

## FOOD FOREST -ALPHABETICAL PLANT LIST - THE RIVER HOUSE -Bingara . NSW

**Version 15** List at **October 2024** 460 varieties on a bare block since Dec 2011. 2000 square metres of land of which 1/2 is buildings and road.

Beautiful river loam soil, heavily mulched. North West Slopes. Hot summers. Frost in winter.

**Aim: "To nourish body and soul in a beautiful, symbiotic, tranquil and positive environment".**

**All plants and herbs are edible and or medicinal. There may be an exception in the future if the plant is of enormous benefit to bees, birds or the microbiology of the soil.**



The few petunias are in memory of Fred Choice who once lived on this land & grew the most wonderful tomatoes.

Plants in green have already been planted. Plants in blue have been ordered. Others are still to be found. The aim with flowers & vegetables is to have perennial plants or self seeding annual plants from heirloom or non hybrid varieties. Excess plant material is used as mulch. Excess plants are given to others. How wonderful if the verges of Bingara were lined with strawberries as well as oranges. We will supply plants as starters. Then just imagine the other possibilities!

**Wish List** Would you like to donate one? It will be loved & cared for! Ambarella Asimoya-  
North American Pawpaw Atemoya (African Pride/Kaller) Bee Balm (Monarda punctata



Cherimoya Citronella Grass (SHF) Guava –yellow Prunus salicifolia **Hyssop** (SHF) Jujube  
Geranium –Citrus (Lemon) scented (SHF) Magenta Cherry Mexican Marigold Nashi Tssu Li  
Thank you Terry Austin , Suzy Howarth and Susie Gibbons for your contribution towards plants and those that have provided plants. In particular Susi Hiemer, the master propagator.

### INDEX

Fruit Trees & Shrubs	2-16
Edible Climbers	16
Water Plants	18
Herbs, Vegetables & Grains	19
Edible Flowers	29
Other Ideas	31

## FRUIT TREES and SHRUBS

**Abutilon/Chinese Maple/Chinese Lantern** "Wisley Red" crimson red edible upside down lantern flowers for 6 months, 2-6m x 2.2m, soft stemmed, tough, full sun, heirloom. HSC. Between espaliers. Can be grown as bush, standard or espaliered. 'Boule de Neige' white, graceful, nodding, lantern shaped flowers, neat medium shrub, strongly scented, 6 x 4m or 2mx2m? attracts nectar feeding birds. Near gardenias in white shamanic area. Flowers edible-raw/cooked.

**Acacia Hakeoides**. Native 2.5 x 2.5m 2 nr Davidson Plum & 1 w of mnative circle. Roast seed & grind as flour additive. Bilby

**Acacia Pycnantha** Golden Wattle 8m x 4 m. Use seeds or grind to add to normal flour. Native

\*!**Acerola Cherry** Californian Honey variety 2m+ TLFr Drought tolerant. Red fruit fresh, juice /jam Very high Vit c Semi deciduous E mound between Grumichama & Sugar Maple (ex Miracle Tree) E

**Allspice** (Pimento dioica/officinalis) 3m+ tree /trim to bush. Spice or tea. Very frost sensitive. N of banana. E

**Almond** self pollinating-will do well Armidale Centre chakra garden Mar-Apr I

**Amaranth**-seed & leaf -from Betty-behind mound opposite Egan clothesline



**Ambarella** 8-15m Fr Med Pol partial E H May-Jul. Amber plum sized fruit-rapid. Fruit & leaves. Dwarf

**Aniseed Myrtle** 5-10m Can prune to 2m Metal Circle

**Apple**. Need 800 hr chill-Pink Lady/Red Fuji dwarf N wall I **Granny Smith** I dwarf, centre wall, **Pink Lady** I dwarf, wall S If 4-500hr Tropic Sweet/Anna/Dorset Golden- Jonathon-pollinator. Cox Orange Pippin/Gravenstock/Pomme de Neige. Plant dill under. Armidale

**Apple** **Ballerina** varieties-columnar – front bed –**Flamenco & Polka**. Died back to root stock Forget. Avoid multi grafted as one takes over.

Cooking-Willie Sharpe/Ballarot. Plant apple next to mulberry then walnut



**Apple dumpling**/Common Apple berry *Billardiera scandens*. Twining plant-ground cover or grow on an obelisk/fence 0.9-2m h 0.6-1.5w. Hardy. Sweet apple berry (*Billardiera cymosa*) better in dry. Planter box? Have 2 Native

Apricot Belvedere Story/Early Moorpark-pre Christmas as is Divinity-stunning dried

**Arrowroot** (*Canna edulis*) 2m windbreak, animal feed, mulch, tuber as veg -raw , cooked, stir fry chips, flour, stews. Gluten free. Med. Poultices, digestive. A fabulous garden starter as can divide easily & frequently. Even tho slightly frost tender provides protection for avocados, mangoes etc . Easy to remove when no longer required as screen. Great mulch but remove bulb or it will reappear!

Asimoya North American Pawpaw

Atemoya. A variety of Custard apple. Best is African Pride/syn Kaller-fruits prolifically without pollinators.

**Australian Lime** Native circular bed

**Avocado** Bacon(B)-most cold hardy Pinkerton (A)-some cold tolerance June to Aug. Sheppard-doesn't brown when cut Feb -Mar/Hass/Fuerte. Plant both A & B for greater harvest. **Seedling** E Daleys Reed & Hass s of Seedling grow well in a Mediterranean climate. Both 8m but can be pollarded at 3m every few years to make picking easier. Small-Rincon/Wurtz. Survived frosts of 2012

**Babaco**/Mountain Pawpaw. (2-5m/replace stem to 1 shoot annually/if greater than 25C grow under pergola) Daleys WPav 3. Fast growing & fruit over a long period. E

**Backhousia Citriodora** Native. Large shrub to 5m. Dense canopy. Fragrant leaves for tea & flowers. Protect from frost when young. Bilby. Native circle w of Cinnamon myrtle

Bakea Virgata Leaves can be used from this shrub to make a herbal tea & to flavour meals. Rather light & spindly. MWB Did not get. Native

**Bamboo** Timor Black 3 Heart Garden Nursery Furniture making & food. 15m X 3m Evergreen. Around tank Although described as a non clumping variety tended to be grow a little too well & has been removed .

**Banana Ducasse** (Jane Christie Brown)-does not brown when cut. There is a dwarf version **Blue Java** (Fiona Russell-most cold tolerant ) **Red Ducasse** (green finger Fiona) Cavendish . W near Retreat tank. Lady Finger . Banana 4 dwarf circle 2 m wide w paw paws & 10 sweet potato runners. Interplant w comfrey. Use run off/overflow & scraps & paper. Brisbane-, dwarf Ducasse, Blugoe, Ladyfinger & Pisang . Cayendish got water logged. Retry

**Banana flour** is generally **produced** with **green bananas** that are peeled, chopped, dried, and then ground.. Can also do sweet potato, broccoli and citrus flour .Banana flour is gluten free, supports good gut bacteria.

Dwarf Red Dacca –cool tolerant 2m

**Banksia Honeysuckle** Native flowers as cordial flavouring. SW corner of block Native l

**Bay Tree** 4-8 E Pot/hedging or specimen tree 12 x 10 but slow growing. Move Min water. Use as screen 12m h x 6 m wide on east. Towards w fence in front of Retreat bedroom E. Centre of garden for visual impact or as hedge 12mx6mw. W Fence opposite Retreat porch I

**Black Apple** *Planchonella australis* . 10m Frost hardy. Evergreen Tall, fluted trunk. Bush food Black skinned fruit with red centre March. In native circle nr Native Lime

**Blackerry** x2 Thornless Chester between babaco & banana on w of Retreat I

**Black Currant** Very frost resistant 1.5m x 1m Rich moist free draining soil, no hot winds. Full sun /late afternoon shade. Between Cherimoya & Wampee Area 2 nr road. Another n of Cherimoya. Also in Black shamanic garden.



**Blueberry** Sunshine Courtyard near tap. Sharpblue 6 E July-Nov Biloxi 2m-3 E Light blue Chakra garden. Need pollinator. Brightwell & Powder Blue 3 Daleys. Put in Chakra garden light blue .Burst outer ring of light blue garden & mound betw carob & avocado Blue Rose-tall & vigorous 1-2m s of Burst on e mound

Northlan . Very hardy & tolerant of extremes of heat and cold 2m x 1.5m



Backyard Blue Jul-Oct Blue Rose –tall Dec-Mar . Daleys to notify 3m E

**Blue Tongue** . Native Edible berries 2-3m Frost medium E Bushy shrub. North of walnut on mound

**Borage**-self seeds. Leaves repel pests. Flowers attract nectar. Leaves finely chopped for salads, sandwiches & stews/battered or fried. Leaves & flowers –herbal tea & medicinal. Interplant w asparagus Edger

**Brazilian Cherry** 6 E Feb-May Ornamental shrub,hedge/screen , aromatic foliage ,red fruit. Delicious fresh or in jelly, sauces or pies. Refrigeration enhances flavour- substitute for strawberries. Fr med. E 8m Feb-May Outside western window of retreat bedroom. E mound w of tea trees I

**Brazilian Guava** between lemon trees Egans E I

Broad leaf palm lily Cordyline petiolaris. Strappy plant w gloss leaves 40-80cm tall. Wrap food in it. Native

**Buddha's Hand** from Hamish and Sarah

**Burdekin Plum** s of pizza oven. Ripen for a few days indoors

**Butter Bush/Mallee Willow** *Pittosporum angustifolium*. NW native mound

10m Drooping branches, cream, fragrant flowers, orange/yellow coloured fruit. Spiritual tree & medicine plant. Leaves/fruit boiled for colds, cramps, pain, sprains, eczema, encourages breast milk after childbirth. Wood as shields & axe handles. Fruit can be beaten as flour, gum high in energy. Sticky seeds dried & ground into powder as aphrodisiac! Native

**Butterfly ginger** have 3 Heartgarden Behind Retreat-east



**Callistemon Citrinus**. Flowers to flavour water as cordial . Muswellbrook. E Crimson Bottlebrush 2-8m x 2-5m wide Have 5 Between quince & olive E mound. Large shrub/sm tree. Bottlebrush & Banksia flowers can be soaked in water to produce a sweet drink. Native | Remove –became woody

**Camellia Sinesis** White tea. Outside Garden Pav e E Dried leaves for tea |

**Cape Gooseberry** 3 E Harvest all year Low lying bush Bright orange berry in brown case. Aromatic. Delicious eaten straight from the cape or made into jam. Warwick. Have seeds. Will self sow. Between Kalamata olives –rear mound-died?. Also in orange chakra garden & between bottlebrushes opps . neighbours clothes line. **Little Lantern** 1m sw of Smyrna quince e mound

**Cape York Lily** –eat sacs near roots (south wall of Retreat) Wallis Creek Watergarden

**Capulin Cherry** Purple fruit. Med frost tol Semi deciduous 4-8m E of cystal ball tripod. Fruit fresh, jams., preserves, wine.

**Cardamon Ginger**. Excellent low screen. Use leaves in desserts or to wrap fish. 1.5-2 x 1 E Heartgarden Entry 1.5m E Courtyard w. Fr high. Harvest all year. Leaves can be used in desserts, to add flavour when steaming rice or used to wrap fish. L

Chinese Red Bayberry (Chinese Strawberry, Yumberry) E dioceious

**Carob Clifford** 15m Bisexual? E Feb-Apr Daleys Eastern mound between Kalamata & Avocado E |

Casimoroa/White Sapote but fruit fly. 16m Other reference states 4m rounded bush/sm tree. E Pike best. Large fruit concealed within the canopy. E

Ceylon Hill Gooseberry (*Rhodomyrtus tomentosa*). Highly decorative edible hedge-mauve flowers. Ht 3 Fr High Pol Beneficial Ev H May Cherry, Downy or Rose Myrtle 2m E Dec-Feb

6

**\*\*Chaste Tree** 1-3 metre shrub or can be pruned to a tree, lavender/dk blue flowers, fragrant, attracts butterflies, I&fl used in PP, alternative to peppercorns, Med tincture, muscle cramps, PMS, PCOS, menopause, prostate, basketry. SHF Between rosemary in drk blue rainbow garden.

