flour	Dec/Jan
<i>Acacia oswaldii</i>	Umbrella Wattle	F		TSh/ ST	Seed ground for flour, high in protein	Summer
<i>Acacia paradoxa</i>	Kangaroo thorn	F M T		LSh	<ul style="list-style-type: none"> Seed ground for flour Gum used for medicine for dysentery and cleaning wounds Gum also used for food, drinks, and as an adhesive 	Nov-Jan Year round
<i>Acacia pycnantha</i>	Golden wattle Kaurna name - Minno	F		LSh / ST	<ul style="list-style-type: none"> Seed ground for flour Gum chewed, particularly when fresh and fluid. NOTE: If you try this you may need time to pry your teeth apart again! 	Dec/Jan
<i>Acacia retinodes</i>	Silver Wattle Swamp Wattle	F		ST	<ul style="list-style-type: none"> Seed ground for flour Gum eaten 	Dec-Mar
<i>Acacia salicina</i>	Broughton Willow Cooba	F T		T	<ul style="list-style-type: none"> Seed ground for flour. Toxins from leaves and branches used to stun fish 	Late Summer Year round
<i>Acacia victoriae</i>	Elegant Wattle Prickly Wattle Gundabuey	F		TSh/ ST	Seed ground and roasted for flour This was the major food species use for this purpose throughout arid / semi-arid Australia	Summer
<i>Acrotriche depressa</i>	Native Currant	F		Sh	Edible berries in grape-like clusters on base of stems. Used in jams and preserves by early settlers.	Aug/Sept
<i>Allocasuarina verticillata</i>	Drooping Sheoak Kotgee Kaurna name - Karkoo Karkoo Murngo for the cones	F M T		T	<ul style="list-style-type: none"> Seeds eaten - not recommended! 'Needle' stems eaten in arid conditions to 'reduce thirst' Young leaves used as herb Galls eaten Excellent hardwood for boomerang manufacture, and woomeras Young cones chewed to relieve thirst and to flavour water Dried, hardened leaf spikes used to cure warts 	Year round

Species	Common Name	F/M/T	LPso	Form	Characteristics	When?
<i>Amyema</i> species	Mistletoes (see also <i>Lysiana</i>)	F		P	Edible - sticky fruits	Year round/ Autumn
<i>Apium prostratum</i>	Sea Celery	F		H	As for normal celery. Salty. Much eaten in the early days of the Australian Colony.	Year round
<i>Arthropodium</i> species	Vanilla Lilies	F		H	Tubers of SOME species eaten	Year round
<i>Astroloma humifusum</i>	Native Cranberry	F		GC	Edible berries - highly recommended after good rains	Summer
<i>Atriplex cinerea</i>	Coastal Saltbush Grey Saltbush Native Sage	F		Sh / LSh	<ul style="list-style-type: none"> Can be eaten COOKED as spinach, known to early settlers as 'Botany Bay Greens'; like other 'native spinaches' it was apparently not used as such by Indigenous Australians. Halophytes can be used to get moisture by chewing 	Year round
<i>Atriplex semibaccata</i>	Berry Saltbush	F		GC	Edible berries	Summer
<i>Banksia marginata</i>	Silver Banksia	T		TSh/ ST	Flower heads soaked to remove nectar for drinks or mixed with gum of <i>Acacia pycnantha</i>	Year round
<i>Billardiera cymosa</i>	Sweet Apple Berry	F		C	Ripe fruits eaten	Summer
<i>Boerhavia dominii</i>	Tar Vine	F		GC	Taproot MAY have been eaten	Year round
<i>Burchardia umbellata</i>	Milkmaids	F		H	Tubers eaten	Year round
<i>Bursaria spinosa</i>	Sweet Bursaria	F		LS	<ul style="list-style-type: none"> A good source of nectar, particularly in the early morning Leaves contain a sun-block. Seed ground for flour 	Summer Late Summer / Autumn
<i>Bulbine bulbosa</i>	Native Leek Bulbine Lilly	F		S	Tubers eaten	Year round
<i>Callitris gracilis</i>	Native Pine Kaurna name - Narnu Narnuyakka for the gum	M T		T	<ul style="list-style-type: none"> Leaves and twigs are boiled and placed on chest for colds Used as a salve for rashes Burnt as 'smoking medicine' for general illness Resin now used commercially in India - Australian species - for pill coating Resin used as adhesive for spears etc. Stems used to make heavy spears. Kaurna name - <i>Winda</i> 	Year round

