



WAVERLEY
COUNCIL

SKY



PARKS

A project aimed at greening urban spaces

GoodStart BushTucker Garden

This BushTucker garden is part of the Skyparks project which is researching the benefits of cooling hot urban spaces, such as carparks, by installing vegetation. This project is being delivered by Waverley Council in partnership with Scentre Group, GoodStart Learning UNSW and Biofilta. The project is assisted by New South Wales Government and supported by Local Government NSW.

Why SkyParks?

Lack of vegetation makes some of Waverley's districts extremely hot during summer, and temperatures are likely to increase further under projected climate change. With limited ground-level space available to establish new parks or canopy, capturing opportunities to grow plants on top of built structures is increasingly important.

The SkyParks project is installing vegetation cover on key sites in Sydney's East to demonstrate and measure cooling, species suitability, as well as habitat and community benefits.

What's in this Garden?

All the plants in this BushTucker garden are native plants, which are adapted to the local climate and provide food and shelter for butterflies, insects, birds and other animals. Plants have many uses for Aboriginal people – for food, medicine and as raw materials. Some plants are also linked to Dreaming stories and can be more deeply connected to Aboriginal people as spirit ancestors of Country. The list below explains some of the characteristics of the plants in this BushTucker garden.



Blue Flax Lily

Dianella caerulea

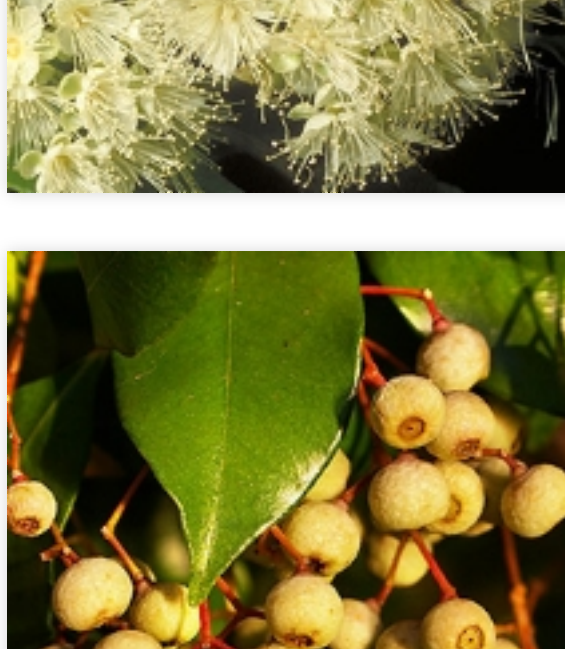
Parts of the Blue Flax Lily, which has the indigenous name garinlii, can be eaten and used as medicine. As the fruit ripens, flathead and flounder are ready to catch.



Coastal Rosemary

Westringia fruticosa

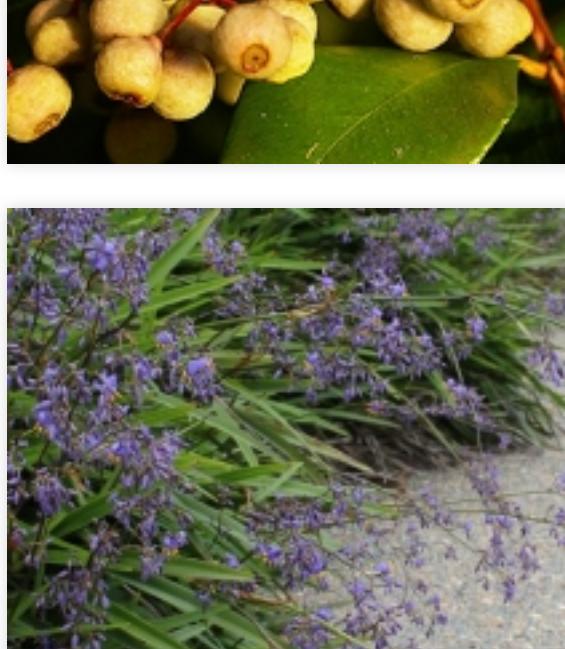
This plant's flowers attract bees and other helpful pollinators to the garden.



