



BUSH HARVEST

Your guide to indigenous food plants



ISOBEL AND DAVID JONES
FOUNDATION



NGATANWAAR - WELCOME

We are entering exciting times as more people are showing an interest in understanding the value of bush foods for healthy diets and general wellbeing.

In this booklet you'll find useful information on plants that were used sustainably for thousands of years by the original custodians of this region, the Gunditj Mara and Keerray Woorroong people of the Maar Nation.

Aboriginal people know that being aware of food source location, seasonal changes and how to work sustainably with our natural resources are critical factors in their survival. The indigenous diet was much more responsive to cycles of nature; they know when Orchids and Acacias are in flower, when Coast Ballart (pallart) bears fruit and when the Short Finned Eel (kooyang) head out to sea.

Our reliance on the supermarket supply chain has helped reinforce the myth that all fruit and vegetables should be available all the time. We have gradually become less aware of our food sources as fewer people farm today and fewer people grow their own food. It's a good thing to see many community gardens such as ours springing up in rural and urban areas, providing opportunities for people to grow their own food and learn from others.

Our aspiration is that growing bush food at Warrnambool Community Garden will inspire others to learn more about our native food plants. This includes learning more about the nutritional and healing value of many species.

Due to the harsh Australian environment and associated stress, plants need to protect themselves. Accordingly, many have much higher nutritional value than those found in the traditional Western diet. For example, the Kakadu Plum has the highest level of Vitamin C of any plant in the world according to CSIRO research. And when compared to fresh Blueberries, Midyim Berries have 18 times the iron, 8 times the calcium and twice the potassium.

Warrnambool Community Garden members have been working closely with local indigenous elders and others to create unique spaces and features including a bush food garden and a recognition seat. Many of the plants in the bush food garden are indigenous to our area and all are native to Australia.

Use this guide to identify the plants that you see. In some cases you can learn what the indigenous names are for those species. The indigenous names in this booklet were drawn from several sources, with the authors citing them as coming from Gunditj Mara, Keerray Woorroong, Djab Wurrung and Lake Condah languages. We have deliberately focused on plants that are indigenous to this region or may grow in this climate-it is estimated that up to 6000 plants were used as bush food Australia-wide!

You'll also find some fantastic recipes- what better way to learn about bush food than to source the ingredients and prepare a meal that is nutritious and is truly Australian cuisine.

Enjoy your bush food experience.

"We are really enjoying learning about Australian bush food plants at our community garden. We hope you will find inspiration here for plants you can grow at home." Julie Eagles & Geoff Rollinson - Convenor & Deputy Convenor, Warrnambool Community Garden

"This area is a spiritual place where people come to reflect. And I've taken people on walks in other places to look out for bush foods when they're in season".
- Rob Lowe Senior, Indigenous Elder

"The old people lived a sustainable lifestyle. They had a spiritual connection to their natural environment with a good source of nutritious native plant foods"
- Brett Clarke, Indigenous Elder

Picture of Rob Lowe Snr leading a smoking ceremony at the community garden, May 2016



HOW TO USE THIS GUIDE

The bush food plants are listed alphabetically by common names followed by their scientific and in some cases regional indigenous names. You'll also find some plants have a reference to recipes that are included in this booklet.

As you walk around the bush food garden you'll find many of the plants listed. We hope to plant more of these in the future as we develop our bush food garden.

GROWING NATIVE FOOD PLANT SPECIES

Some general characteristics and principles of growing native food plant species are that they:

- survive in subtropical, temperate and cool climates
- are tasty, nutritious and easy to include in everyday cooking
- create habitat for native animals and insects
- are attractive garden specimens with good landscaping properties
- have parent stock available from nurseries
- are able to be propagated by the home gardener
- are low-maintenance
- grow easily without the need for pesticides or large amounts of fertilizer and
- not become invasive as a result of planting them.

Growing requirements include:

- well composted soil with a cover of mulch
- well-drained soil, most don't like waterlogged roots
- ample water for the first year and over summer if dry conditions persist
- pruning if appropriate for the species
- regular fertilising with low phosphorous material
- some plants require protection from harsh conditions

Front cover art: "Bush Thaka " - painting and words by local artist Fiona Clarke

"Bush Thaka (Thaka, means eat or food in Kirrae Whurrong). The Poorteech (a type of bulrush grass) in the background was used by my ancestors to make string, the roots were roasted and peeled for eating. (Left to right) The white circle on its own is a waterhole, the second with the wiggly lines each side is running water. Next to it is the camp where all sit down to eat their bush Thaka. The last are fish another important food for my people. Below these symbols are a river and the land of our place and the Community Garden which cares for our Bush Thaka."



