

Front Garden	Menin Rd Monbulk 2021		
	N = native Spp. = other species WHM = used in Western Herbal Medicine		
COMMON NAME	LATIN NAME	PARTS USED	USES
Aloe vera	Aloe vera	Leaf	Wounds, burns
Austral Bugle N	Ajuga australis	Leaves and flowers	Sores and boils (B. Gott)
azaleas	Rhododendron spp.		Toxic all parts
Bay tree	Laurus nobilis	Leaf	Digestive; helps absorb calcium etc
Bayberry	Myrica cerifera	leaf	Fever, rhinitis, immune
Belladonna lily	Amaryllis belladonna		toxic
Billy buttons N	Craspedia globosa		
Black cohosh	Cimicifuga racemosa	Root	Anti -inflammatory, menopause
Brachyscome daisy			
Creeping Boobialla N	Myoporum parvifolium M. insulare	White flower Purple berry	Edible? Berry? edible
Bottlebrush N	Callistemon spp	flowers	Nectar food, antimicrobial
Butterfly flag N	Diplarenna moreae		
California poppy	Escholtzia californicum	Flower/leaf/seed	Edible; Calming for sleep
camellia	Camellia spp. C. sinensis	leaf	Black, green, white tea
Candy tuft	Iberis	Leaf/herb	Digestive issues
Catnip	Nepeta cataria	Leaf	Calming esp. for children; cat attractant

Correa spp N	C. reflexa, alba	leaf	Soil binding; leaves as tea substitute (colonists)
Crowea spp N	C. exalata (Edna Walling); saligna		Bush flower essence
Daisy N	Brachyscome spp		
Echinacea	E. purpurea (fibrous taproot) E. angustifolia most potent form medicinally (fleshy taproot) E. pallida	Root mainly	Immune modulator
Escallonia 'pink eye'	Escallonia spp. Native to nth and sth America		
False valerian (not to be confused with medicinal valerian)	Centranthus ruber	Young leaves and flower	edible
Feijoa, pineapple guava	Acca sellowiana	Flowers Fruits	Edible edible
Fig dwarf French	Ficus	fruit	edible
Flaxseed Some N	Linum spp	Flower Seed oil	Edible Edible edible
Gauera	Butterfly plant		
Gerbera			
Geum			
Granny's bonnets	Aquilegia/Columbine		
Grevillia spp N		flowers	Nectar soaked in water
Gynea lily N	Doryanthes excelsa	Seeds Roots Flower spike	edible
Herb Robert Storks bill Cranesbill (native to Europe, Nth America)	Geranium robertianum	Whole plant	Diarrhoea, liver, gall bladder, wound healing, Mossie repellent
Hibbertia spp N			

Hydrangea		Root	Urinary stones
Iris	Bearded and other	White flowered root - orris	Dye fixer; digestive
Jade plant			
Japanese wind flower	Pulsatilla spp		
Kangaroo paw N	Anigozanthos spp.		
Kunzea spp N		leaf	Essential oil highly antimicrobial
Lavender	Lavandula spp	Flowers	Calming as tea, dried in bags next to pillow; with clothes insect repellent; As essential oil neat or diluted for sleep, calming, insect bites, skin rashes, antiseptic on wounds
Lemon myrtle N	Backhousia citriodora	Flower Leaf	Nectar As tea – lemon flavour, immune enhancement. In cooking fresh or dried. Essential oil in cooking antimicrobial, uplifting
Lemon verbena	Aloysia citriodora	Leaf and flowers	Fresh or dried as tea – calming, liver herb.
Little drumsticks N	Isopogon		Tonic, blood purifier
Magnolia		Root	Calming for sleep
Mat-rush (grass) N	Lomandra confertifolia spp. Rubiginosa and others	Flowers leaf	Food for butterflies Weaving , basketmaking
Midyin berry N	Austromyrtus dulcis	Fruit	Edible – tasty cultivated
Mint bush N	Prostanthera spp	flower Leaf	edible Tea – digestive

Violet native N And other 600 spp.	Viola hederacea Viola odorata etc	Flowers Leaves	Edible WHM: Skin issues; lymphatic cleanser
olive		Leaf fruit	Blood pressure; immune tonic Food/oil
Oregano	Oreganum vulgare	Leaf/flower	Edible – digestive, antimicrobial (ess.oil)
Oregon Mountain Grape	Berberis aquifolium	Root Berry	Liver tonic Dye plant
Penstomen 'beardtongues" Plantain family	Native to USA, Canada, Mexico		
Peruvian flame tree??			
Pimelia (Snowy)/Rice flower/bootlace bush N	P. nivea and others	Tough bark	Nets, headbands, bootlaces (colonists)
Plantain Some N – P. debilis	Plantago lanceolata	Leaf Seed as food; bowel issues	Wounds, stings Urinary system, rhinitis, anticatarrhal
Plum- Japanese Friar plum			
Rhubarb	Rheum	Stems leaf	Edible High in oxalic acid – not advised to eat
Rose scented Pelargonium	Pelargonium spp	Leaf root	Insect repellent (lemon scented) Sinus, colds
Rose Sundowner	Hybrid tea Rosa spp.	Flower/hips	edible
Rosemary	Rosmarinus spp	Leaf/flower	Digestive, memory, scalp tonic
Sages	Salvia officinalis Salvia – purple, variegated, corrugata, lyrata, runcinata, fruity	Flower leaf	Edible Edible, sore throats digestive tonic, dries fluids, menstrual problems, cough, memory, dementias

Sea holly	Eringium maritimum		
Sea lavender N?	Limonium australe		
Self heal/All heal	Prunella vulgaris	Leaf/flowers(edible)	Wound healer, sore throat, immune tonic
Sheep sorrel	Rumex acetosella	Leaf	Immune system; Vit C
Silver bush N	Convolvulus cneorum C. erubescens		Diarrhoea, dysentery, emetic, stomach disorders
Sisyrinchium	Tall pale blue flower from bulb (iris family)		
Snowball tree/Cramp bark	Viburnum opulus	Bark	Muscle spasm – smooth and skeletal muscle
Sour sops; wood sorrel Some N	Oxalis spp (noxious weed)	Leaf/stem	Edible – oxalic acid, Vit C; highly prized in restaurants (e.g.Rene Redzepi)
Succulents	Echeveria etc (see back garden notes)		
Tasman Flax lily N	Dianella tasmanica	Berry Leaf	May or may not be edible weaving
Tea tree N	Leptospermum spp Dwarf red		Essential oils - highly antimicrobial
Thryptomene N			
Thyme	Thymus spp	Leaf/flower	Digestive, lung issues – cough etc
Toadflax	Linaria	Leaf/herb	Liver tonic internally; externally on skin eruptions
Tulips, daffodils, freesias			toxic
Valerian	Valeriana officinalis	Root/leaf	Sedative, calming
Violet	Viola spp.	Leaf/flower	Edible Lymphatic cleanser

Wall flower – cabbage family	Cheranthus cheiri	Flower	Edible Medicinal?
White sage	Salvia apiana USA	Leaf, stem	American Indian smudging
Winter rose	Helleborus	Root	Laxative; care may be poisonous
Woolly bush N	Adenanthos sericeus (WA)		
Zinnia	Zinnia elegans	Flower	Edible, first plant to be grown in space; dye plant