

# **Mountain Lagoon, Blue Mountains**

## **Plants Species**

### **Wild Food and Medicines**



**Compiled by Nathan Summers**

**July 2013**

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# Mountain Lagoon. Bush Food & Species Lists

- Lists include,
1. McLoughlin's property. Sam's Way
  2. Bushland rear of Lagoon
  3. Other plants of Bush Food interest in area

## McLoughlins Property, Sam's Way

Approximately 10 ha (25 acres)

Clay soil on upper slopes from volcanic diatreme integrating into Hawkesbury sandstone derived soil on lower slopes

Tall Forest Community on upper slopes, dominated by Mountain Bluegum

Dry Sclerophyll Woodland on lower slopes. Turpentine, Grey Gum, Narrow-leaf Stringybark, integrating into Sydney Peppermint, Smooth Bark Apple Association

### Legend

Blue Text denotes commercial use of plant

\* Red Text & asterix denotes exotic species

McLoughlin's Property, Sam's Way, Mtn Lagoon – Species List & Bush Food Uses											
Common Name	Botanic Name	Family	Locality							Plant Uses	
			Upper slopes - clay	Gullyss - upper	Gully, sandstone	Creek	Slopes (sandstone)	Sandstone terraces	Higher sandstone transects		Upper slopes. Open paddock
											Compiled by Nathan Summers July 2013
<b>Trees &amp; larger shrubs</b>											
Cabbage Tree Palm	<i>Livistona australis</i>	ARECACEAE			X						<b>Crown:</b> Growth center at crown of tree edible, Aborigines would eat this, to the death of the tree.
Black She-oak	<i>Allocasuarina littoralis</i>	CASUARINACEAE							X		<b>Uses:</b> Wood used to make boomerangs. Roots contain water. <b>Medicinal:</b> Boiled She Oak bark was used by
Black Wattle	<i>Callicoma serratifolia</i>	CUNONIACEAE			X	X					<b>Uses:</b> Timber was used with mud to make 'wattle & daub' huts. <b>Leaves:</b> Soft & v useful for bush 'toilet paper'. Related to Coachwood.
Coachwood	<i>Ceratopetalum apetalum</i>	CUNONIACEAE				X					<b>Uses:</b> Timber is highly valued for structure & ornamental. Once harvested commercially in NSW prior to laws preventing logging of rainforests.
Blueberry Ash	<i>Eleocarpus reticulatus</i>	ELEOCARPACEAE				X		X			<b>Fruits:</b> Thin edible pericarp around hard seed. Palatability is best when ripe.
Cedar Wattle	<i>Acacia elata</i>	MIMOSACEAE				X					<b>Sap:</b> Wattle sap is edible <b>Uses:</b> Timber is attractive, close-grained, strong & hard, good for carpentry & turning. Tannins in bark. <b>Medicinal:</b> Proteonase (protein metabolizing) inhibitors including Trypsin.
Sydney Golden Wattle	<i>Acacia longifolia</i>	MIMOSACEAE						X			<b>Seeds:</b> Green seeds edible & used by Aborigines. * *Note: Only two Wattles in Sydney area have edible seeds, i.e. <i>A longifolia</i> & <i>A suaveolans</i> (Sweet Scented Wattle).
Green Wattle	<i>Acacia parramattensis</i>	MIMOSACEAE	X	X			X				<b>Sap:</b> Prolific sap gum. Used as food source. * 'Fern Leaf' Wattles tend to have prolific & palatable gum sap *Note: Aborigines used Wattle gum throughout Australia. Murray River stands of Wattles were tapped regularly. Central desert, Wattle gum mixed with Quandong fruit for storage. Sydney, gum observed in coolamons with Banksia flowers & water, to make a sweet 'cordial'. <b>Uses:</b> Sap mixed with ash to make resin.

Turpentine	<i>Syncarpia glommulifera</i>	MYRTACEAE	X	X			X	X	X		<b>Timber:</b> Very useful outdoor timber. Decking, Wharf piers.
Muttonwood	<i>Rapanea variabilis</i>	MYRSINACEAE						X			
Smooth-barked Apple	<i>Angophora costata</i>	MYRTACEAE			X		X	X			<b>Medicinal:</b> Kino, red exudates from trunk, used by early settlers to treat diarrhoea. 10% mix with water, 150 – 200ml every 24hrs. Other Angophora's have kino's too.
Red Bloodwood	<i>Corymbia gummifera</i>	MYRTACEAE					X	X			<b>Medicinal:</b> High in Kino. Useful for resin, & for treating digestive problems. Timber has inconsistent grains & poor.
Mountain Bluegum	<i>Eucalyptus deanei</i>	MYRTACEAE	X	X							<b>Timber:</b> Bluegums are a well use commercial timber.
Grey Ironbark	<i>Eucalyptus paniculata</i>	MYRTACEAE	X								<b>Medicinal:</b> Kino in Ironbarks used for diarrhoea treatment. 10% mix with water. 150ml every 24hrs.
Sydney peppermint	<i>Eucalyptus piperita</i>	MYRTACEAE			X	X	X	X			<b>Medicinal:</b> Gum mixed with water well known diarrhoea treatment. Leaf oil can treat stomach upsets & 'cholic' complaints. Peppermint smelling leaves. Leaf oil 45-55% <i>l</i> -piperotone when distilled from foliage around Sydney. Low <i>l</i> -piperotone from plants at Windsor & Central Coast. <i>l</i> -piperotone starting material for manufacture of <i>l</i> -menthol (treatment of migranes) & thymol (powerful fungicide) <sup>(9)</sup>
Grey Gum	<i>Eucalyptus punctata</i>	MYRTACEAE	X	X			X				<b>Timber:</b> Commercially used. Hard
Narrow-leaf Stringybark	<i>Eucalyptus sparsifolia</i>	MYRTACEAE	X				X	X	X		<b>Timber:</b> Commercially used.
Water Gum, Kanooka	<i>Tristaniopsis lauriina</i>	MYRTACEAE				X					Aromatic oils in leaves (Myrtaceae family)
Sweet Pittosporum	<i>Pittosporum undulatum</i>	PITTOSPORACEAE				X					<b>Seeds:</b> Seeds from Pittosporum sp. were used by Aborigines for food, although <i>P undulatum</i> is fairly unpalatable. <b>Timber:</b> Pittosporum timber used for Golf clubs.
<b>Shrub layer</b>											
Lance-leaf Platysace	<i>Platysace lanceolata</i>	APIACEAE						X			
Cunjevoi	<i>Alocasia macrorrhizos</i>	ARACEAE		X							<b>Medicinal:</b> Used as external stimulant & rubefacient (India). Treat muscular rheumatism, & treatment of sores, burns, ulcers. Leaf juice treats sunburns. Leaves suggested to kill pain of Stinging Tree. <b>Roots:</b> Whilst quite poisonous, Aborigines of North Qld would eat after treatment to leach toxins. <b>Note:</b> Toxic. Very acid. Extreme care to keep away from face & eyes.
Settlers Flax	<i>Gymnostachys anceps</i>	ARACEAE						X			(related to Palms)
Native Elderberry	<i>Polyscias sambucifolia</i>	ARALIACEAE							X		<b>Fruits:</b> Edible fruits. Small. Usually quite bitter unless very ripe, then sweet/ bitter. Similar appearance to European elderberry, but <b>unrelated</b> <b>Medicinal:</b> <i>P fruticosus</i> (INDIA) - leaves used in Asia as antibacterial, antifungal, anti-inflammatory, disentry & tonic Proven to aid digestion. Root used as a diuretic, febrifuge, anti-dysentery, & used for neuralgia & rheumatic . Contains Oleanolic acid saponins (leaves), & Polyacetylenes (roots) from the roots. Antibacterial and antifungal activities.
Ball Everlasting	<i>Ozathamnus diosmifolium</i>	ASTERACEAE	X								<b>Leaves:</b> Aromatic. 'Oregano' type smell. Can be used to flavour food, however highly volatile oils.
Indian Weed	<i>Seigesbeckia orientalis</i>	ASTERACEAE	X								A cosmopolitan plant. <b>Medicinal:</b> Sticky white crystalline secretion from flower heads Treats – Burns / Rheumatism, renal colic (China) / Ringworm (Britain) / Syphilis, leprosy, skin diseases (Mauritius)

