Rappville Biodiverse Species List

Archirhodomyrtus beckleri **Rose Myrtle**

Distribution and Ecology

Endemic to Australia, is a shrub or small tree native to rainforest areas of eastern Australia, occuring in NEQ, CEQ and southwards to coastal central New South Wales. Altitudinal range in NEQ from near sea level to 1150 m. Grows in rain forest on a variety of sites. It also grows on the edge of rain forest and as an understory tree in wet sclerophyll forest dominated by Rose Gum (Eucalyptus grandis). This species is favoured by disturbance and is a typical regrowth species.

Uses

Rose myrtle leaves are 2–8 cm long and 1.5-2.5 cm wide, lanceolate, glossy and pleasantly fragrant when crushed. Flowers are 1 cm across, white, mauve or pink. The edible berry is 0.5-0.8 cm across, globular, yellow orange or red, containing numerous small seeds.

The berry has a pleasant aromatic flavor reminiscent of Brazilian cherry. It can be eaten out-of-hand or used in sauces and preserves.

Rappville Biodiverse Species List

Austromyrtus dulcis **Midgenberry**

Distribution and habitat
The species occurs in New South Wales and Queensland, from Grafton to Fraser Island. It occurs as a common understorey plant of heathland and woodlands and also growing on sandy soils and occasionally on the margins of rainforests.

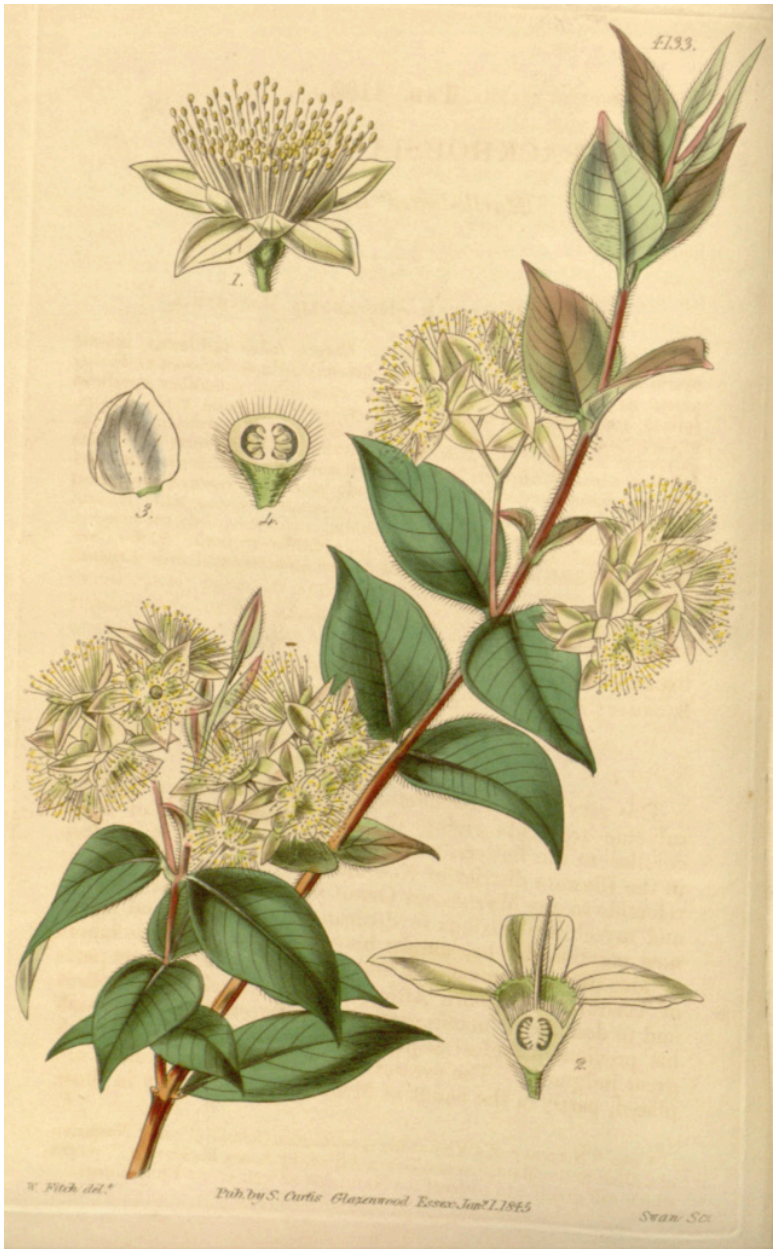
Uses
The berries are a popular traditional bushfood, eaten by indigenous Australians and non-indigenous people. The melt-in-the-mouth berries are sweet and aromatic, with a pleasant peppery/gingery flavour. While recognized as having good flavour qualities, the berries have not been commercialized due to harvesting and handling issues.

