

Bush tucker and fragrant foliage:

We offer this range for you to experiment with. Alpine Pepper and Alpine Baeckea have wonderful taste and we have a few recipes for these plants. The leaves can be used fresh, dried or soaked in olive oil.

Alpine Pepper Bush *Tasmannia xerophila* is only found in the snow country of Australia. It originated with the first of flowering plants in that ancient land of Gondwana. The leaves have a strong sweet and hot flavour that is different to anything else that you have ever tasted. Some describe the aroma as woody. This taste goes well with meat and fish and fish dishes and can be your best ingredient in curries.

Alpine Baeckea *Baeckea gunniana* is only found in the alpine, subalpine and montane areas of south-east Australia and Tasmania. The leaves have a strong sweet aroma and make a refreshing and aromatic tea. The oil has a nutty flavour with a hint of eucalyptus. It is in the Myrtaceae family.

The **Mint Bushes** of the ***Prostanthera*** family, Alpine Mint Bush and Christmas Bush have deeply fragrant foliage. The Koori people used Alpine mint bush for pain relief and as an antiseptic. We have tried leaves soaked in oil and then in a burner for aroma.

Common name	Botanical name	Taste, use	available
Alpine Baeckea	<i>Baeckea gunniana</i>	Nutty taste with leaves in oil. fragrant white flowers, fragrant foliage, will bonsai. Makes tea.	
Alpine Mint Bush	<i>Prostanthera cuneata</i>	medicinal orchid-like white yellow/purple flowers, fragrant foliage,	
Alpine Pepper Bush	<i>Tasmannia xerophila</i>	black berries, leaves hot to taste	
Australian Caraway	<i>Oreomyrrhis eriopoda</i>	edible seed typical woody, caraway flavour with a back hint of eucalyptus, frond-like foliage	
Bulbine Lily	<i>Bulbine bulbosa</i>	Edible tuber, Bright yellow star lily flowers	NOW
Chocolate Lily	<i>Arthropodium strictus</i>	Flowers smell of chocolate and hint of taste. Tubers have chocolate flavour	NOW
Christmas Bush	<i>Prostanthera lasianthus</i>	mauve flowers, fragrant foliage	
Common Oxylobium or Shaggy Pea	<i>Oxylobium ellipticum</i>	'egg and bacon' yellow and brown pea flowers. Seeds edible. Taste slightly woody plus something	
Mountain or Elderberry Panax	<i>Polyscias sambucifolia</i>	bluish berries. Tart taste.	
Mountain Hickory Wattle	<i>Acacia obliquinervia</i>	Seeds edible but not tested for taste hardy small tree, rapid growth.	
Mountain Pepper Bush	<i>Tasmannia xerophila</i>	black berries, leaves hot to taste	
Mountain Plum Pine	<i>Podocarpus lawrencei</i>	Sweet red tiny berry fruit. Slow growing, pine scented foliage male & female.	
Native Geranium/ Austral Cranesbill	<i>Geranium solanderi</i>	Edible tuber	NOW
Native Raspberry	<i>Rubus parvifolius</i>	Sweet, tasty 10 mm berries. Provides food and nesting for small birds.	NOW
Pale Vanilla Lily	<i>Arthropodium milleflorum</i>	Edible tuber	
Red-stem Wattle	<i>Acacia rubida</i>	Seeds edible but not tested for taste juveniles have red stems.	NOW
Rough Currant-bush	<i>Coprosma hirtella</i>	Red berries. Pale taste. small, fleshy leaves.	
Tasman Flax-lily	<i>Fianella tasmanica</i>	Some say tasty purple berries	NOW
Tree Violet	<i>Melicytus dentatus</i>	Tasty purple berries	
Velvety Geebung	<i>Persoonia subvelutina</i>	Edible berries	