Creeping Boobialla

Myoporum parvifolium

This hardy groundcover occurs in the south-west corner of NSW and grows along riverbeds and on limestone cliffs.



Cut-leaf Mint Bush

Prostanthera incisa

The leaves from Cut-leaf Mint Bush can be used to make a medicinal tea. They also add spice flavours when added to your cooking.



Casuarina 'Kattang Karpel'

Casuarina glauca

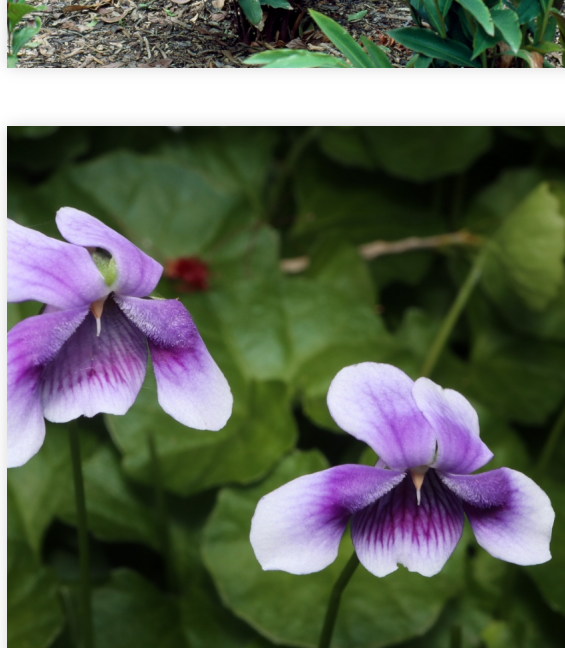
The small seeds from the Casuarina can be collected, slightly roasted and then turned into a nut paste.



Lemon-scented Myrtle

Backhousia citriodora

The oil from the leaves can be applied to skin infections, and the leaves can be steeped in hot water to make an antibacterial and antioxidant tea.



Lilly Pilly

Syzygium smithii

The fruit from the Lilly Pilly, which has the indigenous name djirayal, can be eaten or made into jams. The bark can be processed into a string.



Native Flax 'Little Jess'

Dianella caerulea

The leaves of flax plants can be used to make a high-pitch snake whistle. Aboriginal Australians used this sound to lure snakes out of hiding.



Lomandra 'Lime Tuff'

Lomandra 'Lime Tuff'

This is a sturdy grass-like plant that can grow to be 80cm tall.



Native Ginger

Alpinia caerulea

Its flowering months are during Spring and Summer, from September to January.



Native Violet

Viola hederacea

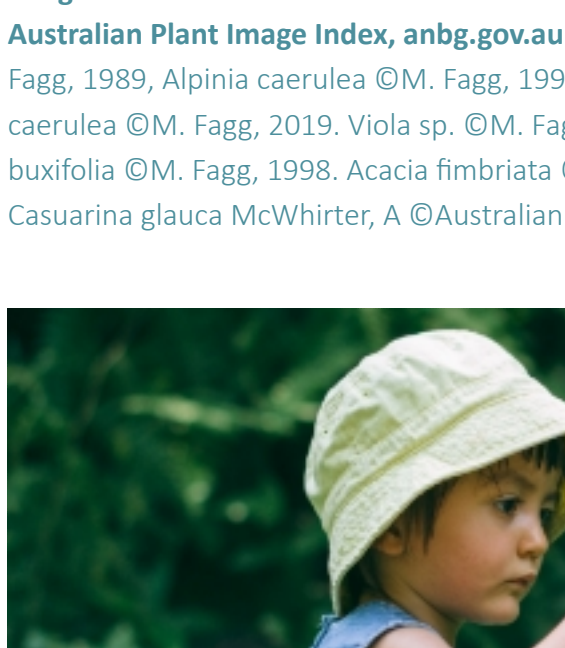
The flowers of the Native Violet can be eaten as an indigenous medicine. They also attract bees and other pollinators to the garden.



Pacific Beauty Tea-tree

Leptospermum polygalifolium

This tree has many uses, including as a medicine to treat cold and flu symptoms, and a repellent for insects and reptiles.