Ball Everlasting	<i>Ozothamnus diosmifolium</i>	ASTERACEAE	X							<b>Leaves:</b> Aromatic. 'Oregano' type smell. Can be used to flavour food, however highly volatile oils.
Dog Rose	<i>Bauera rubioides</i>	BAUERACEAE					X			
Rough Tree-fern	<i>Cyathea australis</i>	CYATHEACEAE				X				<b>Pith:</b> The fleshy pith of the upper trunk is edible, & used by Aborigines for food. * Note: Ferns are carcinogenic in long term. Carcinogens broken down by cooking.
Tall Spike-rush	<i>Eleocharis sphacelata</i>	CYPERACEAE	Dam							<b>Roots:</b> Starchy roots eaten by Aborigines. Tubers on roots known as 'water chestnuts'. Eaten throughout the world. Nothorn species <i>E dulcis</i> , very noted for chestnuts. <a href="#">This can be grown in Blue Mtns.</a> Spike-rush is on farm dam. See also Typha & Water Ribbons in local interest list below.
Harsh Ground-fern	<i>Hypolepis muelleri</i>	DENNSTAEDTIACEA						X		<b>Medicinal:</b> Fresh leaves good pain reliever for insect stings.
Bracken Fern	<i>Pteridium esculentum</i>	DENNSTAEDTIACEAE	X	X						<b>Roots:</b> Starchy roots roasted on ashes, beaten into paste with water & baked. Usually when no other foods were available.* * Note: Ferns are carcinogenic in long term. Carcinogens broken down by cooking. <b>Medicinal:</b> Fresh leaves good pain reliever for insect stings.
Hibbertia / Guinea Flower	<i>Hibbertia obtusifolia / linearis</i>	DILLENACEAE	X					X		
Ground-berry	<i>Acrotriche divaricata</i>	EPACRIDACEAE			X			X		<b>Fruits:</b> Sweet, edible, very small, numerous. Related to the 'heath' family, including <i>Heather</i> .
Lance-leaf Beard Heath	<i>Leucopogen lanceolatus??</i>	EPACRIDACEAE					X	X		<b>Fruits:</b> Sweet, edible, very small, numerous. Related to the 'heath' family, including <i>Heather</i> .
Native Cranberry * (* larger fruits)	<i>Lissanthe sapida</i>	EPACRIDACEAE							X	<b>Fruits:</b> Sweet, edible, plentiful. Large compared to other heaths. <i>Lissanthe sapida</i> is an unusual plant (a ROTAP species). Related to the 'heath' family, including <i>Heather</i> .
Peach Heath	<i>Lissanthe strigosa</i>	EPACRIDACEAE	X							<b>Fruits:</b> Sweet, edible, very small, numerous. Related to the 'heath' family, including <i>Heather</i> .
Native Indigo	<i>Indiphora australis</i>	FABACEAE							X	<b>Uses:</b> Leaves used to make a yellow dye Leaves & twigs used by Aborigines to poison fish. Note: Other plants in Indigophora genus: Flowers used as purple dye in India Many plants used medicinally for painkiller & anti-inflammatory. Australia, related arid plants used as diuretic & a poultice for wounds.
Native Holly	<i>Oxylobium ilicifolium</i>	FABACEAE							X	
Bush Pea	<i>Pultenaea flexilis</i>	FABACEAE							X	
Hop Goodenia	<i>Goodenia ovata</i>	GOODENIACEAE	X							<b>Medicinal:</b> Infusion of leaves & twigs reported to be antidiabetic. (leaves have ursonic acid, unlikely to be responsible for antidiabetic qualities)
Logania	<i>Logania albiflora</i>	LOGANIACEAE					X	X		
Yellow Tea-tree	<i>Leptospermum polygalifolium</i>	MYRTACEAE							X	<b>Leaves:</b> Aromatic 'essential' oils, like other tea trees. Lemon smell. A relative, <i>Lept. petersonii</i> , is high in critonel & citrol oils. <b>Flowers:</b> Used for honey. Note: In New Zealand. <i>L scoparium</i> & <i>L polygalifolium</i> make Manuka honey, high in a non-peroxide active antibacterial, Methylglyoxal (or MG), Aust studies have found <i>L polygalifolium</i> in oz also have honeys high in MG [see Berringa Honey].

