

Some Bush Tucker plants of the Manning Coast



For flour and breads

Saw Sedges *Gahnia* spp.

Leaf buds and seeds ground to flour



Kangaroo Grass

Themeda australis

Edible seed can be ground into Flour



Mat Rush *Lomandra longifolia*

White leaf bases and seeds edible



Drinks

Coastal Banksia *Banksia integrifolia*

and other Banksia species

Nectar soaked from flowers overnight



Paperbarks *Melaleuca* species

Flowers sucked or soaked for drink



Grass tree *Xanthorrhoea australis*

Flower spike soaked in water produces a sweet drink



Vegetables

Coastal Wattle *Acacia sophorae*

Green seeds steamed in pods



Illawarra Flame Tree

Brachychiton acerifolius

Large seed pods - the seeds are cooked on the fire to remove the hairs before eating.



Pigface *Carpobrotus sp*

Edible leaves



Warrigal Greens

Tetragona tetragonoides

Blanched leaves used like spinach



Fruits and Jams

Kangaroo Vine, Native Grape

Cissus Antarctica

Raw berries eaten



Narrow-leaved Palm Lily

Cordyline stricta

Edible fruits



Boobialla *Myoporum boninense*

Fruit good for jams and preserves



Geebung *Persoonia species*

Edible fruits