Midgim is also popular in amenity horticulture as an adaptable shrub for a variety of situations, handling a range of soils and climatic conditions.

It springs up and grows like a wheat field .... one can go through acres of the scrub with its white, sweet-tasting berry until stopped by lagoon or salt water. It is the most sought-for berry or fruit on the island. Children will collect it by the tin-full, and even the elders will join with gusto in its eating.
— Thomas Welsby's description of the plant in relation with the native peoples on Fraser Island., Wild Food Plants of Australia p. 35

Rappville Biodiverse Species List

Backhousia myrtifolia **Cinnamon Myrtle/Grey Myrtle**



Distribution and Ecology

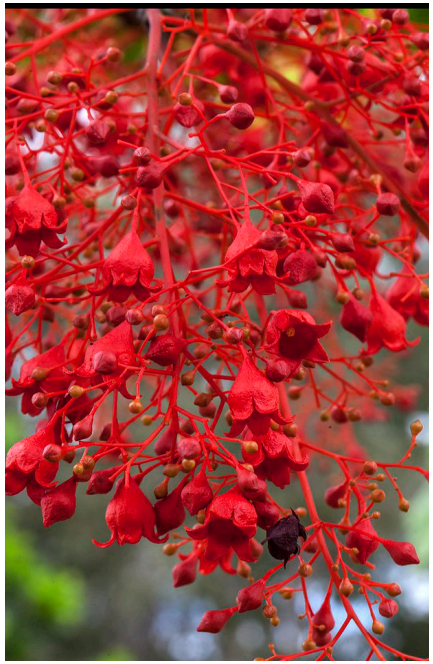
Cinnamon Myrtle is a native Australian species that belongs to the Myrtaceae family.It is a canopy species of plant (occupying high light environments) that form coppiced thick trunks, and tend to grow in warmer, temperate rainforest conditions. They are most often found in regions close to watering bodies, such as the Eastern coastal edges of Queensland, New South Wales and Victoria. Its most common locations include the South Coast of NSW in Bega, and off Fraser Island in Queensland. B.myrtifolia is an evergreen and has an average life-expectancy of between 80 and 100 year.s

Uses

Cinnamon Myrtle is used extensively as an aromatic/spice, due to the unique properties of its natural oils; methyl eugenol and elemicin. These oils combine to produce a natural cinnamon-like fragrance, and as a result Cinnamon Myrtle can be used as a flavouring agent in biscuits, stews and deserts. It is rich in fibres, vitamins (Vitamin A, C, E, K and pyridoxine) and minerals (potassium, calcium and copper) which are important in maintaining homeostatic body function. Vitamins function as co-enzymes in the body, accelerating the rate of biological reactions, whilst minerals such as potassium are useful in preserving cellular electrochemical gradients, and thus maintaining musculoskeletal function.

Rappville Biodiverse Species List

Brachychiton acerifolius **Flame Tree**



Distribution

A large tree of the family Malvaceae endemic to tropical and subtropical regions on the east coast of Australia. Distribution and habitat Brachychiton acerifolius is found in well developed coastal rainforests from southern New South Wales to far north Queensland. In Cape York Peninsula and north east Queensland the altitudinal range is from sea level to 1,000 m (3,300 ft). It also grows in drier, more seasonal forests.

Ecology

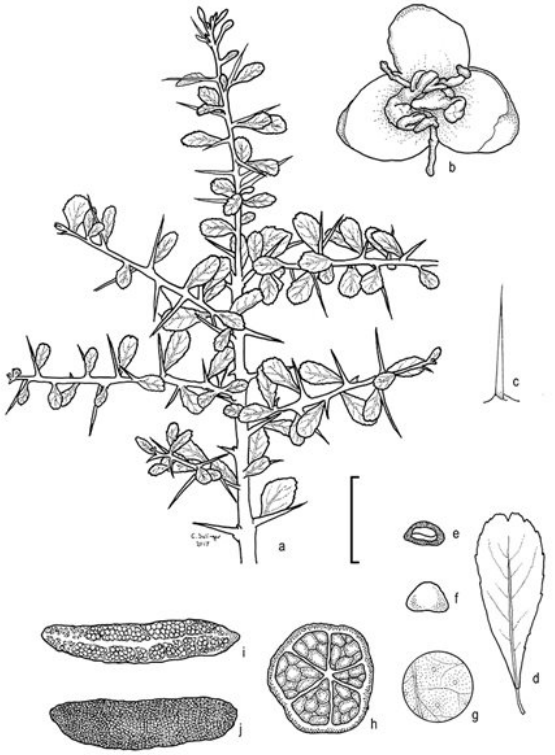
This species is a host plant for the larvae of the pencilled blue, shining pencil-blue, common aeroplane and tailed emperor butterflies. The seeds are eaten by Australian king parrots and the Regent and Satin bowerbirds.