Pigface

Carpobrotus glaucescens

This plant is commonly found on the coast in the sand dunes. Its strong stems act like a web to hold the sand together and provide protection from erosion.



Spiny-headed Mat-rush

Lomandra longifolia

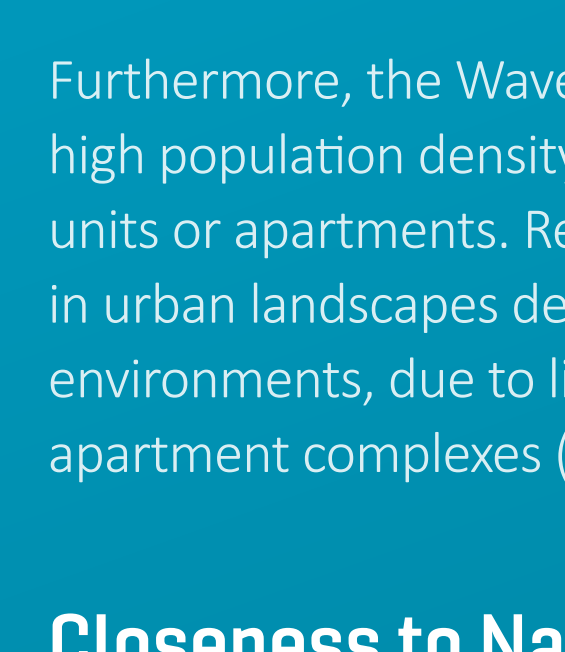
Commonly known as Basket Grass. It is a strong and hardy grass, proven to grow in all climates and withstand weather conditions.



Tick Bush

Kunzea ambigua

The oil from the Tick Bush leaves helps to relieve skin irritations, muscle tightness and pain.

