

**Australian Food Plants Study Group**  
**ANPSA - Australian Native Plants Society (Australia)**  
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## **Bushfood Conference**

**Sat 27<sup>th</sup> May & Sun 28<sup>th</sup> May 2023**

**Venue ATAC**

<http://atac.qld.edu.au/>

**4808-4822 Mt Lindesay Hwy**

**North Maclean Qld**

**More detail to follow**

**Note your diary/calendar**

## **Wild Food Foray and Luncheon, 8c Kalkadoon Court, Cobaki, NSW.**

**Sunday, 16th October 2022 10:30-13:30 - Cost \$ 80 per person**

[events.humanitix.com/october-wild-food-foray-and-luncheon](https://events.humanitix.com/october-wild-food-foray-and-luncheon)

Join Chanterelle Foggin - a forager - that bush tucker lady, the wild food huntress of Cobaki. From lemon myrtle to marshmallow fungi, to wild raspberries, all turned into magical meals, wild food huntress at her gorgeous country home to explore her passion of wild edible weeds, bush foods and fungi. Share in her creative food adventures, in a safe learning environment, make connection to others through shared experiences and knowledge. An informative and exciting workshop and small forage followed by a wild food lunch. Often at times a cheeky unrepentant urban forager, always entertaining this girl's gone wild adventure will set you out inspired into your own backyards, nature strips and parks looking for a bit of the passion Chanterelle shares. Join her for a bougie country lunch at her charming cottage feasting on seasonal wild nutritious superfoods like wild greens and homemade ricotta spanakopita, with a wild fig and lillypilly relish or bunya nut and warrigal greens, gnocchi with a wild macadamia and weeds pesto - tummys and hearts will be full. [October wild food Foray and luncheon | Facebook](#)

## Saltbush-fed lamb is helping change the landscape of regions affected by drought

[ABC Southern Qld](#)

by [Belinda Sanders](#) and Lucy Cooper



Duncan Banks decided to plant saltbush to get through the drought. South-west Queensland grazier Duncan Banks has always known that saltbush-fed lamb was something special, describing the taste of the meat as "to die for".

### Key points:

- Saltbush is drought tolerant and provides food to lambs in tough times
- Australians are amongst the highest meat consumers in the world, eating 9.5kg a year
- Saltbush lamb sales are strong with plans to expand to other markets such as restaurants

However, getting the product to market has logistically been challenging with the closest abattoir 115 kilometres away in Surat. It was not until local butcher Paul Arnall set up a "mini abattoir" in the back of his St George shop, that the product was able to be sold direct to the public. Mr Banks' farm, Dunwold, is about 60km from

St George, and following declining wheat yields he decided to take advantage of the Australian native saltbush on his farm and create a new income source.

### Merino sheep grazing on Saltbush

The sheep on his property are now fed on a combination of saltbush and grass, with a 5 per cent supplementation of grain to add the extra fat to the animal. Saltbush allows Mr Banks to have a continuous supply of feed to supply lambs 365 days of the year.

More than 1 million saltbush seedlings have been planted at Dunwold.



This competitive advantage has resulted in such strong demand for the product that Mr Banks has had to buy in more sheep to maintain the supply to the local butcher.

### A point of difference

Mr Banks said the unique nature of saltbush lamb was a point of difference in the lamb industry. "A high proportion of Australia's lamb is now being lot-fed, and finished on grain, the same as the cattle system," he said. "You can punch out a couple of truckloads every month of peas in a pod. They are all



the same, they taste the same, they look the same, everything's the same." In contrast, saltbush lamb is a niche product and Mr Banks understands the importance of tapping into the growing demand for local produce. "If you want to buy the Dunwold saltbush lamb, you have to come to the Balonne Shire — it's not available anywhere else," he said. What makes the Australian native so special is that once established, it is not only drought, frost, and saline soil tolerant, but it's also palatable for grazing animals. According to the Queensland Government Department of Agriculture and Fisheries, the key role of saltbushes is to serve as a nutritious drought reserve, which provides some much-needed relief to graziers in hard times. "Saltbush is a very good source of drought food in these hard times," Mr Arnall said. However saltbush does require specific management techniques. "You are really only grazing a paddock twice a year, the saltbush needs the rest because you are taking a lot out of the plant system when you do graze it hard," Mr Banks said.

### **Paddock to plate**

Saltbush lamb is flying off the shelves at Mr Arnall's butchery.