**Cinnamon Myrtle** 5-10 m high Can be pruned to 2m Width 4m Daleys E Between glass balls

**Cherimoya Sofia** 7m Feb-Jun E Fino de Jade Fr med semi deciduous. Pol by hand Feb-Jun. Between Cumquat nagami & Black currant Area 2 Delicious devoured icy cold from the freezer & eaten like ice cream. Blackcurrant beside

**Cherry** needs 100hr chill **Sunburst** IDaleys-espaliere & **Starkrimson** (Arm) –wall S Stella self pollinating Yalca **2 Way Royal Ranier & Stella** Daleys 3-4 m Red chakra garden Best for home gardens is **Lapins**, self pollinating. Plant in July, cut back to 50mm In Dec cut back to 50 mm, 50 cm remove vigorous branches. Do not over water. Need 700 hrs 8 degrees or lower.

**Chestnut Seedling** . I Centre of sacred circle. Low chill variety. Harvest Feb/March/April. 30m High FR Deciduous



**Cider Apple** Frequin tardive de Sartre. L Greenish yellow skinned. Can eat fresh plus very sweet cider. Early to mid season. Yalca 7/13 South of chestnut nr pergola centre

**Cinnamon Myrtle** Native mound , sm tree up to 7m. Low canopy. Cream flowers TLFr Leaves as cinnamon flavour plus floristry. 3.5m wide Can prune to 2m

**Comfrey** . Used as a liquid manure, activator for compost heaps, a weed barrier, understory plant. Use as spinach after removing stalk & root. Rich in potash & nitrogen. Edge of rainbow garden.

**Crab Apple** Eagle Point Star Purple flowers. ICan eat fresh. N of ne pergola

**Cranberry** Wiry ground cover. Grow in moist conditions in full sun 20cm x 1m. Front of pond. SE

**Cumquat Meiwa I** closest to Pav 3 posts **Nagami I** beside Meiwa.Melah sweet flesh/Nagami sour flesh/ Calamondin(pot) Need Maine E

**Cut leaf mint bush** 1m E Prostanthera incisa 1.5 x 1.5 part shade prune. Front wall. Native

**Curry Tree** 2-4m Attractive leafed tree. Aromatic leaves in meats, curry & stir fry. Med for indigestion & nausea. Prune flowers & seed to prevent spreading by birds. Fr sensitive. Outside Garden window (beside Saba) E

**Custard Apple** 7m Fr med Semi deciduous Jul-Sept. Eat fresh/blend into ice cream/rich creamy drink. Behind Pav 4 I

7

\*! **Darooka/Pit Pit** 2m + Like dwarf sugar cane. TLFr H fast, ideal for windbreak, cook unfurled flowers- a delicacy Also animal fodder and great mulch. W fence n of kiwifruit opp native circle

**Davidson's Plum** 6-10 m h 2-4 w E Aug-Jun. Will grow under taller trees. Delicious in jams, ice cream & sauces where the sour taste offsets sugar. W of native mound. Native. Not a great success. W of native mound .

**Desert Lime** Native circle se

**Dianella Little Jess** (Inverell) front planter box. Bright blue fruits & roots edible

**Dianella Atraxis**—1m Blue Flax Lily N w boundary. Blue flowers purple berries. Frogs love hiding among dianella, particularly when planted near water, as do lizards such as geckoes & skinks Native . Great edger. Spreads gently. Sim at agapanthus . S of pizza oven on mound.

**Dianella caerulea Breeze** 60cm hx 60cm w Native mound



**Dianella Revoluta** between Kalamata olives & K & Barnea olives on e mound. Native

**Drumstick Tree (Moringa)** 2-8m Frost sensitive. Shadehouse s. Roots horseradish substitute, Leaves as very nutritious vegetable. Pods similar to asparagus. Ideal shade tree. High drought resistance.

**Eastern Cape Myrtle** Native. Dwarf hedging plant, sm glossy leaves, dark red new growth, white flowers, black edible berries l w of Retreat

**Eremophila Deblis** (syn Myoporum debile) Native . Prostrate 1m wide 2 in native mound, 1 under Retreat quince. Pink flowers, edible purple berries. Drought & frost tolerant. Bilby Native Circle N

Feijoas-espaliere d on driveway 20cm x 1.5m under Society garlic.

**Fejoa –Nazematze** s of pond west. Asparagus line E l

**Fejoa/Guava-Indian** 5m x 5m Mound n of native bee hive

**Fig** behind shed from Ros & Paul Moulton plus **White Adriatic** from Yalca behind shed, centre row east. White Genoa if cold/Brown Turkey if warm winter Black Genoa-self fertile & 2 crops a year. Plant figs on a slab of slate to keep small & set lots of figs.

8

**Finger Lime** 3x3m Citrus Australasica Judy's Everbearing Citrus2Grow.com.au Native E mound s of avocado

**Finger Lime Red** 1-2 m

**Golden Fruit of the Andes** E 2m x 2m Netted area. Mid S, w of Pepino

**Grapefruit** Ruby Rio Red E I

**Grumichama** 4m high –Black better or yellow (daleysfruit.com.au) Daleys 5 E mound S between avocado & Miracle Fruit . Orange under Avocado



**Guava Brazilian** 2 Daleys

**Guava Chilean/myrtle berry** (Ugni molinae) Abundant aromatic fruit, easy to grow

**Guava China Pear** E.2-4m White fleshed Behind Retreat E

**Guava Mexican Cream** 2-5 Yellow, slightly blushed w red. Upright tree Behind Retreat E

**Pineapple Guava** (Feijoa sellowiana) 8 Unique is only 2.5-E Oct-Dec Behind pond. Crimson and white petals are sweet and tasty

**Guava Strawberry /Cherry** Psidium littorale/cattleianum-lovely but astringent Early autumn. W of rainbow garden fence nr oranges. Also south of quince e mound Fr hardy. Smooth trunk, dark green shiny leaves, white flowers, red fruits the size of a golf ball. sweet & taste like strawberry E Frost hardy 2- 5m Jan-Jun E

**Guava Yellow Cherry** –sweet, aromatic , creamy flesh, yellow skinned. Psidium littorale var. Lucidium-best-lovely evergreen shrub w shiny leaves E e behind Japanese Raisin I

**\*Gumbi Gumbi** Native Apricot sm tree 3mx3m tea, med valuable. Replaced Panama Berry. Edge of yellow garden. Aboriginal healing herb. Cancer, skin conditions, blood pressure, immune system, anti allergic, cramps, Meniere's disease, emphysema. Tea E Native Seeds for flour. Fruit decoction for a drink. Frost hardy

**Hand of Buddha**



**Hazelnut Seedling** More vigour & stronger taproot for hardiness. When planted 4-5 ft apart make a fast growing windbreak, privacy screen. Tasty nuts. North of walnut on Egan fence. 4 from Yalca

**\*\*! Indian Fig** 1-3m Fr T I peeled used as cooked vegetable, fruit fresh/jam, survival food, cactus, med Plant behind shed in pot perennial Orange/yellow flowers E

**Jabotica/Tropical Grape/Myciaria cauliflora.** E bush to 3 M. Older branches crowded w marble sized black fruits twice a year. Tasty as a mangosteen. Daleys s of mango on e mound E

**Japanese Raisin Tree** 10mh x 6mw May-July Deciduous, fast growing, hardy, TFr, bright green leaves s of myer lemon I Do not plant-as spreads

**Jelly Palm** 5-10m Need 3 fro m& f. Frosts ok Drought hardy

**Jujube** 5m Chinese Red Date Thrives here. Faster than carobs. Delicious fruits the size of an olive Dried in Asia & Middle East . Thorny & suckers so no.

**Kunza pomifera** Muntries 30cmh x 2-3m w Frost hardy Native 2 in mound

**Kurrajong** Brachychiton populneus 10 m x 6 m Seeds roasted as nuts, palatable bush coffee, seeds milled as flour . Native

**Kwai Muk** Good for landscaping 12m E 5cm orange fruit, excellent flavour 12m Fr med Fresh when fully ripe, dried or preserved. – similar to jakfruit cold hardy) Sof mango & curry plant. Another s of avocado,



Large Kangaroo Apple-Solanum lacinatedum. E 1.5-3m h 2-3m w. Very ripe to eat. Native

**Lavender Culinary** English Munstead Lavundula angustifolia

**Lemon Eureka-I Egans S Daleys /Meyer I-Egans N/Lisbon(thornier).** Fino winter producing & throughout the year in mild climates. Lots a lemons-dwarf E

**Californian Joppa-big,** Brendan & Kerry, seedless, thin skin, easily peeled

**Lemonade Tree** n of Pizza oven

**Lemon Myrtle** Backhousia citriodora 3-8mh 2-5mw. Frost sensitive. Shade of taller trees ok. Leaves, seeds & flowers. Foliage to make drinks, soaps, pot pouri & in cooking. Native

**Lemon scented Tea Tree** *Leptospermum petersonii* 3-8h 3+w. Tea Tall shrub/sm tree Have 3 MW. Front w fence plus mound as screen Circle w fence .Use leaves for tea. Native

**Lilac** 3-5m/10 H 2-46 m wide. Blossoms edible-on green salads, candied, cold water infusion. Cold hardy. Also use as a dye. Purple rainbow garden.

**Lilly Pilly**-numerous edible berries **Riberry** 20-80ft E-Winter to spring Circle centre Daleys Red pear shaped fruit . Can yield up to 80 kg. Fruit juicy, clove-like reminiscent of cinnamon. Popular in wild food dishes. 10-15m h x 4-5m w *Syzygium australe*-Orange Twist 2-3m tall-side of driveway-gloss leaves, orange new growth, purple berries ***Acmena smithii* large** 10m x 6m Purple pink fruit , white flowers Have 2 ***Smithii minor*** between most southern Grumichama & *Melaleuca decusta* **Small leaf lilly pilly** **Cherry Surprise I** 1-3M x 1.1.5m wide Have 2 in violet part of rainbow garden & 1 in circle . Mussellbrook. Native *Syzygium australe* “**Sunset Delight**” 2.5mhx1mw planter box **Magenta Cherry** shrub/sm tree E 3-5m Hedging White flowers Magenta fruits Bet. Japanese Raisin & Pizza oven East

**Blue Lilly Pilly** s of espaliered cherry & between Magenta Cherry & Pizza Oven

**Lime Tahitian I & Kaffir I** Warwick



***Lomandra multiflora*** native mound east 0.2W x 0.6H

**Longan** 7m ornamental yellow scented flowers Deliciously sweet fruit –larger, stronger & more cold tolerant than it’s lychee relative. Kohala seedling . Feb-Apr. 5-10 high x 14 wide. Dislikes wet feet

S of banana behind shed. Evergreen Subtropical



**Loquat** Nagasakiwase Daleys /Besselbeir (KY) Chatsworth Victory –large fruits Oct & Nov E I

Maduono Attractive tree. Very ornamental Quite cold hardy 10m E

**Mandarin Hickson** Daleys Chakra garden-orange bed E I Parramatta Sweet-old variety

**Mango**-full sun & frost free –**Bowen seedling** eastern mound behind Grumichana. Survived 4 years then hit by balck frost. Try Envy spray 2 others.. Eastern mound between Japanese Raisin and Olives and near Avocado **Pico** Pav 4 western wall E **Keitt** s of avocado & native Lime