Anise Myrtle *Backhousea anisata*

Made from the crushed leaves of Aniseed Myrtle it has a subtle sweet liquorice flavour. Great with fish or pork, steamed rice, seafood, biscuits, ice-cream or tea. Traditionally used for weight loss, lactation and stomach complaints. Recipe - see page 15.



**Austral Bracken *Pteridium esculentum*
makeen, makkitch, murkine, mawkum**

Starchy roots gathered and roasted in hot ashes before being beaten into a paste with water and baked. Roots must be treated in this way before being eaten. In some areas the emerging slimy young shoots were consumed.



**Austral Cranesbill *Geranium solanderi*
kullumkulkeetch, kawoon kalamparrant**

These were pounded before being cooked and eaten. Large fleshy taproots were roasted. Tuberous roots used as treatment for diarrhoea.



**Austral Grass-tree *Xanthorrhoea australis*
pakap, bukkup, kawee**

Useful plant with edible nectar, starch, shoots, roots as well as young leaves. Waterproof resin was used to fasten axe heads and stone flakes. Dried flower stalk used as a base for making fire with a drilling stick.



**Australian Bindweed *Convolvulus erubescens*
tarrook, tjapwurong**

Roots cooked, kneaded into dough and eaten. An extract was used for diarrhoea and indigestion.



Balm Mint *Prostanthera mollisafolia*

A culinary herb with dried leaves used for flavouring. Makes an interesting mint tea, which is reputedly good for easing the effects of colds. The crushed leaves were sniffed to relieve headache



Black Wattle *Acacia mearnsii*
warrarakk, currong, ngalawoot

Important source of gum. Sweet drink made from gum and flower nectar when dissolved in water.



Blue Stars *Chamaescilla corymbosa*
mudrurt

One of the native lilies, with several small tuberous edible roots. Blue flowers in spring.



Bower Spinach *Tetragonia implexicoma*

A green soft herb sometimes referred to as Warrigal Cabbage. Can be eaten as a raw salad ingredient and may have been used as a green vegetable. It has red berries that are sweet when ripe.



Bulbine Lily *Bulbine bulbosa*
parm, puewan

Herbaceous perennial with multiple stalks of bright yellow flowers, dormant in summer. The edible bulb is high in calcium and iron and is eaten roasted.



Chocolate Lily *Arthropodium strictum*

Herbaceous perennial producing purple/mauve flowers with small fleshy tubers, edible when cooked.



Coast Ballart *Exocarpus syrticola*
palatt, ballot

A low shrub with sparse crops of fruit. A heavy crop of fruit ripens all at the same time and was used as an abundant source of food for feasts.



**Coast Banksia *Banksia integrifolia*
weerreeyt, wawarrong(cone)**

A large tree, with the cones soaked in water to extract the nectar. This was then made into a sweet drink, mixed often with wattle gum.



Coast Beard Heath *Leucopogon parviflorus*

A coastal shrub that bears small white berries that ripen in summer. Berries have a small hard stone and grow in profusion.



Coast Wattle *Acacia sophorae*

An important seasonal food in Southern Australia. The protein rich seeds are picked out and eaten.



Coastal Saltbush *Atriplex cinerea*

Leaves used as salad green and need to be blanched before use. Salty to the palate



Common Appleberry *Billiardiera scandens*

Fuzzy oval fruits consumed after they drop from the branches and are soft enough to eat. The unripe fruit can also be roasted and eaten.



Common Boobialla *Myoporum insulare*

When ripe the fruit can be eaten. Leaves heated and used as a hot lotion for



**Cumbungi (Bulrush) *Typha domingensis*
poortteeyt**

Raw shoots eaten raw. Roots roasted and peeled before being eaten. Remaining root fibres were used for basket weaving.



Cut-leaf Mint *Prostanthera incisa*

This strongly aromatic bush is a native to south east New South Wales, eastern Victoria and Tasmania. When used in dishes with chicken, turkey, pork or lamb, a small amount makes a big difference.



**Drooping She-oak *Allocasuarina verticillata*
ngeerreeng, pooramook (cone)**

Young shoots and cones can be eaten. The cones can be soaked in water to give it a lemon flavour. The needle-like leaves were chewed at times when water was scarce.



