Coastal Gardens

A planting guide

- Local plant species How to be water-wise
 - Garden designs Create habitat







Healthy & attractive landscapes

This guide provides simple yet inspiring garden advice for people living in the coastal regions of the South East of South Australia.

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Using this planting guide

Getting started

Our gardens are challenged with long-hot-dry summers, drought, water restrictions, and a changing climate. As a coastal resident you may also have to tackle salt spray, sand blasting, sandy or saline soils.

However, there is good news! You can have a garden that copes with our tough climate without compromising on style, by using resilient, local native coastal plants.

This guide shows you how to utilise the fantastic variety of native plants available to make a stunning garden. Taking you through step by step, you will learn what plant works best for a given area or need, how to incorporate them in different landscaping styles, how to maintain them, and where to buy.

You will learn about plants to avoid which are known for becoming serious weeds in natural coastal environments. When buying future plants, you will be prepared to consider natives for the benefits they provide. You may also identify invasive plants growing in your garden and decide to replace them with recommended alternatives

Using local native plants in your coastal garden benefits your wallet. It's an easy, rewarding way to look after our environment. We hope you enjoy discovering local coastal plants. Happy gardening!





Benefits of local plants

What is a local plant?

Why use local plants?

Local plants are species that would naturally occur in your neighbourhood so they have evolved to suit local conditions. They are also called 'indigenous plants'.

Local plants have a huge range of benefits.

- Low maintenance.
- Drought tolerant.
- Require minimal watering = conserves our water supplies.
- Don't need fertilisers or pesticides.
- Provide habitat, food and shelter, attracting native fauna such as birds, butterflies and lizards.
- Saves you money and time. Using waterwise plants can save you up to 50% of your garden water use each year.
- Adaptable for various landscaping styles, producing striking results.
- Native plants flower at different times of the year so you can have a flowering garden all year round.

Local plants are a great option for residents of coastal areas and ideal for weekenders who are looking for "easy care" gardens. They have adapted to survive the harsh conditions of sand and salt blasting, prolonged sun exposure, nutrient-deprived soils, and limited water availability. They are the best plants for your neighbourhood and the environment.



How to use local plants

Local plants can be incorporated into your garden the same way as exotic plants. They are suited to all landscaping styles, from formal to Japanese, contemporary to natural cottage, to courtyards and pots.

As you will discover throughout this guide, there is a local coastal plant for most garden situations. Plants featured include striking ground-covers, low shrubs, structured sedges and grasses, flowering creepers and trailers, bird-attracting shrubs and screening trees.

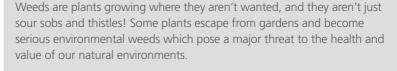
This guide also shows you which local species to use for particular effects, and recommends environmentally friendly alternatives to potentially invasive coastal weeds.

Information on caring for local plants is provided on pages 26–27.



Garden escapes

Are you harbouring known villains?







Environmental weeds are trouble!

- They compete with local native plants and environment.
- Can reduce habitat, shelter and food for native fauna.
- Can alter soil conditions
- Clog up waterways and effect water quality entering the ocean.
- Can alter coastal dune shape.
- Garden escapes are very costly to control and take resources away from other important issues.

Plants that cause problems often originate from regions with similar climates, such as the Mediterranean and South Africa. Thriving in similar conditions, they out-compete local natives as they don't have the pests and diseases that controlled them in their original environment.

You might not realise you're harbouring garden escapes, or might not know they 'jump the fence' to become problems. Garden plants can escape into natural environments naturally, accidentally and deliberately:

- Seeds can be spread by birds and other animals, wind, water (including stormwater) or humans (on clothing, shoes etc).
- Dumped garden waste containing seeds or plant cuttings can grow even several months later.
- Sometimes people deliberately plant garden plants in our natural coastal environments.
- Garden plants can grow through fences directly on the coast.

How do garden plants become coastal invaders?



You can help!

Have a good look through this guide to check which common garden plants are nasties in the coastal environment. You might like to remove any you have and replace them with the indigenous plants suggested. Take this guide with you when you are making new plant purchases and don't buy plants which are known to be a problem.

Here are some other easy things you can do.