His partnership with Mr Banks began when, after years of driving past, Mr Arnall decided to call in on the grazier's property to find out more about saltbush. From there a business relationship flourished with Dunwold now providing the butcher with 15 sheep every 10 days. Last October, Mr Arnall built a small abattoir in the back of his butchery.



### **Paul Arnall has big plans to market saltbush lamb**

"Ultimately we wanted to be paddock to plate," he said.

According to Mr Arnall, demand for the product has grown slowly in the small town, but it has become a talking point amongst locals. Tourists are also excited to experience the unique product.

"It has a salty sort of flavour to it but will linger on the palette for longer and does not have an over-done fatty taste that you can get with lamb," he said.

There are plenty of marketing opportunities for the product with saltbush being an Australian native plant. Now more than ever, people are seeking homegrown produce which is reflected in the increased demand of products such as mountain pepper and wattle seed. Saltbush lamb could follow a similar path with Mr Arnall keen to see the product sold in restaurants across Australia.

## Kimberley Bush Medicine and Bush Food

<https://www.facebook.com/groups/192306385739514/posts/366703528299798/>

There are two Blackberry trees fruiting at the moment on the corner of Port Drive and Clementson St. Broome WA. *Terminalia petiolaris* is its scientific name but locally it is known as a sweet bush fruit called Marool (Bardi and Nyul Nyul) or Nawulu (Yawuru). Fruiting occurs April-December. Flowering October-April. There are some big shady examples of Blackberry trees in Bedford Park. This tree appears remarkably resistant to cyclone damage, retaining its foliage even after violent winds. Ref: Brian Kane



There are so many of these trees in Hidden Valley between Lullfitz and the beach in Broome WA big and shady. Ref: Alison Southern

## Bushfood Websites

### Kimberley Bush Superfoods

<https://www.facebook.com/people/Kimberley-Bush-Superfoods/100065209024608/>

### Edible Weeds, Wild Crafting & Foraging in Australia

<https://www.facebook.com/groups/255804947779277/>

### Forage and Grow New South Wales

<https://www.facebook.com/groups/5093937780620328/>

### Native Australian Bush Tucker

<https://www.facebook.com/groups/436385529899107/>



## Beach Bean – *Canavalia rosea*



I've looked for info on the edibility of Beach Bean and found this: The raw beans/seeds contain lectins and are poisonous, causing vomiting. Heating and cooking breaks them down.

Flowers eaten as a flavouring, young pods must be boiled or roasted to make them edible. Young seeds – cooked - said to make a good porridge. I've gathered a few beans, boiled them for about 10m and ate them. Tasted nice but 1 or 2 hrs after I felt nausea. I was fine shortly after but I was put off by that first experience. Would like to learn from knowledgeable people.

Marilena: Further to John's post on the Beach Bean I thought I would let you know about this timely story I discovered at the museum at the Ningaloo Centre in Exmouth a few days ago. There are many infoboards there retelling the many aspects of the story relating to the shipwreck of the Barque Stefano in 1875 on the North West Cape. I found it absolutely fascinating and also purchased the memoir written by the shipwreck survivor that has now been translated into English. Have yet to read it. Mention was made of how the survivors consumed the Beach Bean and many subsequently perished from their toxicity. Here is an excerpt from the book I have just found concerning the beach bean:

'A few hours after eating, we all had severe stomach pains, but at the time no one seemed to connect the sickness with the beans. Had we known earlier what we would later learn from the savages! The beans should be eaten only in very small quantities because of the concentrated

richness and only after being baked in the hot sand for a few days soaked in water for two more days and then boiled. There was much we civilised men did not understand'. This link outlines the story and thought I would highlight this part on an online resource I just found:

'This simple subsistence living did not last. On Christmas Day, the castaways were hit by a fierce cyclone. Two mariners died during the storm. Others had to confront a new and imminent threat to their survival after the storm had passed. The cyclonic winds had scattered all the fish to deeper waters and destroyed much of the vegetation that was feeding the men. All that remained were the prolific local beans. The mariners took to eating these without realising they were poisonous unless properly prepared: one by one, they died from the toxicity. All fascinating. Thought members might like to know about these historical references to the beach bean.

