

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

<http://anpsa.org.au/foodplantsSG/AFPSG-news.html>

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**Membership is open to all financial ANPSA members & complimentary although donations towards public plantings are very welcome!**

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**Join us on Friday, 23rd February, on Jinibara Country at Maleny, for an immersive day of insights and collaboration at the Beyond Bunya Dieback Symposium. \$40.00.**

This dynamic event brings together a diverse line-up of speakers, including Traditional Owners, researchers, soil pathologists, conservationists, and an international presentation from Tiakina Kauri.

**Event Highlights: Diverse Perspectives:** Gain profound insights from a variety of perspectives, exploring the cultural significance of Bunya trees and addressing the challenges posed by Bunya Dieback.

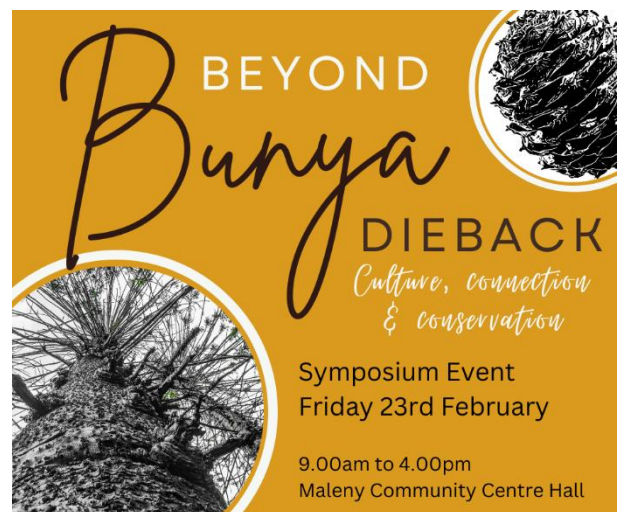
**Knowledge Exchange:** Engage in thought-provoking discussions, share experiences, and be part of a collaborative dialogue aimed at developing community-based solutions.

**Multifaceted Program:** The Symposium is just the beginning. Explore art exhibitions, yarning circles, and a guided bus tour, creating a holistic experience for all participants.

**Why Attend?** Beyond Bunya Dieback Symposium offers a unique opportunity to connect with like-minded individuals, foster collaborative efforts, and contribute to the development of a positive and sustainable approach to Bunya conservation.

This event and the Beyond Bunya Dieback program is hosted and funded by Brush Turkey Enterprises and Mimhuri Dreaming. We will be releasing the speakers program on Monday 5th February. Save the date, and stay tuned for more details as we embark on this enlightening journey together! Let's go Beyond Bunya Dieback and shape the future of conservation together!

**To book your tickets: <https://events.humanitix.com/beyond-bunya-dieback-symposium>**





# Report on the 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

## Guest Speakers

**Brenden Moore - First Nations Community Greening Officer, The Royal Botanic Gardens Sydney.** Brenden has qualifications in Horticulture, Aboriginal Studies, and Community and Social Development. He uses his skills and experience to inspire Aboriginal and Torres Strait Islander communities and schools to reconnect with nature and the environment and learn about native plants, bush regeneration, gardening, health and wellbeing.



**Gerry Turpin - Manager, Tropical Indigenous Ethnobotany Centre, James Cook University.** Gerry is a Mbabaram man from North Qld and a renowned Ethnobotanist. He has worked with many Traditional Owner groups on Cape York and other parts of Queensland. He has a strong cultural commitment to facilitating effective partnerships that support Indigenous communities to protect, manage and maintain their cultural knowledge on the use of plants.



**Sophie Ader - Centre for Nutrition and Food Sciences, QAAFI, Uni of Qld**

Sophie has worked in partnership with Indigenous communities to collaboratively design and co-deliver projects which meet communities' self-identified aspirations and needs, forming long term relationships which span more than a decade. Sophie will talk on case studies of successful indigenous owned & led native botanical supply chains.



**Jude Mayall - President of Qld Bushfood Association and owner of Wild Food Farm, Victoria. <https://www.wildfoodfarm.com.au/>**

Chef Jude Mayall is passionate about native foods and flavours. In her work with indigenous artists over many years, she has gained precious knowledge about the harvesting and gathering of native bush foods and the importance of looking after the land. She will talk about the culinary uses of bushfoods.



**Dr Ian Cock - Centre for Planetary Health and Food Security Griffith University**

Ian is a regular speaker at previous Bush Foods conferences. He has done extensive research on Phytochemistry, Medicinal Properties, Bioactive Compounds, and Therapeutic Potential of many Australian indigenous species. Ian will talk about the medicinal use of Kakadu Plum.



**Dr Andrew Pengelly - Indigenous Plants for Health**

Andrew has had a 40-year career as an herbal practitioner, naturopath, lecturer, aromatherapist, researcher, field botanist and program director for several universities and colleges. He has a strong research and clinical interest in the use of Australian plants. Andrew will talk on native greens for health. Co-founder and vice-President, Indigenous Plants for Health Assn. <https://indigenousplantsforhealth.com/>



**Dick Copeman - Bushfood Partnerships with First Nations. Development and management of bush foods in the urban environment. Application and use of bush foods including traditional uses and management.** Northey Street City Farm has had an evolving series of relationships and partnerships with First Nations people and groups, including around bush foods. This presentation will outline what we have learnt from this history and describe our current efforts to develop a lasting partnership that will potentially include sharing of knowledge and skills, co-management of the 'urban commons' and development of social enterprises around bush foods.



**Russell Stanford – Correctional Officer, Palen Creek Correctional Centre.** Russell will give a talk on his experiment with grafting Kakadu Plum onto Sea Almond.

**Mark Tucek – Mark will talk about his business Tucker Bush, how it started and where it is now.**  
<https://tuckerbush.com.au/>



**Australian Institute of Horticulture – Sunday Program  
AIH Workshop on Green Walls and Rooftop Gardens using bushfood plants presented by Michael Casey, immediate Past President of AIH and Clarence Stocklee**

**Michael Casey – Immediate Past President, Australian Institute of Horticulture, Green Infrastructure Consultant, Designer & Educator/Horticulturist Director Evergreen Infrastructure & MJC Horticulture.**



**Clarence Slockee - Proud Bundjalung Man & Horticulturist. Growing up in the lush Tweed Valley with a long family history of bushmen, farmers and fishermen, Clarence has combined his love of teaching, culture, music, dance, and the bush with his roles at the Sydney Botanic Gardens and on Gardening Australia.**