- Use local native species in your garden.
- Dispose of your garden waste responsibly.
- Check with your local council before you plant into natural coastal environments.
- Join a local environmental group to learn more about our coast and lend a hand! Call Natural Resources South East on (08) 8735 1177 or go to www.naturalresources.sa.gov.au/southeast for information on how to get involved.

Be aware that different weeds need to be controlled by different methods; there are physical, biological and chemical methods for controlling weeds. To learn more about identifying and controlling garden escapees, contact Natural Resources South East on (08) 8735 1177.



Trees & tall shrubs

DON'T PLANT a garden escapee!



Coast Tea-tree
Leptospermum laevigatum
(East coast Australia & Tasmania)
Flowers: August to November
Reproduces: seed (woody capsule)



Shiny Leaf Coprosma repens (New Zealand) Flowers: summer Reproduces: orange-red berries autumn to winter (seed)



Cotoneaster Cotoneaster sp. (China) Flowers: spring/summer Reproduces: clusters of small berries in autumn/winter



English Broom
Cytisus scoparius
(Europe) Flowers: late spring
Reproduces: seed pods eject
seeds in summer



Italian Buckthorn Rhamnus alaternus (Mediterranean) Flowers: winter to early spring Reproduces: fleshy black fruits, will reshoot from base if damaged

GROW ME instead ♦



Drooping Sheoak Allocasuarina verticillata

Tree growing between 5-8m. Long weeping branchlets, grey-green.

Interesting cone-like fruit. Well suited to Japanese gardens. Use as feature tree or for screening. Birds such as parrots and cockatoos are attracted to fruit.

Does not tolerate direct coastal exposure.



Common Boobialla Myoporum insulare Large shrub to small tree, grows 2–5m. Thick light green fleshy leaves, white flowers winter to spring, purple berry fruit. Good screening qualities. Attracts birds and butterflies. Full-sun.



South Australian Blue Gum Eucalyptus leucoxylon ssp megalocarpa A spreading tree, 4 to 10m high. Dark, glossy green leaves, white, pink or red flowers from March to December. Suitable for coastal exposure, and drought resistant. Moderately fast grower and responds well to pruning.



Sticky Hop-bush Dodonaea viscosa

Erect shrub to 3m, bright green sticky leaves. Green
flowers in winter turn to striking red seed pods in spring.
Great for hedging or screening. Responds to pruning.
Attracts butterflies in summer. Does not tolerate direct
coastal exposure.



Dryland tea-tree *Melaleuca lanceolata*Medium sized small tree to 7m high, green narrow leaves.
White to cream flowers in a bottle brush shape during summer.
Fruit a spherical shape 4-5mm long.



Silver Banksia Banksia marginata
Feature tree grows 3–5m. Leaves green on top, silver under. Large yellow flowers spring to autumn. Interesting foliage and seed pods. Attracts birds and butterflies.
Full-sun. Does not tolerate direct coastal exposure.

Medium Shrubs

DON'T PLANT a garden escapee!



Teneriffe Daisy

Argyranthemum Frutescens Ssp. foeniculaceum
(Canary Islands)
Flowers: spring
Reproduces: seed



Tufted Honey-flower

Melianthus comosus
(South Africa)
Flowers: late spring to mid summer
Reproduces: seed



Myrtle-leaf Milkwort
Polygala myrtifolia
(South Africa)
Flowers: late winter to spring.
Reproduces: seed



Boneseed
Chrysanthemoides Monilifera Ssp. monilifera
(South Africa)
Flowers: late autumn to winter
Reproduces: fleshy fruit (seed)



(New Zealand)
Flowers: spring
Reproduces: flowers develop into seed pods which release
sticky seeds in autumn.

New Zealand Karo Pittosporum crassifolium

GROW ME instead ♦



Coast Daisy Bush Olearia axillaris
Shrub to 3m. Leaves dark blue-green above, white below. White, daisy-like flowers occur along stems in summer and autumn.
Benefits from pruning. Screening plant, foliage contrast.
Full-sun to semi-shade.



Sea Box

Alyxia buxifolia

Shrub to 2m high, thick green leaves and white flowers between spring and autumn. Tolerates coastal exposure.