**Medlar Dutch** big fruit NE of loquat | & **Nottingham** n of NW pergola | E 2-5 Fr high Mar-May . Eat after a frost. Pick after- ripen 2-5 E March-May Area 2-edge of circle. Stunning autumn display. Eat fruit when soft, generally after a frost. E

**Melaleuca Decussata** Cross leaved Honey Myrtle Med-tall shrub Have 3 MWB. Leaves chewed to relieve headaches.

**Melaleuca Claret Tops** 1.5x1m Bushy Hedging Evergreen S of wheel seat eastern mound.

**Midyim Berry** *Austromyrtus dulcis*. Muntries 0.5-1.2 h 1-3m w (Aust City Farms & Community Gardens Network) Daleys Spreading shrub/ground cover. White berries taste like apples. Delicious raw or baked in tarts or muffins Native. Bird attractant Native Opposite front entry On E wall

**Midyim Copper Tops**. 1x1m Hardy, spreading brances, edible grey white berries. Frost sensitive. Turning circle w E

**Miracle Fruit** (*Synsepalum dulcicum*) 3m Fr low E Apr-Sept . A great blueberry companion. Mound between most southern Grumichamas Not keen on frost E

**Monstera Delicosa** 3m Very frost tolerant. Base of peppertree

*Moringa oleifera* Miracle plant-Ben tree. Slender 8-10m x 3 drooping tree-cut back to 1m annually. Green pods as green beans, seeds eaten as peas or dried as nuts, flowers edible, roots like horseradish, leaves like spinach-high in beta carotene, Vit C, iron & potassium, calcium & phosphorous. Edible oil. Increases breast milk. Fast growing, drought resitant. Easily grown from seed or hard wood cuttings. Also ground seed removes bacteria in water in 1-2 hours. Green Harvest. 2 stem cuttings 6.50 . Fern like leaves & white fragrant flowers. Line walkway? Corky bark. Nectar source for bees. Living fence. Have 2 & 1 Daleys. Retry when more frost protection.

**Mountain Pepper Bush** *Tasmannia lanceolata* 2.3 x 2.3 2-5-10m high Leaves pepper & all spice substitute. Black berries. Antioxidant, dried berries used as antimicrobial. Propagate cuttings. Have female , need male for berries . Edible peppered flavoured leaves & berries. Berries in casseroles, curries, pastas, soup. Leaves can be fresh or dried & sprinkled on food. Circle

**Mulberry** Dwarf black/Bearleigh black/Wh Chartreuse 8m (Ky) Downings Everbearing/**Hicks Fancy** if cold Yalca order to come. **White Shatoot** Late Spring . Pale yellow berries. Behind shed. E chakra garden

**Nashi Pear** –double grafted or in circle YaLi(green) & TsuLi(yellow) **Shineski**-yellow fruit Chakra garden Daleys **Nijeski** yellow green skin 4x4m **China** –low chill, self pollinating, cookingpear.2-5m Can handle frosts Deciduous FEB MAR April. E of Gumbi Gumbi in yellow area.

Natal Plum E 1m x 2m Hedging

**Native Ginger** 1-2m Mod FT All parts edible-raw/cooked. Blue berries Leaves to wrap meat. Ideal understorey

**Native Lime** Judy's Everbearing. S of Avocado

**Native Mulberry** 5-10m 3-5 wide. Drought hardy Evergreen A non stinging nettle. Fast growing. Frst sometimes Full sun.

**Nectarine** 4m Peach-Elber. , freestone, mid Feb-Mar Tasty Zee early Feb behind xhed

12

Olive **Kalamata** (low salt) Inv H & H **Barnea** (Daleys) East mound. Californian Pickler 13A6-huge fruit set of tasty large fruits **Arbequira/Mandarello**(DF) **Sevilliano/Mission** E

Helen McKemey. Soak in water with salt , covered for 3 days. Drain, then in brine with 3tbsp salt to 1 quart –plate on top-, for a week. Repeat 3 times. Drain. Put into pickling brine. Olive oil, vinegar, chillis, mustard seeds, garlic, . Spruce Eats Curing olives.



Orange

**Washington Navel** (winter June-July)/**Valencia**-there is a seedless one(mid spring-summer) **Lane's Late Navel**(late spring-Dec) | **Seville** for jam **Seville** for marmalade E I. To dehydrate in dehydrator slice finely any citrus preferably without pips at 135 degrees for 3- 7hours . Check after 2hrs

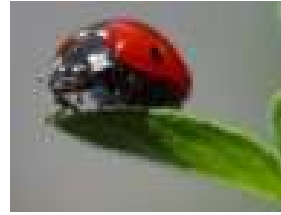


**Panama Berry** 10m E Fr low Highly ornamental Beautiful but can't take big frosts. S of Retreat tank. E

**Pawpaw Papaya Sri Lankan Red** Frost sensitive Cold hardy 2-4m Shadhouse S

**Papaya Berry Oakleaf** 3-5m Frost medium Cold hardy Orange berry.E S of centre s pergola post.

**Pear Josephine de Maline** courtyard N.I **Packham's Triumph** Courtyard S. I 4m x 4 m. If 400 hrs chill FLA5775 with Hood/Florida Armidale **Williams** Midyim berries under . **Lemon Bergamot** is self pollinating-red blush Feb-Mar



**Pecan Apache Seedling** e mound opp native circle N **Cherokee** native circle I

**Pepino -Kendall Gold** 1m Ground cover plant-sprawling. W wall of Pav 4 Fr low Jan-May. Golden yellow to apricot streaked with purple stripes. Flesh sim. to honey dew or rockmelon. Not keen on frost. Replanted in shadehouse.

**Pepperberry White Walnut** *Cryptocarya obovata* E 10-15m Fr medium-low Large bushy tree Black fruits. Behind shed bet tank & white mulberry, s of Champion Quince behind Retreat, s of Retreat tank between bamboo. Native

**Pepper Tree** Dried and roasted berries as pink peppercorns. Wine from twigs & another from berries. Gum from bark for chewing. Oil from fruit as a spice in baked goods & candy. Berries add to chicha (Peruvian beer-Ayacucho). Antibacterial, antiseptic, antidepressant. E

**Persimmon Ichikikjiro** (front) & **Fuya I NA** Outside bed 4 N Does not need pollinator nor does Dia Dia Maru Daleys Izu NA -very early. Spectacular orange autumn foliage. 6M Fr high Mar-May. Eat astringent only when mature, non astringent at various stages of ripening. **20<sup>th</sup> Century-** A-purple chakra edge

**Phalsa** 2-5m Scraggly shrub orange yellow flowers Purple fruit Fruit-fresh or syrup. Med FT Purple rainbow garden

**Pineapple.** Grow from pups/mature cut off tops in V shaped soil.

**Pineapple Guava-feijoa sellowiana.** W of pond .After ripen-let fall or roll between palms of hands, nip top off, suck flesh out, avoiding the very sour part. Nazemetz-best of all-self fertile E

**Plum Gulfgold.** Dwarf. Not affected by fruit fly. Behind shed t **Narrabeen** n reading circle I t

Plum. All need a pollinator. Japanese-Satsuma Feb & Santa Rosa Jan. European greengage tastier-Green Gage end Jan & Coe's Golden Drop end Feb

**Pomegranate** 5m Dwarf form-Nana Min water **Wonderful** red Chakra garden. Russian/Guloasha Azerbaijani for flavour & squeezing. Yellow autumn leaves I



### Prosopis juliflora

**Prune Plum D'Agen French.** Dry or pick fresh & leave on a plate to dry Rear Retreat nr tank

**incana** Velvet Mint Bush native circle Native. Keep cut back .Makes the best tea.

**Quandong Sweet** Santalum acuminatum 3m x 3m Peach like flavour Native with acacia cultriformin as quandong happier with root host. Native circle east.

**\*\*! Queensland Greens** (Hibiscus manihot) H 2m+ Semi deciduous TLFr 29% protein, r7c salad, meat & savoury dishes Rear of shed , centre row e of Yacon

**Quince Smyrna** Inr painters tap . **Champion-I** dark red when cooked SW of Retreat tank

**Rosella** Annual shrub. 1-2m Near red rainbow garden, outside Retreat bed. Reseeds Harvest Jan-Apr E Frost sensitive New one behind Gumbi Gumbi

**Rose Myrtle** graceful weeping shrub 1-2m x 1-1.5m E Spring Native

**Round Leaf Mint Bush-Prosopis juliflora** circle w. 2m high x 1.5m wide Native

**Saba Nut** Malabar Chestnut Evergreen. 7m x 3 m Edible seeds-raw or roasted or grind as flour substitute. Leaves fresh or stir fry .Heartgarden. Trodden on by tilers! New one from Daleys. Outside Garden Pav. Abit too frost tender E

**Salt Bush Old Man** between most northern olives

**Salt Bush-Rhagodia spinea** 0.5W x 1mH w of Carob & between K & B olives on e mound. Native Bilby. Fire resistant foliage. Prune. Low maintenance ground cover. Tough.Use berries & leaves.

**Salt Bush Ruby /Barrier Saltbush** Edible berries year round 1m x 1m

**Sangria A Mexicana.** Bushy perennial plant. 70-80cm h Lemon scented. Pink flowers. Young leaves for tea.

**Sapodilla** E 2-5 m Temps above 5 degrees Very hardy Slow growing Adapatable to marginal climates

Behind wheel seat s of Pizza oven.

**Strawberry Gum Euc Olida** 8-10m E

**Strawberries** from Lindy & Will Cannington. These are particularly delicious, hardy & it would be wonderful if all the verges in Bingara were planted with them.

**Strawberry Tree (Arbutus unedo)** Madrono Arbutus.Very attractive . Slow growing 8-10m evergreen, white flowers in aut/winter, edible fruit that look like strawberries in summer. Full sun.

15

8m Min water E Leaves quite cold hardy but protect from frosts when young. Between cumquat and Tahitian Lime

**Sudachi. YUZU** E Citris Juice alternative to vinegar. Frsot hardy 2-5m high. Thorny branches. N of Washington navel orange. Replant

.Sugar cane –black or red SHF as edger

**Sugar Maple** (*Acer Saccharum*-Columnar) Slow growing, up to 30m but Columnar narrower. Orange-red foliage. Tough when established but needs summer watering. Harvest sap late winter, early spring. Use a 10mm drill bit-make a 7cm deep hole in the trunk w a slight upwards slope 1m above the ground. Plug the hole w a short length of rigid 10mm pipe, then catch the flowing sap in a bucket. Front garden 2 & 1 mound N of Walnut 10m High frost resistance D. 2 more ordered-s of cumquats and edge of dark blue chakra garden. Have 6. The key large deciduous shade tree.

**Tamarillo/Tree Tomato Orange** Also red & maroon. Daleys . Perennial unless frost & then an annual. Grow easily from seed. Daleys W of Pav 4 4m Fr low H Feb-Apr.2-3m Shallow rooted. Fresh, chutney or jam E I Fertilise w Tomato fertiliser & you'll get buckets of them. Lovely additive to vanilla ice cream.

**Tamarind Small Leaf** *Diploglottis campbelli* Native 7-12m Pulp. Slow growing , long lived. Graceful branches. Frost tolerant once older. Behind Retreat E Red coloured fruit. SE of Retreat tank. Fruits at same time as figs. Great Chutney with both.

**Tamarind Native.** Slender tree 10-20m yellow brown fruit E Med FT

**Tangelo** *Minneola*-lfineast tasting/Seminole-more astringent-both v juicy Jul-Sept 6M Fr Med H July-Nov Area 2 W E

**Tea Plant** -*Camellia sinensis* 3M Fr low Harvest fresh shoots for tea. Attractive hedge & quite hardy. E Prune in early years to encourage density then bright green new leaves & leaf buds are harvested. Slow dry for green tea or ferment and dry for black tea.