**What a top weekend!  
These are just a few of us at the Conference.**

**Edible Australian Succulents** by Attila Kapitany full colour, 52 pages

A4 \$42.00 Also available with a seed kit of 10 different native food plants

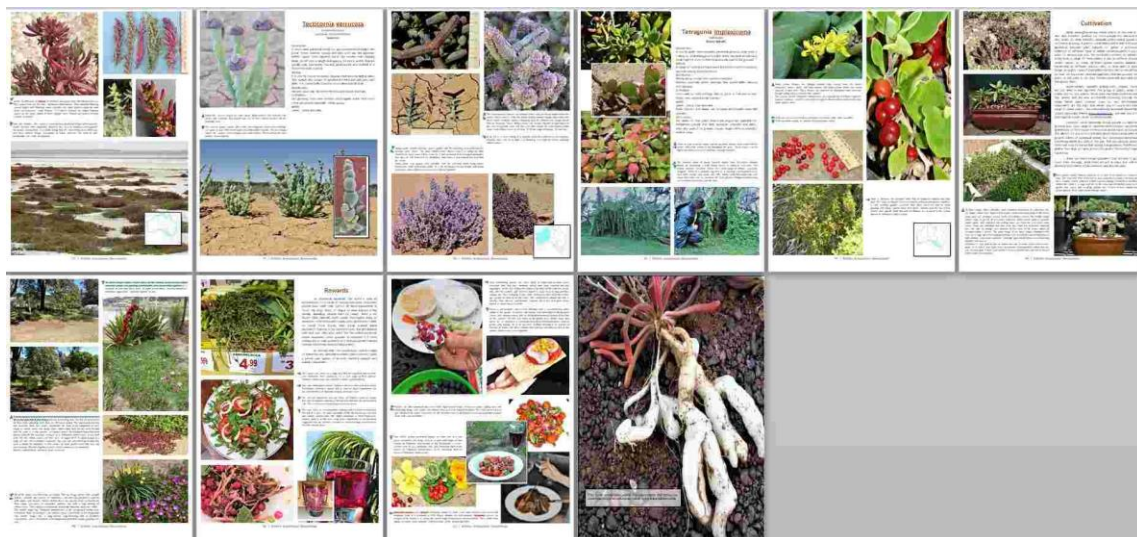
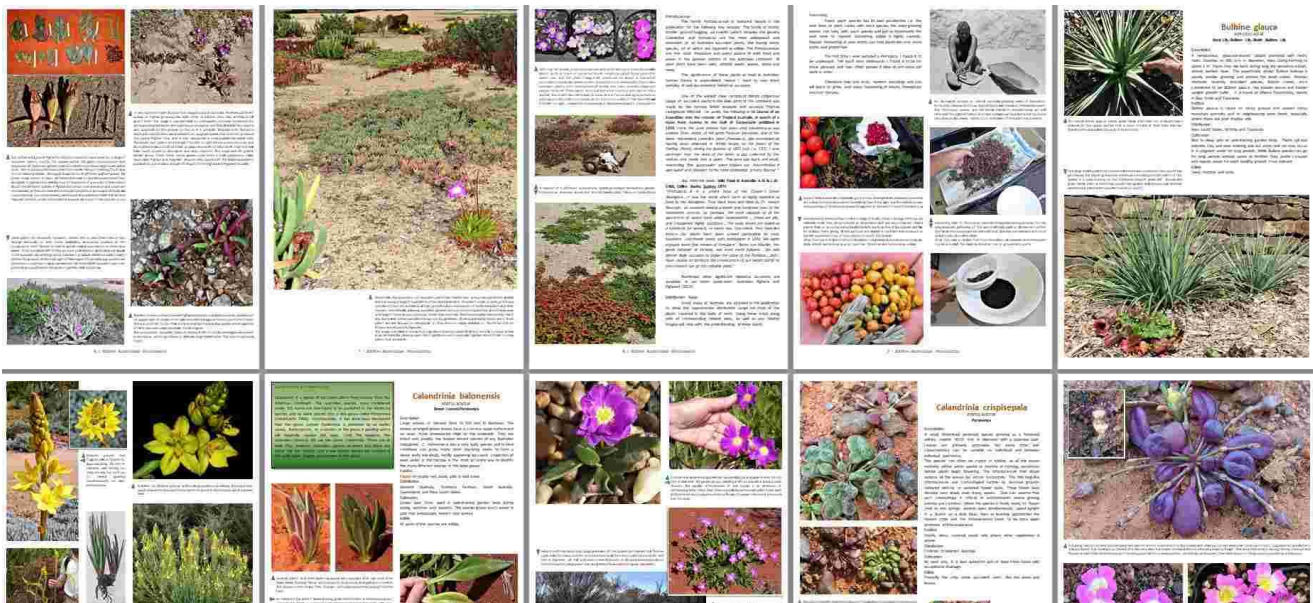
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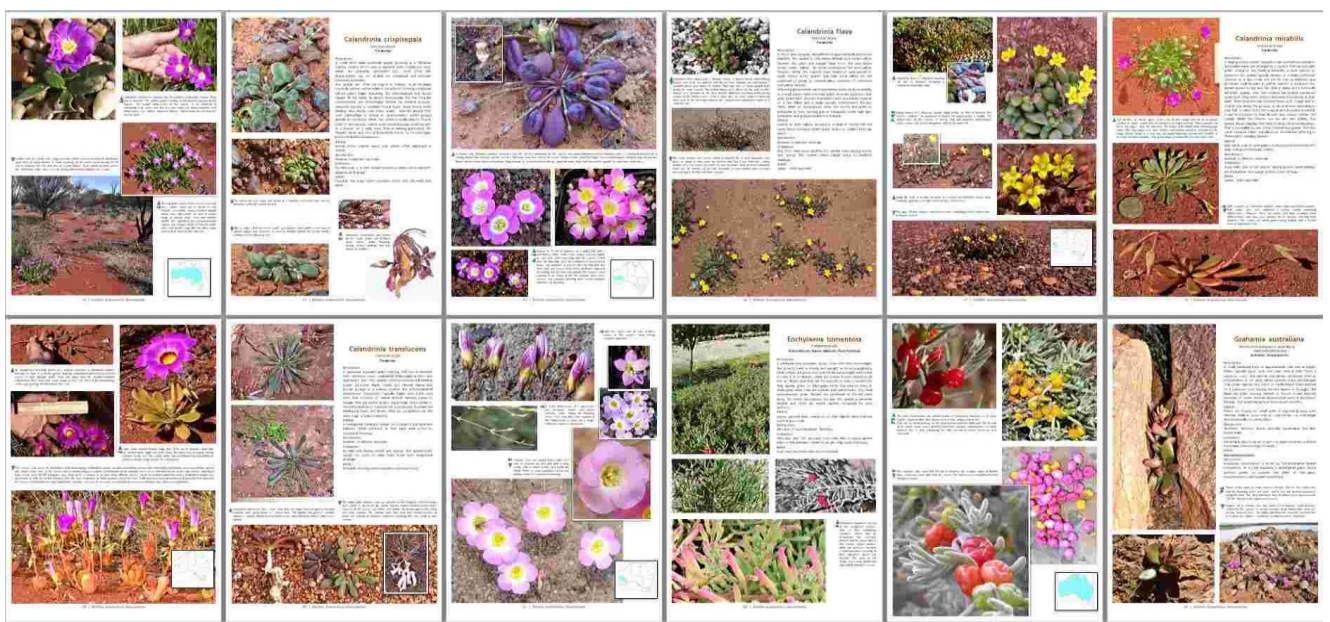
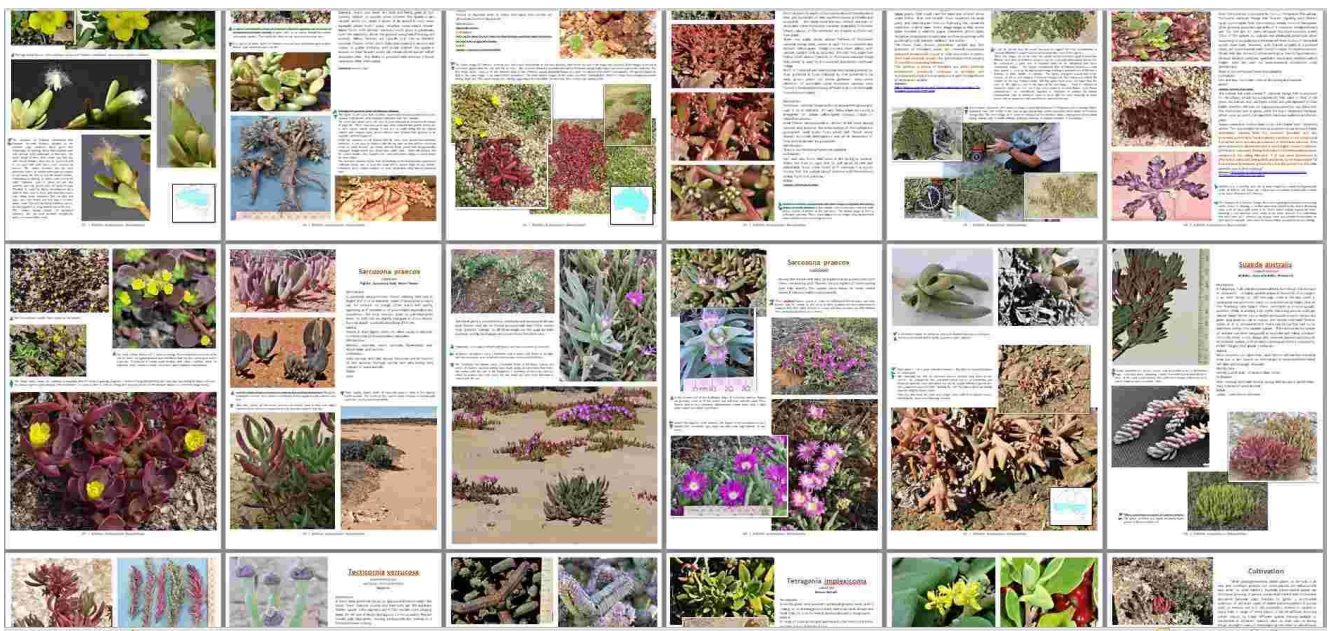
**Sheryl: Attila was a great guest presenter at our Bushfood Conference.**