Holly Grevillea
Grevillea aquifolium
Variable in size occuring as scrambling plant or shrub reaching about 1 to 2m high. Foliage has sharp points and red, greenish/yellow flowers "toothbrush" shaped. Honey eating birds are attracted to the flowers.



Coast Beard-heath Leucopogan parviflorus

Densely foliated shrub to 2m high with dark green
oblong leaves and white flowers from July to September.
Fruit round, white and edible during spring and summer.
Tolerates coastal conditions.



Round Leaf Wattle Acacia acinacea Shrub to 2m. Small rounded green leaves (phyllodes). Bright yellow wattle flowers from May to September. Provides burst of colour over winter. Weeping habit, well-suited to Japanese style garden. Lives 8–10 years. Does not tolerate direct coastal exposure.

Ground covers, herbs & small shrubs

DON'T PLANT a garden escapee!



Gazania Gazania Sp.

(South Africa)

Flowers: most of year, mainly spring to autumn

Reproduces: seed, vegetatively



White Arctotis Arctotis stoechadifolia

(South Africa)

Flowers: spring to summer

Reproduces: seed



Hottentot Fig Carpobrotus edulis

(South Africa)

Flowers: late summer to winter Reproduces: fleshy fruit in summer, also spreads by vegetative production



Beach Daisy Arctotheca populifolia

(South Africa)

Flowers: winter to summer

Reproduces: seed



Succulents

(tropical & sub-tropical dry regions)

Flowers: various

Reproduces: most species will also spread by vegetative growth, some set seed

GROW ME instead ♦



Austral Trefoil Lotus australis

Spreading herb to 30cm. Pale green leaves, white to pink pea flowers occur in clusters, spring to summer. Pretty plant, suits cottage or bushland garden. Can plant in pots. Prune after flowering. Full-sun to semi-shade.



Coast Bonefruit Threlkeldia diffusa

Small shrub or groundcover to 20cm high, 1m wide. Small fleshy leaves, green with purple tinge. Soil stabiliser. Tolerates saline conditions, clay. Full-sun.



Creeping Boobialla Myoporum parvifolium

Ground runner growing shin high to 5m wide. Small green leaves, dainty white or pale purple flowers in spring or summer. Good soil stabiliser. Space filler. Trail down rock walls. Lawn replacement (where no foot traffic). Attracts butterflies, provides shelter for small lizards. Does not tolerate direct coastal exposure.



Seaberry Saltbush Rhagodia candolleana Spreading shrub to several metres wide with fleshy green leaves and small clusters of white flowers. Fruit ripens to a deep red from summer to autumn and are globular.



Thyme Rice Flower Pimelea serpyllifolia

Small, compact shrub to about 50cm high, small and crowded foliage. Flowers are greenish yellow hidden amongst leaves.

Ground covers, herbs & small shrubs

GROW ME instead 🐓



Muntries Kunzea pomifera

Ground-hugging shrub with branches extending over several metres. Thick bright green leaves, showy white fluffy flowers in spring and early summer. Purple berries. Space filler. Suitable for pots and hanging baskets. Full-sun to semi-shade. Ripe fruits are edible.



Cushion Bush Leucopyhta brownii

Compact, rounded shrub to 1m. Silver-grey foliage, pale yellow ball-shaped flowers in summer. Great structural form, colour contrast. Responds well to regular pruning. Contrast plant. Full-sun.



Native Pelargonium Pelargonium australe

Herb to knee high. Large green velvety leaves, pale pink flowers with purple stripe occur spring to summer. Pretty plant, great in cottage or bushland garden. Can plant in pots. Prune after flowering. Full-sun to semi-shade.



Native Fuchsia Correa reflexa

Small shrub with dark green leaves, pink bell flowers in winter and spring. Attractive flowers, great in formal, cottage or bush-land garden settings. Attracts birds. Full-sun to shade. Does not tolerate direct coastal exposure.



Native Pigface Carpobrotus rossii

Thick, fleshy ground cover. Green leaves triangular in cross-section, large bright pink flowers occur in spring. Attractive ground-cover, soil stabiliser. Suitable as trailing plant for pots or down walls. Ripe fruits are edible.