**Tea Tree –Mozzie Blocker** *Leptospermum liversidgei*. Low hedge 1-2m Frost toleranr to -6C EPergola north east edge.

**Thuja** (conifer) sm tree med. Anti microbial, expectorant, astringent, use as tea, wash, ointment, warts, brown spots on hands & arms w of rear tank 8mh x 5m w E

**Ugni (Tazziberry)** 2m E Very frost hardy. Fruit strawberry aroma, white flowers. If room near pawpaw in shamanic garden or in red section of rainbow garden.

**Vanilla Lily** *Arthropodium milleflorum* . Tufted native plant. Roast & grind roots into flour. In w of native circle, w of Cinnamon Myrtle . Bilby. Recovers well from drought.

**Walnutt** *Pllacentianasty* to other plants)-do not disturb roots SE mound near workshop. (86) I

**Wampee-Yeem Pay** Bright green foliage. Fr low E 8m. Yellow skinned fruit in grape like clusters. Excellent fresh in desserts, jams or drinks. Daleys **Guy Sam** fruit brown skinned. Behind Retreat between lattice & bench.

White Currant 1.2m x 1m

**White Sapote** 10m x 6m Ok with frosts. Partly deciduous. Drooping habit Long lived. Sw of block amongst Jerusalem Artichokes.

## EDIBLE CLIMBERS

\***American Ground Nut** Dec legume climber, high protein, nutty flavour, cooked, make flour, add to pickles Base of rear tank n.



**Blackberry Thornless.** Jan-Apr. Fruit on 1 yr old wood. Strong trellis. W Retreat

\*\*! **Choko** e fence nr pepper tree (100)

**Common Apple Berry** Billiardiera scandens. Have 2. 3m x 2m Creeper /climber . Planter box

**Goji Berry** Shrubby vine 1-2m Frost hardy Deciduous Grow up wall or trellis. Behind pineapple guava.

**Grapes red & black sultana**, Fragola (strawberry flavour) . Red grapes-Cardinal, Ruby Seedless, Crimson seedless, Flames seedless. White grapes-Menindee seedless, Doro, Sultana, Gordo. Armidale. **White sultana M12**(planter box E) & **White Muscat** (Gordo Blanco)-planter box –centre E, **Menindee Seedless** planter box w **Thompson's Seedless** centre W Isabella –multi purpose-table





grape, wine or pick green to make verjuice, superb jam. **Muscadine Noble** red, juice or wine-e fence of workshop **Christmas Rose** Seedless red table grape NW pergola pillar L

**Hardenbergia Happy Wanderer** **Purple Coral Pea** 1 m Evergreen Crush and boil the leaves to make a tea similar in taste to green tea. Wiradjuri

\* **Hardy Kiwifruit** (*Actinidia arguta*-sweeter than normal 10m high Feb-Apr) West fence s of kiwifruit, opp mound.

*Jasminum Officinale* Petals for tea

**Jasminum Sambac**/Arabian "Grand Duke of Tuscany" E 2 x 2 Crystal tepee & pergola posts on Garden porch Dried flowers for jasmine tea Medicinal Uses

The flowers of jasmine sambac, like true jasmines, have antioxidant benefits. There may also be an anti-inflammatory component. These same oil components are responsible for the lovely fragrance, which is used in many perfumes. The leaves are antiseptic and are useful for wounds or acne when used as a poultice. Both leaves and flowers can be used in a sauna or steam bath as a tonic for easing the mind and headaches.

If you would like a relaxing bath treatment you can make an infusion by taking one cup of flowers, one cup of oatmeal and ½ a cup of shaved soap flakes and soak them in a bowl of hot water. Then squash the ingredients together place in a cloth and tie it up. Use it to massage over your body and then let yourself relax and experience the mood lifting properties and the wonderful fragrance of the flowers.

### Culinary Uses

Jasmine sambac flowers have been used to flavour tea for many centuries by the Chinese. Jasmine tea is most commonly consumed with or after meals as a digestive aid. Some people like to drink it after rich or fatty meals to help cleanse the blood. Others use it to cleanse freshen their breath after eating strong tasting foods, but it is a nice all round tea. The flowers are also edible and have a sweet taste.

If you'd like to try making a nice relaxing and rejuvenating tea fill ¼ of a cup with fresh leaves and flowers from your garden and add to one cup of boiling water. Let it stand for 5 minutes then strain off the plant materials. Drink warm or cold if you prefer.

Jostaberry –thornless. Similar to blackcurrant and gooseberries. 3m x 3m

**Kiwifruit Haywood** 1 m & 1 f w fence opp native circle Bruno female, low chill, vigorous, May. Needs a male 1 to 8. Haywood best pollinator. To help, cut off male flowers, place in bottle w some water & they will supply the pollen for bees to effect pollination until they fade. West of garage on fence-female, male female.

**Keriberry** (*Rubus rugosus* var *thwaitisii*) Needs strong trellis. 3m E Aut & winter. Like large blackberry. Fine thorns Betw peppertree and choko behind shed on e fence

**Loganberry Thornless** 1-2 m

**Passionfruit** (E) **Banana Daleys** Rapid cover but should any sucker appear, show no mercy or you will be in a strangling forest! **Black Inverell** Sweet Lilikoi (red perfumed flowers) **Panama Red** Pergola NE **Nellie Kelly Black** pergola Nw **Golden Nugget** pergola centre S—did not like frost, replaced with Nellie Kelly

**Queen of the Night** Cactus. JCW W of workshop tank. Keep to a single pole

**Raspberry Smoothy**—thornless. Feb-Apr/Autumn Cut all canes to the ground each year. Reshoot in spring

**Rose Zephrine Drie Kellyouhin** Hips for tea, candying, jam. Flowers for jelly, sugared, honey, butter. Pergola centre posts TW

**Rose Crepuscule** (soft apricot-yellow blooms) Climber behind walnut. Or hedge to 2m Sweet fragrance. Repeats.

Rose Madame Plantier cream—white

Rose Climbing Lady Hillingdon—copper yellow tea rose

Plant above with Climbing Tea Rose Sombreuil—pale lemon flowers

**Rosella** 2m x 1m Edible calyxes Roast seeds, young leaves steam or stir fry. Save seeds before frosts

**Sollya heterophylla Blue**. Native. Vigorous climber or twinning shrub to 3m. Green fruits. Bilby. E of Retreat tank on mesh.

**Sugar Cane Purple** behind hazelnuts on e fence

**Tomatillo** 1m x 1m

**Wombat Berry** Fiona. E Native. Vigorous, twining. Or scrambling groundcover. Semi shade. Eat fruit pulp & roots

**Yam Greater** behind pizza oven-perennial

**Youngberry Thornless**



## WATER PLANTS

**Brahmi** Fiona For rheumatism, bronchitis, depression, stress, fevers. Improves memory, BP & liver function. Blood cleanser.

**Kang Kong** (water spinach) pond

Laksa Leaf (courtyard pond)

**Lebanese Cress** grows profusely in pond. Tasty. Do not put into natural waterways.

**Pickerel Rush**. Seed fresh or dried. Young leaf stalks fresh in salads or cooked as greens. Pots in water



Kuwai-sagittaria sagittifolia-also water chestnut but needs cooking

**Sacred Lotus** GH *Nelumbo nucifera* leaves for wrapping, stir fry roots, seeds roasted, petals in soup/salads. Pots in water tho 'to spread, in soil . Lotus Pale Face 10cm soil,, 20cm water, prefer no pot. Will cover pond in 1 year

**Taro** (Phillipa Morris) 1.5m Edible corm, leaf vegetable

**Vietnamese Mint** both ponds

**Water Chestnuts** -peel, eat raw or cook

**Watercress.** Plant with roots under a rock to protect from fish. Will clear string algae.

Plant watercress nasturtium officinale as seed, Water Lily Ottelia ovalifolia-native-White flowers w 3 petals with a purplish reddish base. Tubers & roots can be eaten

**Water Lily** Hermine White flower

**Water spinach Ung Tsoi (Kang Kong)** Ipomoea aquatic as seed in a pot (line with hessian to keep soil in )

POND Needs 60% shading from sm trees & shrubs. Ideally 100 litres to keep cool in summer. Gradual edge( to install ) so lizards can drink & frogs crawl out. Surround with Dianella to soak up excess & provide frog & lizard habitat. Min 20cm sand if liner. If murky empty half & refill unchlorinated.



## HERBS, VEGETABLES and GRAIN

**Agastache Sweet Lili** Humming Bird Mint. Tea. Bird attractant 1m x 1m Only water in severe drought. E mound s of pizza oven

**Arrowroot** . A member of the canna lily family. Eat fat roots like potato or grate into stews, stir fries or soups as thickener. Fabulous starter plant as can divide regularly and will hide fences. Leaves affected by frost but happily resurge in spring. Easy to remove once you have enough. Foliage makes great mulch but cut off bulbs or they may say “Hi, I’m back”. Excess leaves currently doing duty with cardboard to suppress nut grass. Will report back!



Agrimony \* Allspice(Pimento dioca/P officinalis 3m/trim to bush-flavouring, tea & medicinal

**Aloe Vera** -1<sup>st</sup> aid plant-tonic, cuts, bruises, scalds, cold sores, dandruff, sunburn, aftershave (Marie Ward)-nr workshop. Remove outer skin. Eat inner stalk or juice aloe meat & gel w water

Amaranth leaf & seed varieties self sowing

Artichoke Chinese (Stachys affinis) 50cm H Dec Tubers raw/cooked SHF

\*\*!Asparagus Mary Washington E mound on S, Purple between pond tap & mandarins & orange, Green south, same line Sept- Nov Interplant w comfrey

Asparagus Pea/Winged bean Cut pods when 2-3cm highCrimson flowers

Aubergine (Early Long Pod/Thai/Zebra/Turkish Orange)

Basil Sweet/Greek/Purple/Boxwood Cinnamon Basil Fiona Bergamot –summer perennial –leaves & flowers-shade Basil Sweet Genovese

Beans Purple King along w fence, Bush Bean Brown Beauty westren tripod warf French w tripod Bush “Jade” GH , snake, lazy wife, perennial, Scarlet Runner/double princess/gourmet delight/Cherokee/Sunray ). Beans in a bottle if snails/frost. JF 117 Dwarf beans in weed mat (woven fibre mat, not black plastic)-1 per hole .

Beetroot Touchstone Gold, Cylindrica Medicinal: Bergamot has many medicinal properties, including being antiseptic, antibacterial, antifungal, antiviral, and astringent. It can be used as a digestive aid, an expectorant or gargle to ease cold and flu symptoms, or a tincture to wash wounds and soothe rashes.

Bergamont Moranda Culinary: The leaves of bergamot can be used in cooking to add a spicy, slightly bitter flavour to soups, stews, beans, marinades, tomato sauce, and with eggs, seafood, or meat. Can be used in place of oregano. and used in Earl Grey Tea Ornamental. Wound healer for its natural antiseptic properties. Prairie restoration:, Forage for wild bees and pollinator. Also an analgesic, helps with sleep, high cholesterol and improves sleep. For sore throats and exczema. Not for children

Blue Porterweed. Flowers-tea/beer, stem for flavouring (like mushrooms but do not cook)

Brahmi tea, anti anxiety, anti inflammatory, memory enhancing, asthma Fiona Russell Pond

Brassica rapa has been cultivated in Europe as a vegetable for human consumption for more than 4,000 years (Duke, 1983). ... The leaves, known as “turnip greens” or “turnip tops”, are also eaten raw or cooked and have a slightly spicy flavor similar to mustard greens.

Broad beans—plant close together so they’ll support each other.

