

## Backyard Bush Tucker Species and Recipes

Bushtucker or native Australian bush food is extremely diverse. Plants can be used in many ways in the backyard from, rainforest gardens, cottage gardens, keyhole or mandala gardens, herb spirals, hanging baskets, and pots and for regenerating areas of bushland.

The following plants are available and grow well in our eastern aspect. They can be incorporated into a permaculture design, native garden design and also marry well with exotic gardens. A great source of food and foliage.



**\*Caution: Always ensure correct identification of plants before consuming. Always seek expert advice before using medicinally.**

### **Acacia sophorae – Coast Wattle**

H: 2-3m

W: 2m

Long golden flowers occur in late winter and spring. Likes a full sun to semi shaded position. Can take frontline salt.



**Edible uses:** Wattleseed provided aboriginals 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. Even the green seeds of some species were eaten after baking in the hot coals. Roasted ground Wattleseed has a diverse number of uses in the kitchen, from baking to thickening of sauces and casseroles, to ice cream. By dark-roasting Wattleseed, the most delightful aroma of nutty fresh roasted coffee is released and can be used as a beverage or as an addition to chocolate or desserts.

**Traditional uses:** The Aboriginals used wattle seed to make a type of flour. They cooked this often in ovens made in a hole in the ground using hot coals and hot rocks. Wattle seeds are very nutritious. Some types were also eaten green or cooked in the pod.

**Medicinally** Acacias were used for Flu, colds, coughs and leaves, branches and bark were used as poultices, washes and inhalants. The root bark was used as bandages and the branches often used in smoke therapy. They were also seasonal indicators such as when the eels were running at the time Acacia dealbata is flowering in Victoria and Tasmania. \*Studies are starting to show positive results for some Acacia species to have anti-tumour and anti-cancer therapeutics.

### **Alpinea arundelliana – Dwarf native Ginger**

H: 1m

W: 1m

Clumping plant with white or purple/pink flowers and a red/purple berry.

**Edible uses:** The rhizomes and fruit pulp are edible. The leaves were used to wrap and tenderise meat.



### **Alpinea caerulea – Native Ginger**

H: 1.2m

W: 1.5m

Clumping plant with whit/pink flowers and purple/blue berries.

**Edible uses:** Fruit, seeds and rhizomes.

**Traditional uses:** The leaves were used to create temporary shelters due to their waxy coating and large size.



### **Apium prostrata – Sea Celery**

H: 30cm

W: 30-50cm

Grows in dry or moist conditions and can be grown in pots.

**Edible uses:** leaves and stems are used in cooking and as a tea.



### **Araucaria bidwilli – Bunya Pine**

H: 30-45m

W: 5-6m

A tall tree growing with a straight, rough-barked trunk, and a very distinctive symmetrical, dome-shaped crown. The male cones are narrow, cylindrical structures to about 20 cm long and appear in

autumn. The large, female fruiting cones are very large (football sized) and generally mature in summer through to early autumn but they are not formed every year (generally once every three years). Both cones are shed from the tree and can be a hazard to anyone underneath.

**Edible uses:** Each female cone contains from 50 to 100 large "nuts". These are edible and were a rich source of food for the Aborigines of south-east Queensland.

**Traditional uses:** During the "Bunya season" the Aborigines would temporarily set aside their tribal differences and gather in the mountains for great Bunya Nut Feasts. The Bunya trees only develop a large harvest every 2-3 years and during this season is when clans from all over the area would meet for a time of feasts and celebration. This time would allow for sharing of knowledge, stories, singing, dancing and trading of tools.



### **Archihodomyrtus buckler – Rose Myrtle**

H: 2-3m

W: 1.5m

A small weeping tree that grows really well in a shady position but can also be grown in the sun. Small blossoms are followed by a sweet berry the size of a current.

**Edible uses:** The berry has a pleasant aromatic flavour reminiscent of Brazilian Cherry. It can be eaten fresh or used in sauces and jams.