Early Nancy *Wurmbea dioica*

Usually harvested by Aboriginal women using sticks. The small starchy underground corm (tubers) can be eaten.



Finger Lime *Citrus australisica*

Wild Finger Lime is a rainforest fruit. A variety of skin and flesh colours (yellow, green, pink, red and clear) are grown. Each variety has its own distinctive flavour. Finger Limes can be used in many ways: salads, seafood, pasta, curry, sushi, sashimi, deserts and cocktails. Recipe - see page 15.



**Flax Lily (local form) *Dianella* sp.
mumbal**

The berries from this hardy strap-leaved plant can be made into jam or eaten raw. Roots on some species are edible.



**Golden Wattle *Acacia pycnantha*
karrang**

Gum eaten or used to make a sweet drink. Bark used to treat indigestion. Fibre also used to make string for bags and baskets.



Honey Pots *Acrotriche serrulata*

Nectar sucked from flowers. The whole flower was also consumed.



Hyacinth orchid *Dipodium punctatum*

The large, long, soft tubers are edible.



**Kangaroo Apple *Solanum laciniatum*
mookitch, mayakitch, parrerr, korreet**

Dark orange fruit eaten only when very ripe (i.e. a deep red-orange colour.) Poisonous at other times.



**Kangaroo Grass *Themeda trianda*
wooloot**

Seeds can be ground and made into flour. Some chefs now using it in bread making.



Lemon Myrtle *Backhousia citriodora*

Although not indigenous to South West Victoria, it is a favourite bush food. Aboriginal people use *B.citriodora* for medicine and flavouring. It can also be mixed with seeds in damper and the fresh leaves add a delicious flavour when cooked with fish in an open fire.



Lillypilly; *Syzygium paniculatum* 'dwarf form';

The profuse bright magenta fruit make delightful cordial and desserts. Also a natural colour additive for a light sauce. The fruit is most commonly used to make a distinctively flavoured jam, and is also used in sauces, syrups and confectionery.

Recipe - see page 15.



**Manna Gum *Eucalyptus viminalis*
yulong, poompool**

Sugary white extrusions on leaves (manna) gathered from the ground and eaten. The hardened sugary sap formed from holes made by insects, falling as "manna".



Marsh Club-rush *Bolboschoenus medianus*

Round corms collected in summer are roasted, pounded with stones and baked into flattened cakes.



Midyim Berry *Austromyrtus dulcis*

Rainforest edible fruit with a soft, sweet, slightly aromatic pulp that melts in the mouth.

Recipe- see page 16



**Milkmaids *Burchardia umbellate*
popoto**

The crisp, juicy tubers were cooked before being eaten. They have a pleasant raw potato taste.



Mountain Pepper *Tasmannia lanceolata*

Mountain Pepper has a hot, spicy, edible leaf and a berry that can be used as pepper. It was also used medicinally to heat up the body. Used fresh or dried in savoury dishes, soups, vinaigrettes, ice cream jellies, candy and pasta.

Recipe - see page 16.



Muntries: *Kunzia pomifera*

A trailing or ground-cover plant with delicious dark red berries in Summer. Makes excellent jams and tarts. This fruit has a sweet spicy apple flavour and can be eaten fresh or used in many sweet and savoury dishes as well as chutney, pies, fruit straps, wine, desserts, fruit salad, platters, salads and chocolates.



**Native (Prickly) Current Bush
*Coprosma quadrifida***

Fruits are taken from the small prickly shrub. They offer a moderate source of vitamin C. Flavour is best when mixed with sugar to remove the acidity. The fruits are eaten out-of-hand, or used in jams and jellies.



**Native Raspberry *Rubus parvifolius*
parreengkoot, barring-gootch**

Pink flowers in summer followed by small, red, edible berries. The sweet red berries can be gathered and eaten raw. They can be used as substitutes for northern hemisphere raspberries. Recipe- see page 17.



Native Violet *Viola hederacea*

Creeping groundcover with sweet edible flowers used fresh in salads.



**Pigface (coastal form) *Carpobartus rossii*
pooyoopkeel, kamarrarr**

Has a sweet red fruit in summer. The fruits can be broken off and the pulp and seeds extracted, possibly used for jams and chutneys and very good for sorbet. Green leaves can be eaten raw or cooked.