Broccoli Romanesco Green sprouting/Green dragon & Swatow if can get/Spring Raab/Jennings/Di Cocco Early/Chinese Kailaan)

Broccolini Burdock –Japanese self seeds

Cabbage Red get Ethiopian as well as cabbage moths don’t like it. Capsicum sweet ( Costan Rican perennial/Hungarian yellow wax/corno di toro/sweet chocolate) Capsicum Snackicums-dwarf Capsicum Perennial

22

brown  
spice.



rear

**Caraway** All parts edible. Leaves for edible, seeds when deep put in paper bag for a few days then shake to get seeds for Tuber edible.

**Caraway Thyme** Flavour bread, meat, soups nr Garden Pav tap Cardoon **Carrot All Seasons** Catmint

**Cauliflower**(Romanesco/Phenimeanlly early/Paleface) –once pick , keep stalk=sm heads .To protect from bugs, cover head with leaves. Use leaves to ferment or put in oven , chopped for 10 mins with oil & pepper

**Celery** (Yarraman) **Peppermint Celeriac** White Alexander Celery stem taro-big leaves) **Celtuce**

**Ceylon/Malabar Spinach** behind pond & under almond Collards Corn Corn Salad –sow late sum-aut Chamomile Chervil

**Chard** (rainbow/ ruby/perpetual) Chicory –Italian red ribbed stemmed

Chilacayote melon-perennial –fruit in aut 7 wint-die back & shoot in spring -grow up . Rambler



**Chilli- Bell** & Rocoto Tree Chilli Both nr liv window

Anaheim/ Jalapeno)

**Chilli-perennial & bell** Chinese celery Apium graveolens)

**Ceylon/Malabar Spinach** under almond. Climbing perennial 7 year/runner beans

**Chervil** Courtyard

**Chia** Large bushes. Salvia columbarie Harvest when petals fall off. Dry heads.

**Chives** Garlic

**Chives Mountain.** Better than garlic.chives –beautiful, delicate cullnary. Rare. Drought tolerant 20cm x 30 cm Courtyard S

**Chicory** blue flower Flowers & buds-pickle Roast root for coffee

Chinese Broccoli (Gai lin()) Chinese cabbage(Yukina Savoy-non heading)

**Chocolate Lily** Native Tuber deciduous

**Cauliflower** White, Purple and Romanesco



**Cucumber**(Apple/Lebanese/Giant Russian/Bush/Armenian/Lemon apple on trellis or hills GH /Muncher burpless/Mideast pacific) **Straight Eight** hill/trellis GH **Richmond River Green Apple** nr lemon eureka **Little Bebe** salad/pickling Shed fence

**Citronella Grass** 1m , hardy, TLFr, companion plant. Mulch, oil as insect repellent, soaps, food flavouring, , tea, Vit C **Choko** e fence behind shed, near pepper tree. Rambler

Common Mallow (*Malva Sylvestris*) Leaves like spinach, texture in soups/ tea. Flowers like a vegetable or garnish. Nibble on unripe fruits.

**Chinese Broccoli-Kailan** **Chinese Mustard** **Chives**

**Coriander** allow to flower as liked by hoverflies whose babies eat aphids. Also means fresh spice seed & new seedlings Cocoyam (*Xanthosoma sagitt*-white taro

Corn Poppy/Flanders Poppy Red flowers. Young leaves as spinach/flavouring in soup/salad. Syrup or colouring from the petals. Seeds in sweets & bread or a substitute for olive oil.

**Cucumber** **Lebanese Cucumber** **Poinsett** **Richmond Green**

**Cress Garden and Extra Curled**

**Daikon-White Radish**

**\*\*!Dandelion** 30cm salads, steamed, root roast as coffee substitute, in smoothies. Vit A,(skin & Vision) B1,B6 C, E, K(for strengthening bones & limiting neural damage in the brain-Alzheimers). Med. Blood & liver tonic, rashes, helps with cancer, MS, & vision. An anti inflammatory. Loaded w anti oxidants Yellow garden nr yellow paver centre Dandelion –leaves & roots-find large leafed improved variety

**Dill** Drumstick Allium (*sphaerocephalum*) for borders, blue green leaves reddish-purple flowers, use leaves & bulbs.

**Eggplant** **black-purple garden & yellow Thai Green Long Purple Ping Tung Long White**

**Egyptian Spinach** hardy annual 1m self sows e of reading circle. This is going gangbusters.

**Egyptian Walking Onions/Tree Onions** Nancy Capel Top bulbs for pickling, Base as a salad onion  
Front of Sunburst Cherry & under Smyrna Quince t

**Flower Sprouts** brassica gemmifera x acephale brussel sprout kale cross

**French Sorrel** Soup ½ doz leaves, 2 cups chicken stock, dash of cream –hot or cold . Base of pear tree.

**French Scallions** . W of bore , south of tank. Can replant sprouting shoots

Gai Lin see Chinese Broccoli

**Galangal** GH S of Smyrna Quince under Japanese Raisin Tree & behind n JRT

**Garland Chrsanthemum-small leaf.** Eat before flowering as greens Rich in Vit A

**Garlic Australian Red** Toowoomba markets Under Raisin tree n of Pizza oven

**Garlic Russian.** Original from Vern & Helen Withers. Behind pond on W fence

**Garlic Serbian.** Original from Carolyn Watson. Between lemons on east near Egans

**Garlic chives** courtyard

**Ginger** Retreat W pergola post

**Ginger Japanese** -eat flower buds-fresh and raw. Easy to grow under deciduous trees 60cm x 60 cm  
Under quince nr Pizza oven

**Fennel** Feverfew Ginger (Zingiber officinale) 1m Dec Med digestive Culinary savoury & sweet SHF

**Galangal** red bed

**Globe artichokes purple** rainbow garden & below olives Also e mound front Gotu keta (p62  
Wellbeing Garden ) **Jerusalem artichoke** west of shed tank s of Thuja. Rambler

**\*\*!Gotu Kola** (Centella asiatica) TLFr, ground cover .2x1m hardy. Traditionl Asian food/herb. Med.  
Tonic, mental sharpness, pain, allergies, nervous tension, arthritis. Courtyard & pond

**Herb Robert** from Suzi. W of Tahitiona leim , s of Tangelo. Reseeds annually. Check Shippard for  
multi uses.

**Horseradish** 60cm perennial Fr med E Harvest autumn. Grate roots. Near clothes line Rambler





Geranium robertianum annual helps immunity, takes O2 to cells, tonic, healing, leaves eaten or used as tea or wash s of tap E Hibiscus Manihot H 2m+ TLFr 29% protein use raw /cooked

Horseradish under White Shatoot Mulberry w Also nr clothes line in pot

Huauzontle-chenopodium berlandieri/nuttalliae –like spinach

Hyssop 50cm flavouring, med-antioxidant, antibiotic, anti viral, tea for colds (SHF) White and Anise

Jerusalem Artichoke H Dec Low starch, food & medicinal nr Thuja

Kale Dwarf Green Curled Purple Kale

Kailaan Kaliburi/Gai Lan –hybrid Kohl rabi Komatsuna (Japanese red Spimach

Lagos Spinach (JCW) Land Seeweed

Landcress- Barbarea Vulgaris, grow with cabbage as toxic to cabbage moths . N edge of pond

Lavendula Angustifolia –English dwarf 45x50cm Purple e, quince w , w of BBQ Lavender Munstead –e mound

Leeks Lemon balm Lemon grass w of pond GH 5 for 9.50 Lemon verbena(tea)

Lemon Balm –Bee Balm Melissa officinalis. White flowers. Chopped leaves in fruit salads, soups, salads, fish & poultry dishes, summer drinks. For furniture polish(oil & fragrance), nausea, headaches, insect bites

Loofah Lovage

Lettuce First Fleet (JCW) (McKemey, sidepick, everlasting/red oakleaf/Italian/Cos/Salad bowl red/Parris Is Cos ) Oakleaf Green -Black Seeded -Red Cos Cos Lovage

\*\*!Licorice 1m Dec Sweetener for diabetics, thirst quencher, stomach upsets, blood tonic, coughs, pain, chew roots to quit smoking , extensive underground roots

Malabar Spinach-red stem and green stem Fiona

Mangold/Mangel wurzel-root crop-Beta vulgaris ( leaves as silverbeet, roots shredded, pickled, juiced, boiled & mashed) Marjoram Mint(on own) Corsican carpet form driveway N

Mallow Mallow is high in nutrients like calcium, iron and zinc (although the amounts of these depends on what they can get out of the soil) and all parts of it can be eaten. It has a soft, gelatinous texture with a pleasant taste which is less bitter than many other wild edible plants. il has a long history in holistic medicine and was once described as having magical sexual powers! Courtyard under table west

Marjoram

Mexican Tarragon Courtyard

Mibuna Miner's Lettuce under loquat and ruby grapefruit. Loves under trees. Succulent

Mint Normal, Spearmint, Chocolate Basil Mint WLVietnamese Mint WL Black Peruvian (tagetes minuta) –Huacatay seasoning, tea.Fiona

**Mugwort** 1.5m perennial Food flavouring, insect repellent, dreams, roots medicine. Spreads Do not grow

**Mustard greens** **Red Giant** **Wasabi** **Ethiopian**



**Mushroom plant**-perennial, courtyard **Nasturtium**

**Native Ginger** –*Alpinia coerulea*-ideal understory 2m E All year Clumping . Moist shady. All parts of this plant are edible both cooked & raw. Pulp of blue berries has a slightly acid taste, the seed a ginger taste, young root tips as ginger. Aborigines wrapped leaves around meat & cooked in earth oven. Between Kalamata & Carob

**Native Leek** Yellow section of rainbow garden

**Native lemon grass** Self fertile 1-2m frost hardy E W of turning circle to hide neighbour “treasures” behind trees

**Native Oregano** *Prostanthera rotundifolia* 2m X 2m . Similar taste to thyme

**Native Pepper** *Tasmania lanceolata* Have female. 3m x 2m Cross between chillies & black pepper

**Native Peppermint** *Mentha australis* Fresh, dried or frozen Native Circle I

**Native Raspberry** *Rubus parvifolius* . S'times prostrate 0.3-0.9m .0-3m Trellis best. Circle Rather prickly so removed & tended to spread

**Native Tamarind** 10 E Dec-Feb

**Native Wild Mint** *Menthe diemenica* Native Circle I

**Oca** New Zealand Yam rear centre shadehouse

**Olive leaf** courtyard

**Onions**-plant w pansies

**Orach**-**Fire Red** - **Oregano** **Green & Variegated**

**Pak choi** **Parilla** (WB 66)

**Parsley** Fine leafed & continental/flat. Latter better for beneficial insects

Pea Eggplant

**Peas** –climbing (Greenfeast) , Telephone on mesh around tanks

**Perennial Leek**

**Perilla** Red & Green circle and ne of pergola. Grows annually from seeds

**Peruvian Parsnip** GH

**Pineapple**. Grown from top. Remove bottom few inches of leaves to encourage root growth

Pitpit –lowland & highland Poor Mans Bean (Lablab purperus) Potatoes(pink fir/desiree/Pontiac/Nic)

**Pinapple Sage** Red rainbow garden nr Retreat pillar & under Persimmon

Pumpkins (Jap/Qld Blue/Butternut orange garden & nr Jerusalem Artichoke/Turkish Turban/Long Island Cheese/Jarrahdale nr Pepper Tree–BD -sow under fruit. Ramblers Thai Pumpkin Golden Nugget

**Purslane** Radish-Champion & Daikon

**Queen of Herbs/Herb or herb of all seasons** Courtyard and nr bins

**Radicchio** Radish (Palestinian) –will self sow **French Breakfast Rainbow chard**

**Rosemary** Santa Barabara-weeping, planter box

**Rakkyo/Chines Onion** GH dense evergreen clumps, pink flowers, multiplying onion . Shallow plant. Once leaves die back, dig up clumps, spread on wire screen, trim dry tops and roots. Wash bulbs in onion bag until skins wash off. Dry before pickling or cooking. (front bed)

**Rocket** Eruca sativa **Sweet and Olivatta** **Wild Rocket** Diplotaxis tenuifolia

**Rock Melon** –grows well. Harvest March **Rice Bean** **River Mint** native circle **Sage**

**Sage Fruity /Salvia doiscana** GH 2m Ev Pink flowers Fr tender. S of avocado

**Salad Burnett** Courtyard

**Savoury of Crete /Pink Savoury** Erect, fragrant, dwarf shrub, pink flowers. Evergreen perennial unless cold winters, use as thyme or savoury. Condiment or tea. Oil for massage, circulation stimulation, analgesic. L HC Front w nr dwarf apple



Semposai

**Sedum Pachyphyllum**-Succulent-Many Fingers or Jelly beans. Leaves are mild, peppery, bitter flavour

Salads, stir fries. Do not use red flowerd variety.