GROW ME instead ♦



Sand Ixodia

Ixodia achillaeoides Ssp. (Arenicola)

Low, reclining shrub 35 to 55cm high. Flat, dark green leaves and white, papery flowers during summer. Is rated as vulnerable under Commonwealth legislation.



Paper Flower

Thomasia petalocalyx

Small shrub to 25cm, soft, furry appearance with lilac cup-shaped flowers from October to January. Requires little attention once plant is established.



Dune Fan-flower

Scaevola calendulacea

Sprawling leafy creeper with thick and hairy foliage.

Fan shaped flowers with 5 petals, pale blue colour most of the year and a purple coloured berry.



Running Postman Kennedia prostrata

Prostrate runner to 2m. Leaves pale green, bright red peaflowers winter to summer. Eye-catching flowers, use as an attractive ground cover or plant in small to large garden pots (looks great in a feature urn). Light-shade preferred.

Grasses & Sedges

DON'T PLANT a garden escapee!



Couch Grass Cynodon dactylon (tropics world-wide)

Flowers: late spring to early summer

Reproduces: sets seed in summer, also spreads

vegetatively (including lawn clippings)



Fountain Grass *Pennisteum setaceum* (East Africa & Middle East)

Flowers: summer to autumn.

Reproduces: via seed.



Pampas Grass Cortaderia selloana

(South America)

Flowers: during autumn

Reproduces: seeds are produced during winter and spring.



Kikuyu Pennisetum clandestinum

(East Asia)

Flowers: summer to autumn.

Reproduces: vegetative reproduction (eg. lawn clippings)



Buffalo Grass Stenotaphrum secundatum

(Southern U.S.A.)

Reproduces: rhizomes and trailing stems produce roots.

GROW ME instead



Coast Spear-grass Austrostipa spp.

Tussock grass species of varying heights, with flowering stems to 1m. Use coastal species *A. flavescens* (tall) and *A. elagantissima* (small and compact). Plant in clumps, suitable for mass plantings. Showy when in flower. Fill in spaces or border plantings. Attracts butterflies.



Wallaby Grass Austrodanthonia sp.

Clumping grass to knee high, fluffy white seed heads in summer. Plant in clumps, good in bush garden setting. Attracts wildlife including butterflies.



Knobby Club-rush Ficinia nodosa

Attractive evergreen clumping plant to 1m high. Leaves dark-green, cylindical & up-right. Flower heads brown ball-shaped, occur all year. Versatile plant. Use as accent, group plantings, pot-plants, around ponds. Tolerates salt spray & wet zones. Attracts butterflies. Full-sun to semi-shade.



Coast Tussock-grass Poa poiformis

Tussock grass growing to knee high. Thin blue-green leaves, brown-yellow flower heads. Tight foliage. Great in small or large group plantings, also rockeries, borders. Good table pot-plant. Full-sun.



Spiny-head Mat-rush

Lomandra longifolia

Leaves are glossy green and flat growing up to 1m long. Creamy yellow flower clusters in late winter and spring, fruiting occurs 1 to 2 months after flowering. Very high tolarence to dryness.



Blue Flax-lily Dianella Revoluta Var. brevicaulis
Grows to about 1m high with long, green leaves with wiry
flower stalks rising above the foliage. Flowers from spring
to summer with deep blue to purple flower heads. Very
hardy with a wide moisture and temperature range.

Climbers

DON'T PLANT a garden escapee!



Bridal Creeper Asparagus asparagoides

(South Africa) Flowers: spring

Reproduces: red berries late spring, also spreading underground root system (rhizomes)



Lavatory Creeper *Dipogon lignosus* (South Africa)

Flowers: spring

Reproduces: seed pods in summer, also spreads

by underground root system (rhizomes)



Bridal Veil Asparagus declinatus

(South Africa) Flowers: winter

Reproduces: green/blue berries late winter/early spring, also

spreading underground root system (rhizomes)



Bluebell Creeper Sollya heterophylla

(Western Australia)

Flowers: spring to summer

Reproduces: translucent grey-green sausage shaped

berries form and darken as they ripen.



English Ivy Hedera helix

(Europe)

Flowers: Autumn

Reproduces: small, black berries during winter and horizontal stems

root at nodes when they contact the soil.