<http://www.stefanocybertrail.com>

Beach Bean spotted at Jologo Beach, Dampier Peninsula, WA. Ref: Marilena Stanton

Tim Low comments on p32 of Wild Food Plants of Australia that Captain Cook cooked them on his enforced stay on the Endeavour River in 1770 and 'were not to be despised'. But Governor Phillip and his Surgeon-General in 1788 recorded the beans were 'very well tasted and very similar to the English long pod bran' but the men evidently tasted the raw beans for they were soon 'seized with a violent vomiting'.

Younger pods make a pleasant cooked vegetable though they are inclined to be fibrous. The larger pods contain big green seeds, which the Malaysians boil as porridge. After roasting in the pod, the big seeds are very tasty resembling broad beans. Source: Tim Low.

### **Bush Banana - *Marsdenia australis***



Bush Banana grows as a vine on dead trees – photo from Cape Leveque Rd. WA.

*Marsdenia australis*, commonly known as the bush banana, is an Australian native plant. It is a bush tucker food used by Indigenous Australians. The *Marsdenia* fruits are a wonderful green vegetable, roasted, boiled or microwaved with butter, lemon juice and mountain pepper, or sliced raw into salads, stir-fried or used whole in casseroles. It can be eaten small or fully grown, tasting like a roasted zucchini or peas. *Marsdenia* are really the "pantry of the desert", as they have four different edible parts. The fruit is shaped like a small avocado and has a wonderful flavour not unlike crunchy snow peas and zucchini when small. Young leaves can be used in salads. The roots and stem are also eaten. Significant bush food for the Aboriginal people of Australia, the food is often depicted in current Aboriginal art, especially paintings about 'bush tucker'. The flowers hang in clusters and can also be eaten raw, as can the main part of the plant. Some people suck the nectar from the flowers as a source of food, while others use it as a garnish. Bush bananas are cooked in hot earth beside the fire or eaten raw when young. The flavour has been likened to fresh peas or zucchini. A woody, twining climber which grows on other trees and shrubs often making it difficult to distinguish from the supporting vegetation. It exudes a white milky sap if damaged.



This is an important bush food plant for Aboriginal people and most parts (flowers, leaves, fruit and roots) are eaten. The creamy flowers have a sweet flavour and are eaten raw. The leaves are eaten raw when young or steamed if older. The young fruit are eaten straight from the vine and are highly desirable. The older fruit can still be eaten but are cooked first. When the fruit are mature, they split open to reveal white fluffy seeds which are easily dispersed by the wind.

**Dogs Nuts or Dogs Balls      *Grewia pindanica***

<https://www.rbgsyd.nsw.gov.au/stories/2019/%E2%80%98dog%E2%80%99s-balls%E2%80%99-stands-out-as-a-new-species>

Battling a cough and cold? You better track down a Dog's Nuts berry.

Outback survival guru Les Hiddins says the hairy, little berries on this shrub also known colloquially as Dog's Balls shrub were used as a bush medicine by indigenous communities and Australia's early pioneers. Apparently, they taste like apple strudel! You can find the full Bush Tucker Man episode set in WA's stunning Kimberley region here: Go to 29.41mins for Les's info on this. <https://www.youtube.com/watch?v=jejk-7I9Y6U>

Dog's balls' stands out as a new species. A northern Australian shrub with distinctive red fruit known as 'dogs balls' has finally been given a correct scientific name after almost 250 years by Dr Russell Barrett from the Royal Botanic Garden Sydney. The well-known shrub gets its popular common name because it generally develops two red fruits covered in soft hairs that hang down on a short stalk. The National Herbarium of New South Wales houses the first known collection of 'dog's balls' made near the Endeavour River in North Queensland by acclaimed botanists Joseph Banks and Daniel Solander from Captain Cook's voyage in 1770. But Dr Russell Barrett said for over 250 years 'dogs balls' has been known by an incorrect scientific name. "Most recently it has been known as *Grewia retusifolia*, which is based on a specimen from southern Myanmar collected in 1872," said Dr Barrett. "A discovery of a similar species I made in Western Australian led me to compare European, Asian and Australian *Grewia retusifolia* specimens and it became evident that 'dog's balls' is a completely different species," Dr Barrett said.



