



INDIGENOUS GARDEN

Tetragonia tetragonioides (Warrigal Greens)

Indigenous name

Warrigal (Dharug language, meaning
“wild”)

Indigenous use

Aboriginal people eat this highly
nutritious herb and sometimes crush its
leaves to apply as a remedy for sores.

Description

Tetragonia tetragonioides is a leafy green
herb that has become a popular food
amongst the wider Australian population
and can be used in the same way as chard,
silverbeet or bok choy. The small yellow
flowers, which are present from spring to
summer, are also edible.



Habitat

Tetragonia tetragonioides are found
growing in sunny to shady spots in coastal
areas. They'll tolerate somewhat poor
soil, but do better when kept moist in a
rich, free-draining loam.