Mountain Water Gum	<i>Tristaniopsis collina</i>	MYRTACEAE						X			<b>Leaves:</b> High in aromatic oils (like all Myrtaceae) <b>Ornamental:</b> Used extensively as garden ornamental.
Mock Olive	<i>Notolea sp</i>	OLEACEAE					X	X			Native Olive. Olive like fruits
Red Pittosporum	<i>Pittosporum revolutum</i>	PITTOSPORACEAE					X				<b>Seeds:</b> Used as food source by Aborigines
Willow-leaved Hakea	<i>Hakea salicifolia</i>	PROTEACEAE						X			Hakea flowers used in central desert for sweet nectar.
Crinkle Bush	<i>Lomatia silaifolia</i>	PROTEACEAE					X	X	X		
Broad-leaf Geebung	<i>Persoonia levis</i>	PROTEACEAE						X			<b>Fruits:</b> Edible, and sweet (ripe) when dropped to ground. Unpalatable on tree. Bark: Inner bark an antiseptic, & smooth texture. Good healing qualities as bandage for burns & abrasions.
Narrow-leaf Geebung	<i>Persoonia linearis</i>	PROTEACEAE					X		X		<b>Fruits:</b> Edible, and sweet (ripe) when dropped to ground. Unpalatable on tree. Bark: Inner bark an antiseptic, & smooth texture. Good healing qualities as bandage for burns & abrasions.
Woody Pear	<i>Xylomelum pyriforme</i>	PROTEACEAE						X			<i>Related to Waratah</i>
* Wild Tobacco	<i>Solanum mauritianum</i>	SOLANACEAE		X					X		Leaves have been used on Pacific Islands as substitute for tobacco. Seeds known to be highly toxic & kill people (high in solasodine, etc). Smoking is <u>probably not</u> a good idea. <b>Very useful colonizer for rainforest rehabilitation.</b>
Native Peach	<i>Trema aspera</i>	ULMACEAE	X								Small prolific black fruits <u>toxic</u> to humans. Used much by rainforest birds.
<b>Ground Layer</b>											
Pseuderanthemum	<i>Pseuderanthemum variable</i>	ACANTHACEAE	X								
Pennywort	<i>Hydrocotyle pedunculata</i>	APIACEAE	X								
'ground daisy'	<i>Laginifera stipitata</i>	ASTERACEAE							X		
Gristle Fern	<i>Blechnum cartilagenium</i>	BLECHNACEAE		X							
Forest Starwort (Native Chickweek)	<i>Stellaria flaccida</i>	CARYOPHYLLACEAE		X							Related to Chickweed. It is assumed that leaves are edible.
Black-fruited Saw-sedge ?	<i>Gahnia melanocarpa ?</i>	CYPERACEAE			X						<b>Seeds:</b> Crushed to paste by Aborigines & cooked as dough. <b>Leaves:</b> Starch at the base of leaves, above root, can be eaten.
Sword Sedge	<i>Lepidosperma (eliatus?)</i>	CYPERACEAE			X		X		X		
Variable Sword-sedge	<i>Lepidosperma laterale</i>	CYPERACEAE					X				
Black Bog-rush	<i>Schoenus melanostachus</i>	CYPERACEAE			X		X	X			
Common Centaury	<i>Centaureum erythraea</i>	GENTIACEAE	X								X
Cranesbill (Native Geranium)	<i>Geranium sp</i>	GERANIACEAE	X								<b>Medicinal:</b> Roots were ground by Aborigines (Eastern Australia) for treatment of diarrhoea. <b>Food:</b> Roots of Geranium sp in central desert ground for food storage.
Fan-fern	<i>Sticherus sp</i>	GLEICHENIACEAE					X				
Raspwort	<i>Gonocarpus teucroides</i>	HALORAGACEAE							X		
Paroo Flax Lily	<i>Dianella caerulea</i>	LILIACEAE					X				<b>Fruits.</b> Purple fruits edible & sweet.. Common. Late summer.

White Root	<i>Pratia purpurescens</i>	LOBELIACEAE	X							<b>Medicinal:</b> Reputed to be effective against snakebite. Contains alkaloid, lobeline. Note: Many plants in Lobeliaceae family are toxic.
Broad leaf-Ground Orchid	<i>Broad leaf – Ground Orchid</i>	ORCHIDACEAE					X			Orchids have edible tuberous roots
Bamboo (Spear) Grass	<i>Austrostipa ramosissima / verticillata ???</i>	POACEAE		X						
Spear Grass	<i>Austrostipa sp</i>	POACEAE	X							
Narrow-leaved Carpet Grass	<i>Axonopus fissifolius</i>	POACEAE	X							
Hedgehog Grass	<i>Echinopogen caespitosus</i>	POACEAE	X							
Wiry Panic	<i>Entolasia marginata</i>	POACEAE	X							
Wiry Panic	<i>Entolasia stricta</i>	POACEAE	X				X	X		
Meadow Grass	<i>Microlaena stipodes</i>	POACEAE	X	X				X	X	<b>Seeds:</b> Collected by Aborigines to make a flour. Seed has been harvested commercially in bush food industry for <i>Microleana</i> flour.
Basket Grass	<i>Oplisminus aemulus</i>	POACEAE	X	X						
* Caterpillar Grass	<i>Paspalum dilatatum</i>	POACEAE	X							
* Kikuyu	<i>Pennisetum clandestinum</i>	POACEAE	X							
* Pigeon Grass	<i>Setaria sp</i>	POACEAE	X							
Kidney Weed	<i>Dichondra repens</i>	RANUNCULACEAE	X	X						X
Stinkweed	<i>Opercularia sp (small leaf)</i>	RUBIACEAE							X	The leaves stink!
Native Current	<i>Leptomeria acida</i>	SANTALACEAE	X							<b>Fruits:</b> Plentiful. Sour to sweet. Rich in vitamin C. Related to the Native Cherry (see additional list below)
Creeping Speedwell	<i>Veronica plebia</i>	SCROPHULARIACEAE	X							X
Eastern Nightshade	<i>Solanum pungetium</i>	SOLONACEAE	X							<b>Fruits:</b> Edible <u>when ripe</u> . Toxic otherwise. Bush tomato.
Trigger Plant	<i>Stylidium sp</i>	STYLIDIACEAE						X		
Mat-rush	<i>Lomandra fluviatus ?</i>	XANTHORROEACEAE					X			<b>Seeds:</b> Can be collected and ground into flower <b>Uses:</b> Leaves used for basket weaving
Pale Mat-rush (low ground cover)	<i>Lomandra glauca</i>	XANTHORROEACEAE	X							X
Spiny-headed Mat-rush	<i>Lomandra longifolia</i>	XANTHORROEACEAE	X		X		X			<b>Seeds:</b> Collected by Aborigines, ground into flour & cooked as dough. (seeds are like hard brown rice). <b>Leaves:</b> Starchy material at base of leaf above roots. <b>Uses:</b> Leaves used for basket weaving.
<b>Vines &amp; Scramblers</b>										
Bearded tylophora	<i>Tylophora barbata</i>	ASCLEPIADACEAE	X	X				X		<b>Fruits:</b> 'Silkpod' fruits in this family, referred to by Aborigines as 'bush banana'
Wonga Vine	<i>Pandorea pandorana</i>	BIGNONIACEAE	X							

