PLANT FACT SHEET

Casuarina equisetifolia Forster & G. Forster

GENUS *Casuarina* **FAMILY** Casuarinaceae

COMMON NAMES She oak, Coastal She Oak, Shingle Oak

EDIBLE PARTS AND USES

Edible parts: Seeds - salt

The seeds are roasted for salt.
The leaves and green fruit were chewed to stimulate salivation to quench thirst.
A sap can be collected from the cuttings.

DESCRIPTION

A small tree. It grows 5-10 m high. It can spread to 3-10 m wide. Often there are several stems. The bark is rough and brown. It peels off in long strips. The branches hang downwards. There are 6-8 angled needles. The leaves hang downwards. The leaves are reduce to tiny scales on long fine branches. The flowers are separately male and female. The male are in small spikes and the female in round clusters. The fruit are brown round, woody cones. They are 1.5-2 cm across.

HABITAT

A tropical plant. It grows in coastal sand dunes in drier regions. It suits hardiness zones 10-12.

PRODUCTION

Cultivation

Plants can be grown from seed. Some forms can be grown by aerial layering or large cuttings.

NOTES

There are 17 Casuarina species. The young leaves are used for fodder. It can become invasive.

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