

Native

Plants



Traditional Uses

Guide



Syzygium Anisatum

ANISEED MYRTLE



Plant Type: Rainforest Tree

Height: 3 - 8 meters

Width: 3 - 5 meters

Flower Colour: White

Flowering Time: Summer



Quick Care Guide:

- Suitable for full-sun, part-shade
- Suitable for pots
- Tolerates drought
- Tolerates sandy soils
- Suitable for hedging/screening
- Attracts birds, bees & insects

Traditionally used for treating hiccups, weight loss, lactation, menstrual pain and stomach complaints.

Special Uses: Use the leaves fresh or dry in cooking



**MURU
MITTIGAR**
PATHWAY TO FRIENDS

Billardiera scandens

APPLE BERRY

Plant Type: Small shrub, ground cover, climber

Height: 0.2 ~ 1.5 meters

Width: 0.5 ~ 3 meters

Flower Colour: White, pink

Flowering Time: Spring, all-year



Soil Types: Sandy, clay, loamy, sandy loam, clay loam, saline, poor soil

Plant Environment: Low maintenance garden, container growing, cottage garden, coastal garden, drought resistant

Light: Sunny, light shade, half shade, heavy shade

Growth Habit: Evergreen, dense foliage, spreading

Special Uses: Edible, decorative fruit, honey producing plant, pollution tolerant, fast growing, playground friendly

Traditionally fruits were dried and stored for later uses when food was scarce.



**MURU
MITTIGAR**
PATHWAY TO FRIENDS

Rubus probus

ATHERTON RASPBERRY



Plant Type: Scrambling Shrub

Height: ~2 meters

Width: ~2 meters

Flower Colour: White

Flowering Time: Summer, Spring



Quick Care Guide:

- Suitable for full-sun, part-shade
- Protect from frost
- Suitable for pots
- Tolerates drought
- Tolerates sandy soils
- Best to plant in a container as it can be a bit invasive
- Attracts birds, bees & insects

Fruits from:

- Year 1 onwards

Traditionally eaten fresh or dried for later use.



**MURU
MITTIGAR**
PATHWAY TO FRIENDS

Pouteria australis

BLACK APPLE



Plant Type: Rainforest Tree

Height: 10 - 15 meters

Width: 5 - 8 meters



Quick Care Guide:

- Suitable for full-sun, part-shade
- Suitable for pots
- Provides shade
- Tolerates sandy soils
- Attracts birds, bees & insects

Special Uses: Black Apple makes for great pies and cobblers. The fruit can also be used for juice, vinegar or cider. After harvesting, the flavour is predominantly sweet and tart.

Traditionally eaten fresh or sometimes dried for later use when food was scarce.

Fruits from:

- Year 3-5



**MURU
MITTIGAR**
PATHWAY TO FRIENDS

Brunoniella australis

BLUE TRUMPET



Plant Type: Shrub

Height: 0.1 meters

Width: 0.5 meters

Flower Colour: Pale blue

Flowering Time: Spring to Autumn



Quick Care Guide:

- Suitable for part-shade
- Suitable for pots
- Free draining soil
- Attracts bees & insects

Traditionally its underground tubers can be eaten



Pleiogynium timorense

BURDEKIN PLUM

Plant Type: Medium sized, fruit-bearing tree

Height: 12 meters

Width: 6 - 8 meters

Flower Colour: Yellowish-green

Flowering Time: Spring, Winter

Quick Care Guide:

- Suitable for full-sun
- Protect from frost
- Suitable for pots
- Provides shade
- Tolerates drought
- Tolerates sandy soils
- Attracts lizards, birds, bees & insects

Traditionally eaten raw, dried, cooked into jams, used to flavour meat

Special Uses: Can be fermented into wine

Fruits from:

- Year 3-5



Syzygium australe

BUSH CHERRY



Plant Type: Rainforest Tree

Height: 3 - 4 meters

Width: 1 - 2 meters

Flower Colour: White

Flowering Time: Summer through to Autumn



Quick Care Guide:

- Suitable for full-sun, part-shade
- Suitable for pots
- Tolerates drought
- Tolerates sandy soils
- Attracts birds, bees & insects
- Suitable for hedging/screening
- Provides shade

Traditionally, this fruit features widely in traditional Aboriginal medicine, used as a treatment for sore ears, wounds and skin conditions, and generally consumed as an immune system booster.