The shrub is known as 'dogs balls' because it generally develops two red fruits covered in soft hairs. More than just a quirky name. It also goes by the name 'dysentery bush', due to its treatment of dysentery and diarrhoea, and the Yolngu Aboriginal people from the Dhuwa moiety

in the Northern Territory call it Murrnyi'/Murrjtjumun. “Being such a famous shrub with important medicinal qualities, it was quite a surprise to find that no previous botanist had recognised it was distinct from the Asian species,” Dr Barrett said. Dr Barrett's research also shows that the Asian species *Grewia retusifolia* is a much larger shrub and grows in a very different habitat to the Australian habitat where ‘dog’s balls’ thrives. Being a common species in the northern Australian savanna landscape, Dr Barrett has given dog's balls the new scientific name *Grewia savannicola*, which means 'savanna-dwelling'. Dr Barrett’s research has been published in the journal *Austrobaileya* with the proposed name *Grewia savannicola*, alongside another new species ***Grewia pindanica*, which is restricted to the Broome region of Western Australia**. The paper also includes the description of a new *Corchorus* species, known only from a single collection in the remote Drysdale River National Park in the north Kimberley discovered in 2014. “My discovery not only highlights the importance of getting out there and documenting new flora, but the crucial role herbarium specimens play in discovering new species,” said Dr Barrett.

You can also read the story on ABC News Online. Although this well-known shrub will finally be recognised as a new species with its own scientific name, I think ‘dog’s balls’ will always be the most popular common name.

### The Green or Regal Birdflower *Crotalaria cunninghamii*



The flower of *Crotalaria cunninghamii*, also known as the Green Birdflower or Regal Birdflower, a plant of the legume family Fabaceae native to inland northern Australia. The flowers were eaten and are supposed to taste like celery. Ref: John Horsfall

*Crotalaria* is a large genus of over 500 species; there are about 30 native to Australia and a number of exotic species have become naturalised. They are generally small to medium shrubs or herbaceous species and are known as “rattlepods” because the seeds are loose in the pods. Some species contain toxins which accumulate in the liver and produce long-term damage which is often fatal.

*Crotalaria cunninghamii* is a shrub to about 3 metres tall with hairy branches and foliage. The leaves are oval shaped and about 30 mm long. The large, greenish pea flowers occur in winter and spring on long spikes at the ends of the branches. The flowers are

streaked with fine, black lines. The seed pods are up to 40 mm long. The sap from the leaves of this species were used by aborigines to treat eye infections. Green bird flower is reasonably popular in cultivation in warm areas. It requires well drained soils and prefers a position in full sun. It is not suited to cold climates and is damaged by frost. Propagation is from seed, which germinates readily after treatment in boiling water, or from cuttings.

Photo: OctopusPrime [https://anpsa.org.au/plant\\_profiles/crotalaria-cunninghamii/](https://anpsa.org.au/plant_profiles/crotalaria-cunninghamii/)

*Crotalaria cunninghamii* - green birdflower. Spotted at Geike Gorge, Fitzroy Crossing, WA.



Named *Crotalaria* after the Greek word for rattle, because their seeds rattle, and *cunninghamii* after early 19th century botanist Allan Cunningham. During a seven-month trip to North Western Western Australian in 1817, Cunningham collected more than 300 different species, one of which was *Crotalaria cunninghamii*. It has a symbiotic relationship with bacteria in the soil which forms nodules and traps atmospheric nitrogen in the surrounding soil. Aboriginal Australians used *Crotalaria cunninghamii* as an important medicine for treating swelling and eye infections. Fibre was used by Aboriginal peoples to make sandals, fishing nets, canvas and even pulp. In a 1947 paper written by DS Davidson, it was noted that the Warnman Aboriginal group used *Crotalaria cunninghamii* to make canvas shoes. The Warnman Aboriginals primarily lived in the Gibson Desert and used *Crotalaria cunninghamii* fibre shoes to protect their feet from the hot sand and rugged stoney desert ground. The way the fibre was constructed was by peeling off the soft bark and then tying the smaller fibres together and tying them around your feet.

Ref: Wikipedia

### Bushfood Spirit from Western Australia



Marilena Stanton discovered another WA spirit using bush tucker ingredients. Looks like bush tucker is becoming popular in distilleries!

This one is spiced with ‘Kakadu Plum, Lemon Myrtle, Quandong, Wild Rosella and Wattleseed’ and 15 other spices. ‘Illegal Tender Rum Co, uses the best quality local ingredients and state of the art distillation equipment the spirit is mellowed with oak then spiced using ingredients native to Australia, including some real Australian flavours including Kakadu plum, Quandong, Wattleseed and Wild Rosella which imparts a unique Aussie bush tucker flair to the traditional spiced recipe of old.

