

**Origin and Common Uses of  
Plants Displayed in the ECOSS Food Forest.**

The following are just some of the plants featured in the ECOSS Food Forest.

They are listed in alphabetic order according to their Botanical Names.

This list can be updated as new species/varieties are added to the Food Forest.

This list was last updated in July 2026

| Common Name    | Botanical Name               | Origin                           | Common Uses                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
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| Feijoa         | <i>Acca sellowiana</i>       | Tropical South America           | Prized for its edible and fragrant fruit.                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Indian Guava   | <i>Allahabad safeda</i>      | India                            | This is a white-fleshed cultivar of the common guava ( <i>Psidium guajava</i> ) of Peru, mostly used for jams and pulping for juice.                                                                                                                                                                                                                                                                                                                                     |
| Lemon Verbena  | <i>Aloysia citrodora</i>     | South America                    | Leaves used to add a lemon flavour to fish and poultry, vegetables, salads, jams and beverages.                                                                                                                                                                                                                                                                                                                                                                          |
| Ground Nut     | <i>Apios americana</i>       | North America                    | The edible tubers taste similar to sweet potato and can be roasted, boiled, dried or even ground into a flour for bread. The leaves and seeds are also edible.                                                                                                                                                                                                                                                                                                           |
| Bunya Pine     | <i>Araucaria bidwillii</i>   | <b>Australia</b><br>(Queensland) | The edible seeds, known as bunya nuts, can be 5 cm long.                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Maqui Berry    | <i>Aristotelia chilensis</i> | South America                    | Cultivated in gardens for their small edible fruits. Wild-harvested fruits are commercially marketed.                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Mugwort</b> | <i>Artemisia vulgaris</i>    | Europe<br>Asia                   | Historically, used in European, Chinese, and Hindu medicine for gastrointestinal, gynaecological, and other health issues. It has been promoted for oral use for anxiety, menstrual cramps, high blood pressure, and insomnia, and topically for hypertrophic scars. However, <b>scientific evidence for safety and efficacy is limited</b> , and should <b>not be used during pregnancy</b> . <b>Consultation with a healthcare provider is recommended before use.</b> |

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|                    |                                |                                                                         | <b>Mugwort is also a potential environmental weed.</b><br><b>Should we be growing it in the Food Forest at ECOS???</b>                                        |
| (Old Man) Saltbush | <i>Atriplex nummularia</i>     | <b>Australia</b><br>(Arid to semi-arid zones)                           | Leaves are edible and can be blanched, sautéed or used as wrappings, in salads or simply as a dried herb.                                                     |
| Creeping Salt-bush | <i>Atriplex semibaccata</i>    | <b>Australia</b><br>Southern arid to semi-arid areas                    | The fleshy berries and leaves are edible. (Leaves usually boiled to remove salt).                                                                             |
| Midyim Berry       | <i>Austromyrtus linifolium</i> | <b>Australia</b><br>East Coast<br>Southern Queensland,<br>Northern NSW) | The white and purple-speckled berries are considered one of the most delicious bush tucker plants.                                                            |
| Lemon Myrtle       | <i>Backhousia citriodora</i>   | <b>Australia</b><br>(Coastal Queensland)                                | Leaves are renowned for intense lemon flavour and fragrance used for teas, syrups, glazes, cakes, biscuits, dressings, sauces, ice creams, and meat dishes... |
| Chestnut           | <i>Castanea sativa</i>         | Southern Europe,<br>Western Asia, and<br>North Africa                   | The nuts are consumed raw, roasted, or processed into flour and pastes.                                                                                       |
| Hazelnut           | <i>Corylus avellana</i>        | Europe and West Asia                                                    | Hazelnuts are used as a snack, in baking and deserts, and in breakfast cereals such as muesli.                                                                |
| Lime               | <i>Citrus aurantiifolia</i>    | Tropical<br>Southeast Asia                                              | Widely used in desserts, beverages, marinades, and dressings.                                                                                                 |
| Lemon              | <i>Citrus limon</i>            | India (probably)                                                        | This is a hybrid of citron and bitter orange, primarily used for its bitter juice, pulp and rind.                                                             |
| Kumquat            | <i>Citrus japonica</i>         | Southern China                                                          | The small orange fruit, which are both sweet and stringent can be eaten whole.                                                                                |