**MURU
MITTIGAR**
PATHWAY TO FRIENDS

CHOCOLATE LILY



Plant Type: Grass

Height: 0.5 meters

Width: 0.3 meters

Flower Colour: Mauve, purple

Flowering Time: Spring & Summer



Quick Care Guide:

- Suitable for full-sun, part-shade
- Suitable for pots
- Tolerates drought
- Tolerates sandy soils
- Attracts bees & insects

Traditionally: Underground tubers are roasted and then can be eaten

Dichopogon strictus



**MURU
MITTIGAR**
PATHWAY TO FRIENDS

Backhousia myrtifolia

CINNAMON MYRTLE



Plant Type: Small Rainforest Tree

Height: 3 - 7 meters

Width: 3 - 4 meters

Flower Colour: Cream/white

Flowering Time: Winter, Spring, Summer



Quick Care Guide:

- Suitable for full-sun, part-shade
- Suitable for pots
- Tolerates drought
- Tolerates sandy soils
- Attracts birds, bees & insects
- Suitable for hedging, screening
- Provides shade

Traditionally used to make calming tea. Useful for dyspepsia, heartburn, colic and the digestive system.



Myoporum parvifolium

CREEPING BOOBIALLA

Plant Type: Ground cover

Height: 0.2 meters

Width: 0.5 ~ 3 meters

Flower Colour: White

Flowering Time: Spring, all-year



Soil Types: Sandy, clay, loamy, sandy loam, clay loam, saline, poor soil

Plant Environment: Low maintenance garden, container growing, cottage garden, coastal garden, drought resistant

Light: Sunny, light shade, half shade

Soil Moisture: Dry, well-drained, moist moderate drainage

Frost Tolerance: Tolerates light frost

Traditionally features white or pink flowers that develop into edible purple berries. Only to be eaten once fully ripe.



**MURU
MITTIGAR**
PATHWAY TO FRIENDS

Mentha satureioides

CREEPING MINT



Plant Type: Clumping, Perennial Groundcover Herb

Height: 0.2 meters

Width: 0.4 meters

Flower Colour: White or Pink

Flowering Time: Year-round



Quick Care Guide:

- Suitable for full-sun, part-shade, full-shade
- Suitable for pots
- Protect from frost
- Tolerates sandy soils
- Attracts bees & insects
- Suitable for gaps

Traditional uses include relief for cold & flu symptoms and insect repellent.



**MURU
MITTIGAR**
PATHWAY TO FRIENDS

Backhousia angustifolia

CURRY MYRTLE



Plant Type: Rainforest Tree

Height: 3 - 8 meters

Width: 3 - 5 meters

Flower Colour: White

Flowering Time: Spring through Summer



Quick Care Guide:

- Suitable for full-sun, part-shade
- Suitable for pots
- Tolerates drought
- Tolerates sandy soils
- Suitable for hedging/screening
- Attracts birds, bees & insects

Traditionally the leaves are used fresh or dry in cooking



**MURU
MITTIGAR**
PATHWAY TO FRIENDS

Davidsonia pruriens

DAVIDSON PLUM



Plant Type: Medium-sized
Tropical/subtropical Ornamental Tree

Height: 4 - 10 meters

Width: 2 - 4 meters



Quick Care Guide:

- Suitable for part-shade
- Protect from frost
- Suitable for pots
- Provides shade
- Suitable for gaps
- Attracts birds, bees & insects



Special Uses: Fruits are 50mm across with purple skin and vivid red flesh. Their refreshing and delectable sourness lends well to both sweet and savoury products, such as jams, jellies, cordials, wines and meat sauces.

Traditionally eaten fresh, with a higher amount of antioxidants than blueberries.

Fruits from:

- Year 3



**MURU
MITTIGAR**
PATHWAY TO FRIENDS

Citrus australasica

FINGER LIME



Plant Type: Small tree, large shrub

Height: 2 - 6 meters

Width: 2 - 3 meters

Flower Colour: White

Flowering Time: Autumn to Summer

Quick Care Guide:



- Suitable for full-sun, part-shade
- Suitable for pots
- Tolerates sandy soils
- Attracts birds, bees & insects
- Suitable for hedging/screening

Fruits from:

- Year 1 onwards (grafted plants)
- Fruiting in late Spring to Summer
- Can take up to 7 years to fruit

Traditionally the small fruits were originally used by Indigenous tribes as a food source; the limes were foraged in tropical jungles for their tangy pulp. The pearls were also used for medicinal purposes to ward off sickness and were applied topically as an antiseptic.



Acronychia acidula

LEMON ASPEN

Plant Type: Rainforest Tree

Height: 6 - 7 meters

Width: 4 - 6 meters

Flower Colour: White

Flowering Time: Summer, Autumn



Quick Care Guide:

- Suitable for full-sun, part-shade
- Suitable for pots
- Provides shade
- Attracts birds, bees & insects
- Suitable for hedging/screening

Fruits from:

- Year 2-3

Traditionally the Lemon Aspen fruit has been used by Indigenous peoples for thousands of years for both medicinal and culinary purposes. It tastes similar to grapefruit.