Produced in Dongara, Western Australia's Climate hand crafted, and hand bottled by the Master Distiller and whoever he could rope into helping him out. Spiced with local ingredients this truly is a wholly Australian owned and operated small boutique distillery, and extremely unique with the use of Australian Bush Tucker ingredients having been infused into this delicious rum.’

Illegal Tender Rum Co. Bushtucker Spiced 700mL

## Revisiting native 'wild' rice in Northern Australia

<http://nationalunitygovernment.org/content/revisiting-native-wild-rice-northern-australia?fbclid=IwAR17Vcgi5PUN19EAZsZtRPI82qQAUDTyns4Mypup1g3Q4CBVHGexIxIPPOc>



**It's highly-nutritious and abundant across flood plains of northern Australia.**

Native or 'wild' rice has been consumed by Indigenous people in the Top End for thousands of years. Known to be high in nitrogen and phosphorous, native rice has attracted growing interest from researchers, Indigenous businesses and restaurateurs who would like to see it commercialised. But currently costed at about \$120 per kilogram, it might be a while before it makes it to supermarkets shelves. Dr Penny Wurm from Charles Darwin University has been researching native rice for over 20 years. She's has published a report funded by the Rural Industries Research and Development Corporation, looking at potential markets for native rice products. "It's a really beautiful grain, a wine colour, and much smaller than cultivated rice," she said. "It's probably never going to be available in a kilogram packet at the store. "It will always be a niche, specialist, culturally-identified product. "But there is interest from Indigenous groups and from restaurants and chefs who see native rice as a palatable, tasty cooking product."





**Lorraine Williams and Dr Penny Wurm in the seed lab at Charles Darwin University**

Even as a premium rice product, Dr Wurm says her team still needs to overcome significant technical challenges to harvest even small quantities. "Current milling technology doesn't quite work," she said. "We end up with 30 per cent of seeds that still have their husk left on them and a certain fraction that are broken. "So then it involves a hand-sorting phase after you've actually milled it; it's very labour intensive. "That's the phase we need to get rid of." While an understanding of the crop is now growing, little is known about the traditional methods of preparing native rice, used by Aboriginal people.

Lorraine Williams, a Larrakia woman working with Dr Wurm, says she wished she had thought to ask more questions of her elders as a child. "In the old days people would have harvested it by canoe - hand-harvesting it," she said. "But I'm sad, because had I asked old people 20 years ago about how to prepare wild rice, we may have had more answers."



Australia has four species of native or 'wild' rice. (Caddie Brain)

Australian native rices (*Oryza rufipogon* and *Oryza meridionalis*) are an abundant and widespread resource on floodplains across monsoonal northern Australia, where rural and remote communities are keen to expand

economic opportunities. Native Australian rice has been harvested and consumed by Aboriginal people until historical times (Ashwin 1930; Fukiwarra 1985).

Studies of other enterprises (Gorman and Whitehead 2005) indicate that wild rice may have the potential to support new, small-scale, wild-harvest enterprises. Previous RIRDC-funded work on wild rice grain properties has indicated that the nutritional and cooking qualities of native rice collected from the wild are suitable as a food product (Wurm et al. 2012).



A Northern Territory (NT) study aims to build on the previous investigation of the food qualities of native rices, by undertaking a preliminary assessment of the market for a wild rice food product. In order to do this the project brings together traditional owners and enterprise developers, researchers and potential product buyers.

<https://www.agrifutures.com.au/wp-content/uploads/publications/10-175.pdf>

### **Beach Almond** *Terminalia catappa*

Spotted at Cable Beach, Broome WA car park front garden. Avenue of them in the plantings. Attractive ornamental shade tree. 'Fruits are almond shaped and green turning brown to purple when ripe. The fibrous shell surrounds an edible nut. Nuts taste very much like almonds, although it can be a challenge to remove the flesh from the hard stone. Sea almonds can be eaten raw. Oil extracted from the dried nuts is edible and used in cooking.' Ref: Marilena Stanton & Daley's Nursery website.