Species	Common Name	F/M/T	LPsO	Form	Characteristics	When?
<i>Caesia calliantha</i>	Blue Grass Lily	F		S	Tubers eaten	Year round
<i>Calostemma purpureum</i>	Garland lily Apita	F		H / W	Tubers roasted after preparation to remove bitter taste	Autumn
<i>Carpobrotus rossii</i>	Karkalla	F M		GC	<ul style="list-style-type: none"> Ripe fruits eaten - highly recommended Sap from leaves used to relieve itching. 	Summer
<i>Cassytha</i> species	Dodder Laurel Devil's Twine	F		C	Berries edible BUT NOT VERY!	Summer
<i>Clematis microphylla</i>	Old Man's Beard	F M T		Cl	<ul style="list-style-type: none"> Roots cooked for food Fibre used for decoration Leaves used as a medicine 	Year round
<i>Cymbopogon ambiguus</i>	Scented Grass	F M		Gs	<ul style="list-style-type: none"> A lemon grass - CAUTION - best regarded as too potent for general consumption as a tea. IN NO CIRCUMSTANCES SHOULD PREGNANT WOMEN ATTEMPT TO UTILISE ANY DECOCTION FROM THIS PLANT Aromatic oils used as sore throat relief, usually by burning / inhalation SPARINGLY taken internally for above: NOT RECOMMENDED Crushed leaves and stems soaked as medicinal wash 	Year round
<i>Cyperus</i> species	sedges	T		S/W	Woven for baskets	Year round
<i>Dianella revoluta</i>	Black-anther Flax Lily Peintuk	F T		S	<ul style="list-style-type: none"> Edible berries CAUTION - flavour varies considerably from plant to plant! Juice from berries mixed with gum of <i>Eucalyptus leucoxylon</i> as cold relief. Leaves used as 'string' Starchy rhizomes can be eaten. Pounded to fibre and used as a sponge to collect <i>Xanthorrhoea</i> nectar 	Mid to late Summer Year round
<i>Disphyma crassifolium</i>	Round-leaved Pigface	F		GC	Leaves can be eaten for moisture CAUTION - astringent	Year round

Species	Common Name	F/M/T	LPso	Form	Characteristics	When?
<i>Dodonaea viscosa</i>	Sticky Hop Bush	M		LSh	<ul style="list-style-type: none"> Dried leaves burnt as pain-reliever & calmativ Root boiled or juiced to relieve foot pain, toothache Used as a hop-substitute by early colonists 	Year round
<i>Drosera</i> species	Sun Dews	T		GC	Tubers crushed to produce red dyes	Year round
<i>Enchylaena tomentosa</i>	Ruby Saltbush	F T		GC / Sh	<ul style="list-style-type: none"> Edible fruits Fruits used as body paint for kids Spinach substitute Anti-scorbutic 	Autumn / early Winter Year round
<i>Eremophila longifolia</i>	Weeping Emu Bush	M		LSh / ST	<ul style="list-style-type: none"> Leaves, twigs & bark used for decoction to cure headaches, insomnia, & colds Infusion as counter-irritant on skin & eyes As a fumigant to strengthen babies 	Year round
<i>Eucalyptus</i> species	Gum Trees	M T		T	<ul style="list-style-type: none"> Gum Eucalyptus oil Hardwood timber Boughs placed in waterholes in summer to poison fish 	Year round
<i>Eucalyptus camaldulensis</i>	River Red Gum Kaurna name - Karra	F M		T	<ul style="list-style-type: none"> Lerps - sweet sticky insect casings, can be eaten Gum high in Tannin, used to seal burns and cuts Young leaves used in therapeutic steam baths 	Year round / Spring for lerps
<i>Eucalyptus leucoxylon</i> ssp. <i>leucoxylon</i>	SA Blue Gum Kaurna name - Coora	F		T	<ul style="list-style-type: none"> Good source of nectar Gum taken in small doses for colds, often with <i>Dianella revoluta</i> 	May-Oct Year round
<i>Eucalyptus odorata</i>	Peppermint Box Kaurna name - Wita	F		T	<ul style="list-style-type: none"> Sap used as source of sugar and drink sweetening Lerps found on this species, as for Red Gum 	Year round Spring
<i>Eucalyptus socialis</i>	Red Mallee	F M		T	<ul style="list-style-type: none"> Food oil (CAUTION- this is debatable) seed edible 	July-Dec
<i>Exocarpus</i> species	Ballarts Native Cherries	F		Sh ST / T	<ul style="list-style-type: none"> Edible drupes and nuts Fruit made in to cakes for trading 	
<i>Grevillea lavandulacea</i>	Lavender Grevillea	F		Sh	Nectar used for sugar, or to lure small birds	Spring
<i>Hardenbergia violacea</i>	Native Lilac Purple Coral Pea	F		Cl	Leaves boiled to make a drink	Year round

