

Native Garden Parnkalla Trail East



Carpobrotus rossii (Garrgalla)

Known as Pigface (Barngarla name: Garrgalla). The leaves are edible and are slightly bitter with a salty crunch. You can eat the leaves fresh, steamed, pickled and you can squeeze the liquid out to drink. When it has flowered the fruit pulp is ripened to eat. The leaves relieve insect bites like that of the aloe vera plant, simply cut or break the leaf and apply to skin. Traditional Aboriginal medicine and food source.



Correa pulchella

Australian Native Fuchsia known as Correa (Dusky Bells).

Grows to 1 metre to 2-4 metres and flowers from March to September and is drought and frost tolerant.



Cymbopogon ambiguous (Gara)

Known as Native Lemongrass (Barngarla name: Gara), it has a strong citrus odour. Essential oils can be extracted from the leaf to use in a variety of skincare, beauty and candle products. The stalks and leaves may be used in tea or as a fragrant flavouring ingredient in soups, curries, sauces and cakes. The leaves and roots can be boiled and used to treat flu symptoms, chest infections and skin sores. Traditional Aboriginal medicine and food source.



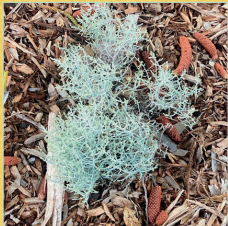
Enchylaena tomentosa (Irrgili-irrgara)

Known as the Ruby Saltbush (Barngarla name: Irrgili-irrgara). The plant produces yellow and red flowers all year round. It also produces small edible berries that are salty-sweet in flavour. The berries can be eaten raw or can be soaked in hot water to make a sweet tea. The leaves are edible and should be cooked before eating. Traditional Aboriginal food source.



Lepidosperma gladiatum

Known as Coast sword-sedge or Coastal sword-sedge. This plant has clumping strappy dark green-yellow leaves and has brown spiky flowers during winter. Suited to coastal landscapes.



Leucophyta brownii (Cushion Bush)

Known as the Cushion bush. This plant is a textural scrub with silvery grey stems with tiny leaves and has round silver to pale gold flowers late spring to summer. It is a low maintenance plant and is drought resistant. It is a non-edible plant and can be found growing along the coast of South Australia and the Port Lincoln Foreshore and Parnkalla Walking Trail.



Scaevola crassifolia

Known as the Thick-leaved Fan Flower. This native shrub grows naturally in sandy coastal areas and likes full sun. Flowers in spring/winter.