Potato Orchid *Gastrodia sesamoides*

The tubers have a flavour similar to kidney or sweet potatoes when roasted. The tubers are up to 15cms long.



Riberry *Sygazium luehmanni*

Another in the Lilly Pilly family that provides a wonderful fruit that is very pleasant tasting. Can be poached or stewed in savoury or sweet dishes.



River Mint *Mentha australis*

Indigenous Australians used this herb for medicinal purposes. The strongly scented leaves of this hardy spreading mint can be used to make a tea for coughs, colds and stomach cramps.

Recipe - see page 17



Ruby Saltbush *Enchylaena tomentosa*

Indigenous Australians collected the minute Saltbush seeds to grind and roast for damper. The fresh or blanched Saltbush leaves can be used as a wrap-around with meat or fish, in salads, or as a leafy bed for grilled meat or vegetables. Recipe - see page 17



Running Postman *Kennedia prostrata*

Flowers can be sucked to extract sweet nectar. Stems used as twine. Hardy spreading ground cover.



Sarsaparilla *Hardenbergia violacea*

Climbing plant with leaves used as a tea substitute and flowers used in salads.



Sea Parsley (Sea Celery) *Apium prostratum*

The green leaves were eaten, usually cooked.



Seaberry Saltbush *Rhagodia candolleana*

Has saline leaves and small berrylike fruit, which are juicy but quite bitter.



**Silver Banksia *Banksia marginata*
wawarrong(cone)**

The dry cone of the Banksia is used to strain drinking water. The nectar from the flowers can also be used to make a sweet drink.



**Silver wattle *Acacia dealbata*
warrarak**

Roots cooked in baskets, can be pounded and kneaded into a dough.



**Small-leaved Clematis *Clematis microphylla*
tarrook**

Roots cooked in baskets, pounded and kneaded into a dough



**Soft Tree-fern *Dicksonia Antarctica*
wonon tulong**

Soft, starchy pith scooped out from the top of the stem and eaten raw or cooked.



Tufted Bluebell *Wahlenbergia communis*

The flowers of this slender, tufted herb can be used in salads or as a garnish.



Warrigal Greens *Tetragonia tetragonioides*

This vigorous groundcover has plentiful deep green leaves that when blanched (to remove soluble oxalates) can be added to any dish as a green vegetable. Recipe - see page 17.



Water Ribbons *Triglochin procera*

Tubers collected and cooked in ground ovens. Also used as a baby food or for the elderly as the pounded tubers were easy to eat.



White Elderberry *Sambucus gaudichaudiana* peelook, burne-burne

The small creamy-white fruits can be eaten. This species is found in cool shaded places. The European Elderberry has black fruits.



Yam Daisy *Microseris lanceolata* moorrong, muurnang, keerang

Herbaceous perennial producing bright yellow daisy flowers dying down to a tuber over summer. The tubers are edible, raw or roasted and were a staple until the introduction of sheep and cattle destroyed most of these plants.



Wirilda *Acacia retinoides*

Seeds are edible when green. Edible seed. It's an excellent addition to a dukka or salsa and can be used in bread or pizza dough. Wattle seed provided indigenous Australians with a rich source of protein and carbohydrate in times of drought. The seed was crushed into flour between flat grinding stones and cooked into cakes or damper. Recipe - see page 18

BUSHFOOD RECIPES

Anise Myrtle *Backhousea anisata*

Aniseed Myrtle Lamb shanks

4 lamb shanks	1 cinnamon stick or 1 tsp powder
1 onion – finely chopped	1 tsp black and white peppercorns
2 carrots – sliced	1 teaspoon of ground aniseed myrtle
2 sticks of celery – chopped	1 tablespoon of Chinese five spice
1 small bulb fennel – chopped	beef / vege stock or water
2 tomatoes – chopped	2 glasses of red wine
2 cloves of garlic – chopped	1 star anise
1 bay leaf	

Season shanks, seal in a pan in vegetable oil until nice and brown. Remove from the pan, brown the carrots, fennel, garlic, onion, celery and tomatoes with the five spice. Add the remaining ingredients to the pan with enough stock / water to cover the shanks. Simmer for 3 – 3 ½ hours (check the bone). Remove shanks, strain the sauce and add a splash of red wine and reduce the sauce until it thickens.