**If you were unable to attend but would like to buy the book, details are on his website.**



There is an increasing interest in information about edible Australian plants of which a surprising number are considered succulent. This publication is not a recipe book or a guide to preparing or eating Australian succulents, rather only an introduction to those plants that are considered edible succulents. The main aims here include helping with identification and increasing the appreciation, understanding and potential horticultural trials and further general use of these plants. Very important source of food and water for humans, animals and insects through history. Common in sandy or disturbed soils. Some are weeds! Apart from their very attractive flowers, what other uses or value do these plants have? Which ones are the most garden worthy or appear on a restaurant menu? Some sample pages to give readers an idea of how the book looks inside!





## Recipe: Lemon Myrtle Syrup

by Colleen Keena

Although we had been using the young leaves of lemon myrtle for many years to make both hot and cold drinks, we had not thought of this species for the ingredients for a long-lasting syrup. However, when we tried to find a crop that was available in early winter, we realised that syrup from the leaves of lemon myrtle could be made at any time of the year. (Photo: Geoff Keena)

5 grams of lemon myrtle leaves

1¼ cups of boiling water

1¼ cups of sugar

Roughly chop lemon myrtle leaves. Pour over boiling water. When mixture has cooled, discard leaves and mix the water and sugar together. Bring mixture to the boil. Lower heat and simmer gently until the volume is reduced by a third. Pour into a sterilised jar and store in the fridge. Delicious over ice-cream or with custard or fruit. <https://anpsa.org.au/APOL30/jun03-3a.html>



**Australia's Native Guava, *Rhodomyrtus psidioides* is close to being wiped out by invasive disease** by Graham Readfearn

<https://www.theguardian.com/environment/2020/may/14/australias-native-guava-plant-close-to-being-wiped-out-by-invasive-disease-study>

‘They are the living dead,’ researcher says of last trees in the wild to have escaped fungal disease myrtle rust. An invasive plant disease may be ready to claim its first victim in the wild with Australia’s native guava now almost extinct, a study has found. Monitoring of 66 populations of native guava in Queensland and New South Wales has found 23% “could not be located” with another 61% reduced only to root suckers below a dead canopy. The fungal plant disease myrtle rust was first detected in Australia in 2010, but already has more than 350 known hosts across the country.

Dr Rod Fensham, lead author of the study in the journal Trends in Ecology and Evolution, said there were only a handful of native guava now left in the wild. “They are the living dead,” he said. “I’m shocked because I don’t like to see things going extinct.”



Plant ecologists have held serious concerns over the impacts of myrtle rust since it was detected at a new South Wales nursery in 2010. In early 2019 Guardian Australia revealed calls for an emergency national action plan to respond to the disease.

Rod Fensham examining a stand of native guava at Simpson Falls, near Brisbane.

Myrtle rust attacks trees in the myrtaceae family which, in Australia, includes more than 2,000 species. As an insurance policy, about 80 native guava have been cultivated and planted at two garden sites in southern Queensland run by Toowoomba Regional Council.

Ian Thompson, Australia’s chief environmental biosecurity officer, said the disease was one of the most significant to enter the country. He said: “This research has highlighted the existing and potential impact of myrtle rust on many native species and underlines the importance of working to prevent new diseases entering and establishing in Australia.”