Species	Common Name	F/M/T	LPso	Form	Characteristics	When?
<i>Isolepis</i> species	Club Rushes	T		S/W	Basketry, weaving	Year round
<i>Juncus</i> species	rushes	T		S/W	Basketry, weaving	Year round
<i>Kunzea pomifera</i>	Muntries/ Muntharri Munterberry	F		GC	Small edible fruits - highly recommended. Recently found in One Tree Hill district	Late Summer/ early Autumn
<i>Lepidosperma</i> species	Sword / Rapier Sedges / Rushes	T		S	Basketry, weaving	Year round
<i>Lotus australis</i>	Austral Trefoil	F		H	Seeds and roots eaten (GEC)	
<i>Lysiana exocarpi</i>	Harlequin Mistletoe	F		P	Edible berries	Year round
<i>Marsilea drummondii</i>	Nardoo	F		W / H	Can be used to make a flour, but probably generally best avoided as it contains a dangerous enzyme - Thiaminase - and requires complex preparation. Burke and Wills starved to death on it due to their inadequate preparation of the plant	Year round
<i>Melaleuca lanceolata</i>	Dryland Tea Tree	M / T		T Sh / ST	<ul style="list-style-type: none"> Oil used in treatment of colds Bark for packaging/bandages Leaves used in the treatment of colds Leaves burnt green to 'control hyperactive children' 	Year round
<i>Microseris lanceolata</i>	Murnong Yam Daisy	F		H	Now unfortunately rare. Tubers roasted and eaten. A significant food historically.	Year round
<i>Myoporum insulare</i>	Boobialla	F		LSh / ST	<ul style="list-style-type: none"> Fruits edible, but often not very tasty. Probably best avoided. Leaves heated and used as a hot lotion for diarrhoea 	Late summer
<i>Myoporum montanum</i>	Native Myrtle	F/T		LSh	<ul style="list-style-type: none"> Fruits edible, but often not very tasty unless completely ripe. Probably best avoided. Gum oozing from stems used as glue 	Late summer
<i>Nitraria billardieri</i>	Nitre Bush	F		LSh	<ul style="list-style-type: none"> Highly prolific producer of salty grape flavoured fruits - highly recommended Some speculation on wine potential(!) 	Feb - March