Uses

The seeds are edible - Indigenous Australians ate them either raw or roasted, after removing the irritating hairs that surround them in the pod. They are nutritious, containing 18% protein and 25% fat with high levels of zinc and magnesium. They also ate the roots of young trees.

Rappville Biodiverse Species List

Citrus australasica ***Finger Lime***



Distribution and habitat

Finger limes belong to the Rutaceae family, which includes all forms of citrus fruits. It occurs along the east coast of Australia, ranging mainly from south east Queensland to north-east New South Wales in tropical to subtropical rainforest communities

It is possible to be grown from seed, cuttings or grafting onto exotic citrus species. It is slow growing, and if grown from seed it may take up to 15 years to reach maturity. It is essential that the seed used is as fresh as possible to maximize success rates.

Fruiting

Finger limes flower late autumn to summer, with the fruit ripening between May and June. Finger Lime fruit doesn't ripen well off the tree, so pick only fully ripe fruit – these will feel full and detach easily. When opening the fruit, avoid getting oil from the rind onto the pearls, as this can affect the flavour.

Uses

fruit containing glistening 'citrus pearls'. When bitten, these pearl explode in a juicy sweet, refreshing burst. This fruit is great in summer drinks and desserts, and may also be used in chutneys, jams and marmalades. Both juice and pulp go well with fresh oysters, fish and calamari.

Rappville Biodiverse Species List

Dianella caerulea **Blue Flax Lily**

Distribution + Description

Found across the eastern states of Australia and Tasmania. It is a herbaceous strappy perennial plant to a metre high, with dark green blade-like leaves to 70 cm long. It occurs in a wide range of habitats, from coastal heath-land and even sand dunes. Blue flax lily is a very hardy (snow and frost hardy) and long-lived plant once established. It can tolerate damp conditions but prefers moist well drained soil. Blue flowers in spring and summer are followed by indigo-coloured berries. It adapts readily to cultivation and is commonly seen in Australian gardens and amenities plantings.

Uses

The seeds are edible - Indigenous Australians ate them either raw or roasted, after removing the irritating hairs that surround them in the pod. They are nutritious, containing 18% protein and 25% fat with high levels of zinc and magnesium. They also ate the roots of young trees.

Ecology

This species is a host plant for the larvae of the pencilled blue, shining pencil-blue, common aeroplane and tailed emperor butterflies. The seeds are eaten by Australian king parrots and the Regent and Satin bowerbirds.

Rappville Biodiverse Species List

Diploglottis australis **Native Tamarind**

Distribution and Identification
Native tamarind is a well known rainforest tree of eastern Australia. It is easily identified by the large sausage shaped leaflets.

The native tamarind grows in a variety of different rainforests, on basaltic and rich alluvial soils. The southernmost limit of natural distribution is Brogo near Bega (36° S) in New South Wales. They grow naturally along the east coast, northwards to near Proserpine (20° S) in tropical Queensland.

Uses
The native tamarind is valued as an Indigenous fruit tree because the aril may be eaten raw or added to jams and chutneys. It also is used as the basis for a tangy cool drink.

Rappville Biodiverse Species List

Elaeocarpus grandis **Blue Quandong**

Distribution

Blue quandong grows in rainforesta and along moist, scrubby watercourses from Cooktown in far north Queensland to the Nambucca River in northern New South Wales, at altitudes up to 1,100 m

This tree usually grows beside rivers and creeks in the subtropical rainforests of Queensland, Northern Territory and northern parts of NSW.

Ecology

The fruit is attractive to birds, including the Australian brushturkey and southern cassowary and the flying foxes (genus Pteropus).

Uses

Indigenous Australians ate the fruit raw or buried the unripe fruit in sand for four days making it sweet and more palatable. Early settlers used the fruit for jams, pies and pickles

Quandongs have a vitamin C content higher than oranges.

The trees tend to flower from March to June with fruits forming in Spring

Rappville Biodiverse Species List

Grevillea robusta **Silky Oak**

Distribution and Identification

It is a native of eastern coastal Australia, growing in riverine, subtropical and dry rainforest environments. Silky oak occurs naturally on the coast and ranges in southern Queensland and in New South Wales as far south as Coffs Harbour where it grows in subtropical rainforest, dry rainforest and wet forests. It is now relatively rare in its natural habitat but has been widely planted, including on Norfolk Island and Lord Howe Island. It has become naturalised in many places, including on the Atherton Tableland in Australia and in South Africa, New Zealand, Hawaii, French Polynesia, Jamaica and Florida. It is regarded as a weed in parts of New South Wales and Victoria, as “invasive” in Hawaii and as an “invader” in South Africa

Grevillea robusta is a fast-growing evergreen tree with a single main trunk, growing to 5–40 m (20–100 ft) tall.