Finger Lime *Citrus australisica*

Finger Lime Coulis

Combine 2.5 cups sugar and 1 cup water and bring to the boil, then simmer until sugar has dissolved. Add 15gm Finger Lime powder when cold but mix powder in well, to give a fresher Finger Lime flavour. Strain if needed. Adjust consistency with a little water if desired.

Lillypilly *Syzigium paniculatum* ‘dwarf form’;

How to make a Blue Lilly Pilly Strudel

Pick a bowl full of ‘blueys’ and take the pips out – make sure you get them all, some are very small. Take some macadamia nuts (unsalted) and crush them – wrap in a tea-towel and roll a rolling pin over them till they are about quarter size. Either slice and boil cooking apples until still firm and drain, or use a can of cooking apples. Make up some puff pastry or just buy some ready-made.

Form a right-angled ‘former’ (two pieces of pine attached on one edge will work) and sit the pastry into this so there is a V in the middle. Put the lillypillys in the centre followed by the nuts, some cinnamon powder (or try cinnamon myrtle leaves crushed and chopped finely – next time if you don’t have them now) and then the apple. Fold over the pastry and then carefully reverse the whole thing onto a lightly flour-dusted baking tray. Bake as hot as you can with a top heat and keep a close eye on the pastry – when done, take it out and let cool.

Serve cold cut into 2 inch slices.

Midyim Berry *Austromyrtus dulcis*;

Midyim Berry & Apple Pie

50 gm Midyim Berries	50 gm brown sugar
2 large green apples	20 gm butter
2 sheets of frozen puff pastry	1 Tbspn milk

Peel, core, and finely slice apples.

Lay out pastry sheets and place apple slices down the centre.

Sprinkle apples with Midyim Berries.

Cut small pieces of butter and sprinkle on fruit, then sprinkle with sugar (keep a tspn of sugar aside)

Cut pastry on slant strips about 1cm wide up to apple.

Starting at one end, overlap strips in a plait pattern wrapping over the top of the fruit. Place on a baking sheet and bake in oven at 200°C until starts to brown.

Remove from oven.

Mountain Pepper *Tasmannia lanceolata*

Lemon Myrtle seared Salmon with Emu Prosciutto and Creamy Passionfruit Sauce

(Serves 4)

720gm Salmon fillet	15ml Rainforest Macadamia Nut Oil
6gm Ground Lemon Myrtle	200gm Emu Prosciutto
6gm Mountain Pepperleaf	

Slice the salmon in 1 cm thick slices. Season with salt, Mountain Pepperleaf and Lemon Myrtle. Set aside. Slice the prosciutto very thinly..

Garlic and Mountain Pepper Cream

Combine 4 minced garlic cloves with 3gm crushed pepperberries. Whisk into 3 egg yolks with 200ml Champagne Vinegar, and slowly add 600ml Macadamia Nut Oil in a stream until incorporated. Season with 5gm of ground Lemon Myrtle and salt to taste.

Pepperberry infused Vinegar

Use a good quality vinegar. (white wine, balsamic, red wine, rice wine, or apple cider vinegar)

Place 3 tablespoons of whole pepperberry into a clean sterilized jar or bottle. Heat 600ml vinegar to just below boiling, then pour over the pepperberry and cap tightly. Allow to stand for 3 to 4 weeks for the flavour to develop fully. Strain the vinegar through a damp cheesecloth or coffee filter one or more times until the vinegar is no longer cloudy. Discard the pepperberry.

Pour the strained vinegar into a clean sterilized jar. Seal tightly. Store in the refrigerator for best flavour retention. Use in cooking in equal amounts where wine, fruit juice, plain vinegar, lemon, or lime juice is called for.

Native Raspberry *Rubus parvifolius*;

Raspberry Dessert

2 cups wild raspberries

3 tablespoons sugar

1 cup apple juice

1 tablespoon Potato Flour

Put berries, sugar and most of the apple juice in a saucepan and bring to the boil. Boil for about 2 minutes and add potato flour that has been mixed with the reserved apple juice. Cook until thick and place on individual serving plates and chill.

River Mint *Mentha australis*;

Native Mint Dressing (for 250 ml)

1 1/2 tsp Native Mint crushed

1 tbsp apple juice

2/3 cup Macadamia Nut Oil

1/4 tsp artesian salt

1/3 cup Raspberry Wine Vinegar

a pinch of Mountain Pepper

In a bowl whisk together the oil, vinegar, apple juice, artesian salt and mountain pepper. Add the Native Mint and allow to steep for at least 2 hours (longer is better). Pour the dressing into a clean jar with a tight-fitting lid and shake well to combine the ingredients.