### **Pink Turkey Bush** *Calytrix extipulata*



Spotted at the Chinese Cemetery, Broome WA. The turkey bush has a wide variety of traditional uses. Bininj from Kakadu crush the flowers and leaves and rub them onto their skin as an insect repellent. The leaves and flowers can also be mixed with hot water to create a liniment for sore muscles. The wood of the shrub makes excellent firewood and is also used to craft clapsticks, woomeras and prongs for spears. Ref: Marilena Stanton

<https://parksaustralia.gov.au/.../nature/plants/turkey-bush/>

### **Seed collection and propagation guide for plants of the Kimberley**

[https://d3n8a8pro7vhm.cloudfront.net/environskimberley/pages/2744/attachments/original/1631065215/Seed\\_Prop\\_Guide\\_Small.pdf?1631065215](https://d3n8a8pro7vhm.cloudfront.net/environskimberley/pages/2744/attachments/original/1631065215/Seed_Prop_Guide_Small.pdf?1631065215)



## Two Way Science students create Yaminyarri Jam Kakadu Plum - *Terminalia ferdinandiana*

<https://broomeshs.wa.edu.au/two-way-science-students-create-yaminyarri-jam/>

Yaminyarri is the Yawuru name for Gubinge. The Yaminyarri is a Mangala season (November to March) bush fruit (mayi) which can be found in monsoon vine thickets and other Yawuru coastal areas. Due to its high level of vitamin C, the Yaminyarri is also a bush medicine.



Our Two Way Science students have recently completed the second stage of their learning by creating Yaminyarri jam (Gubinge jam) from the Yaminyarri that was collected toward the end of the Mangala season. Coupled with a freshly made damper to put the jam on, the students shared a delicious morning tea amongst teachers and visitors. Everyone found the Yaminyarri jam unique and delicious.

Place ingredients in a saucepan and bring to boil.

500 g yaminyarri, 250 g sugar, 2 star anise, 50 ml water, zest and juice of 1 lime. Simmer for 30 minutes, stirring occasionally. Take off the stove and allow it to cool slightly. Pass through a big sieve, or colander, with the back of a wooden spoon, separating the flesh from the seed.

Put the jam into jars and refrigerate.

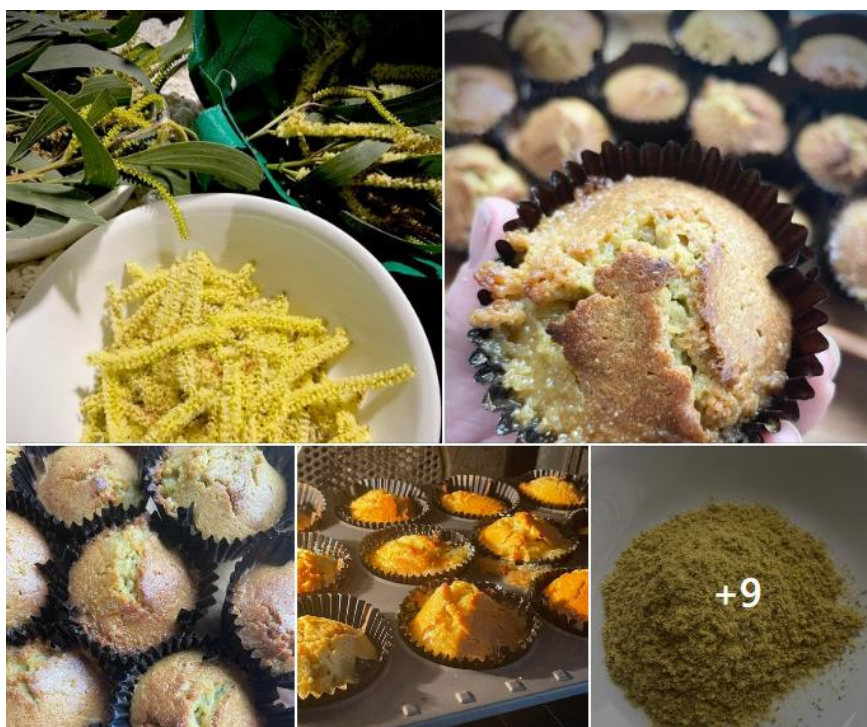
## Wattle Blossom Muffins by Perri's Plants to Plate

Preheat oven to 200°C. Line or grease a 12 cupcake tray.

Whip 150g butter, room temp and 1 cup sugar. Add 2 eggs room temperature and mix.

Add 1 cup milk and 2 tsp vanilla extract. Mix well.

In a separate bowl, mix remaining ingredients: 1½ cups plain flour, ½ cup Wattle blossom powder and 2 tsp baking powder. Add mixed dry ingredients to the wet ingredients and combine. Spoon evenly into cupcake tray. Bake for 25-30 minutes.