Species	Common Name	F/M/T	LPso	Form	Characteristics	When?
Orchid species	Ground Orchids	F		H	Tubers of SOME varieties an important food-source	Year round
<i>Oxalis perrenans</i>	Native Oxalis	F		H / W	A close relative of the South African Sour-Sob. Kaurna people ate, and prized, the small taproots. The leaves were eaten and made into tarts by early colonists. CAUTION: Sour!	Year round
<i>Phragmites australis</i>	Common Reed Kaurna name - Minnokorra	T		W	<ul style="list-style-type: none"> • Shafts used for spear-making with hardwood heads attached • Reeds used for basketry etc.. • Roots steamed and eaten • Young leaf tips eaten raw 	Spring - Autumn Year round
<i>Pittosporum angustifolium</i>	Native Apricot	M T		LSh / ST	<ul style="list-style-type: none"> • DO NOT EAT FRUIT OR SEEDS despite the misleading common name, which is based (loosely!) on appearance • Gum may be eaten in Summer/Autumn • Seeds ground to oily paste and rubbed on sore body parts 	Summer Summer / Autumn Feb-May
<i>Pteridium esculentum</i>	Bracken	F		F	Rhizomes roasted. An <i>emergency</i> food supply throughout the South Pacific. CAUTION: LINKED TO BOWEL CANCER	Year round
<i>Rhagodia candolleana</i>	Seaberry Saltbush	F		Sh	<ul style="list-style-type: none"> • Fruits eaten as last resort - not recommended • Crushed fruits <u>must</u> have dye potential 	Autumn
<i>Rhagodia parabolica</i>	Fragrant Saltbush	F		Sh / LSh	Spinach substitute	Year round
<i>Rubus parvifolius</i>	Native Raspberry	F		GC	Closely related to the 'true' raspberries - pleasant eating	Late Summer / Autumn
<i>Santalum acuminatum</i>	Sweet Quandong	F T		LSh / ST	<ul style="list-style-type: none"> • The most famous native fruit - commercially cultivated • 'Edible' kernel high in protein and fatty acids CAUTION: some questions over consumption of kernels – roasting <i>may</i> reduce problematic compounds • Oil for cosmetic purposes • Stones used in jewellery 	August - October

Species	Common Name	F/M/T	LP SO	Form	Characteristics	When?
<i>Senna artemisioides</i>	Punty Bush, Desert Senna, Silver Cassia	T		Sh	<ul style="list-style-type: none"> Stems used for fibre for head bands etc.. Flowers and seeds used in adornment 	Year round
<i>Stipa</i> species	Spear Grasses	T		Gs	Toy spears for children	Year round
<i>Suaeda australis</i>	Seablite	F		H	Fleshy leaves for pickle	Year round
<i>Tetragonia tetragonoides</i>	Warrigal Spinach Native Spinach	F		Sh	As a spinach - recommended. Known as 'Warrigal Greens' and promoted as a wild food now, ironically seemingly not used as such by Indigenous Australians.	Year round
<i>Tetragonia implexicoma</i>	Bower Spinach	F		GC	<ul style="list-style-type: none"> Leaves used as a spinach Red berries also noted as 'edible' CAUTION – this is not extensively endorsed, unlike the well-supported edibility of the leaves 	Year round Summer
<i>Themeda triandra</i>	Kangaroo Grass	F T		Gs	<ul style="list-style-type: none"> Seeds ground & baked for damper Fibre used for string, baskets etc.. 	Summer\ Year round
<i>Thysanotus patersonii</i>	Twining Fringe Lily	F		S / C	Tubers eaten	Year round
<i>Triglochin</i> species	Water Ribbons Swamp Arrowgrass	F		W	Numerous starchy tubers roasted. An indigenous baby-food!	Year round
<i>Triodia irritans</i>	Spinifex Porcupine Grass Hummock Grass	T		G	Resin extracted from stems & husks	Year round
<i>Typha domingensis</i>	Cumbungi Bulrush Kurna name - Warnpa or Wornpa Minnokoora for the roots	F T		W	<ul style="list-style-type: none"> Edible roots Fibres from roots used for twine-making etc. 	Year round
<i>Urtica urens</i>	Stinging Nettle	F		H	<p>Yes, this common weed of your backyard is actually a native plant, and a tasty food source COOKED. Indigenous Australians baked the leaves between hot stones, can be rinsed and 'dry steamed' in pan. Can be used to make a soup.</p> <p>CAUTION: LIVES UP TO ITS COMMON NAME.</p>	Year round
<i>Wurmbea</i> species	Early Nancy	F		H	<p>Tubers of SOME species eaten. Hence colonial common name of 'Blackman's Potatoes'</p> <p>CAUTION: MOST SPECIES INEDIBLE</p>	Year round

Species	Common Name	F/M/T	LP SO	Form	Characteristics	When?
<i>Xanthorrea</i> species	Grass Trees Kaurna name - Yakoo	F		TSh	<ul style="list-style-type: none"> Nectar source - highly recommended Documented Peramangk use of the pith of the flower head shafts for fire starting 	Year round, irregular, usually not Summer / Year Round