Scorzonera (Oyster plant-roots taste like oysters Pineapple Sage Potatoes Purslane cook/salad ,  
hardy, ground cover **Silverbeet Magenta**

**Sorrel** E red-pink flower Fr west of pomegranate nr paver **Sorrel Red Vein GH FT**

**Spaghetti Squash**      **Spinach Baby**

**\*\*! Queensland Greens**      Radish –will go to seed

**Rocket** (Perennial-wild/normal) **Rosemary** – **Tuscan Blue** in dark blue rainbow garden, **semi prostrate**  
in planter box **Rhubarb**(from Jane Hegarty) red rainbow garden

**Sage** Salad Burnet **\*\*! Salad Mallow** H 1m raw/cooked extremely rich in potassium, calcium &  
magnesium & protein, tea Tarragon Toothache plant Para cress Scarlet runner bean(ann) **Sunflower**  
**evening Sun**

**Salicornia-Sea Beans**      **Sedums Stonecrops-red flowering, not yellow**

**Shiso Red** (Perilla Mint, Red Chinese Basil) 60 h 50 w .Annual in cold area. Will self seed if flowers

Use raw. Can use leaf but also seeds and flower buds. Also for colds and flu. Used to colour  
fermented vegetables in Japan.

**Spinach Perpetual & Bloomsdale**      **Surinam Spinach GH**

**Tarragon** yellow garden nr Nashi Pear **Mexican Tarragon** Perennial near Nashi pear

**Silverbeet-red & yellow**

**Southern European Silverbeet** . Drought hardy Self sows readily GH

**Snow peas** (Delta Louisa) Spinach ( Winter queen or perennial which it is not) **Soybean**

**Spring onions** red stemmed ,perennial plant near tomatoes but not peas or beans

**Squash** (Golden Hubbard-sim to pumpkin-Green button, Pimply/Green tint/Table  
queen/Chilacayote) **Tatume Yellow Crookneck**

**Stevia** courtyard herb area

Sweet corn. Early Extra Sweet Sunflowers

Sweet potato Red Star –white flesh Gold Star –orange flesh. While easy to control at Yarraman, it ran amok at The River House & sadly will no longer be encouraged! The providers of the original plants now wish to be anonymous however a search around the Boggabilla area may be fruitful. The one amazing aspect of this plant is that it beat the river couch. Now that is an achievement & pulling out sweet potato is a whole lot easier than pulling couch. Leaves can be eaten

Swine cress

Tamarillo

Tatsoi

Taro Japanese 1mE all year Thai Turmeric Thyme courtyard Tokyo Behana

Tomatillos Fiona. Full sun. Plant deeply 3 ft apart. Give support. Will self sow after frost. E of net house

Tomatoes ( Roma, Cherry, Tiny Tims hardy, Mortgage Lifter , Lady Bug (shadehouse) Yellow Pear (Lyn Hill) Tree Spinach 2.4m hardy will self sow rambler

Tree Collard. Perennial. Leaves purple in winter. Take a cutting after 18 months -2 years while top branches still tender as branches get woody. 1-2m

Turmeric Courtyard Turmeric orange 1m Frost medium Harvest winter Courtyard E wall 2

Turnip (Japanese –delic In flower turnip will bring in hoverflies to attack aphids as will any brassica.

Upland Cress (GH) Low growing, v cold hardy, peppery leaves as salad or cooked. Yellow flowers attract beneficial insects including bees. Cabbage White Butterflies lay their eggs on the leaves. When hatch, they take a bite and die!

Vap Ca H 40 cm Dec Asian herb w fish aroma, flavour & tea Courtyard Velvet Bean (Mucuna pruruens

Vitamin Green Green garden

Warrigal Greens/NZ Spinach front garden H ground sprawler, raw/cooked High iron, calcium , protein(30%) Front 'lawn'1 patch=3 sq metres Tetragonia tetragoniodes. Prostrate perennial15-30cm h 60-100cm w. Parboil. Easily grown from seed.

Wasabi Nr pizza oven tap. Shade and moist. Salad Wasabi courtyard

Watermelon (sm melons Charentaus/Ogden-large Moon & Stars/Droughtmaster/Sugar Baby) Siberian

Yacon (Peruvian Ground Apple) behind shed. vigorous 1m D Most of the year E of shadehouse. Delicious

Wild White Yarrow Acillea millefolium, perennial,1m, young leaves raw/cooked, tea-leaves & flowers, for cold, flu,/fever, stomach cramps, digestive system & stopping bleeding wounds. Cold tea on sores, ulcers, acne,piles. Dried leaves in brewing beer. Attracts butterflies. Fragrant .Flowers, fresh or dried White 4" x 18" Divide in spring HSC. L Outside main bed window on e

Yarrow Cerise Queen. Magenta pink 24in x 18 in. l Front -e

Zaar Zataar Wild Marjoram Pot nr Pizza oven and courtyard.

Zucchini Cost Romanesque-Ronde de Nice-Cocozelle



## EDIBLE FLOWERS

**Achilles (Yarrow)** **Cerise Queen** plus white one Eible,if bitter young leaves, herbal tea from leaves & flowers. Can use flowers and leaves. Raw, cooked or dired as spice. **Alyssum** flowers & leaves  
**Angelica** **Anise Hyssop** (SHF) 60cm-nectar for bees, tea & flavouring **Arugula** Beebalm  
**Begonia** s of Garden wall **Bellis perennis red** Bergamot/Monarda **Borage** **Calendula** Cape Lily – flowers eaten like spinach –perennial **Chrysanthenun** edible **Calendula (pot marigold)** –yellow rainbow garden- near citrusSusi -flowers raw in salads (spicy and peppery), food colouring, tea, leaves(bitter) and petals, for bees, repels pests-( **Chrysanthemum Shungiku** all parts edible reduce to under 70 cm annual **Cinaria Silverdust** Frost tender **Edible flowers. Sprout and eat.Cornflower** Chrsanthemum coronium (Garland) **Dahlia**-perennial

**Cornflower** , flowers sweet to clove flavour, sprinkle on salad or pasts , **Cosmos** annual leave seeds for following year **Dandelions** **Dahlia**-many have edible petals & tubers **Daisy** –**Bellis perennis** **Day lily** in particular the double Kwanso, perennial-petals, young leaves, shoots & flowers



**Dianthus** amurensis, barbaatus, caryophyllus, chinesis, deltoides, plumarius, superbus **Echinacea**  
Purple Coneflower centre mound & e mound nr Egan clothesline sweet to clove like flavour-cakes,  
soups, fruit salad and stir fries

**English Daisy** e mound under Quince **Evening Primrose** White yellowleaves & flowers raw or  
cooked, also roots, young shoots & leaves eaten in salads –perennial, n of Tangelo- oenothera  
macrocarpa/odorata/versicolour/speciosa/ missouriensis, Formosa Lily (Lillium Formosan) flowers,  
bulbs, leaves & stems –perennial Fuschia

**Gardenia** (200) **Gladiolus** dark red shamanic/ white shamanic/red under Pomegranate  
**Heartsease** (Viola Tricolor) Johnny Jump Up A 10cm Flowers as garnish many med. uses -Peta Hingst  
\*\* **Herb Robert** (Geranium robertianum) A 30cm Leaves eaten/used as tea/wash. Immune booster  
nr e tap centre(SHF) **Hibiscus** Hollyhock/alcea rosea **Hostas**-several species are perennial  
vegetables & new shoots edible. **Hyssop** attracts cabbage moths

**Ice Plant-Delosperma** –Leaves and stems –raw or cooked. Driveway east.

Jasmine **Jewel of Opar/Pink**  
**Baby's Breath**-succulent –leaves edible (oxalic acid), seeds very nutritious (Omega 3) but tiny. E & W  
house wall edges

**Johnny Jump Up** Lilac syringia vulg aris **Lime Geranium courtyard** **Marigold** (calendula  
officinalis)-use in salads & mixed herbs/ulcer ointment/wounds /orange/yellow/ red -oPrange. Self  
propagates /tagetes patula/tenufolia/patulaxerecta **Mexican marigold** (Tagetes minuta not lucida)  
– deals with couch. (Stinking Roger) **Marvel of Peru** Mirabilis jalapa-coloring from flowers, young  
leaves-perennial **French Marigold** repe; white fly nr tomatoes. Kill nematodes in soil **Native Violet**  
under tap in native circle **Bilby Nasturtium** –annual-pickle buds like capers, leaves for flavour, seeds  
in salad but hot, flowers, pesto. Med antifungal, tonic, antibiotic Vit C Also **Princess of India**  
**nasturtium** Native Violet viola hederacea/banksii

**Pansy x viola xwittrockiana**—flowers as garnish **Orange blossom** Pansy/Violax wittrockiana  
Pea/Pisum sativum Perennial Phlox/paniculata

**Peony Rose “Red Robin”** 80cm x70cm Petals in salad, lemonade, punches. Afternoon shade  
Polyanthus/Cowslip/Primrose/Primula **Primrose** Redbud Rose rugosa/gallica officinalis **Mrs**  
**Dudley Cross- Rose** thornless/old/cream flowers turning to pink e mound s **Rose Mutabilis** –s of  
tank and e fence opposite rear storage shed **Salvia sclarea** Salvia ekstrakta-3ft x 2 ft, fragrant, bushy,  
hardy, evergreen, lavender blue flowers, fresh/dried in stuffing, sauces, dressings, flowers & leaves  
edible. Get from HSC Scented geranium-Pelargonium(Not citronella) Lemon, Mint. **Scented rose**  
**geranium** Use leaves as flavour for vinegars, jelly, cakes, ice cream, jams as a sweetener, or garnish  
but discard leaves before eating. Pot pourri, rose water, liqueur, massage oil with almond oil.  
Excellent emotional stimulant & wonderful mood enhancer. Warwick-planter box. Scented Citrus  
Delight geranium-great lemon fragrance **Snapdragon** nr almond white & yellow (Shamanic)  
**Sunflower** (Giant Russian) & **roadside Sweet Alyssum** (lobularia maritima) –flowers & leaves  
**Sunflower** petals Sweet Cicely **Sweet William nr almond** Tulip **Tuberose-cream** perennial se  
mound **Violets/viola comuta/hybrid/tricolor/xwilliamsiana/odorata** Zucchini flowers.

**Orange marigolds**, red nasturtiums & purple basil for some colour!

**Native violets**-edible flowers (Prosperity w Nature \$6.50) Viola Hederacea Creeping groundcover  
with edible flowers used as a garnish for drinks & salads

Shungiku (*Chrysanthemum coronarium* (Chop Suey Greens/Crown Daisy.) Fine leaf variety for salads, road leaf for cooking, Yellow & white flowers as garnish. Annual but self sows.