GROW ME instead ♦



Native Lilac Hardenbergia violacea Climber or shrub with trailing & twining stems. Dark green leaves, clumps of bright purple pea flowers in winter. Attractive climber, trailing pot-plant or small shrub. Attracts butterflies. Full-sun to shade. Does not tolerate direct coastal exposure.



Sweet Appleberry Billardiera cymosa Climber or small shrub to shin high. Dark green leaves, striking purple to blue flowers in spring, red/purple berries in summer. Attracts butterflies. Full-sun to semi-shade. Does not tolerate direct coastal exposure.



Old Mans Beard

Clematis microphylla

Scrambling vine or climber which covers other plants. Flowers are greenish cream, produced from August to September. At maturity fruits have a long tail of silky plume giving a soft, cotton appearance.



Climbing Lignum

Muehlenbeckia adpressa

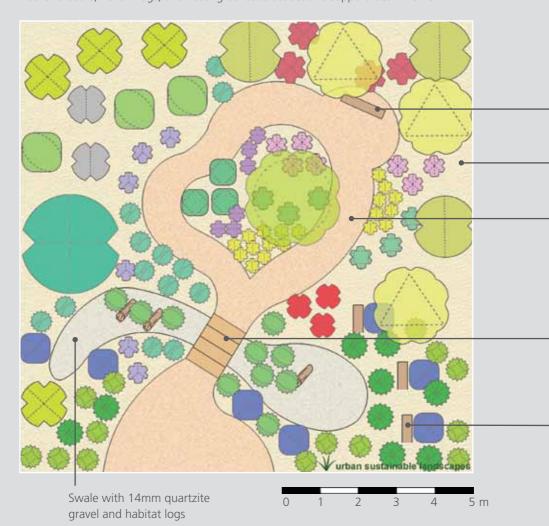
Climber or creeper covering large areas of ground. Light green egg-shaped leaves with crisp margins, small green flower clusters.



Bower Spinach
Tetragonia implexicoma
Scrambling shrub which often climbs over other vegetation. Succulent leaves 5cm long, flowers small and yellow during August to November. Fruits are round and orange to red, ripening to black.

Natural cottage garden design

A natural cottage garden is easy to achieve with local coastal plants as many species flower in winter, providing a colourful garden year-round. These gardens are relaxed and flowing, and are a wonderful place for local wildlife. To achieve a natural cottage garden, mimic the flow and mix of plant species in natural coastal areas. Allow plants to cascade over paths and lace through one another. Utilise weaving paths and rustic furniture. Add bird-baths, hollow logs, and nesting boxes to attract and support local wildlife.





Climbers

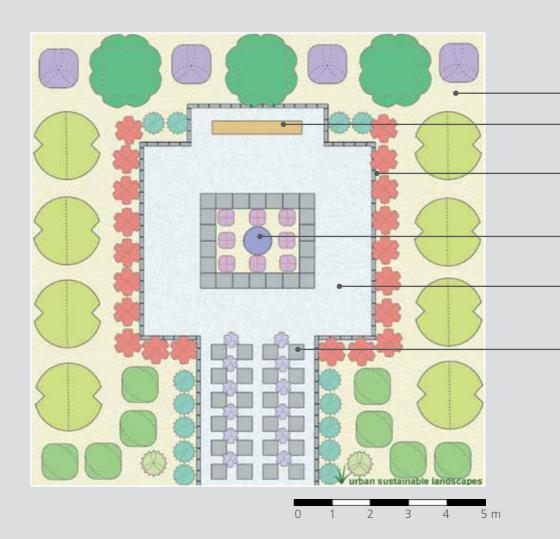
Native Lilac

hardwood timber post, upright 2m high

10

Formal garden design

A number of local coastal plants can be grown into clipped hedges or shapes to form the basis of the formal garden. Sedges and grasses can be used in mass plantings and accent borders. Use local climbers or trailing plants in a feature urn, terrace or retaining wall. To achieve a formal garden style, emphasise symmetry and borders and use gravel or sustainable pebbles to create and highlight landscaping features.