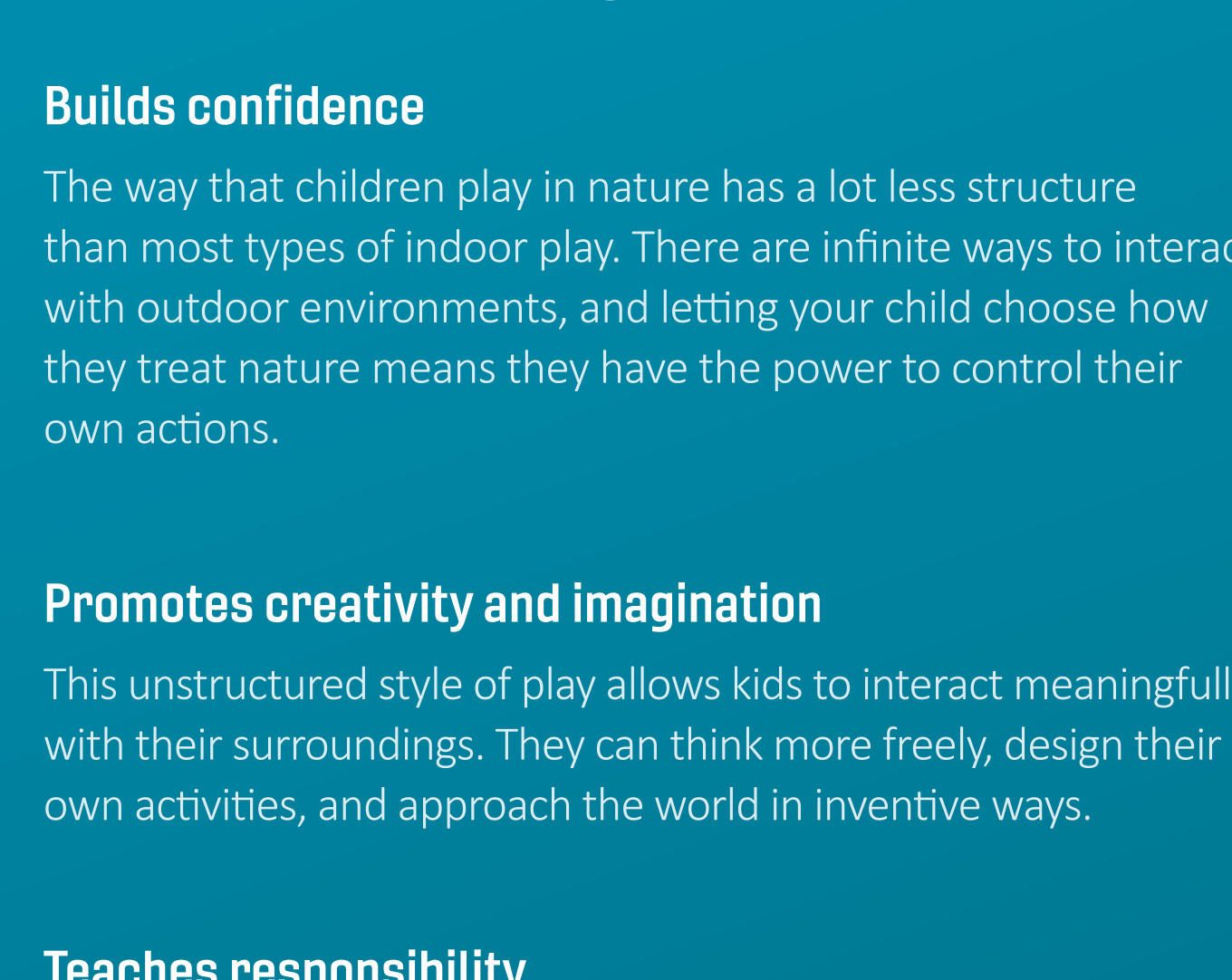


Warrigal Greens

Tetragonia tetragonioides

Warrigal Greens are eaten as a medicinal vegetable and can be used as a substitute for spinach.

Image credits: Australian Native Plant Society and Daleys Fruit
Australian Plant Image Index, anbg.gov.au: Dianella caerulea ©M. Fagg, 2008. Westringia fruticosa ©M. Fagg, 1989. Alpinia caerulea ©M. Fagg, 1998. Lomandra longifolia ©M. Fagg, 1991. Dianella caerulea var. caerulea ©M. Fagg, 2019. Viola sp. ©M. Fagg, 2019. Hibbertia scandens ©M. Fagg, 1982. Acacia buxifolia ©M. Fagg, 1998. Acacia fimbriata ©M. Fagg, 1998. Casuarina glauca 'Cousin IT' ©M. Fagg, 2006. Casuarina glauca McWhirter, A ©Australian National Botanic Gardens, 1971.



Why a BushTucker garden near a Preschool?

Goodstart Early learning is strongly committed to sustainability education. Early childhood is a critical period in which children involvement in sustainability and environmental education can develop lifelong practices for respecting and protecting our planet.

Furthermore, the Waverley council area has extremely high population density, with 60% of people living in flats, units or apartments. Research shows that families who live in urban landscapes depend on being able to access local environments, due to limited space available within their apartment complexes (Andrews & Warner, 2019).

Closeness to Nature supports childrens' wellbeing

Builds confidence

The way that children play in nature has a lot less structure than most types of indoor play. There are infinite ways to interact with outdoor environments, and letting your child choose how they treat nature means they have the power to control their own actions.

Promotes creativity and imagination

This unstructured style of play allows kids to interact meaningfully with their surroundings. They can think more freely, design their own activities, and approach the world in inventive ways.

Teaches responsibility

Living things die if mistreated or not taken care of properly. Entrusting a child to take care of the living parts of their environment means they'll learn what happens when they forget to water a plant or pull a flower out by its roots.

Encourages thinking

Nature creates a unique sense of wonder for kids that no other environment can provide. The phenomena that occur naturally in backyards and parks everyday make kids ask questions about the earth and the life that it supports.

Reduces stress and fatigue

According to the Attention Restoration Theory, urban environments require what's called directed attention, which forces us to ignore distractions and exhausts our brains. In natural environments, we practice an effortless type of attention known as soft fascination that creates feelings of pleasure. (Cohen, n.d.)

[Learn more](#)

[Media Release](#)

PROJECT PARTNERS