Uses

Before the advent of aluminium, Grevillea robusta timber was widely used for external window joinery, as it is resistant to wood rot. It has been used in the manufacture of furniture, cabinetry, and fences. Owing to declining Silky oak populations, felling has been restricted.

Recently silky oak has been used for side and back woods on guitars made by Larrivée and others, because of its tonal and aesthetic qualities.

Rappville Biodiverse Species List

Grevillea robusta **Silky Oak**

Rappville Biodiverse Species List

Lomandra hystrix **Forest Mat-rush**

Distribution and Identification

Endemic to Australia, occurs in NEQ, CEQ and southwards as far as coastal central New South Wales; north from Taree. Altitudinal range in NEQ from 450-1500 m. Frequently grows beside watercourses in upland and mountain rain forest.

The plant is often used for revegetation and erosion control and grows near streams on sandy soils.

Uses

The leaves make strong nets and baskets, and the seeds can be ground for use in damper. The base of the leaves is also used as food. Good border plant for bush regeneration. Strong enough to withstand inundation, can out-compete invasive weeds once established, filters the water and stabilises creek banks

Rappville Biodiverse Species List

Podocarpus elatus **Plum Pine**

Distribution and Identification

Plum pine is endemic to the east coast of Australia, in eastern New South Wales and eastern Queensland.

It is a medium to large evergreen tree growing to 30–36 m tall with a trunk up to 1.5 m diameter. Grows in well developed rain forest but is more abundant in drier rain forest.

Uses

The fleshy part of the seed cone is edible, used in condiments. The timber was prized for furniture, joinery, boat planking, lining and piles in salt water. Podocarpus elatus is an attractive ornamental tree. In older Australian suburbs, the plum pine is used as an ornamental street tree, such as at Baldry Street, Chatswood.

Fruit - raw or cooked. It makes a tasty jelly. Rich and sweet. Mucilaginous with a resinous flavour. A reasonable size, the fruit is about 25mm in diameter. The seed is borne on the top of the fruit.

A useful carving timber. The timber of this species is useful and can be used for much the same purposes as Sundacarpus amara. Swain (1928).

A well known tree commonly planted in parks and larger gardens especially through out its southern range.

Rappville Biodiverse Species List

Sterculia quadrifida **Peanut Tree**

Distribution and Identification

The Peanut tree or red-fruited kurrajong is a small tree that grows in the rainforests, vine thickets, and gallery forests of coastal Queensland, the Northern Territory and north-eastern New South Wales.

The Peanut Tree (aka. Dundil, Red-fruited Kurrajong) is a leafy rainforest species, in the same family as hibiscus and cacao, that produces edible black seeds resembling peanuts in taste. It can be found across the vine thickets and rainforest regions of northern Australia, Timor and Papua New Guinea.

Uses

Seed pods are orange outside and orange or red inside when ripe. These pods contain up to 8 black seeds that are edible and taste like raw peanuts.[The bitter black coating on the seeds is removed before consumption. Attractive bright orange/red seed pods, when ripe, split open to reveal a few black oval seeds (nuts) that may be eaten raw or roasted once the paper-like skin is removed. Like peanuts, they make a great snack by themselves or as a sprinkle for ice cream, salads and other dishes. The leaves of the Peanut Tree aren't edible, but were used in Aboriginal medicine to treat wounds and stings. Its bark is also used in traditional fibrecraft.

Rappville Biodiverse Species List

Waterhousea floribunda **Weeping Lilly Pilly**

Distribution and Identification

W. floribunda is a rainforest tree of eastern Australia. It grows along streams from the Williams River (New South Wales) near Dungog (32° S) to Mackay (21° S) in central eastern Queensland. Known as the weeping lilli pilli, this tree is widely planted as an ornamental. Planted trees from 1827 may be seen at the Royal Botanic Gardens, Sydney.

An ornamental medium sized to large rainforest tree which can reach 30 metres in its natural range, smaller in cultivation, so suitable for larger properties, farms and parks.

Ecology

At its best in a sunny spot with good regular watering. Will tolerate some dry spells. Can be affected by psyllids, a sap sucking insect which causes pimpling on the leaves. Mild attacks can be left alone, if needed spray with neem oil or white oil.

Propagation Method:	Seed
Frost Tolerance:	Tolerates light frost
Plant Usage:	Screen, Windbreak, Attractive foliage
Special Uses:	Erosion control, Fast growing
Attracts Wildlife:	Bees, Nectar eating birds, Seed eating birds, Mammals