Dryland Sticky Tea-Tree Hop-bush Medium Shrubs Mulch Bench Round Leaf Wattle Ground covers, herbs & small shrubs 110mm x 220mm linear paver divider Native Native Native Dune Birdbath feature



14mm dolomite gravel

500mm x 500mm charcoal pavers

Grasses & sedges

Trees & tall shrubs



Fan-Flower

Spiny-head Mat-rush



Fuchsia

Pelargonium

Pigface

Blue Flax-lily

Japanese style garden design

Local coastal plants are well suited to the minimalist style and reflective feeling of Japanese gardens. Aim to create a garden that mimics the natural balance and flow of nature. Clumps of local grasses can be used to compliment raked gravel areas. Incorporate natural elements such as plants with graceful habit, water features, stepping stones and gravel areas to achieve your Japanese-style garden.



Trees & tall shrubs

Drooping Sheoak

Medium Shrubs



Coast Beardheath

Ground covers, herbs & small shrubs









Feature sculpture

fed pond coated with quartzite gravel at a maximum of 200mm depth

Clay or plastic lined wet/dry stormwater

Recycled wooden

110mm x 220mm linear paver divider

Mulch

bench

Native Pelargonium Cushion Bush Muntries

Paper Flower

Creeping Boobialla

Grasses & sedges



Knobby Club-rush



Blue Flax-lily



Spiny-head Mat-rush



Coast Tussock-grass

14mm quartzite gravel



Climbers

Sweet Appleberry

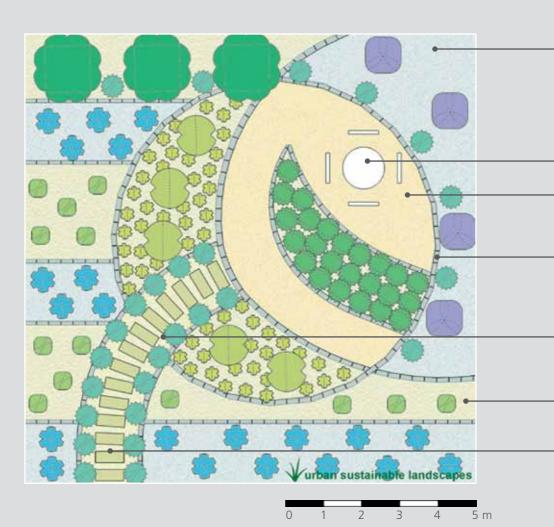
Old Mans Beard

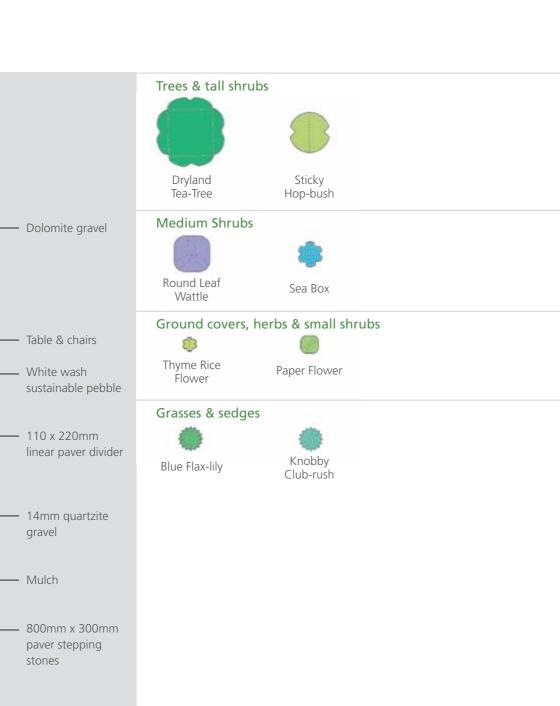
Table & chairs

 400mm x 400mm charcoal pavers

Contemporary garden design

Contemporary gardens feature bold modern designs, with an emphasis on contrasts of colour, texture and form. Many local coastal plants offer excellent colour and texture for these bold designs. To develop your own contemporary garden, create interesting garden bed shapes using a mix of plants and landscaping materials that provide strong contrasts. A simple outdoor setting suits the contemporary garden design.





Growing local coastal plants

When to plant

Planting is best done in the cooler months through autumn and winter. The ideal time is after the autumn opening rains when the soil is moist, and plants have ample time to establish roots before the warm weather kicks in.