Guinea Flower	<i>Hibbertia dentata</i>	DILLENIACEAE		X	X				X		
Purple Twining Pea	<i>Glycine clandestina</i>	FABACEAE	X								
Wombat Berry	<i>Eustrephus latifolius</i>	PHILESIACEAE	X								<b>Fruits:</b> Sweet and edible. Yellow. <b>Roots:</b> 'Carrot' like tap root, eaten by Aborigines. Top half used so bottom would grow back again.
Scrambling Lily	<i>Geitenoplesium cymosum</i>	PHILESIACEAE	X								<b>Fruits:</b> Sweet & edible. Black. Stems: Fresh shoots can be cultivated like 'asparagus' stems
Apple Berry, Dumplings	<i>Billardiera scandens</i>	PITTOPOACEAE	X								<b>Fruits:</b> Edible, 'jelly bean' shaped. Taste like stewed apple. Best palatability when very ripe, or drop on ground. Commercially grown for bush food market.
* Blackberry	<i>Rubus fruticosus</i>	ROSACEAE	X								<b>Fruits:</b> Highly edible & prolific. Commercially sold. <b>Young shoots:</b> Eaten as a salad. <b>Medicinal:</b> Bark, root & leaves high in tannin & valued as an astringent & tonic. Used for skin malodies, burns & scalds. Leaves & root mixtures used for healing piles, & to treat bladder infections & thrush. Bark & roots used for dysentery & diarrhoea. Fruits used as a gargle for sore throats. Flowers & fruits used for venomous bites in old times. Many superstitious beliefs associated with Blackberry.
Native Raspberry Small-leaf Bramble Japanese Raspberry	<i>Rubus parvifolius</i> (found in Australia and Asia)	ROSACEAE		X							<b>Fruits:</b> Edible raspberries <b>Medicinal:</b> Bark & Root & Leaves high in tannin. Valued as astringent & tonic. Leaves - Treat <u>diarrhoea</u> (decoction), <u>mouth infections</u> , <u>bleeding</u> and <u>sores</u> (poultice) Roots: An ancient remedy used fermented decoction to treat <u>sores</u> of mouth and anus. Fruit: Used for soreness of mouth & throat. <i>Rubus parviflorus</i> , is claimed to aid in smooth child birth (drunk 3x daily) by strengthening uterine walls and muscles. Hepataprotective (liver) & antioxidant properties. <b>Note:</b> Plants in the <i>Rubus</i> genus (Blackberries, Raspberries etc), are very high in <u>tannins</u> which are useful for herbal medicine.
Forest Bramble (Native Raspberry)	<i>Rubus rosifolius</i> (found in Australia & Asia)	ROSACEAE		X							<b>Fruits:</b> Edible. Good size and tasty! Used in jams, pies, etc. Sold commercially in Asia. <b>Medicinal:</b> Leaves & roots are high in tannin & astringent. Also an anodyne (pain & nervous relaxant) and depurative. Leaves can be made into a tea. Helpful for painful menstruation, labour pains, flu, and morning sickness. Decoction of leaves used by Aborigines as treatment for diarrhea The fruit is a mild laxative if eaten in large quantities. <b>Medicinal:</b> See <i>Rubus parvifolius</i> See Blackberry
Morinda	<i>Morinda jasminoides</i>	RUBIACEAE						X	X		<b>Fruits:</b> Edible, however tough & poor palatability.



Lawyer Vine	<i>Smilax australis</i>	SMILACACEAE	X					X	X		<b>Medicinal:</b> Cold & Chest complaints. Blood & Nervous treatment Aborigines used as an alterative & a tonic. NT Aborigines use for sore eyes. Nth Qld Aborigines, decoction used for snake bite.
Native Sarsaparilla	<i>Smilax glycyphylla</i>	SMILACEAE						X	X		<b>Leaves:</b> Sarsaparilla flavor, strong. <b>Medicinal:</b> Once used extensively as a tonic, antiscorbutic (scurvey), cough & chest complaints. Antioxidants act & prevent cell damage to gastro-intestinal walls. Leaves boiled until a thin syrup forms Claimed to have similar properties to <i>Smilax officinalis</i> (see below) Leaves, stems & flowers have glycoside 'glyciphyllin', gives 'bitter/ sweet' taste & may be give the medicinal properties.
Sarsaparilla	<i>Smilax officinalis</i>  ** Native of Central & Sth America. Well known medicinal plant.	SMILACEAE									<b>Food:</b> Roots high in starch. Leaves Sarsaparilla flavour. <b>Medicinal:</b> Blood tonic. Alterative. Tonic. Diaphoretic & Diarhetic Smoke used to treat asthma. Rheumatism. Chronic skin diseases. Used in treatment of syphilis. Roots Pituitic & metabolic stimulator. Contain saponins (soap chemicals). Steroidal & glycoside saponins (smilagenin, sarsasapogenin, sarsaparilloside, sarsaponin), flavonoids (quercitin), phytosterols, starch, resin, testosterone & cortin hormones (controversial), B-sitosterol, stigmaterol glycosides, oxalic acid, fatty acids.
Five-leaf Water-vine	<i>Cissus hypoglauca</i>	VITACEAE		X							<b>Fruits:</b> Edible, sweet & plentiful at the end of summer! Note: Only palatable once dropped on ground. Like many bush plants, unpalatable on vine. <b>Stems:</b> Provide water (hence 'Water Vine'). Have saved thirsty people. <b>Medicinal:</b> A gargle from fruit can relieve sore throat.
<b>Exotic groundcovers (except grasses)</b>											
* Flaxleaf Fleabane	<i>Conyza bonariensis</i>	ASTERACEAE	X							X	
* Spear Thistle	<i>Cirsium vulgare</i>	ASTERACEAE	X							X	Used over 2000 years ago <b>Leaves:</b> Eaten by European peasants. Still eaten by Muslim tribes of Northern Africa & Middle East <b>Peeled stem:</b> Used as vegetable (like choko) <b>Flowerheads:</b> Like artichokes <b>Roots:</b> Used like parsnips <b>Medicinal:</b> Liver. Germans confirmed liver treatment in 1960s. Seeds are only known remedy for liver destroying toxins of deathcap mushroom <i>Amanita phalloides</i>
* Catsear	<i>Hypochoeris radicata</i>	ASTERACEAE	X							X	<b>Leaves:</b> Once eaten as vegetable by European peasants
* Fireweed	<i>Senecio madagascariensis</i>	ASTERACEAE	X							X	Toxic to horses.
* Carolina Mallow	<i>Modiola caroliniana</i>	MALVACEAE	X							X	
* Cleavers, Galium	<i>Galium aparine</i>	RUBIACEAE	X								

# Bushland Rear of Lagoon (Mountain Lagoon)

Approximately

Predominantly clay influence from volcanic diatreme

Wet Sclerophyll Forest – Mountain Bluegum & Stringbark Association. Riparian community at Lagoon.