Fensham, an associate professor at the University of Queensland, said myrtle rust could produce trillions of wind-blown microscopic spores, making it highly contagious and hard to contain. “It is particularly catastrophic for many rainforest species like the native guava, and could change the nature of some of our rainforests.” Since monitoring native guava in 2010, Fensham said plants had died at all 66 sites except one population in a national park at Byron Bay, NSW, where 10 plants remained. An earlier survey in 2014 had found that half of all individual trees across 18 sites had been killed within three years

of myrtle rust arriving. Fensham said containment and eradication had “so far been unsuccessful” and a search was now on for strains of the plant that may be more resistant to the disease. The tree was once common in subtropical rainforests across a 1,000-kilometre range from Gympie in Queensland to Newcastle in New South Wales. “People remember native guava being so thick that you couldn’t walk through it – it was once extremely common,” said Fensham. ‘We are clearly losing the fight’: scientists sound alarm over invasive species. The study explained that native guava had evolved to be able to grow quickly in areas disturbed by impacts such as cyclones, but this role was likely to be taken up by the invasive lantana. In turn, lantana had the ability to “render fire-retardant dry rainforest flammable.” “The loss of native guava and replacement by lantana will increase the flammability of rainforests,” the study said. Local extinctions of native guava would have a knock-on effect on more than 100 species of insects and their interactions with flowering plants. A disease such as myrtle rust had the potential to have the same impact on Australia’s flora as feral cats and foxes had on the country’s fauna, he said. Botanist Bob Makinson, a myrtle rust expert with the Australian Network for Plant Conservation, said there was evidence that even though the native guava trees were dying, their root systems were still pushing up suckers almost a decade later. “They keep pushing up root suckers, but they get knocked back pretty quick. But that means more of the original stock of trees is still out there.” Makinson said more work needed to be done to investigate the small numbers of trees that were surviving, “to see if there’s any resistance traits out there” that could help push a natural recovery. “Myrtle rust is undoubtedly serious and we are still likely to lose some species and see some serious ecological change in some places.”

## Lemon Myrtle Meringue Pie

**Base:** grease a 20 cm tart tin with a removable base. Place ½ cup macadamias, ½ cup almonds, 6 moist dates (or soak 8 dry dates in hot water), 1 tsp sea salt and ½ cup shredded coconut in a blender and process into a smooth, thick paste. Transfer the mixture to a large bowl and gradually knead in 3 tsp ground wattleseed, 1 cup almond meal and ½ cup coconut. Using your fingers, press the mixture into the base and sides of the greased tart tin with your fingers. Cover and refrigerate while you make the curd.

**Curd:** Place 200gms caster sugar, zest and juice of 4 lemons in a saucepan (about 240ml juice) and stir over low heat until the sugar dissolves. Add 4 tbsps cornflour and whisk until smooth. Remove from heat and gradually whisk in 180gms cold butter, 2 eggs and 6 egg yolks until well combined. Return to the heat, add 1 tbsp dried lemon myrtle and whisk for a few more minutes or until thick. Make sure it doesn't curdle.

**Topping:** Whisk the 6 room temperature egg whites in a large bowl until soft peaks form, then slowly add 200 gms caster sugar, a few spoonfuls at a time and beat until stiff and glossy. To assemble, spoon the curd into the base, then spoon or pipe the meringue on top. Use a domestic blowtorch to lightly brown the meringue (or place on the bottom rung of the oven under the grill on 180°C until just brown – keep an eye on it!). Sprinkle with lemon myrtle or kakadu plum powder to finish. Serve cool or at room temperature.



Ref: <https://www.sbs.com.au/food/recipes/lemon-myrtle-meringue-pie?cid=inbody:wattleseed-recipes-front-and-centre>



**Hopes bush foods can provide economic, cultural empowerment for FNQ traditional owners**

**by Brendan Mounter and Charlie McKillop**

<https://www.abc.net.au/news/2023-04-10/bush-food-providing-economic-cultural-benefits-mbabaram-country/102161750>



**Bush Cherries foraged from the country around Aunty Cherry Turpin's bush camp**

On a rural block just off a remote road linking two tiny Far North Queensland towns sits Aunty Cherry Turpin's bush camp. It was established after the 560-hectare parcel of land on her grandmother's country, Mbabaram, was handed back to the family through native title.



**Aunty Cherry's bush camp is hidden amongst the scrub near Watsonville in Far North Qld**

She laments what's been lost over generations of disconnection from ancestral lands. "My grandmother was taken away from this country and she probably missed out on a lot of stuff from this country," Ms Turpin says. "I feel sad about that ... but I think that's what they taught us ... to come back to country and live the life they did; a healthy life." But it's the future of this land, and what she and her brother Gerry Turpin are growing together, which has her excited. "The idea is to build our own rainforest and arid food industry on country," she says. "Since I've been on country back here, we're learning as we go, discovering our own food and plants and how they work in the environment."



**Auntie Cherry Turpin is hopeful her project will help the next generation reconnect with country**  
Auntie Cherry was inspired to grow bush foods by her father, who hails from Yidinji rainforest country. "We looked at how they lived way back in the early days, they didn't have fertilisers or anything like that," she says. "They put their seeds straight back in the ground where they sat and ate and that's how the country's grown with all this food – that's the same idea as we want to do."

The bush block is a myriad of makeshift structures. There are irrigated experimental plots of native fruits, vegetables and herbs growing in greenhouses, and garden beds interspersed with caravans.



**The Turpins are experimenting with garden beds and greenhouses for growing native foods**

There is also a camp kitchen and yarning circle, where family members come together for meals and a cuppa after a hard day's work. So far, modest yields of native finger limes, tamarinds and cassavas have been produced. Uncle Gerry Turpin is an ethnobotanist who's

using his academic and cultural experience to bridge the gap between traditional knowledge and modern life.



**Uncle Gerry Turpin brews a tea made from leaves harvested while foraging around his bush camp**

He's hoping the model can be up-scaled and replicated in other communities."This project is about helping communities," he says. "There are plenty of ideas and knowledge, but they just don't have that financial backing. "So, this project is about helping the communities to at least to be able to start and then get going."

### **Forage, knowledge and sharing culture through cooking**

Uncle Gerry's knowledge of Australia's northern savanna lands is apparent as he takes a small party on a hunt for bush tucker.



### **The musk mallow plant found in northern Australia has an edible underground tuber**

They're collecting a haul of bush cherries, edible grasses and leaves when Gerry spots a hibiscus-like flower, a bright speck in the otherwise brown, harsh scrub.



### **Uncle Gerry Turpin digs for the tuber of a native musk mallow plant**

He reaches for his digging tool and after a few lusty blows, removes the tuber of the musk mallow. "We'll take it back to camp, wash it and roast it on the coals – we'll think of ways we can use it in the modern sense as well," Uncle Gerry says.

**Uncle Gerry Turpin removes the tuber of a musk mallow plant**

### **The musk mallow tubers are washed before being roasted on the coals and plated up**

And that's where chef and teacher Cat Clarke comes into the project. She's been working with the Turpins and other traditional owner groups to develop recipes, with the aim of producing an Indigenous cookbook blending ancient ingredients with contemporary cuisine.





**Cat Clarke is working with traditional owner groups to incorporate bush foods into modern cuisines**

"The conversations that happen and how stories are carried down through generations ... it's a beautiful journey," she says. "I think it's really important to understand the cultural significance and respect the ingredients."



