



Some Local Plants And Their Uses

Food Plants

- *Acacia* sp.- wattles. sap, grounded seeds
- *Solanum* sp- kangaroo apple- egg shaped fruit when very ripe can be eaten. To keep birds away from fruit, aboriginal people would bury ripe fruit in sand mounds for later use.
- *Arthropodium strictum*- chocolate lily and other lilies like early nancy, vanilla lily, fringe lily, bulbine lily- all important edible tubers
- Various orchids, especially nodding greenhood (*Pterostylis nutans*) which are found abundant in sandy soils, have edible tubers
- *Microseris lanceolata*- murnong, yam daisy, was locally abundant in many areas especially in plains (more than Otway forest) before sheep discovered it. Edible tubers. Most important indigenous food plant.
- *Triglochin* sp. Water Ribbons. Very sweet, starchy tubers. Found in Bamba Wetland swampy areas.
- *Typha* sp, cumbungi- edible tubers and young shoots
- *Coprosma quadrifida*- prickly currant bush- edible berries
- *Sambucus gaudichaudiana*- white elderberry- edible berries
- *Banksia marginata*- silver banksia- sweet nectar for drinking
- *Kennedia prostrata*- running postman. Sweet nectar
- *Prostanthera mellisifolia*- balm mint bush- leaves for herbs
- *Exocarpos cupressiformis*- cherry ballart. Edible fruit.
- *Billardiera scandens*- apple berry. Edible fruit
- *Tasmania lanceolata*- mtn pepper- herbal bush tucker plant (no known aboriginal use)
- *Dicksonia antarctica*- soft tree fern. Pith of young fronds eaten.
- *Rubus rosifolius*- native raspberry- edible berries

Other Useful Plants

Fibre plants for weaving include-

- *Lomandra longifolia*-spiny matrush;
- *Dianella tasmanica* and *revoluta*- flax lilies;
- *Carex*- tall sedge; *Cyperus*- leafy flat sedge;
- *Gahnia radula* and *seiberiana*- saw sedges.

Other plants for tying or binding-

- *Pimelea axiflora*- bootlace bush;
- *Gynatrix pulchella*- Native hemp;
- *Xanthorrhoea australis*- austral grass tree(leaf bases produce a resin as glue).
- *Goodenia ovata*- hop goodenia- medicinal soporific properties
- *Pteridium esculentum*- austral bracken fern. insect bites
- *Zieria arborescens*- stinkwood. Crushed leaves for headache
- *Acacia melanoxylon*- blackwood. Infusion of leaves for aching joints.