***Edible flowers to deter insects***

**Nasturtiums** white moths, aphids and cucumber beetle

**Hyssop** attracts cabbage moths keeping brassicas free

**Chives** under apple trees for apple scab & aphids and blackspot on roses

**Garlic** keeps aphids from roses

**Lavender**-repels moths, mosquitos

**Marigolds –French** repel white fly tomatoes. Kills nematodes in soil

**Marjoram & Comfrey**-asparagus

**Borage**-near strawberries to increase yield

**Chamomille**-deters flies, mosquitos and gives strength to near by plants

**Dill & Land Cress** attract Cabbage White Butterfly

**Lovage**

**Mint** repels white cabbage moth

**Radish** attracts leaf miner from spinach

**Rosemary** repels carrot fly

**Sage** protects cabbage from moth

**Tansy** repels moths, flies. Plant under peach trees, assists compost

**Zinnia** for ladybirds, bees, monarch butterflies. Root plants

**Basil** repels flies and mosquitoes

**Caraway** breaks down heavy soil



## SUNDRY INFORMATION

**Healing/Rainbow/Chakra Garden Circle Fragrant Herb Garden**-Bremness 66

Centre Self pollinating **Almond** with circular seat under & entwined with Malabar Spinach

8 circles /triangles Chakra/Rainbow colours Entry from Pav 3

**Red** Strawberry Guava 4-red fruit E Arrowroot 1-2 Rhubarb Strawberries Red stemmed chard  
Rosella Pomegranate Pineapple Sage Red Vein Sorrel Persimmon

**Orange** Imbe 5 E Nasturtiums from Doug Mandarin-Hickson

**Yellow** Nashi Shineski Marigolds Fennel Sunflowers-dwarf Yellow stemmed chard, dandelion  
Nashi-Ya Li Yellow fruit 6 D Dill Sweet Corn Yellow day lilies Tarragon Calendula

**Green** Nashi Tsu Li Green fruit 6 D Thyme Marjoram French Sorrel, Celery, parsley, garlic chives,  
spring onions, cabbage, kale, lettuce Papaya Berry

**Blue**(light blue) Blueberry Biloxi Rosemary Borage Comfrey

**Indigo**(dark blue) Self Heal(*Prunella vulgaris*) **Lavender Tuscan blue Rosemary Viole dark blue\*\***!Chia salvia hispanica 1m frost sensitive annual –bi annual blue flowers, high protein seed, energy food, thirst quencher, survival food, stores well, tea like sage

**Violet** Capulin Cherry 10 semi purple fruit **Globe artichokes Violets Purple sage & purple basil**  
Catmint **Lilly Pilly-Cherry Surprise Crab Apple \*\*Chaste Tree** 1-3 m Fragrant lavender fl. Alternative to peppercorns. Med tincture, muscle cramps **MEDICINAL Lilac Phalsa Perilla**

**Fairy -Cast Iron. Danu-knowledge, wisdom, wealth and abundance.** Also goddess of earth, fertility, wisdom , wind and water

**SHAMANIC GARDEN** S of Garden Pavilion

**North** White Physical Health & Wealth Body External self **White Gardenias Jasmine Sambac**

**East** Yellow Spirit-essence, what gives you joy, self esteem, purpose, , vision, difference maker-  
External -**Healing herbs**

**South** Black Mind-Planning, organization, communication with self & higher self –Internal-stillness-  
seat-scented plants (honeysuckle, **rose**)

**West** Red Heart Love- relationships, emotions, connections Internal Heart shaped plants eg **sweet potato red honeysuckle, gladioli**

**Centre** Whole self. Within. Balance. **Chestnut tree**

Health, abundance, joy, happiness

**Raised Garden Bed** Birdies Garden Products 2.1 x 0.6 x .740. We got these from House to Home in Inverell. Absolutely wonderful. Just the right height for us as we mature. Well made. We put lucerne hay in the bottom and the nursery supply wonderful soil and mulch to go on top.

**Seed Raising Mixture** Combine 1 measure of reconstituted finely shredded coir fibre and 1 measurement of vermiculate. Mix thoroughly. Or Searles Seed Raising Mixture with blood and bone. (Susi) Fruit & Vegetable Seed Raising Mixture

Edible straw bale—add extra twine, dig holes into top & sides,, insert compost and soil mix. . Water bale, with liquid fertiliser, Plant seedlings. Can be moved. (Costa.) 2 seedlings back, 1 front . Stakes to support egg tomatoes. Try zucchini, tomatoes and eggplants

**Seed Bombs** 4 parts clay/bentonite, 1 part compost, a sprinkle of fertiliser, seeds. Add water to moisten. Mix gently until a play doh consistency. Can mix flowers and vegetables. Throw around.

**MULCHING** Newspaper /cardboard—thick topped with straw.

Mulcher so that all material stays on site. C7 Hansa from Motor Mecca Toowoomba .Ok with small branches but can't cope with arrowroot leaves or sweet potato & passionfruit vine. Or anything with a high moisture content,

Sugar cane straw bales as edger & protector (Kitchen Gardens 59)

No chemicals or artificial fertilisers. All the plants have been grown with only the mulch & have had no additives.

For excess **dandelions** etc combine white vinegar, 1 tbsp dish detergent and boiling water. Spray on to leaves. After leaves died, pull out deep tap root.

**Codling Moth** Wrap cardboard around trunk—tie with rubber in autumn. Take off mid winter. Burn as moths will have laid their eggs by then

**Fruit fly.** Plant fruit that mature early summer. Bait/trap. In 24 litre plastic bottle put large splits /1/2 inch round holes. Near top of bottle. 1 ½ tbs cloudy ammonia, 1 ½ teasp vanilla essence, 100g sugar. Put 1 ½ inch in bottle. Hang in tree when flowers start to flower. CHECK EACH WEEK. OR

1 TEASP VEGEMITE, 1 TEASP SUGAR, ½ LITRE WATER

Dripper system under mulch. Wet Earth Irrigation Supplies-Netafim Techline AS30cm x 1.6lph x 200m %160 in 2013. Twice a week in summer, nil in winter. No longer used as too many tree roots

Timers on mains power essential. Batteries are useless- we had to replace 4 out of 8 in 12 months. 2<sup>nd</sup> outdoor powerpoint behind Retreat. Up to 6 stations . Prone to issues .

If a problem with couch, plant sweet potato and Achillea (yarrow) or evening primrose & let them deal with it ! Mind you the next issue is the roaming sweet potato

Fruit Fly exclusion netting. Netpro Stanthorpe. \$11 a metre. 10m wide x 20 m \$220. Can get smaller rolls. 1300638776 [sales@netprocanopies.com](mailto:sales@netprocanopies.com) Net tree when petals drop

Plant labels and growing seedling ideas. Forestry Tools Roseville NSW. Excellent and efficient.

CHOOKS

Behind shed under bird proof netting –bird prone fruit trees (eg mulberry, fig, cherry) & to deal with fruit trees prone to fruit fly-chooks eating the fallen larvae.

Chicken Dome 2.5 m diameter. Bamboo perch 23 cm per chook 60 cm off floor. Eglu is great.

200gms per day –laying mash, not pellets. Grit daily

Costa; Plant on borders of coop-wormwood, comfrey, nasturtiums, hang bunch of oregano, or silverbeet. . Herbs in nesting box.. Cover a bricked area with mesh panel and plant a crop which moves - canola, pigeon pea, barley, sorghum, buckwheat, rye, millet, linseed, oats, lentils. Return chicken shells to potting mix or compost-calcium.

## Suppliers

**Daleys Fruit** Kyogle 66321441 Excellent Plants perfectly packed . Yalca good for traditional bare rooted fruit trees.They have an enormous variety eg over 100 apple varieties

Best for Seeds **The Seed Collection** Cheap and quantity ideal fro a home garden.

Honeysuckle Cottage

Eden Seeds

Green Harvest –Maleny-0754944676

Linda Woodrow- -black sugarcane Diggers

Shipards Herb Farm Nambour. [info@herbs-to-use.com](mailto:info@herbs-to-use.com) 07 54411101 Plants often a bit small to survive in the NW slopes & about half survive. Perhaps better to get the seed & propagate. Great plant information.

Bilby Native Plants. Binnaway. Healthy plants. Very enthusiastic & knowledgable owner.

Daleys is the best

Confirm number of chill hours from Dept of Ag for winter fruit. Traditionalists may say you cannot grow apples, pears etc in this climate. Yes you can & remember there are low chill varieties & no spraying is necessary. I accept that some fruit will be eaten by others species. Nature will out



We have 2 native stingless bee hives. We do not harvest the honey as it is a small amount. We just enjoy their pollinating skills and seeing the joy of children have them on their hands without being stung.

Internet Sites

[www.healinglandscapes.org](http://www.healinglandscapes.org)

[www.cultivate.nsw.org.au](http://www.cultivate.nsw.org.au)

[www.kitchengardenfoundation.org.au](http://www.kitchengardenfoundation.org.au)[www.communitygarden.org.au](http://www.communitygarden.org.au)

[www.herbs-to-use.com](http://www.herbs-to-use.com) On line ordering heartgarden.com.au. Plants poor & will not reply .

gardenexpress.com.au national tropicals.

Bowerbird website. If find an unknown insect or bird or butterfly use this site. Create an account, put photo of insect with a number & in a week some boffin will have identified it or you may have found a new one in an unexpected area.

### Books

Bush Tucker, Boomerangs & Bandages McKemey & White

Fabulous Foods for Every Small Garden Horsfall CSIRO Publishing

Harvest. A Complete Guide to the Edible Garden.

Kitchen Gardens of Australia

The Complete Book of Edible Landscaping. Creasy 1982

The Wilderness Garden Jackie French

Permaculture Home Garden Linda Woodrow

Edible An Illustrated Guide to the World's Plants National Geographic

Seed Saver's Handbook Organic Gardening Magazine

How Can I Use Herbs in My Daily Life. Isabell Shipard. A delightful book to dip into.

Cornucopia 2

Australian Stingless Bees John Klumpp

Jerry Coleby-Williams is a fund of knowledge if you get the chance to spend a few hours with him.

**Seed Raising Mixtures** Searles Specialiity Seed raising Mix with blood and bone (Susl)

50:50 sand & compost or 50:50 sand & vermiculite or ! measurement of reconstituted coir fibre, mixed with 1 measurement of vermiculite. Get latter form pet store as cheaper than hardware or garden stores.

**Straw Bale Planting.** Best for toms, cucumbers, , peppers and zucchinis. On side. 2 rear, one front. Stake Not root crops.. Top with potting mix for small seeds. Try east of potting shed.

Behind shed fully netted for chooks & fruit trees birds like. Eg figs, mulberries

An old fashioned swing .

Paths-crusher dust, quartz gravel, pine bark chips. Mulch from arrowroot, lemongrass, & sugar cane

Under fruit trees-self grow silverbeet, dandelion, amaranth, strawberries

Energy tower & weather organiser.

Table for seed raising.

Basin for washing vegetables

Along fence Citrus Australasia, Cinnamon zeylanicum & Davidson's Plum KG 61 Along back fence false cardamom, Lemon-Lots a lemon, Meyer, Oldhams bamboo?, Monastery bamboo ?(Thyrostachus siamensis)-beware the creep of bamboo!, Tahitian Lime, pawpaw

If using pine bark, add blood & bone but beware dogs digging.

Don't water frost sensitive plants in winter.

\* = Hardy plant with culinary & medicinal uses

\*\*=Exceptionally useful culinary & medicinal plant

!\*=Hardy food source with high nutritional value, survival food or potential to store..

Alfresco Wood Fired Pizza Oven Internal oven size 1100mm x 1325mm x 470mm. Although this is the biggest, you need this size if you wish to have a wider door to use a large roasting pan.

Use dried citrus peel as a fragrant fire starter.