**Cat Clarke says it's important to understand bush ingredients' cultural significance**

Uncle Gerry says it's helping to keep Indigenous culture alive and constantly evolving. "We live in a modern world and there's no reason why we can't continue our culture while living in the modern world," he says.



**Cat Clarke makes a glaze from bush cherries for a cake cooked on the coals**



**A spread of bush foods grown on or foraged around the camp**

"Culture is not static, it's dynamic, so culture changes all the time and we're changing within it, within this modern culture. "We don't have to get into a lap-lap and get painted up and carry spears and boomerangs — we can use modern technology as well as the ancient knowledge ... it's a living knowledge, not dead."

Mbabaram man Alan Anderson has worked as a ranger and tour guide for more than 15 years, but is the first to admit he's still learning. "I've only just come back to my home country and I know all these plants and trees from other areas, but I don't know about any of the stuff from my own country," he says. "I'm out here to pick Uncle Gerry's brain and learn about the medicinal plants that we have [on] our own country here and the bush tucker we've got." During the foraging trip, Alan records Uncle Gerry's every word and step with a plan to produce videos, handbooks and other resources for posterity.



Alan Anderson is recording Uncle Gerry Turpin so that he can preserve traditional knowledge.

"You're not always going to have access to an elder, so to have something recorded, it's going to be really important," Alan says.

Aunty Cherry believes helping younger generations reconnect with country will deliver endless physical, mental and spiritual health benefits.

"Today, we have too much of the high blood pressure, heart disease, and even cancer," she says. "I think that's the main thing [with]coming back the country, it's to get back to the natural environment and teach our young people." "This is what we were put on this earth for, to look after country and to look after our self."

**Aunty Cherry Turpin on her grandmother's Mbabaram country**



Ref: <https://www.abc.net.au/news/2023-04-10/bush-food-providing-economic-cultural-benefits-mbabaram-country/102161750>

**Indigenous community starts harvesting *Syzygium suborbiculare*  
the red bush apple that has high-end restaurants lining up**



**Ben Shewry from Attica tastes bush apples on country with Hedley Brian**

On a humid afternoon near the Arnhem Land community of Maningrida, one of the world's best chefs bites into a fresh red bush apple, known locally as djarduk. His name is Ben Shewry, the chef and owner of Attica in Melbourne, a restaurant with a three-month waiting list that prides itself on sourcing and cooking rare and unique Australian ingredients. "The djarduk ended up on our radar because we had started buying green ants from here and they [the local Bawinanga Aboriginal Corporation] offered us these red bush apples," he said. "We experimented with them and loved them immediately." The restaurant has just ordered 500 kilograms of the bright red fruit and will use them in its famous black ant lamington.



**Attica's famous black ant lamington, which now features bush apples from Maningrida** "We juice the apples and make a sorbet from them and fill the inside of something we call the black ant lamington," Mr Shewry said.

"The djarduk has such a complex flavour, a deep flavour."It's slightly acidic, it's quite sweet but it's complex, it has a hint of eucalypt about it, it is fragrant and looks insanely beautiful."



This is just the second year the Bawinanga Aboriginal Corporation, via its business enterprise Maningrida Wild Foods, has conducted a [commercial wild harvest of bush apples](#) in the region. Along with the order from Attica, it has several other contracts locked in which will see it pick at least three tonnes of fruit this season. Maningrida Wild Foods manager Clem Bresson said it was an exciting time for the community. "The season has started late but there are plenty of fruit on the trees and we should be harvesting for the next two months," he said. "We've already got plenty of families heading out [to pick], and once word gets around the community that we're buying bush apples, we expect more families to head out."



**Red bush apples from Maningrida, known locally as djarduk.**  
*(Facebook: Maningrida Wild Foods)*

Mr Bresson said the wild harvesting of bush tucker had become a great way of generating income for people living in such a remote part of Australia. "We pay a lot of attention to making sure most of the money goes straight to the harvesters," he said. "We check on the quality of the product before buying it, and people get paid straight away, it's a very simple model."

Mr Shewry said it was important to see the harvest for himself and meet the locals. "I wanted to come up and visit the people that supply us the amazing ingredients that we buy and learn about their culture," he said. "To see this fruit in the flesh, to pick one and eat it ripe, was really special."

Ref: <https://www.abc.net.au/news/rural/2019-11-21/attica-restaurant-lines-up-for-taste-of-indigenous-bush-apple/11713876>

**Native green plums *Buchanania obovata* from Arnhem Land found to have significant health benefits and commercial appeal** by Halina Baczowski

Australian food that you've never heard of could be a native plum out of Arnhem Land.

- Green plums grow in parts of the Northern Territory and have been eaten by Aboriginal communities for 53,000 years
- UQ scientists have discovered the bush food contains fibre, minerals and more folate than most commercially available fruits
- Commercialising the fruit could provide business and employment opportunities to Aboriginal people



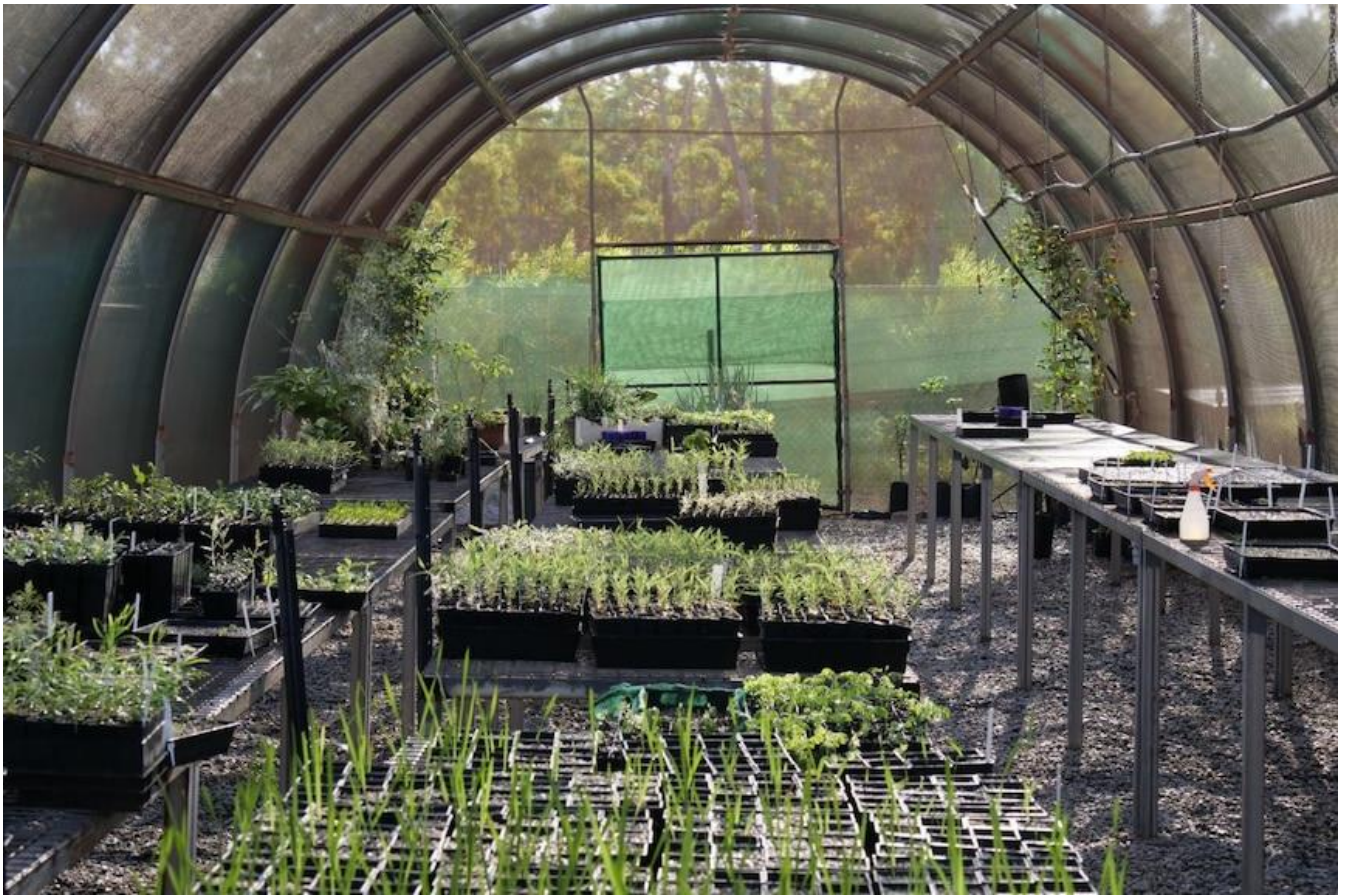
The green plum, *Buchanania obovata*, is a small fruit found on trees in arid parts of the Northern Territory. It has been eaten for more than 53,000 years by many Aboriginal communities. Now scientists are researching its nutritional potential. University of Queensland scientists learned about the fruit from locals at Yirkala, a small community 1,000 kilometres east of Darwin, while studying the better-known Kakadu plum.