## Legend

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<b>Trees &amp; tall shrubs</b>				
Blueberry Ash	<i>Eleocarpus reticulatus</i>	ELEOCARPACEAE		
Cedar Wattle	<i>Acacia elata</i>	MIMOSACEAE		<b>Sap:</b> Sap gum is edible. <b>Medicinal &amp; Uses:</b> Tannins in bark
Sydney Golden Wattle	<i>Acacia longifolia</i>	MIMOSACEAE		<b>Seeds:</b> Green seeds edible & used by Aborigines. * *Note: Only two Wattles in Sydney area have edible seeds, i.e. <i>A longifolia</i> & <i>A suaveolans</i> (Sweet Scented Wattle).
Green Wattle	<i>Acacia parramattensis</i>	MIMOSACEAE		<b>Sap:</b> Prolific sap gum. Used as food source. * ‘Fern Leaf’ Wattles tend to have prolific & palatable gum sap. *Note: Aborigines used Wattle gum throughout Australia. Murray River stands of Wattles were tapped regularly. Central desert, Wattle gum mixed with Quandong fruit for storage. Sydney, gum observed in coolamons with Banksia flowers & water, to make a sweet ‘cordial’. <b>Uses:</b> Sap mixed with ash to make resin.
Turpentine	<i>Syncarpia glommulifera</i>	MYRTACEAE		<b>Timber:</b> Very useful outdoor timber. Decking, Wharf piers.
Muttonwood	<i>Rapanea variabilis</i>	MYRSINACEAE		
Mountain Bluegum	<i>Eucalyptus deanei</i>	MYRTACEAE		<b>Timber:</b> Bluegums are a well use commercial timber.
Blue-leaf Stringybark	<i>Eucalyptus globoidea</i>	MYRTACEAE		<b>Timber:</b> Well used commercial timber
Grey Ironbark	<i>Eucalyptus paniculata</i>	MYRTACEAE		<b>Medicine:</b> Kino in Ironbarks used for diarrhoea treatment. (10% mix with water. 150ml every 24hrs).
Sydney peppermint	<i>Eucalyptus piperita</i>	MYRTACEAE		<b>Medicinal:</b> Gum mixed with water well known diarrhoea treatment. Leaf oil can treat stomach upsets & ‘cholic’ complaints. Peppermint smelling leaves. Leaf oil 45-55% <i>l</i> -piperotone when distilled from foliage around Sydney. Low <i>l</i> -piperotone from plants at Windsor & Central Coast. <i>l</i> -piperotone starting material for manufacture of <i>l</i> -menthol (treatment of migranes) & thymol (powerful fungicide) <sup>(3)</sup>
Greygum	<i>Eucalyptus punctata</i>	MYRTACEAE		<b>Timber:</b> Commercially used. Hard
Narrow-leaf Stringybark	<i>Eucalyptus sparsifolia</i>	MYRTACEAE		<b>Timber:</b> Commercially used.
Flax-leaved Paperbark	<i>Melaleuca lineariifolia</i>	MYRTACEAE	Lagoon edges	<u>Paperbarks</u> <b>Leaves:</b> Aromatic leaves used for headaches & colds. Flowers: Sweet nectar when soaked in water. <b>Bark:</b> Used for ‘paper’ sheets. Cooking, building, etc. <b><i>M linearifolia</i>:</b> Essential oils. Some varieties are rich in the antibacterial, <a href="#">terpinen-4-ol</a> . Some varieties are rich in <a href="#">1,8-cineole</a> , used in cough medicines, headaches, muscular pain etc. <a href="#">Commercial Tea Tree oil comes from <i>Melaleuca alternifolia</i>. This is high in the antibacterial terpinen-4-ol. Also contains gamma terpinene &amp; cineole.</a> Comment: <i>Melaleuca lineariifolia</i> has a strong peppermint smell in the leaves

Sweet Pittosporum	<i>Pittosporum undulatum</i>	PITTOSPORACEAE		<p><b>Seeds:</b> Seeds from Pittosporum sp. were used by Aborigines for food, although <i>P undulatum</i> is fairly unpalatable.</p> <p><b>Medicinal:</b> Resins claimed to be a stimulant. Oils have good antithrombin (coagulant &amp; liver) properties. Contains limonene, d-pinene, calamine &amp; etc <sup>(18)</sup></p> <p><b>Timber:</b> Pittosporum timber used for Golf clubs.</p>
<b>Shurbs</b>				
Settlers Flax	<i>Gymnostachys anceps</i>	ARACEAE	(Palm family)	
Native Elderberry	<i>Polyscias sambucifolia</i>	ARALIACEAE		<p><b>Fruits:</b> Edible fruits. Small. Usually quite bitter unless very ripe, then sweet/ bitter. Similar appearance to European elderberry, but unrelated</p> <p><b>P fruticosus (INDIA) – Medicinal:</b> Leaves used in Asia as antibacterial, antifungal, anti-inflammatory, disentry &amp; tonic. Proven to aid digestion. Root used as a diuretic, febrifuge (fever), anti-dysentery, &amp; used for neuralgia &amp; rheumatic .</p> <p>Contains Oleanolic acid saponins (leaves), &amp; Polyacetylenes (roots) from the roots. Antibacterial and antifungal activities.</p>
White Paper Daisy	<i>Helichrysm elatum</i>	ASTERACEAE		
Ball Everlasting	<i>Ozothamnus diosmifolium</i>	ASTERACEAE		<b>Leaves:</b> Aromatic. 'Oregano' smell.
Harsh Ground-fern	<i>Hypolepis muelleri</i>	DENNSTAEDTIACEAE		<b>Medicinal:</b> Fresh leaves good pain reliever for insect stings.
Bracken Fern	<i>Pteridium esculentum</i>	DENNSTAEDTIACEAE		<p><b>Roots:</b> Starchy roots roasted on ashes, beaten into paste with water &amp; baked. Usually when no other foods were available.*</p> <p>* Note: Ferns are carcinogenic in long term. Carcinogens broken down by cooking.</p> <p><b>Medicinal:</b> Fresh leaves good pain reliever for insect stings.</p>
Guinea flower	<i>Hibbertia diffusa</i>	DILLENACEAE		
Ground-berry	<i>Acrotriche divaricata</i>	EPACRIDACEAE		<b>Fruits:</b> Small sweet edible fruits. Heath family. 'native cranberries'.
Lance-leaf Beard Heath	<i>Leucopogen lanceolatus??</i>	EPACRIDACEAE		<b>Fruits:</b> Small sweet edible fruits. Heath family. 'native cranberries'.
Breynia	<i>Breynia oblongifolia</i>	EUPHORBIACEAE		
Native Indigo	<i>Indiphora australis</i>	FABACEAE		
Bush Pea	<i>Pultenaea flexilis</i>	FABACEAE		
Hop Goodenia	<i>Goodenia ovata</i>	GOODENIACEAE		
Mock Olive	<i>Notolea sp</i>	OLEACEAE		Native Olive. Olive like fruits.
Mock Olive	<i>Notolea ovata ?</i>	OLEACEAE		Native Olive. Olive like fruits
Crinkle Bush	<i>Lomatia silaifolia</i>	PROTEACEAE		
Geebung	<i>Persoonia oblongata</i>	PROTEACEAE		<b>Fruits.</b> Edible. Sweet, but only ripe when on ground.
Sandfly Zieria	<i>Zieria smithii</i>	RUTACEAE		<p>Insect repellent. Strong aromatic leaves.</p> <p><b>Note:</b> Rutaceae family (including citrus's) has notable aromatic oils long used for medicines &amp; perfumes. This includes the European 'Rue' plant, &amp; also native Boronia's.</p>
Native Current	<i>Leptomeria acida</i>	SANTALACEAE		<p><b>Fruits:</b> Plentiful. Sour to sweet. Rich in vitamin C.</p> <p>Related to the Native Cherry (see additional list below)</p>
<b>Ground Layer</b>				
Gristle Fern	<i>Blechnum cartilagenium</i>	BLECHNACEAE		
Black-fruited Saw-sedge	<i>Gahnia melanocarpa ?</i>	CYPERACEAE	Towards lagoon edge	Gahnia seeds crushed to paste by Aborigines & cooked as dough. Starch at base of leaves, above root.
Sword Sedge	<i>Lepidosperma (eliatus?)</i>	CYPERACEAE		
Variable Sword-sedge	<i>Lepidosperma laterale</i>	CYPERACEAE		
Bogrush	<i>Schoenus melanostychus</i>	CYPERACEAE		