Blossom tea made from paperbark blossoms collected at Ellendale Station Lake campsite, Mt Hardman. Delicious. Inspired by Les Hiddins segment on the ABC rerun of his shows.  
Ref: Marilena Stanton



**Therriwoong**  
Sandpaper fig (*Ficus scobina*)

*Therriwoong* – the sandpaper fig, is a small tree growing to 8 metres. The flowers are contained inside the fig cavity.

The fruits ripen for eating between March and April. The leaves are a 'bush sandpaper' for wooden tools. The stems are used as firesticks by drilling one into the other to ignite the addition of dry fibre.





**Naudin**     *Ozbeckia australiana*



Purple flowering plant with unusual seedpod spotted at the base of Emma Gorge and along the creek the waterhole flows into. El Questro Wilderness Park. WA. Young fruit is edible.  
Ref: Marilena Stanton     <https://florabase.dpaw.wa.gov.au/browse/profile/6130>



## Sticky Kurrajong

*Brachychiton viscidulus*



Spotted at Emma Gorge, El Questro Wilderness Park, WA  
Ref: Marilena Stanton

The large, red flowers of this kurrajong appear in the dry season after the leaves have dropped from the plant. The fruit splits open to display honeycomb-like apartments from which the yellow seeds are shed. It grows as a shrub or tree and favours sandy areas amongst sandstone and basalt rocks. Kimberley rose is an alternative name for this species as it grows only in the Kimberley. A very similar looking genus, the red flowered kurrajong is also found in the Northern Territory.

Aboriginal uses: **The seeds are eaten raw or roasted on coals.** The tiny hairs on the seeds are highly irritant and need to be burned off before processing. The roots of young plants are eaten raw and the bark is used to make string and rope. The seeds make for a bland tasting substitute for coffee if roasted and ground.' Source: El Questro Top 20 Plants

## Wild Peach *Terminalia carpentariae*

Infoboard at Mirima (Hidden Valley NP), Kununurra, WA. Tasty, edible green fruit when ripe. Sap is eaten when fresh or softened over coals.

Ref: <https://www.territorynativeplants.com.au/terminalia-carpentariae-wild-peach?rq=terminalia>

**Jambalbung**  
*(Terminalia carpentariae)*

This deciduous tree of up to 10 metres produces edible fruits between February and August.

The inner bark is boiled to produce a medicinal body wash.



**Wild Cucumber***Cucumis melo*

Scraggly looking vine that has little cucumbers about the size of the end of your thumb. Bite the end off and suck out the insides. Tastes just like cucumber. North West Queensland

Ref: Alan Rackman




Also grows in the Kimberley and Pilbara. Ref: John Horsfall

**Wild Mango***Buchanania obovata*

**Daloong**  
Wild mango (*Buchanania obovata*)

Our kids love the 'cinnamon and plum taste' of *daloong*. In 'the wet' they shake the branches to harvest the small fruits.

It grows up to 10 metres and has dark, grooved bark and cream flowers

Ref: John Horsfall: Mirima (HiddenValley) National Park, Kununurra, WA.

Infoboard by the Miriwung people. Nutritional analysis by UQ researchers have shown high levels of protein, dietary fibre and the minerals potassium, phosphorus and magnesium. In addition, the folate level is among the highest of commercially available fruits. Its potential as a commercial crop for Indigenous communities is being investigated.' Ref: Marilena Stanton

Yarlyarrin Tjapangayi: Known as Galay in and around Wyndham, it's my favourite, plentiful in the wet season, some are very sweet and some are slightly sour, the seeds are also edible.



## Emu Apple *Owenia vernicosa*



Infoboard and plant at Mirima (Hidden Valley) NP, Kununurra, WA. Ref: Marilena Stanton  
It grows right around the northern coastline. Bush medicine plant too.