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| Buddha's Hand         | <i>Citrus medica</i><br><i>var.sarodactylis</i> | North India or<br>China                                                 | Unlike other citrus fruits it contains no pulp or juice, just a yellow and fragrant edible rind and pith esteemed for its aroma. Used in in desserts, savory dishes, and alcoholic beverages (such as vodka or rice liquor), or candied as a sweet.                                                                      |
| Mandarin              | <i>Citrus reticulata</i>                        | Southern China<br>and Vietnam                                           | The small, easy to peel fruit is usually eaten plain or used in salads.                                                                                                                                                                                                                                                  |
| Orange                | <i>Citrus sinensis</i>                          | China                                                                   | This is a hybrid between mandarin orange ( <i>Citrus reticulata</i> ) and pomelo ( <i>Citrus maxima</i> ), highly valued for its sweet juicy fruit.                                                                                                                                                                      |
| Correa Alba           | <i>Correa reflexa</i>                           | South East<br><b>Australia</b>                                          | The leaves and flowers provide a lasting menthol flavour when steeped in hot water. Can add flavouring to desserts and cake icing while the strong-flavoured flowers can be used as a garnish.                                                                                                                           |
| (Pineapple)<br>Quince | <i>Cydonia oblonga</i>                          | Iran                                                                    | Ripe fruits are hard, tart, and astringent but can be eaten raw or processed into jam, jelly or alcoholic drinks.                                                                                                                                                                                                        |
| Globe<br>Artichoke    | <i>Cynara</i><br><i>cardunculus</i>             | Mediterranean                                                           | The edible leaf stalk is used in Mediterranean cuisine similar to artichoke.                                                                                                                                                                                                                                             |
| Davidson's<br>Plum    | <i>Davidsonia</i><br><i>pruriens</i>            | <b>Australia</b><br>East coast of<br>North<br>Queensland and<br>mid NSW | The fruits, while edible, are not particularly palatable. However, they make excellent jams and a full-flavoured, dry red wine.                                                                                                                                                                                          |
| Persimmon             | <i>Diospyros kaki</i>                           | China                                                                   | Fruit is sweet and nutritious.                                                                                                                                                                                                                                                                                           |
| Russian Olive         | <i>Elaeagnus</i><br><i>angustifolia</i>         | Asia and parts of<br>Europe                                             | This is not a true olive but does produce olive-like fruit which is sweet, dry and mealy. It can be eaten raw or cooked and is used as a seasoning in soup or made into a jelly or sherbets. The fruit should be very ripe. <b>It should also be noted that the plant is very invasive and can easily become a weed.</b> |
| Cardamon              | <i>Elettaria</i><br><i>cardamomum</i>           | South India<br>Sri Lanka                                                | The seeds are sweet, yet spicy , used in Indian and Asian cuisine.                                                                                                                                                                                                                                                       |

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| Wild Strawberry  | <i>Fagaria vesca</i>                        | Europe<br>Asia<br>North America                                          | Wild strawberry is popular for its small but tasty fruit. Contrary to popular belief, it is not native to Australia.                                                                                                            |
| Common Fig       | <i>Ficus carica</i>                         | Mediterranean<br>West Asia                                               | The sweet fruit is eaten fresh or dried, and used in jams, desserts, and beverages.                                                                                                                                             |
| Fennel           | <i>Foeniculum vulgare</i>                   | Southern Europe<br>Mediterranean                                         | Aromatic leaves and seeds used for cooking.                                                                                                                                                                                     |
| Walnut           | <i>Juglans regia</i>                        | Eurasia                                                                  | Nuts are highly nutritious, used raw or cooked, and have many medical applications.                                                                                                                                             |
| Juniper Berry    | <i>Juniperus communis</i>                   | Mediterranean                                                            | While not a true berry, the tart, pine-like flavoured fruit is commonly used in small amounts as a spice or flavouring agent.                                                                                                   |
| Muntries         | <i>Kunzea pomifera</i>                      | <b>Australia</b><br>Semi-arid Victoria & South Australia                 | Also known as Emu Apple or Native Cranberry, the fleshy fruit is edible.                                                                                                                                                        |
| Bay Tree         | <i>Laurus nobilis</i>                       | Southern Europe<br>Northern Africa                                       | Leaves are widely used in cooking to flavour soups, stews, and baked dishes, either fresh or dried                                                                                                                              |
| Macadamia        | <i>Macadamia integrifolia</i>               | <b>Australia</b><br>(South East Queensland and Northern NSW rainforests) | The nuts are widely used in confectionery, baking, and gourmet cooking.                                                                                                                                                         |
| Opalescent Apple | <i>Malus domestica</i><br>"Opalescent"      | United States                                                            | Most apples owe their origin to <i>Malus sieversii</i> , a wild apple of Central Asia. This cultivar was discovered in Michigan in the 19 <sup>th</sup> Century. It is popular heirloom variety as it stores particularly well. |
| Egremont Russet  | <i>Malus domestica</i><br>"Egremont Russet" | United Kingdom                                                           | Most apples owe their origin to <i>Malus sieversii</i> , a wild apple of Central Asia. This cultivar originated in Sussex in the 1870s and is still prized for its rich nutty flavour and crispy firm flesh.                    |