Watering

Water-in your new plants. Over the first summer they may need an occasional deep watering, but no more than once a week. After their first summer, they should cope on rainfall alone. Prior to severe heat waves, give your plants a thorough watering, so water penetrates deep into the soil.

Your aim is to establish strong, deep root systems which are water-efficient and drought tolerant. Over-watering leaches nutrients from the soil creating excessive growth, less flowering and shorter-lived plants.

Mulch & gravels

A layer of mulch added to your garden can reduce evaporative water loss by more than 70%!¹ Organic mulch keeps soil temperatures down, which benefits root density, suppresses weed growth, and helps to promote good soil structure and productivity.

Apply 5–10 cm of mulch or gravel, creating a bowl shape around the plant to help retain water. To avoid plant disease, keep mulch away from plant stems.



¹ Department for Environment, Water and Natural Resources – www.backyards4wildlife.com.au

Fertilising

Fertilisers aren't usually needed with local native plants. If you decide to fertilise, seek advice from your local nursery, as products with high levels of phosphorus can harm some local native plants. You'll want to avoid rapid growth that makes your local plants leggy, weak and short-lived.

Maintaining your local plants

Pruning is beneficial for many local plants. Most species will appreciate a light trim to keep their shape, promote new growth and encourage flowering. Pruning is best done after flowering, usually late spring or early summer. Young plants can be pruned lightly and regularly. Older plants can be refreshed with a more extensive prune after flowering. Replace old plants that die or become straggly.

Potted local plants need a little more care than those planted out in gardens. Water your pot plants more regularly in summer, and apply a low-phosphorus fertiliser in spring and summer (check with your local nursery which product is best). Don't over-apply fertiliser as it can harm local native plants. Some plants may need re-potting in the future.

More information

Another useful resource is the book *What South East Native Plant is That?* To purchase a copy contact Natural Resources South East on (08) 8735 1177.











Sourcing local coastal plants

Unfortunately, not all nurseries around the South East stock a variety of local coastal plants. Ask your local plant nursery for plants that are of 'local provenance' meaning plants grown from seeds or cuttings collected from your local area, catchment or neighbourhood. These plants have adapted to local conditions, so are the best plants for your garden.

You can often place orders in advance with local nurseries in late spring - early summer to collect for late autumn planting. Advance orders are recommended if you want larger quantities of plants, or don't want to substitute if species aren't available. Many growers are also able to supply plants for commercial orders such as councils, schools, other nurseries, industries and landscapers.

Alternatively, contact Natural Resources South East on (08) 8735 1177.



Useful resources

These resources are complementary to this guide. From picturesque images of our local coastline, to more in depth gardening resource material, they may provide further inspiration and information. Happy planting!

Internet

- www.naturalresources.sa.gov.au/southeast
- Your local council's website
- Garden Plants that are Known to Become Serious Coastal Weeds www.environment.sa.gov.au
- Sustainable Gardening Australia website www.sqaonline.org.au

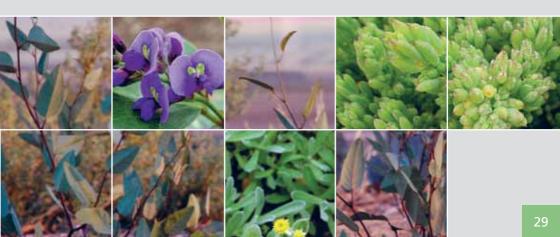
Books

- What South East Native Plant is that? Neville Bonney
- Common Native Plants of the Coorong Region Neville Bonney
- Weeds of the South-East: An identification guide for Australia Fiona Richardson, Rob Richardson and Ros Shepherd

The South East Natural Resources Management Board gratefully acknowledges the Adelaide and Mount Lofty Ranges Natural Resources Management Board for allowing their Coastal Gardens Planting Guide to be adapted for the South East region. The Board would also like to thank the following people for their input and photographs; Skye McPherson, Cathy Ashby, Peter Feast, Sharn Lucas, Jeremy Freeman, Craig Billows, Jason Quinn and Ron Sandercock.

The South East Natural Resources Management Board also acknowledges the Lower SE Natural Resources Management Group for funding the reprint of the booklet.

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Printed on 100% recycled Australian-made paper

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