<https://bie.ala.org.au/.../id.../node/apni/2901040> Ref: John Horsfall

I'm growing this 300km inland from the Queensland coast, in a semi-arid region and it is growing like crazy. Ref: Jennifer Beckham

## Ironwood Tree *Erythrophleum chlorostachys* Yawuru: jun'ju and bilamana

Bush medicine & bush tucker tree too. The gum of Ironwood is edible and is reported to taste like commercial toffee. Large tree 12 - 18 metres and endemic to northern Australia. Used for harpoon and spear heads, digging and cooking sticks, axe handles, fighting sticks, music sticks and ceremonial wood. All parts of the tree are highly poisonous to stock. Deaths have been recorded in cattle, sheep, horses, goats and camels. Timber is termite resistant. Many examples of this tree around Broome - especially at Gantheaume Point. Ref: Brian Kane  
<http://wkfl.asn.au/nature/ironwood.html>





**Water Hyssop *Bacopa monnieri* A tiny annual with a rich medicinal history**

Found in both freshwater and brackish wetlands in coastal areas from Europe to Africa to India to Australia, this herb may be more familiar to you as Brahmi, Memory Herb, Thyme-leaf Gratiola, Indian Pennywort or Herb of Grace.

**It can be eaten raw in salads or cooked as a vegetable.** A staple in Ayurvedic medicine, it has been used medicinally for thousands of years. It is renowned for its health benefits and is commonly consumed to improve memory and longevity. It has also been used to treat anxiety and mental fatigue. It's a lovely edible to keep in a pond and is also fully submersible in an aquarium which is where I will be keeping mine! Ref: Australian Bush Tucker Bites

**Narrow-leafed Indigo *Indigofera linifolia***



This plant also grows in the Kimberley and Pilbara. Round pod indigo. The little seeds are gathered, ground into a paste, cooked and eaten. Northwest Queensland. Tends to have lots growing together so gathering a large amount in a short time is easy.

**Pencil Yam *Vigna lanceolata***

One of my favourites. Mullaga, the whole plant can be eaten but the young leaves and the beans (like miniature shop bought green beans) are the best and taste like green beans. Dig up the roots and there are little peanuts that can be eaten raw or cooked and are tasty. North West Queensland mainly found in and along creek beds. Ref: Alan Rackham  
Also grows in the Kimberley and Pilbara.





**White Wood Tree***Atalaya hemiglauca*

The large taproot of the smaller trees is edible too as well as the gum. It sometimes leaks its sap which is good to eat and tastes nice.

However, do not use the wood from this tree on your cooking fire as it will poison your food and make you sick.

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This semi-parasitic vine covers trees like a net. It bears a tiny, bitter green berry which turns semi-transparent when it is said to be "cook". It is then sweet and ready to eat. This mayi (bush food) will stain the teeth if eaten in large quantities.

The Nyangummarta people made their jinapuka- footwear-with small hanks of this plant, moulding a pad like a sandal. A pad was also used as a cushion when carrying firewood, coolamons (marnjata in Karajarri) and other objects balanced on the head. Yugulu was even useful as a head covering, protecting the wearer from either sun or rain. Native vegetation covered by what appears to be a dense matted, tangled web, can appear spooky or even sinister in our environment.

Known locally as 'Yugulu' (Yawuru) or 'Koodikoodi' (Nyul Nyul), it contains bush food and had a variety of uses when people lived off the land. For more information <http://wkfl.asn.au/nature/cass.html>

You can find this plant by its very striking netlike appearance sometimes orange when it covers and almost strangles its host tree.

In Broome, Yugulu is common and can be seen clearly from the road as you travel around. The plant bears its fruit after the Wet in the months from March to May.



In the old days, the Bardi people used to dense mesh of this plant as a net to catch their fish. Perennial parasitic, partly autotrophic twiner, attached by

small elliptic haustoria formed along stems at points of contact with the host; stems filiform, pubescent to glabrescent; leaves reduced to minute scales; flowers pale creamish green, sessile, globular-ovoid; fruit Glabrous, ovoid to nearly globular, green becoming translucent, pearly white, drying black.

In canopies of paperbarks behind coastal dunes at Martins Well, Elephant and Coulomb Points, Beagle Bay; on Celtis on coastal dunes at One Arm Point and widespread in pindan and vine thickets at Broome. A pantropic species occurring in North and South America, Southern Africa, Asia and islands of the Indian and Pacific Oceans. Bardi name =jirrwany; Nyul Nyul = goody goody; Yawuru = yugulu Whole plant medicinal; warm vine applied for rheumatic pains and general aches; edible pearly white fruit. Footwear was made by moulding a pad of the tangled stems into a sandal. The Bardi are reported to have used the dense mesh of stems as a net to catch a fish. Flowering and fruiting all year. Ref: <http://wkfl.asn.au/nature/cass.html> Ref: Brian Kane