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| Crab Apple   | <i>Malus sylvestris</i>             | Europe and West Asia                                                                                      | A truly wild apple, producing a very tart fruit. None-the-less it has been eaten since well before domestic varieties developed and is still be used as a jelly, preserves and juice. NB: the seed contains cyanogenic glycosides so can be toxic in large quantities.                                                              |
| Mint         | <i>Mentha sp.</i>                   | There are over 25 species originating from Eurasia<br>North America<br>South Africa<br><b>Australasia</b> | Various tasting mint leaves, fresh or dried, are widely uses as a flavouring.                                                                                                                                                                                                                                                       |
| River Mint   | <i>Mentha australis</i>             | Eastern <b>Australia</b>                                                                                  | Highly aromatic leaves are milder and sweeter than common peppermint, making it ideal for teas, salads, sauces, desserts, and cocktails.                                                                                                                                                                                            |
| Peppermint   | Peppermint<br><i>Metha piperita</i> | Europe<br>Middle East                                                                                     | This is a hybrid between watermint and spearmint. Fresh leaves can be added to water for a refreshing infused drink, steeped in hot water for tea, or muddled into cocktails like mojitos. Peppermint pairs well with chocolate desserts, fruit salads, lamb, grain salads, and yogurt-based sauces, adding a fresh, minty flavour. |
| Curry Tree   | <i>Murraya koenigii</i>             | India, China, Southeast Asia, Andaman Islands and Fiji                                                    | The aromatic leaves are most well-known for use in Inian cuisine.                                                                                                                                                                                                                                                                   |
| Olive        | <i>Olea europaea</i>                | Asia Minor                                                                                                | First cultivated in the Mediterranean as early as 6000 BC, it is one of the oldest domesticated fruit trees. The fruit can be pickled but its deep historical, economic, and cultural significance lies in its capacity to produce olive oil.                                                                                       |
| Passionfruit | <i>Passiflora adulis</i>            | Tropical and sub-tropical<br>South America                                                                | Fruit renowned for its sweet juicy pulp.                                                                                                                                                                                                                                                                                            |
| Avocado      | <i>Persea americana</i>             | Americas<br>Peru / Mexico                                                                                 | The fruit is known for its buttery texture and rich nutty favour.                                                                                                                                                                                                                                                                   |
| Pistaschio   | <i>Pistacia vera</i>                | Iran                                                                                                      | The nut can be eaten plain or used in in chocolate, candies, ice-cream or as a paste.                                                                                                                                                                                                                                               |

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| Gumbi Gimbi      | <i>Pittospermum augustifolium</i>            | <b>Australia</b><br>(drier areas of all states and territories except Tasmania) | Although sometimes called native apricot, the fruit is not a food source. Instead, the plant featured widely in Aboriginal bush medicine as a treatment for coughs, colds and eczema, and to induce lactation. Tea, often touted for its health benefits, is a more common use of this plant today. However, care must be taken as not every Gumbi Gumbi is safe to consume. |
| Cherry Napoleon  | Napoleon<br><i>Prunus avium</i>              | Europe<br>(North of Alps)                                                       | The fruit is firm and sweet. It is eaten plain or in deserts and preserves.                                                                                                                                                                                                                                                                                                  |
| Santa Rosa Plum  | <i>Prunus salicinas</i>                      | China, Tawon and Southeast Asia                                                 | The sweet purple fruit is highly regarded as an eating, preserving and for stewing.                                                                                                                                                                                                                                                                                          |
| Strawberry Guava | <i>Psidium cattleianum</i>                   | South America                                                                   | This small tree is widely grown for their edible fruit but <b>can be a very invasive weed.</b>                                                                                                                                                                                                                                                                               |
| Pomegranite      | <i>Punica granatum</i>                       | Persia                                                                          | First domesticated in Iran 5000 years ago for its delicious fruit.                                                                                                                                                                                                                                                                                                           |
| Pear             | <i>Pyrus spp.</i>                            | Central and eastern Europe and Western Asia                                     | The many cultivars of pear vary in size, shape, and colour and even taste of fruit. This cultivar originated in France and is renowned for its green skin with red bush                                                                                                                                                                                                      |
| Dwarf Nashi      | <i>Pyrus pyrifolia</i>                       | Southern China and Northern Indochina                                           | Prized for having crisp but juicy and heavy cropping fruit.                                                                                                                                                                                                                                                                                                                  |
| Comice Pear      | <i>Pyrus communis</i><br>"Doyenne du Comice" | France                                                                          | This cultivar originated in France during the 1800s. It is renowned for its rich flavour and juicy fruit, and is recognised by greenish-yellow skin with a red bush.                                                                                                                                                                                                         |
| Conference Pear  | <i>Pyrus communis</i><br>"Conference"        | Britain                                                                         | This cultivar originated in Hertfordshire during the 1880s and is renowned for its sweet fruit, and long shelf life.                                                                                                                                                                                                                                                         |