Raspwort	<i>Gonocarpus teucroides</i>	HALORAGACEAE		
Paroo Flax Lily	<i>Dianella caerulea</i>	LILIACEAE		<b>Fruits:</b> Purple fruits edible & sweet.. (late summer)
Smooth Flax Lily	<i>Dianella laevis?</i>	LILIACEAE		<b>Fruits:</b> Purple fruits edible & sweet.. Common. Late summer.
White Root	<i>Pratia purpurescens</i>	LOBELIACEAE		<b>Medicinal:</b> Reputed to be effective against snakebite. Contains alkaloid, lobeline. Note: Many plants in Lobeliaceae family are toxic.
Greenhood Orchid	<i>Diuris ?</i>	ORCHIDACEAE		<b>Tubers:</b> Underground tubers edible.
Oxalis (	<i>Oxalis sp</i>	OXALIDACEAE		
Wiry Panic	<i>Entolasia stricta</i>	POACEAE		
Weeping Meadow Grass	<i>Microleana stipoides</i>	POACEAE		<b>Seeds:</b> Collected by Aborigines to make a flour. Seed has been harvested commercially in bush food industry for <i>Microleana</i> flour.
Basket Grass	<i>Oplisminus aemulus</i>	POACEAE		
Old Man's Beard	<i>Clematis aristida</i>	RANUNCULACEAE		<b>Roots:</b> Aborigines cooked roots in baskets, kneaded & pounded into dough. <b>Medicinal:</b> Leaves treat headaches. Crushed & inhaled. Poultice of plant treats skin conditions (must be used in moderation)
Kidney Weed	<i>Dichondra repens</i>	RANUNCULEAE		
Stinkweed	<i>Opercularia</i>	RUBIACEAE		The leaves stink!
Stinkweed	<i>Opercularia (small leaf)</i>	RUBIACEAE		The leaves stink!
Creeping Speedwell	<i>Veronica plebeia</i>	SCROPHULARIACEAE		
Ivy-leaved Violet	<i>Viola hederaceae</i>	VIOLACEAE		<b>Flowers:</b> Flowers can be eaten.
Spiny-headed Mat-rush	<i>Lomandra longifolia</i>	XANTHORROEACEAE		<b>Seeds:</b> Collected by Aborigines, ground into flour & cooked as dough. (seeds are like hard brown rice). <b>Leaves:</b> Starchy material at base of leaf above roots. <b>Tools:</b> Leaves used for basket weaving.
<b>Climbers &amp; Scramblers</b>				
Mountain Silkpod	<i>Parsonsia straminea</i>	APOCYNACEAE		<b>Fruits:</b> 'Silkpod' fruits in this family, referred to by Aborigines as 'bush banana'.
Bearded tylophora	<i>Tylophora barbata</i>	ASCLEPIADACEAE		<b>Fruits:</b> 'Silkpod' fruits in this family, referred to by Aborigines as 'bush banana'
Guinea Flower	<i>Hibbertia dentata</i>	DILLENIACEAE		
Purple Twining Pea	<i>Glycine clandestina</i>	FABACEAE		
Twining Glycine	<i>Glycine tabacina</i>	FABACEAE		
Wombat Berry	<i>Eustrephus latifolius</i>	PHILESIACEAE		<b>Fruits:</b> Sweet and edible. Yellow. <b>Roots:</b> 'Carrot' like tap root, eaten by Aborigines. Top half used so bottom would grow back again.
Scrambling Lily	<i>Geitonoplesium cymosum</i>	PHILESTACEAE		<b>Fruits:</b> Sweet & edible. Black. Stems: Fresh shoots can be cultivated like 'asparagus' stems
Apple Dumplings	<i>Billardiera scandens</i>	PITTOSPORACEAE		<b>Fruits:</b> Edible, 'jelly bean' shaped. Taste like stewed apple. Best palatability when very ripe, or drop on ground. Commercially grown for bush food market.
Broad-leaf Bramble	<i>Rubus hillii</i>	ROSACEAE	Adjacent to site	<b>Fruits:</b> Edible raspberries. Small. <b>Leaves:</b> Young plants used as a tea. <b>Medicinal:</b> Leaves, shoots & roots high in tannins. <u>Astringent.</u> The leaves and the root are astringent. A decoction of the leaves or the root is used in the treatment of skin diseases and as a stimulant to blood circulation. Leaves soaked in warm water & used as infusion for stomach upsets. Treat diarrhoea. Ease coughing & cool fever. Urinary issues. Leaves have the triterpenoids* rubusinic acid & rubitinic acid. (* terpenoids are powerful
		See also - <i>Rubus parvifolius</i> See also - <i>Blackberry</i> on property list above for medicinal qualities		

				plant chemicals often used for defence against animals) <b>Medicinal:</b> See <i>Rubus parvifolius</i> See Blackberry - on property list above.
Morinda	<i>Morinda jasminoides</i>	RUBIACEAE		<b>Fruits:</b> Edible, however tough & poor palatability.
Lawyer Vine	<i>Smilax australis</i>	SMILACACEAE		<b>Medicinal:</b> Aborigines used as an alterative & a tonic.
Native Sarsaparilla	<i>Smilax glycinoidea</i>	SMILACEAE		<b>Leaves:</b> Sarsaparilla flavor, strong. <b>Medicinal:</b> Once used extensively as a tonic, antiscorbutic (scurvey), cough & chest complaints. Antioxidants act & prevent cell damage to gastro-intestinal walls. Leaves boiled until a thin syrup forms. Claimed to have similar properties to <i>Smilax officinalis</i> (see above) Leaves, stems & flowers have glycoside 'glyciphyllin', gives 'bitter/ sweet' taste & may be give the medicinal properties.
Five-leaf Water-vine Native Grape	<i>Cissus hypoglauca</i>	VITACEAE		<b>Fruits:</b> Edible, sweet & plentiful at the end of summer! Note: Only palatable once dropped on ground. Like many bush plants, unpalatable on vine. <b>Medicinal:</b> A gargle from fruit can relieve sore throat.

# Bush Food / Medicine Plants of local interest, but not in Mountain Lagoon.

These species may be applicable to site if planting undertaken.

