

COASTAL SHE-OAK

Alternative name: Horsetail She-Oak,
Beach She-Oak

FAMILY: CASUARINACEAE

SCIENTIFIC NAME: *Casuarina equisetifolia*




Form and size:

Tree to 12m
Weeping, greyish
branchlets, 1mm thick

Leaves:

Apparent leaves are
actually branchlets and

	<p>the true leaves (in whorls of 4-8) are just visible to the naked eye when the needles are broken at a joint. Branchlets are fine, rigid, needle-like and jointed with tiny teeth at each joint.</p>
Bark:	<p>Grey Lower trunk: rough Upper trunk and branches: smooth</p>
Flowers:	<p>Male and female flowers found on different trees. Male flowers: Brownish, flowers consist of scale-like perianth (tubular) segments and one stamen.</p>

	<p>Female flowers: Red, flowers lack a perianth and the fused carpels usually enclose only two ovules.</p> 
<p>Flowering Period:</p>	<p>March to May</p>
<p>Fruit:</p>	<p>Edible - immature fruit Short woody cones 15mm in length June to January</p>

<i>Ecological notes:</i>	Cones eaten by Red-tailed Black Cockatoo and Rainbow Lorikeet. Buds, flowers and foliage eaten by Rainbow Lorikeet. Larval food for moths.
<i>Cultivation:</i>	Grow from seed
<i>Distribution:</i>	Commonly found on the foreshores of Queensland, Northern Territory and New South Wales

Foredunes, sandy soil
and rocky shores



OTHER INFORMATION

Disclaimer: *Rotary Club of Capricorn Coast can not take any responsibility for*

any adverse effects from the use of plants. Always seek advice from a professional before ingesting any part of a plant or using a plant medicinally.

Bark: Some Australian Aboriginal communities used the inner bark to plug aching tooth cavities or treat chronic diarrhoea.

Foliage: Mouthwash was made by soaking young twigs in water. Foliage and sometimes green fruit were chewed to promote salivation to help quench thirst.

Timber: Timber is very hard and was used for spears and woomera pegs. Used as firewood.

Sap: Sap can be used to make a reddish brown dye.

QUIZ TIME

1. The green tubular fronds are actually twigs not leaves?

1. True
2. False

2. Name two uses First Nations People had for the Coastal She-Oak.

3. What type of fruit does the Coastal She-Oak have?

- a. berries
- b. seeds
- c. cones
- d. nuts

ANSWERS:

1. A
2. Medicine for toothache and diarrhoea, to promote salvation, spears, woomera pegs and dye
3. C

REFERENCES

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Image 1

Lim, R. (2020). *Casuarina equisetifolia*.
<https://www.flickr.com/photos/reulim/50138610123>

Image 2

Starr, F. and Starr, K. (2013). *Casuarina equisetifolia* tree.

https://commons.wikimedia.org/wiki/File:Starr_031209-0048_Casuarina_equisetifolia.jpg

Image 3

Martin, J. (2010). *Casuarina equisetifolia* flower.

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Image 4

The Australasian Virtual Herbarium. (2021). *Casuarina equisetifolia*.

https://avh.ala.org.au/occurrences/search?taxa=Casuarina+equisetifolia#tab_mapView