To preserve timber tool handles, wooden pallets-use linseed oil and turps

**NEW PLANTS FROM OLD** include:

These include : Bananas, Celery (root base into shallow water. Once new growth , replant Currants, Garlic, Geraniums, Ginger (smallest buds pointing upwards) , Grapes, Jerusalem Artichokes, Lavender, Marjoram, Mint Oregano Pineapple(from tops), Pineapple Sage, Rosemary ,Spring Onions (roots in water with small green stalk above, then transplant) Strawberries, Sweet potato (once shoots are over 5cm high, cut off and replant 20cm apart.

, Tomatoes, Turmeric, most natives, old fashioned roses

Plants that self sow here. Yellow currant tomatoes, Greek Basil, Egyptian Spinach, Perilla, Celery, Sweet Potato, Wild Rocket

1 teaspoon of fertile soil can contain 100 million to a billion bacteria from 10,000 species.

Compost key soil improver. Molasses looks after soil life.

Sap or pollen beetles. Use Neem oil at half recommended rate.

Aphids soapy water. On kale, parasitic wasps will deal with them. Aphids more prevalent early in the season when no predators. Wait for the sugar/carbohydrate to increase & the predators will come. If see circle or small hole, parasitic wasps have moved in.

If wish to have natural looking avenue of rows of trees. If 3 varieties Row A -1, 2, 3 Row B 2,3, 1 Row C 3, 1, 2 If 5 rows A 12345 B 23451 C 34512 D 45123 E 51234

Native Blue Banded Bees-use sandstone blocks for hives, drilling 2 holes into them or mud bricks  
Solitary hives



Are “buzz pollinators”.

Like tomatoes, basil, sage, passionfruit flowers, rosemary

**Native Stingless Bees** *Trigona caronaria*. From Matthew at Beezotted July 2015. Harvest annually 1kg of honey. Can split hive annually.

**Geese.** If have 5 ganders, that is enough to protect the flock from foxes. Can muster slowly (if push them, just watch them fly!) and no need to feed if green grass around their pond. Need a safe island in dam for nesting in spring. Thanks to Richard & Judy Makim-the geese gurus.

Plant markers. Markit Labels NZ. Can use a soft HB pencil to write on or use slate with a cattle tag marker. Green Harvest Copper & Aluminium. The copper ones are great

Cut slate tiles & write with tagger pens used for cattle tags but fade with time. Too heavy to hang

To remove chlorine from town water check options from Aqua One. Will not remove fluoride.

J C-W uses a large ceramic one & a activated charcoal one.

100sq metre of food crops can feed an adult for a year.

When planting. 6 drinks. Water 2 x for 1 week, 1 drink for 3 weeks then 1 drink for a fortnight.

Never use Confidor. Causes collapse of bee colonies. See Jerry Coleby Williams for home made recipes –on website. Nicotine mixture for roses-150g of tobacco, coer with water. Strain through pantyhose-add soap. White oil mixture-vinegar, bicarb soda, borax, sunflower oil. Don't spray above 30 degrees or will burn. Soapy water kills aphids. Water & milk for mildew control. White oil suffocates pests.

Aim for 2 types of plants in flower all year round. Most important are small cup shaped flowers for nectar ( eg kale & leek flowers) and large flat one for pollen. (Eg sunflower).

Salvias wonderful for bees but not bedding salvias (*salvia splendens*) which are not liked.

There are over 2000 species of bees. Focus on natives which are stingless. No need for European bees.

General yellowing of leave is either not enough nitrogen or not enough boron (in Borax)

If old leaves green & new mottled = iron deficient. Add iron sulphate

If old leaves mottled, new leaves green = magnesium deficient.

Milk & water= fungicide.

If pond has algae it is too acid. Add Bi Carb Soda. Or white vinegar 1 to 5 ratio of water.

Everything is connected so don't have separate areas for vegetables, fruit and perennial flowers.

JCW



Linda McDouall

## EDIBLE FLOWERS Source Gaias Organic Gardens

### Important things to note:

- Please use edible flowers with caution, Allergic reactions to flowers are possible so please start in small doses.
- Only use organic spray free flowers
- Only eat wild flowers if you know it's a spray free area
- Eating flowers off roadside is not recommended as they are prone to absorb pollutants from car fumes
- Never eat any part of a plant unless you can identify it with 100% positivity

- Only eat the petals unless you know the plant is edible. In many cases ONLY the petals are edible so remove the calyx and stigma (base of flower)
- If you suffer from hay fever you may also be sensitive to flowers

### 101 Edible Flowers

1. Violas/Heartsease/Pansy/Jumping Jacks – *Viola spp* –Entire plant is edible
2. Petunia- *Petunia hybrid*- Entire plant is edible
3. Native Violets- *Voila hederacea*- Entire plant is edible
4. Voilets- *Voila odorata* – Entire plant is edible
5. Alyssum- *Alyssum maritimum* – Entire plant is edible
6. Calendula- *Calendula officinalis* – Flowers and young leaves
7. African Marigold- *Tagetes erecta*- Petals only, although leaves have medicinal properties when prepared correctly
8. Signet Marigold- *Tagetes tenuifolia*- Petals only, although leaves have medicinal properties when prepared correctly
9. Sunflower- *Helianthus annuus*- – Entire plant is edible
10. Geranium-*Pelargonium spp.*- Petals only
11. Snapdragon- *Antirrhinum spp.* -Petals only
12. Scarlet Runner Beans- *Phaseolus coccineus*-Petals only
13. English Daises- *Bellis perennis* -Petals only
14. Rose-*Rosa spp.* -Petals only
15. Carnation-*Dianthus spp.* -Petals only
16. Chrysanthemum- *Chrysanthemum spp.* – Petals only
17. Hibiscus- *Hibiscus spp.* -Petals only
18. Linseed –*Linum usitatissimum*-Flowers and seeds
19. **Borage**-*Borago officinalis*– Petals only, although leaves have medicinal properties when prepared correctly
20. Red Clover- *Trifolium pretense*– Entire plant is edible
21. **Nasturtium**- *Tropaeolum majus*- Entire plant is edible
22. Sour Sob-*Oxalis cernua*- Entire plant is edible



23. Roselle- *Hibiscus sabdariffa*-Petals only
24. Banksia- *Banksia spp.* -Petals only (sap)
25. Sage- *Salvia officinalis*- – Entire plant is edible
26. Scarlet Wisteria- *Sesbania grandifolia* (asia) -Petals only
27. Pineapple Sage- *Salvia elegans*- – Entire plant is edible
28. Lemon Verbena- *Aloysia triphylla*- – Entire plant is edible although leaves should be cooked or boiled
29. African Impatiens- *Impatiens wallerana*-Petals only
30. Horseradish- *Armoracia rusticana*- Entire plant is edible
31. Lilac- *Syringa spp.* -Petals only
32. Rocket/Roquette- *Arugula*- Entire plant is edible
33. Water lilly- *Nymphaea odorta*- Entire plant is edible
34. Queen Annes Lace/Wild Carrot- *Daucus carota*- Entire plant is edible
35. Lilly- *Lilium landifolium*- Entire plant is edible
36. Cornflower- *Centaurea cyanau*- Entire plant is edible
37. Gladiolus- *Gladiolus spp.* -Petals only
38. Chives- *Alluim spp.* – Entire plant is edible
39. Brassica (Broccoli, Radish, Wild Radish)- *Brassica spp.* – Entire plant is edible
40. Garden Sorrel- *Rumex spp.* – Entire plant is edible
41. Hyssop- *Agastache foeniculum* – Entire plant is edible
42. Lavender- *Lavandula angustifolia*- Petals only, although leaves have medicinal properties when prepared correctly
43. Basil- *Ocium basilicum*- Entire plant is edible
44. Angelica- *Angelica sylvestris*- Petals only, although leaves have medicinal properties when prepared correctly
45. Strawberry- *Fragaria ananassa*-Flowers and fruit are edible
46. Burnet/Salad burnet- *Sanguisorba spp.* – Entire plant is edible
47. Magnolia- *Magnolia grandiflora* –petals pickled
48. Thyme- *Thymus vulgaris*- Entire plant is edible

49. Tansy- *Tanacetum vulgare*- Petals are edible (very pungent) leaves can be used medicinally but best avoided raw
50. Jasmine-*Jasminum officinale*-Petals only
51. **Mint**- *Menta spp.* – Entire plant is edible
52. Cat Nip- *Nepeta cataria*- Entire plant is edible
53. Pumpkin- *Cucubrita spp.* – Entire plant is edible
54. Squash- *Cucubrita spp.* – Entire plant is edible
55. **Zucchini**- *Cucubrita spp.* – Entire plant is edible
56. **Oregano**- *Origanum vulgare*- Entire plant is edible
57. Pansy- *Viola tricolor*- Entire plant is edible
58. Fuchsia –*Fuchsia spp* -flowers and berries only
59. German Chamomile – *Chamaemelum nobile*- Petals only, although leaves have medicinal properties when prepared correctly
60. Roman Chamomile- *Marticaria chamomilla*- Petals only, although leaves have medicinal properties when prepared correctly
61. **Feverfew**/Pyrethum-*Chrysanthemum parthenium/ Pyrethrum parthenium/ Tanacetum parthenium*- Petals only, although leaves have medicinal properties when prepared correctly
62. Rosemary-*Rosemarius officinalus* – Entire plant is edible
63. Dandelion- *Taraxacum officinale*- Entire plant is edible
64. Chicory- *Cichorium intybus*- Entire plant is edible
65. Moringa- *Moringa oleifera*- Entire plant is edible
66. Hawthorn- *Hawthorn spp.* -Petals only
67. Hollyhock- *Alcea rosea*-Petals only
68. Chia- *Salvia hispanica* -Entire plant is edible
69. Linden- *Tilia spp.* -Petals only
70. Dill- *Anethum graveolens*- Entire plant is edible
71. Babys Breath- *Gypsophila sp.* -Petals only
72. Begonia- *Begonia spp.* -Entire plant is edible

73. Elderberry- *Sambucus spp.*- Berries and fruit, leaves can be used medicinally when prepared correctly
74. Apple-*Malus spp.* - Fruit and blossoms are edible
75. Citrus Blossoms-*Citrus spp.* – Fruit and blossoms are edible
76. Plum- *Prunus spp.* – Fruit and blossoms are edible
77. Banana- *Musa spp.* – Fruit and blossoms are edible
78. Ginger- *Zingiber officinale*
79. Tumeric- *Curcuma longa*
80. Cardamom- *Cardamon*
81. Safflower- *Carthamus tinctorius*
82. Honeysuckle- *Lonicera spp.* -Petals only
83. Peony- *Paeonia spp.* -Petals only
84. Tulip (unless allergic) – *Tulipa spp.* - Petals only
85. Lilac- *Syringa spp.* -Petals only
86. St John Wart- *Hypericum perforatum*- Petals only, although leaves have medicinal properties when prepared correctly
87. Bee Balm- *Monarda didyma*- Entire plant is edible
88. Thistle- *Cirsium horridulum*- Entire plant is edible
89. Evening primrose- *Oenothera biennis* -Flowers and young leaves
90. Comfrey- *Symphytum officinale*- Flowers and young leaves
91. Echinacea- *Echinacea purpurea*- Petals only, although leaves have medicinal properties when prepared correctly
92. Feijoa/Pineapple Guava- *Feijoa sellowians*- Fruit and blossoms are edible
93. Cosmos- *Cosmos spp.* -Petals only (red and white petals)
94. Chervil- *Anthriscus cerefolirum*- Entire plant is edible
95. Arugula- *Eruca sativa* -Petals only
96. Lovage- *Levisticum officinale*- Entire plant is edible
97. Beans/Peas (ornamental NOT edible)- *Pisum spp.* – Entire plant is edible
98. Crane Bill/Storks Bill- *Geranium dissectum*- Entire plant is edible

99. Plantain Lilly-*Hosta*- Entire plant is edible

100. Day Lily-*Hemerocallis fulva*– Flower buds and flowers

**Bonus Flower**

Dahlia- *Dahlia pinnata*-Petals only