## Legend

Blue Text denotes commercial use of plant

Plants of local interest, but not sited at Mountain Lagoon						Compiled by Nathan Summers July 2013
Common Name	Botanical Name	Family	Habit	Where found	Why relevant to Mtn Lagoon	Plant uses
Sandpaper Fig	<i>Ficus coronata</i>	MORACEAE	Small tree.	Common in creeklines in temperate areas East of dividing range.	Plenty of Sandpaper figs at Wheeny Creek.	<b>Fruits:</b> Edible. Figs. Plentiful. Not the same palatability as commercial Figs. <b>Uses:</b> Leaves. Sandpaper roughness used as 'sandpaper' tool by Aborigines. <b>Medicinal:</b> Latex sap of young shoots used to heal wounds by Aborigines. Latex of many <i>Ficus sp</i> has proteolytic (protein eating/ catabolising) enzymes. Also antiseptic qualities.
Water Ribbons	<i>Triglochin procera</i>	CYPERACEAE	Water plant. Broad leaves.	Shallow ponds, dams, etc	Water plant which may be useful in dam.	<b>Tubers:</b> Collected and cooked in ovens by Aborigines. Commercial interest.
Bull Rush, Cumbungi	<i>Typha domingensis</i>	CYPERACEAE	Water plant. Grows in thick stands	Shallow water bodies	Water plant which may be useful in dam.	<b>Roots:</b> Roasted & peeled. Often collected in bulk for food storage. <b>Shoots:</b> New shoots can be eaten raw. <b>Uses:</b> Root fibres used to make string.
Hickory Wattle, Weetjellan, Millewah	<i>Acacia implexa</i>	MIMOSACEAE	Shrub	Common in woodland areas of moderate to higher rainfall.	Found throughout SE Australia, including Western slopes & Sydney.	<b>Uses:</b> Bark used as fish poison by Aborigines. Wattle tannins used in curing animal skins. <b>Medicinal:</b> Embrocation / lotion of bark used for curing skin diseases by Aborigines. Bark is very high in tanins
Black Wattle, Blackwood	<i>Acacia melanoxylon</i>	MIMOSACEAE	Medium to large tree. 6 – 30m	Fertile soils. Wet Forests.	Prevalent throughout tablelands. Likely to be in fertile soils of Bilpin area.	<b>Sap:</b> Gum used for food. <b>Uses:</b> Inner Bark used for string. Wood used for spear throwers, shields & clubs (VIC) <b>Medicinal:</b> Roasted bark, hot infusion used for rheumatism. Very high in tannins.
Northern Boobialla	<i>Myoporum accuminatum</i>	MYOPORACEAE	Small to medium shrub	Coastal areas, estuaries & margins to wet forests	Not in Mtn Lagoon, but a widespread plant of interest.	<b>Medicinal:</b> Plants of the Myoporaceae family, including Boobialla's ( <i>Myoporum sp</i> ) & Emu Bushes ( <i>Ermophila sp</i> ) used extensively by Aborigines for a range of medicinal properties. Leaves strongly aromatic with oils and alkaloids.
Western Boobialla	<i>Myoporum montanum</i>	MYOPORACEAE	Small shrub	Woodlands & creeks. Blue Mtns, Western slopes, plains, creeks	Not sited at Mtn Lagoon, but occurs commonly. E.g. seen at Capertee, Wollondilly River, Western Sydney..	<b>Medicinal:</b> Plants of the Myoporaceae family, including Boobialla's ( <i>Myoporum sp</i> ) & Emu Bushes ( <i>Ermophila sp</i> ) used extensively by Aborigines for a range of medicinal properties. Leaves strongly aromatic with oils and alkaloids.
Lilly Pilly	<i>Acmena smithii</i>	MYRTACEAE	Small Tree	Creek zones	Whilst not sited at Mtn Lagoon, found throughout area.	<b>Fruits:</b> Prolific. Usually white to purple. Edible. Large seed and not as nice as Syzygium below. Lilly Pilly & Riberry fruits can make <b>Wine</b> . <b>Medicinal:</b> Leaves & Fruits antibiotic properties

Grey Myrtle	<i>Backhousia myrtifolia</i>	MYRTACEAE	Shrub	Creek zones	Whilst not sited on property, very common throughout area.	<b>Medicinal:</b> Essential oils. Leaf infusion carmative effect (flatulence). Contains methyl eugenol, methyl isoeugenol & elemich. Related to <i>B citriodora</i> of Nth Coast, Lemon Myrtle.
Bush Cherry	<i>Syzigium australis</i> <i>Syzigium oleosum</i>	MYRTACEAE	Small Tree	Coastal rainforests		<b>Fruits:</b> Prolific. Purple to Red. Edible. Nicer than Lilly Pilly's, but not quite as nice as <i>S paniculatum</i> . Lilly Pilly & Riberry fruits can make <b>Wine</b> .
Magenta Lilly Pilly, Native Riberry	<i>Syzigium paniculatum</i>	MYRTACEAE	Small Tree	Littoral rainforest. Stabilised sandy soils	Grown commonly as an ornamental	<b>Fruits:</b> Prolific. Purple & quite tasty and palatable. Marketed in bush food industry as 'Native Riberry' Lilly Pilly & Riberry fruits can make <b>Wine</b> .
Blackthorn	<i>Bursaria spinosa</i>	PITTOSPORACEAE	Small to medium shrub. Prickly stems	Common understorey shrubs in drier woodlands of non sandy soils. Western Sydney & slopes West of divide	Not sited at Mountain Lagoon, but highly likely to be in area.	<b>Medicinal:</b> Leaves contain 'coumarin' (scented compound), Aesculin. Aesculin used as radiation screen. Used for ultraviolet radiation screen in suntan lotions. Has been used in irradiation treatment of Lupus,'
Native Dock	<i>Rumex brownei</i>	POLYGONACEAE	Spinach like ground herb.	Moist open areas. Grassy flats.	A common groundcover	<b>Leaves:</b> Edible, like spinach. A citrus-spinach taste. Like spinaches, docks & sorrels, leaves should be steamed before eaten to remove Oxalis acid.
Boronia's	<i>Boronia sp</i>	RUTACEAE	Small shrubs	Sandstone soils	Whilst not sited on property, likely to be present on sandstone soils in area.	Many Boronia's used as perfumes. Ornamental. <b>Note:</b> Rutaceae family (including citrus's) has notable aromatic oils long used for medicines & perfumes. This includes the European 'Rue' plant.
Red Ash, Soap Tree	<i>Alphitonia excelsa</i>	THYMELAEACEAE	Small shrub to Tall Tree	Wet Forest and Dry Rainforest coloniser	Throughout coastal zone, & also in dry rainforests West of divide, e.g. plentiful at Bebo SF, Yetman NSW	<b>Uses:</b> Leaves high in <b>Saponins</b> (soap chemicals). Used as fish poison. Also makes soapy lather. <b>Medicinal:</b> Painkiller. Leaves, Bark etc used for headaches, toothaches, etc.
Prickly Current Bush Prickly Coprosma	<i>Coprosma quadrifolia</i>	RUBICACEAE	A small bush with prickly stems. Red fruits	Wet Forests & Open Rainforests	Plentiful at Mt Wilson. Not sited at Mtn Lagoon.	<b>Fruits:</b> Abundant small red fruits are edible. Sweet bitter taste.
Native Cherry, Ballart	<i>Exocarpus cupressiformis</i>	SANTALACEAE	Small tree. Cyperus pine like leaves. Parasitic roots.	Common in open woodland throughout SE Aust. Usually singular trees.	Related to the native current (see above). Whilst not noted on property, Native Cherry occurs throughout Lapstone, Springwood etc, & fairly common plant.	<b>Fruits:</b> Very sweet and abundant in summer. Small with external seed. Twigs & Leaves: Make a bitter tonic & astringent. <b>Timber:</b> Used for spearthrowers. <b>Medicinal:</b> Sap substance known to be useful for snake bites.
Hop Bush	<i>Dodonaea triquetra</i>	SAPONACEAE		Colonizer. Prevalent in Eucalypt forests with sandy loam soils. Particularly after fire	Whilst none noted on property, very likely to be found abundantly in local area.	<b>Seeds:</b> Seeds used by early settlers to flavour beer. Fruits resemble 'hops' used in beer. <b>Medicinal:</b> Roots of many hop bush species, including <i>D. triquetra</i> , used extensively by Aborigines for healing sores, cuts & stings. Also an antiseptic. Roots eased pain in toothache. Dodonaea sp used in India for fevers, Sth Africa for stomach disorders, Peru leaves chewed for stimulant. <i>Dodonaea sinuolata?</i> (pinnate leaves) around Dorrigo NSW, smoked by ferals as a substitute for tobacco & pot