**MURU
MITTIGAR**
PATHWAY TO FRIENDS

LEMON MYRTLE



Plant Type: Small Tree

Height: 3 - 8 meters

Width: 3 - 5 meters

Flower Colour: White, Cream

Flowering Time: Summer, Autumn

Quick Care Guide:

- Suitable for full-sun, part-shade
- Provides shade
- Suitable for pots
- Tolerates sandy soils
- Suitable for hedging/screening
- Attracts birds, bees & insects

Traditionally Lemon Myrtle leaves have been used to flavour foods, treating headaches and as a healing oil.

Backhousia citriodora



**MURU
MITTIGAR**
PATHWAY TO FRIENDS

MAT RUSH



Plant Type: Grass or grass-like, Clumping perennial

Height: 0.5 - 1 meters

Width: 0.6 meters

Flower Colour: Cream, yellow

Flowering Time: Spring & Summer

Quick Care Guide:

- Suitable for full-sun, part-shade
- Suitable for pots
- Tolerates sandy soils
- Attracts insects
- Suitable for gaps

Traditionally seeds were ground to make flour and leaves woven to make things like fish traps. The base of leaves can be eaten. The leaves were also used for weaving.

Lomandra longifolia



**MURU
MITTIGAR**
PATHWAY TO FRIENDS

Austromyrtus tenuifolia

MIDGEN BERRY

Plant Type: Medium to Large Shrub

Height: 0.5 - 1 meters

Width: 1.5 meters

Flower Colour: White

Flowering Time: Spring & Summer



Quick Care Guide:

- Suitable for full-sun, part-shade
- Suitable for pots
- Tolerates sandy soils
- Attracts birds, bees & insects
- Suitable for gaps, hedging/screening

Fruits from:

- Year 1 onwards in late Summer

Traditionally the berries are eaten fresh from the bush.



**MURU
MITTIGAR**
PATHWAY TO FRIENDS

Kunzea pomifera

MUNTRIES



Plant Type: Small shrub, Ground cover

Height: 30 cm

Width: 2 meters

Flower Colour: White

Flowering Time: Spring

Quick Care Guide:

- Suitable for full-sun, part-shade
- Suitable for pots
- Tolerates salt
- Tolerates sandy soils
- Suitable for gaps
- Attracts birds, lizards, bees & insects

Fruits from:

- Year 2-3
- Fruit contains up to four times more antioxidants than blueberries

Traditionally eaten fresh or dried and pounded into large cakes for trading and/or storage for later use.



Antidesma erostr

NATIVE CURRANT



Plant Type: Small Tropical Shrub

Height: 2 - 4 meters

Width: 2 meters



Quick Care Guide:

- Suitable for full-sun, part-shade
- Protect from frost
- Suitable for pots
- Suitable for hedging/screening
- Attracts birds, bees & insects

Fruits from:

- Year 1

Traditionally fruits may be harvested regularly as the berries ripen and then eaten fresh.

Special Uses: The berries can be enjoyed raw or used in jams, jellies, sour sauces, syrups, desserts and wines



**MURU
MITTIGAR**
PATHWAY TO FRIENDS

Alpinia caerulea

NATIVE GINGER

Plant Type: Perennial Lily

Height: 2.5 meters

Width: 2 meters

Flower Colour: White

Flowering Time: Spring, Summer



Quick Care Guide:

- Suitable for full-shade, part-shade
- Suitable for pots
- Suitable for screening, gaps
- Protect from frost
- Attracts lizards, birds, bees & insects



Traditionally used in thatch shelters and as food wrappings during cooking.

Special Uses: include cut flower, decorative fruit, erosion control, pollution tolerant, fast growing, playground friendly

Fruits from:

- Year 1



NATIVE LEEK



Plant Type: Perennial herb

Height: 0.4 meters

Width: 0.3 meters

Flower Colour: Yellow

Flowering Time: Spring, Summer, Autumn

Quick Care Guide:

- Suitable for full-sun, part-shade
- Provides shade
- Suitable for pots
- Attracts bees & insects
- Suitable for gaps

Traditionally the edible underground tuber was roasted.