Yasmina Sultanbawa is the director of the Training Centre for Uniquely Australian Foods at the university. Researchers and community members examine a heavily fruiting green plum tree near Gulkula Mining Company in East Arnhem Land. (Supplied: Matt Taylor, University of Queensland) "[The locals] said the green plum comes after the Kakadu plum harvests," Dr Sultanbawa said. "They always said that it was delicious and the old people ate it and they gave it to their children. "So we were very curious, and we had the opportunity to do some samples."

Yasmina Sultanbawa inspects green plums in the Northern Territory.  
(Photo: Margaret Puls, University of Queensland)

Dr Sultanbawa and her team have been working with the Aboriginal-owned Gulkula nursery to study the nutritional values of the native food, and its commercial opportunities. A nutritional analysis in a Brisbane lab found out just how special the green plum is. "There's a fair amount of protein; [it's] very high in dietary fibre; the minerals — potassium, phosphorus, magnesium — are very high," Dr Sultanbawa said. "What is really interesting is that the folate in the fruit is one of the highest commercially available." Even when you compare it to commercially available fruits, green plums would stand out [from] them, and among the native foods, it's the highest." Folate is a B-vitamin necessary for growth and development, and is particularly important for pregnant women.



Researchers have been working with Gulkula nursery near Nhullunbuy in the Northern Territory. (Photo: Margaret Puls, University of Queensland)

Heather Smyth, a sensory scientist and flavour chemist at the Training Centre, investigated the fruit's taste and found it close to a stewed apple or pear.

"They're obviously best fresh off the tree," she said. "They're really quite delicious, not very strongly flavoured, they're a bit sweet and a little bit tart."



Sensory scientist Heather Smyth believes green plums have a variety of commercial uses. Dr Smyth is also looking at the fruit's potential to be a commercial crop for Indigenous communities. "Will it be a high-value plum that chefs will use to decorate a dessert with or add to something, or will it need to be processed and used as a puree?" she said. "If it's very high-value and if it's hand-harvested in these communities, we need to be able to give a good return on what it is and develop a good business model that makes sense, so we don't want to sell them as cheap.

"It might be that actually we use them in a slightly processable way, where it's an ingredient in a cereal or a muesli or a jam."

The research on the green plum is part of a larger project seeking to understand the flavours, textures and the food opportunities

for native foods and ingredients in Australia.

Dr Sultanbawa said the commercial opportunities around the green plum were yet to be realised, but it was important Indigenous communities were involved and their knowledge protected.

"There's intellectual property, access and benefit sharing when you do go into value addition," she said.

Ref: <https://www.abc.net.au/news/2020-05-31/native-bush-food-green-plums-found-to-have-health-benefits/12292208?fbclid=IwAR2Spxrg6K05IfO-IJsRRvfm1-yC711-FRy8Lyqq19xxVs55DveEbE10QVg>

Native Australian plants and animals have sustained (and cured) Aboriginal communities across the state for millennia. The NSW countryside still provides a veritable buffet of bush tucker and medicine, if you know where to look.



[Indigenous Cultural Adventures](#), Orange

**1. Bush tucker tours**

The Harvest Food Trail through the Bangalow Parklands in [Byron Bay](#) is home to a bounty of native plants, many edible and others traditionally used as medicine. Follow your Aboriginal guide with [Explore Byron Bay](#) to discover what bush tucker you can consume, what will heal you and what can be used to make jewellery and tools. In [Wagga Wagga](#), taste,

touch and connect with the land on a bush tucker tour with [Bundi Aboriginal Cultural Knowledge](#) – your guide, Mark Saddler, makes a mean damper infused with wattleseed. Or take a Bush Food Walk in [Ulladulla](#) with [Nura Gunya](#), and identify plants used for food and survival while learning about the Aboriginal connection to the land. If you're on the [Central Coast](#), you can also enlist in a bush tucker and medicine workshop at Australia Walkabout Wildlife Park – you'll meet plenty of friendly wildlife along the way.



[Bundi Aboriginal Cultural Tours](#), Wagga Wagga

## 2. Sand & saltwater adventures

You don't need an excuse to visit NSW's sparkling [Coffs Coast](#). But if you're looking for one, make it a stand-up paddleboard tour with [Wajaana Yaam Adventure Tours](#). Gliding about on the water is dreamy in its own right, but your Gumbaynggirr guide takes the experience up a notch, helping you collect and taste seasonal bush foods along your route. Further south, the [Stockton Beach Sand Dunes](#) in the Worimi Conservation Lands near [Port Stephens](#) are the largest moving sand dunes in the Southern Hemisphere. You can ride them on a quad bike with an Aboriginal guide as part of a 1.5-hour cultural tour through [Sand Dune Adventures](#). En route you get the chance to dig for fresh water as well as learn about bush food and resources.