Tip: Dice watermelon and red onion and then pour over native mint dressing for a refreshing summer salad or as a mouth coolant with hot curry.

Ruby Saltbush *Enchylaena tomentosa*;

Saltbush & Native Basil Salsa

3 vine ripened tomatoes (diced)

1 small red onion (diced)

2 lebanese cucumbers (diced)

3 sprigs continental parsley (finely chopped)

Place all ingredients into a bowl and add saltbush and native basil. Combine and refrigerate for at least 30 minutes to allow flavours to develop.

Warrigal Greens *Tetragonia tetragonioides*;

Rolled veal with Warrigal greens pesto

140 g (2 cups firmly packed) Warrigal greens (see Note)

40 g (1/2 cup) grated parmesan

45 g (1/3 cup) macadamias, roasted

1 tbsp lemon juice

60 ml (1/4 cup) olive oil, plus extra, to cook

4x 500g veal steaks

macadamia oil and salad greens, to serve

(Recipe continued to page 18)

(Recipe continued from page 17)

To make pesto, bring a pan of water to the boil. Blanch greens for 3 minutes, then refresh in a bowl of iced water. Squeeze out excess liquid and roughly chop. Process with parmesan, nuts, lemon juice and olive oil in a food processor until smooth; add extra oil if too thick. Season with salt and pepper.

Preheat oven to 190°C. Place each piece of veal between 2 sheets of plastic wrap and, using a meat mallet, flatten veal to 5 mm thick. Remove plastic wrap and spread veal with pesto. Roll up tightly to form a log, secure with toothpicks and rub with extra olive oil.

Heat a heavy-based frying pan over high heat. Brown veal, turning, for 3 minutes. Transfer veal to an oven tray lined with baking paper and roast for 5 minutes or until cooked through or to your liking. Cover loosely with foil and rest for 5 minutes. Slice each roll on the diagonal into 3 pieces, drizzle with macadamia oil and serve with salad greens.

Wirilda Acacia retinoides

Wattleseed Bread (or scones)

Bread is just so much a part of our every day; here is a recipe with an enhanced flavor using Macadamia Nut and Wattleseed.

All you need to do is add a teaspoon of Wattleseed and a teaspoon of Macadamia Nut Oil to your bread mix and cook as usual.

The warm nutty aroma of the bake will melt even the hardened heart! Variations include Native Thyme and Olive.

Anzac Biscuits with Wattleseed

1 cup (90g) rolled oats

1 tablespoon golden syrup

3/4 cup (125g) plain flour

1 teaspoon bicarbonate of soda

30g ground, roasted Wattle Seed

1/2 cup (125g) melted butter or margarine

1/2 cup (125g) sugar

2 tablespoons boiling water

1. Set oven at 160C

2. Mix oats, flour and sugar together

3. Mix golden syrup, wattle seed, soda and boiling water. While frothing add melted butter and pour into dry ingredients. Mix thoroughly.

4. Place spoonfuls on to oven tray, allowing room for mixture to spread.

5. Bake at 160C, for 18-20 minutes

6. Allow to cool on biscuit rack

Makes about 30

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- Geoff Rollinson, Editor.

Useful information and websites;

www.anfil.com.au - The peak body for Australian native food producers

www.cherikoff.net - Retail site and good source of ingredients

www.lenah.com.au - Tasmanian game meats supplier

www.outbackpride.com.au - great source of where to buy native ingredients and nurseries for plants

www.outbackspirit.com.au - another great source for where to buy native ingredients and foods

Local Nursery Suppliers for some species of bush foods:

Special Effects Nursery: 10 Drapers Rd, Colac East VIC 3250
0428 595 085 www.specialeffectsnursery.com.au

Worn Gundidj Wholesale Plant Nursery: 4 Chatham Court, Warrnambool VIC 3280
0409 351 614 www.worn Gundidj.org.au

Pearsons Nursery: 19 Grauers Rd Allansford VIC 3277
(03) 5565 1605 www.pearsonsnursery.com.au

Pomonal Wildflower Nursery: 44 Wildflower Drive, Pomonal, VIC 3381
(03) 5356 6250

A comprehensive list of other bush tucker suppliers can be found in Keith and Irene Smith's Grow Your Own Bushfoods and on some of the websites listed above.