

# An introduction to growing native edibles

Native edibles, also known as bush foods, are plants with edible fruits, nuts, seeds and leaves that are native to Australia. These have been grown and harvested by Indigenous Australians for tens of thousands of years and are an important part of the culture of this land.

Many of these plants offer great nutritional and medicinal benefits. Native edibles also make attractive and low-maintenance additions to the garden.

Below is an example of a native edible, great for any beginner gardener, suitable to grow in Melbourne's south east region.



 @mebournebushfood

## Coastal Saltbush (*Atriplex cinerea*)

Coastal saltbush can be enjoyed all year round and does not need much looking after. Just prune slightly after flowering to encourage more growth and enjoy the benefits of growing a bush food!



Width: 1m  
Height: 2m



Full sun



Water weekly at first and then not at all once fully grown.



The leaves can be cooked like spinach, added to a stir fry or used as a crunchy garnish for a salty and herby flavour.

For more growing resources, head to:  
[www.foodfromhome.org/resources/](http://www.foodfromhome.org/resources/)