Paddleboarding tour with [Wajaana Yaam Gumbaynggirr Adventure Tours](#), Coffs Harbour

## 3. Bush tucker dining

Warrigal greens and kangaroo are among the native ingredients you'll find on the menu at Pipeclay Café, part of the dynamic [The Yarrowarra Aboriginal Cultural Centre](#) on the Coffs Coast. After lunch, browse the Indigenous art gallery or perhaps take part in an art or dance class. If you're hungry in Mudgee, you won't want to miss a meal at [Warakirri by Indigiearth](#), a cafe that highlights bush foods and Aboriginal culture. While the menu is seasonal, local faves include magenta lilly pilly and chocolate ganache tart; lemon myrtle green ant cheesecake; smashed avocado with saltbush dukkha, fetta, and finger lime balsamic; and kangaroo and bush tomato nachos. Kids can paint a boomerang for a gold coin donation.

On the mid-[North Coast](#) at [Scotts Head](#), remarkable ancient fish traps are revealed on the Gaagal Yuludarla (Ocean Dreaming) experience with [Unkya Cultural Eco Tours](#). You'll hear the creation story of how the ocean and the first wave was made, and then enjoy a bush tucker lunch hero-ing native ingredients.

## First Nations PhD candidate leads the way on Native Fungi

The first Indigenous PhD scholar at The University of Queensland's Alliance for Agriculture and Food Innovation (QAAFI) has vowed she won't be the last.

Arrernte woman [Sherie Bruce](#) from Mparntwe (Alice Springs) will research Aboriginal knowledge and uses for fungi at the [Centre for Nutrition and Food Sciences](#).



Sherie Bruce. Image: Megan Pope

“Fungi has always been part of the connection to Country,” Ms Bruce said. “When you’re walking Country doing women’s business, collecting food and hearing the stories, even in the dry there is always lots of fungi.”

“Fungi is a versatile ingredient that is used to make bread, beer and medicine. “Fungi feeds the trees and trees feed the fungi – which is the interconnectedness of the web of life and the way Aboriginal people think.”

Ms Bruce said First Nations people were the world’s first scientists and have a great deal of untapped and undocumented knowledge. “What is missing is Aboriginal voices,” she said. “Perhaps that knowledge has not been shared because the right questions were not asked. “Fungi is my passion and I want to know from communities what they know about it, what they would like to share and to record that traditional knowledge for future generations.”

The QAAFI Research Officer started university a little later than most, completing her first degree at 45 and taking time to find the right supervisor for her PhD.

“Professor Yasmina Sultanbawa’s work on Kakadu plum led to me finding her and her deep connection to communities resonated with me,” Ms Bruce said. “It was very important that my supervisor was a person with what we call 'right way' which is benefit sharing for self-determination, self-empowerment of communities, creating opportunities on Country so people don’t have to leave their homelands to earn an income.

“Many communities want to work with QAAFI and share their knowledge and build on the scientific base. “There are lots of fungi that are edible and to be able to create economic opportunities for people on Country from fungi just adds another layer for me.

“There is a lot of work being done on bush tucker here and I hope that I can help blaze a trail for others to follow and walk alongside me.”

Images and video are available via [Dropbox](#).

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## Prawn and Macadamia Curry

<https://www.australian-macadamias.org/consumer/recipe/fragrant-prawn-and-macadamia-curry/>

- 150 ml macadamia oil
- 1 tsp coriander
- 1 tsp cumin
- 1 tsp fennel seeds toasted and finely ground
- 1/4 tsp turmeric ground
- 1 tbsp ginger freshly grated
- 6 cloves garlic crushed
- 6 green onions (shallots) finely sliced
- 2 red chillies finely sliced
- 400 g tinned tomatoes
- 150 ml fish stock
- 16 green prawns peeled, tails left intact
- 1 tbsp fish sauce
- 1/2 cup unsalted macadamias roughly chopped
- 1/4 cup coriander leaves roughly chopped
- basmati rice to serve
- plain yoghurt to serve

Heat the macadamia oil in a large wok. Add the spices and cook for 1 minute or until aromatic. Add the ginger, garlic, green onions and red chillies. Cook stirring for 1-2 minutes. Add the tomatoes and cook for a further few minutes.

Pour in the fish stock and simmer for 5 minutes or until sauce has reduced and thickened. Add the prawns and cook for 5 minutes or until prawns have turned a deeper orange. Stir in the fish sauce, macadamias and coriander leaves, reserving some leaves for garnish. Serve with basmati rice and plain yoghurt.

## Bunya Cones

by Sheryl Backhouse

It's Bunya season and we've been collecting as many as we can to share around. What's interesting this year is that in each cone, there is only one or two sections within the whole cone that have fully formed and are edible!!

## Mt Spurgeon Pine

by John King

<https://www.anbg.gov.au/gnp/interns-2005/prumnopitys-ladei.html>

**Sheryl:** I have inherited a Mt Spurgeon Pine from Jan Sked (Native Plants Qld former editor) so asked John King for some extra information.

**John:** They are wind pollinated so I would think that they would not need to be planted too close. Mine were planted about 3 m away and they all touch. The ones that fruited had no close males and were from 30-100 mtr away from the males. A good wind in the right direction is possibly best. Possibly south-east winds to carry the pollen as that would be the wind direction at flowering. So the males south or east of the females, any distance that is convenient.

## What's On in SE Qld

**Friday 23<sup>rd</sup> February - Sunsets at the Seed Forest.**

**Barung Landcare Native Plant Nursery, Parklands Drive,  
via Porters Ln, North Maleny**

<https://events.humanitix.com/sunsets-at-the-seed-forest-feb-2024>

**Saturday 24<sup>th</sup> February – Veronica Coogan, Witjuti Grub Bushfood Nursery**

[https://www.eventbrite.com/e/introduction-to-bush-foods-workshop-tickets-802139058517?aff=ebdssbdestsearch&keep\\_tld=1](https://www.eventbrite.com/e/introduction-to-bush-foods-workshop-tickets-802139058517?aff=ebdssbdestsearch&keep_tld=1)

**Tuesday 20<sup>th</sup> & 27<sup>th</sup> & Thursday 29<sup>th</sup> February, Wed 13<sup>th</sup> March**

**26<sup>th</sup> March tour Bushtucker and Rainforest at Roma St Garden**

[https://www.eventbrite.com/e/guided-tour-bush-tucker-and-the-rainforest-roma-street-parkland-tickets-827706752177?aff=ebdssbdestsearch&keep\\_tld=1](https://www.eventbrite.com/e/guided-tour-bush-tucker-and-the-rainforest-roma-street-parkland-tickets-827706752177?aff=ebdssbdestsearch&keep_tld=1)

