



INDIGENOUS GARDEN

Acmena and Syzygium (Lilly Pilly)

Indigenous name

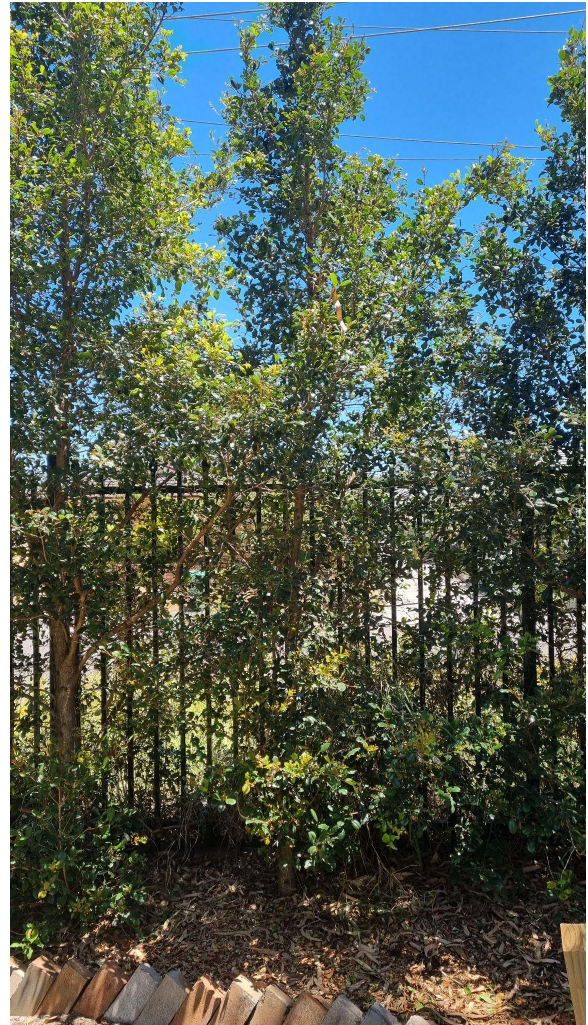
Dagubah (D'harawal eora and common Sydney language)

Indigenous use

Acmena and Syzygium feature widely in traditional Aboriginal medicine, used as a treatment for sore ears, wounds and skin conditions, and is generally consumed as an immune system booster. Western science now understands these ancient “medicine berries” to be a native superfood, having high levels of vitamin C, vitamin E, magnesium and potassium.

Description

Lilly Pillies are evergreen rainforest plants with glossy green leaves. In spring to early summer most plants have fluffy white or greenish flowers followed by long-lasting red, pink, magenta, or white berries. The fruit matures from summer to autumn, being a pear or round-shaped berry, covering a single seed.



Habitat

Lilly Pillies are native to Australia and are common in the rainforests of Queensland and New South Wales. In Australia, there are over 60 different species from three different genera: *Acmena*, *Syzygium* and *Waterhousea*