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| Gooseberry       | <i>Ribes uva-crispa</i>     | Europe<br>Northwest Africa<br>Southwest Asia    | Edible fruit, which is used in culinary applications ranging from desserts to preserves.                                                                                                                                              |
| Rhubarb          | <i>Rheum rhababarum</i>     | Southern Siberia<br>to Central China            | While the leaves are toxic, the cooked stems are edible. Most well-known for Rhubarb and apple pie.                                                                                                                                   |
| Native Raspberry | <i>Rubus parvifolius</i>    | <b>Australia</b><br>(Eastern)<br>Eastern Asia   | Edible and pleasantly flavoured, often eaten raw or incorporated into sauces, jams, and desserts.                                                                                                                                     |
| Sorrel           | <i>Rumex acetosa</i>        | Eurasia                                         | Sour tasting leaves used as a vegetable or herb.                                                                                                                                                                                      |
| Sage             | <i>Salvia officinalis</i>   | Mediterranean                                   | Slightly astringent tasting leaves are widely used as a flavouring in foods, particularly in stuffings for poultry and pork, sausages, and various Mediterranean dishes.                                                              |
| Rosemary         | <i>Salvia Rosmarinus</i>    | Mediterranean                                   | Leaves are used as a herb to flavour roast chicken, focaccia, marinades, and even cocktails.                                                                                                                                          |
| Elderberry       | <i>Sambucus nigra</i>       | Europe                                          | The flowers can be used to make elderflower cordial, while the berries are often cooked to make jams, jellies, and wine.                                                                                                              |
| Kangaroo Apple   | <i>Solanum aviculare</i>    | New Zealand<br><b>Australia</b><br>(East Coast) | Ripe fruit can be edible, and used for jams and chutney. However, caution is advised as unripe (green and yellow) fruit is toxic.<br>For safety, it is recommended to consume only fully ripe fruits that have fallen from the plant. |
| Lilly Pilly      | <i>Syzygium smithii</i>     | <b>Australia</b><br>(Eastern Coast)             | Purple berries are edible. There are many varieties, some better than others.                                                                                                                                                         |
| Feverfew         | <i>Tanacetum parthenium</i> | Eurasia<br>(Balkans)                            | This daisy-like plant has been used in traditional medicine and dietary supplement, particularly in Europe for centuries.                                                                                                             |

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| Native Spinach<br>– Warrigal<br>Greens | <i>Tetragonia<br/>tetragonoides</i>            | <b>Australia</b><br>(East Coast)<br>New Zealand | Used as a spinach-like cooked vegetable.                                                                                                                                                                                                                                                                                                                                       |
| Thyme                                  | <i>Thymus vulgaris</i>                         | Southern Europe                                 | Leaves used as a herb in cooking. It is slightly spicier than oregano and sweeter than sage.                                                                                                                                                                                                                                                                                   |
| Chilean Guava                          | <i>Ugni Molinae</i>                            | South America<br>(Chile)                        | Also known as “New Zealand Cranberry”, the fruit is used to make liqueur and jams.                                                                                                                                                                                                                                                                                             |
| Blueberry                              | <i>Vaccinium<br/>corymbosum</i>                | North America                                   | Cultivated as a fresh fruit crop in the 20 <sup>th</sup> century, there are now dozens of commercial cultivars.                                                                                                                                                                                                                                                                |
| Grape                                  | <i>Vitis vinifera</i><br><i>Vitis labrusca</i> | Middle East<br>America                          | The common grape, is one of the oldest cultivated fruit crops in human history, appreciated for its edible fruit and capacity to produce fermented beverages. Most well-known varieties stem from the Middle Eastern <i>Vitis vinifera</i> . However, generally lesser-known varieties stem from the wild American grape, <i>Vitis labrusca</i> , and/or from hybrids of both. |