**Saturday 23<sup>rd</sup> March – Native Plants Qld Market**

**Samford Showgrounds, 38 Showgrounds Dve. QBA stand.**

<https://npq.org.au/plants-markets/>

**Saturday 23<sup>rd</sup> March – Tour the Gold Coast Botanic Gardens**

**Learn to grow, cook and eat a local variety of native bushfood.**

[https://www.eventbrite.com/e/naturallygc-bushtucker-tickets-651256464617?aff=ebdssbdestsearch&keep\\_tld=1](https://www.eventbrite.com/e/naturallygc-bushtucker-tickets-651256464617?aff=ebdssbdestsearch&keep_tld=1)

**Saturday 4<sup>th</sup> May - GourMay Mary Valley Food Festival 2024**

**Bushfood Long Lunch with Peter Wolfe. Multi-course, shared plate style dining featuring local produce and indigenous ingredients, some even personally foraged by Peter. Kandanga Farm Store, 93 Main St, Kandanga**

<https://www.gourmaymaryvalley.com.au/satellite-events.html>

**20th May - Kenilworth Tastings Festival at Kenilworth Dairies**

<https://www.eventbrite.com/e/kenilworth-tasting-festival-tickets-546819571057>

**Free event but need to book a ticket.**

## Fingerlime Liqueur

by Bruce Chadfield

400g finger limes sliced  
lengthways then into quarters  
bottle of brandy  
300g Raw Sugar or Dark Brown Sugar  
piece of Star Anise  
½ tsp Cinnamon

Find an airtight container and fill it to the brim when the top is put on. (a 1.25 ltr soft drink bottle should be about right) Give it a good shake and shake each day until all the sugar is dissolved then leave for at least 3 months. Enjoy!





**Native Yams - *Dioscorea* species - Promoting the cultivation and use of a nutritious and tasty native plant tuber is the aim of a research project at The University of Queensland**



PhD candidate Fawale Samson Olumide is studying Australian yams, the edible roots of a climbing plant which were a vital food for Indigenous peoples in rainforests along the east coast. Mr Olumide hopes to marry his knowledge of African yam species with what he can uncover about the *Dioscorea* species.

“Yams had been an important part of Aboriginal culture until the introduction of the western diet nearly eradicated a lot of native foods,” Mr Olumide said. “My PhD with UQ’s ARC Discovery Indigenous project will bridge the gap between Indigenous knowledge and western science, so the world can see Australian native yams are worth growing and harvesting. “We don’t want important traditional knowledge to be lost and at the moment there are no scientific reports about the nutritional and health benefits of this bush tucker staple.” The Yidinji community in Far North Queensland is collaborating on the project, alongside community elder Professor Henrietta Marrie from the Queensland Alliance for Agriculture and Food Innovation. “It’s very exciting to bring in PhD students like Mr Olumide to work specifically on traditional food and traditional management of the food stock that we have left,” Professor Marrie said. “There is so much work we need to do to record Indigenous knowledge about the food and its use to pass on to our younger generations.” Mr Olumide said yams were particularly interesting because of their likely health benefits. “If they’re anything like African and Asian yams, the species found in Australia are likely to contain anti-diabetic properties, as well as unique bioactive compounds,” he said. “Where I grew up in Nigeria for instance, people eat yams for the health benefits, so we will study the tuber, the plant’s leaves and the peel.” Once the nutritional qualities of Australian yams are established, Mr Olumide will turn his attention to cultivation in partnership with Yidinji people. “I am interested in ways to increase its abundance because right now yams are found mostly in the wild,” Mr Olumide said. “I’m hoping my research will open new paths for Indigenous enterprise in yam production. “I want to bring this bushfood into the limelight. “These findings will determine the potential use of yams, particularly their introduction into the culinary scene as a uniquely Australian ingredient and food.”

Images and video are available via Dropbox.

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QAAFI Comms, Natalie MacGregor, [n.macgregor@uq.edu.au](mailto:n.macgregor@uq.edu.au) 0409 135 651

<https://tinyurl.com/2gpqc7aa>

<https://www.uq.edu.au/news/article/2023/06/cooking-future-australian-yams>

**Sheryl:** Among John Wrench's bushfood, he had a bottle of powdered dry leaf. Tuckerbush says:

Native Thyme (aka Cut-leaf Mint Bush) is a type of native mint once used as a medicinal herb, but now more commonly features in cooking and herbal teas. It's a highly aromatic shrub, rich in essential oils, giving off a minty aroma when crushed or rubbed. This shrubby plant is found throughout NSW along the coastline, in sheltered rainforest margins, beneath sclerophyll forest trees, and around the Central Tablelands.

Native Thyme boasts a more complex flavour than Mentha mints. With hints of pepper and earthy tones, it makes a great flavoursome herb for chicken, fish, emu, roo and lamb dishes.

Both the leaves and flowers have minty qualities, and may be steeped in hot water to make a herbal tisane. To harvest, just pluck fresh leaves off the growing plant, or prune whole stalks at a time. Both leaf and stem may be used fresh, or chopped and dried for later use. Just remember the flavour will fade over time after harvesting.

This species prefers warmth and moisture. Grow in full sun or part-shade, and water generously in Summer. Be sure to choose a freely draining soil, as Native Thyme is susceptible to root rot when waterlogged.

Enjoy the attractive foliage of this evergreen shrub all year, with a burst of small purple flowers in Spring. This plant grows fast, reaching up to 2m tall and wide, though it can be easily kept in a pot with regular pruning. It's a great little shrub for gaps, hedges, screens, ornamental features or posies.

<https://tuckerbush.com.au/native-thyme-prostanthera-incisa/#:~:text=With%20hints%20of%20pepper%20and,whole%20stalks%20at%20a%20time.>

## **Chicken, Mushroom & Macadamia Stirfry**



Fast to cook and full of goodness, this flavoursome dish is the perfect everyday meal for busy families. • 700g skinless chicken thigh fillets cut into strips • 2 tbsp cornflour • ¼ cup shaoxing wine Chinese cooking wine • ¼ cup macadamia oil • 2 brown onions finely sliced • 4 cloves garlic finely sliced • 6 cm piece ginger grated • 2 red chillies sliced • 400g mixed mushrooms such as shiitake, oyster and Swiss brown, sliced • ¼ cup salted roasted macadamias • ¼ cup soy sauce • juice of ½ lime • 250g cherry or grape tomatoes halved • 4 green shallots finely sliced • ½ bunch Vietnamese mint • steamed rice to serve. Put chicken, cornflour and wine in a large bowl and stir to combine. Place into the fridge for 1 hour to marinate. Heat a tablespoon of oil in a large wok over a high heat. Stir-fry one third of the chicken for 2-3 minutes or until meat is browned. Transfer to a plate. Repeat, in 2 more batches, with oil and remaining chicken, reheating the wok

in between batches. Set aside. Heat remaining oil in the wok and add onion, garlic, ginger and chilli and cook for 2 minutes or until onion begins to brown. Add mushrooms and cook for 3 minutes. Return chicken to wok and stir in macadamias, soy and lime juice and cook until sauce is thickened, then stir in tomatoes, shallots and mint. Serve with rice.