Bulbine bulbosa



**MURU
MITTIGAR**
PATHWAY TO FRIENDS

NATIVE LEMONGRASS



Plant Type: Aromatic Grass

Height: 0.5 - 1 meters

Width: 0.5 - 1 meters

Quick Care Guide:

- Suitable for full-sun, part-shade
- Suitable for pots
- Protection from frost
- Tolerates drought
- Tolerates sandy soils
- Attracts lizards
- Suitable for gaps

Special Uses: Use the leaves and stalks in cooking or to make tea

Traditionally used in Aboriginal medicine to treat flu symptoms, chest infections and skin sores.

Cymbopogon ambiguous

Prostanthera Rotundifolia

NATIVE OREGANO

Plant Type: Shrub

Height: 2 meters

Width: 1 meter

Flower Colour: Purple, mauve

Flowering Time: Spring, Summer



Quick Care Guide:

- Suitable for full-sun, part-shade
- Suitable for pots
- Tolerates drought
- Tolerates sandy soils
- Attracts bees & insects
- Suitable for hedging/screening

Special Uses: use in cooking, fresh or dry, as an alternative to oregano or steep in hot water as a herbal tea

Traditionally used as a medicinal herb for treating headaches and colds.



MURU
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PATHWAY TO FRIENDS

Trachymene incisa

NATIVE PARSNIP



Plant Type: Perennial herb

Height: 0.4 meters

Width: 0.3 meters

Flower Colour: White

Flowering Time: Spring and Summer, year-round



Quick Care Guide:

- Suitable for full-sun, part-shade
- Suitable for pots
- Suitable for gaps
- Attracts bees & insects

Traditionally the roots are bushfood, and are eaten after baking in campfire coals or in earth ovens.



NATIVE RASPBERRY



Plant Type: Scrambling Shrub

Height: 0.5 - 2 meters

Width: 0.6 - 1 meters

Flower Colour: Deep Pink

Flowering Time: Spring & Early Summer

Quick Care Guide:

- Suitable for semi-shade, part-shade, dappled shade
- Tolerates drought
- Tolerates sandy soils
- Attracts bees & insects
- Fruits: about a month after flowering

Traditionally the leaves are made into tea, which can be helpful for painful menstruation, childbirth, flu, morning sickness, and as a treatment for diarrhoea.

Rubus parvifolius



**MURU
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PATHWAY TO FRIENDS

Prostanthera incisa

NATIVE THYME



Plant Type: Shrub

Height: 2 meters

Width: 1 meter

Flower Colour: Mauve

Flowering Time: Spring & Summer



Quick Care Guide:

- Suitable for full-sun, part-shade
- Suitable for pots
- Tolerates drought
- Attracts birds, bees & insects
- Suitable for gaps, hedging/screening

To harvest, just pluck fresh leaves off the growing plant, or prune whole stalks at a time. Both leaf and stem may be used — fresh, or chopped and dried for later use. Just remember the flavor will fade over time after harvesting.

Traditionally the leaves used for medicinal purposes, including treating coughs and colds.



OLD MAN SALTBUSH



Plant Type: Large Shrub

Height: 2 - 3 meters

Width: 1 - 2 meters

Flower Colour: Cream

Flowering Time: Winter

Quick Care Guide:

- Suitable for full-sun, part-shade
- Suitable for pots
- Tolerates drought
- Tolerates sandy soils
- Tolerates salt
- Suitable for gaps
- Suitable for hedging/screening
- Attracts bees & insects

Traditionally the ashes of the burnt leaves are used like baking soda and ground the seeds as a flour substitute. Leaves were used as a poultice for burns or wounds.



**MURU
MITTIGAR**
PATHWAY TO FRIENDS

Atriplex nummularia

Syzygium luehmannii

RIBERRY

Plant Type: Coastal Rainforest Tree

Height: 10 - 30 meters

Width: 5 - 8 meters

Flower Colour: Cream, White

Flowering Time: Summer

Quick Care Guide:

- Suitable for full-sun, part-shade
- Soil - adaptable, well-drained
- Attracts birds, bees, butterflies and mammals

Special Uses: The fruit has been reported to be one of the first fruits consumed as jam or cordials by early colonist. Can be used in sauces, syrups, glazes, confit, chutney, cakes, salad dressing and confectionery.

Traditionally the fruits are regularly eaten by Indigenous peoples.



Microseris lanceolata

YAM DAISY

Plant Type: Perennial herb

Height: 0.3 meters

Width: 0.3 meters

Flower Colour: Yellow

Flowering Time: Spring, Summer,
Autumn



Quick Care Guide:

- Suitable for full-sun, part-shade
- Suitable for pots
- Tolerates drought
- Edible underground tuber
- Harvest after 1 year

Traditionally eaten roasted or raw. This plant was a major food source for some Aboriginal groups in Australia.



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