Corkwood	<i>Duboisia myoporoides</i>	SOLANACEAE		\Creeks, Rainforest Islands, Forests. Fertile, moist open areas.	Heaps found along Wheeny Creek.	<p><b>Medicinal:</b> Powerful alkaloids. Hyoscine (also called Scopolomine) extracted for - Eye surgery, Stomach problems, Treat symptoms for shell shock, tuberculosis, cancer therapy Commercially harvested on Nth Coast NSW &amp; near Brisbane. Leaves dried &amp; sold overseas to pharmaceutical industry for alkaloids.</p> <p>Related to 'Pituri' <i>Dubosia hopwoodii</i>, a desert plant widely used as a narcotic by Aborigines. Also used as a poison for hunting. Pituri has a variable chemical constitution, however the variety near Simpson Desert &amp; Cooper Ck high in Nicotine.</p>
Kangaroo Apple	<i>Solanum aviculare</i>	SOLONACEAE		Coloniser in moist forests. Open areas with high rainfall & good soil.	Not noted on property, but likely to be in Bilpin / Kurrajong area. Found in Katoomba & throughout Sydney.	<p><b>Fruits:</b> One of the native 'bush tomatoes'. Fruits edible. Note: they should be properly ripe to avoid toxins. Strong taste.</p> <p><b>Medicinal:</b> Fruits high in steroidal alkaloid 'Solanicine'. Highest in unripe fruits. Fruits harvested commercially in Romania for steroid production.</p>
Slender Rice Flower	<i>Pimelea linifolia</i>	RHAMNACEAE	Low thin shrub, 30-40cm	Common in sclerophyll woodland, particularly after fire	Not sited at Mtn Lagoon property, however very likely to be in vicinity.	<p><b>Uses:</b> <i>Pimelea sp</i> have tough bark which peels off &amp; hard to break. Commonly used by Aborigines for string bags, rope, etc.</p>
Slender Grape	<i>Cayratia clematidea</i>	VITACEAE		Near wet forests and gullies, open areas.	Not at Mtn Lagoon, but throughout Sydney.	<p><b>Fruits:</b> Small, black &amp; edible.</p> <p><b>Tubers:</b> Underground water holding 'tubers' are edible.</p>
Mountain Pepper	<i>Tasmania lanceolata</i>	WINTERACEAE		Sheltered gullies. Cool rainforests.	Throughout Blue Mountains	<p><b>Fruits:</b> Pepper like. Hot, delayed reaction. Sold commercially as 'Native Pepper'.</p> <p><b>Leaves:</b> Hot, Pepper like, delayed reaction.</p>
Grass Tree	<i>Xanthorrhoea sp.</i>	XANTHORRHOEC DEAE		Most species tend to occur on sandy soils.	Whilst not on clay soils of Mountain Lagoon, likely to be on surrounding sandstone country.	<p><b>Food:</b> Starchy layer at base of leaves, above stem, is edible. Roots are succulent at a young age. Nectar of flowers eaten.</p> <p><b>Uses:</b> Flower spike used for spear shaft by Aborigines. Hard, waterproof resin produced at base of leaves. Melts when warmed. Used for spear heads &amp; stone axe tools.</p>



# Mountain Lagoon Bush Food Lists

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*Also accompanying video*

# Wild Food Plants



Wombat Berry. *Eustrephus latifolius*



Wombat Berry. *Eustrephus latifolius*  
PHILESTRACEAE  
Edible Fruits (sweet). Edible tap roots



Tall Spike Thrush. *Eleocharis spheaculata*



Native Cranberry. *Lissanthe strigosa*  
EPACRIDACEAE  
Note the large fruits



Eastern Nightshade. *Solanum pungetium*



Ground Berry. *Acrotriche divaricata*  
EPACRIDACEAE  
Small 'cranberry' fruits



Cabbage Tree Palm. *Livistona australis*



Broad leaf Bramble  
*Rubus fruticosus*  
Found near Lagoon area



Forest Bramble.  
*Rubus rosifolius*



Mountair  
Native Raspberry. *Rubus parvifolius*  
& Forest Bramble. *Rubus rosifolius*



Forest Bramble. *Rubus rosifolius*  
(Raspberries)

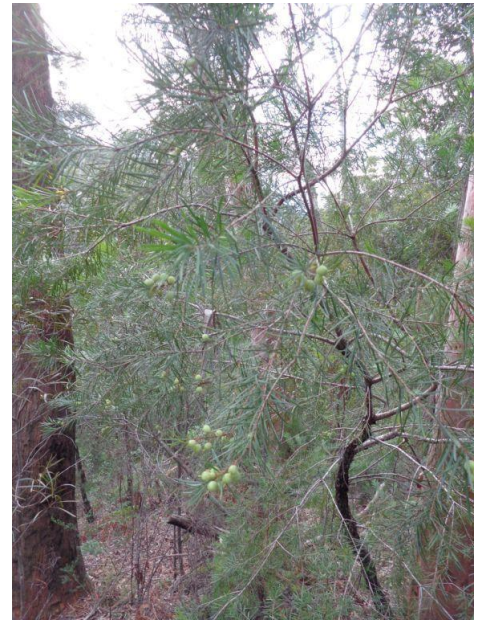
# Wild Foods & Other Plants of Interest



Broad-leaf Geebung. *Persoonia lanceolata*  
Edible fruits, ripe when on ground.  
Bark good for skin wounds



Woody Pear *Xylomelum pyrofirme*



Narrow-leaf Geebung. *Persoonia linearis*  
Edible fruits, ripe when on ground.  
Bark good for skin wounds



Bearded Tylophora *Tylophora barbata*



Ground Orchids



Settles Flax *Gymnostachys anceps*  
(a type of Palm)



Native Riberry *Syzygium paniculatum*  
Prolific purple tasty berries

# McLoughlin Property, Sam's Way (1)



Native Raspberries  
& Bamboo Spear Grass, etc



Gully with Cunjevoi (*Allocasia macrorrhizas*),  
Native peach, etc

# McLoughlin Property Sam's Way (2)



Narrow-leaf Stringybark etc



Looking down the creek



'Sandstone Terraces'



'Sandstone Terraces'



Sandstone slopes



Sword Sedge *Gahnia sp* on ck flats



Mat-rush *Lomandra fluviatus(?)*



Slopes. Sydney Peppermint. *Pultenaea flexilis*, etc



Lower Creek. Turpentine & Coachwood



Gahnia etc on creek flats



**The Lagoon**



**The Lagoon**



Flax-leaf Paperbark *Melaleuca linearifolia*



**Bushland Behind Lagoon  
Mountain Bluegum etc**



Mtn Bluegum etc



Grey Gums, Bluegum, Stringybark etc



**Bushland Behind Lagoon  
Mountain Bluegum etc**



Large Bluegum remnants



Wild Food a Blue-leaved Stringybark, etc. False Braken