### **Arthropodium milleflorum – Vanilla Lily**

H: 30-50cm

W: 30cm

Flowers occur spring and through summer.

**Edible uses:** Edible tubers raw or roasted



### **Arthropodium strictum – Chocolate Lily**

H: 30cm

W: 30cm

Chocolate scented flowers and strappy foliage that dies down in summer. Likes a moist well drained position in full sun.

**Edible uses:** the tubers are eaten raw or roasted. Were a complement to the Bogon Moths when roasted.



### **Astroloma humifusum – Native Cranberry**

H: 30cm

W: up to 1m

Spiky foliage with bright red tubular flowers in late winter through spring followed by a green fruit.

**Edible uses:** fruit eaten raw. They have quite a large stone. The nectar is also sucked from the flowers in spring.



### **Atriplex cinerea – Grey Saltbush**

H: 1-1.5m

W: 1-1.5m

Dense, spreading shrub with brittle branches and beautiful silvery-grey foliage. Male flowers are reddish-purple and female white and usually appear on different bushes. Summer flowers are followed by fleshy berries in autumn. Tough, native perfect for exposed, coastal gardens. Tolerates wind, salt and water logging.

**Edible uses:** Ripe berries



### **Atriplex nummularia – Old-man Saltbush**

H: 1m

W: 1m

Silver grey foliage which is pruned in early spring and autumn to maintain bushy habit.

**Edible uses:** Foliage used dried and crushed to flavour savoury dishes and bread.



### **Atriplex semibaccata – Berry or Creeping Saltbush**

H: 30-40cm

W: 1m

Loves dry conditions and can be used for erosion control.

**Edible uses:** Berries occur in late summer and can be eaten raw or made into sauces. The leaves can be dried to use as a salt substitute as they contain up to 25% salt.



### **Austromyrtus dulcis – Midyim Berry**

H: 50cm

W: 50cm

Flowering occurs in spring through summer with fruit forming in autumn. The taste is like a creamy blueberry with a seeded texture.

**Edible uses:** fruits used in jams, sauces, sweets. Traditional Aboriginal uses: seeds/fruits eaten.



### **Backhousia anisata – Aniseed Myrtle**

H: 8m

W: 2-3m

Beautiful aniseed fragrant leaves, used in a rainforest environment. Masses of white flowers in summer.

**Edible uses:** The leaf is used either fresh or dried, the latter being ground to a fine powder. Use it instead of Star Anise or fennel in your cooking. Rich source of antioxidants.



**Other uses:** Backhousia Anisata Oil has traditionally been used for its anti-septic, anti-bacterial and anti-fungal properties.

### **Backhousia citriodora – Lemon Myrtle**

H: 8m

W: 3m

Abundant white flowers occur from spring into summer. The foliage is very fragrant. Use as a canopy tree or for hedging. Can also be bonsaied by placing in a pot.



**Edible uses:** Traditional Aboriginal use is the leaves as a remedy for arthritis. Citral, the essential oil, is used in perfume and as a food flavouring.

Lemon myrtle is sometimes referred to as the "Queen of the lemon herbs". The leaf is often used as dried flakes. It has a range of uses, such as lemon myrtle flakes in shortbread, flavouring in pasta, whole leaf with baked fish, and made into tea, including tea blends. It can also be used as a lemon flavour replacement in foods, such as cheesecake, ice cream and sorbet without the curdling problem associated with lemon. Rich source of antioxidants.

**Medicinal uses: Germicidal Powers (from <https://lemonmyrtlefragrances.com.au/>)**

'Researchers at NSW Charles Sturt University found that **Lemon Myrtle** has very good antibacterial activity and excellent antifungal activity. In fact, studies suggest that Backhousia (**Lemon Myrtle**) oil has better antibacterial and antifungal properties than the better known tea tree (Melaleuca alternanthera)

Lemon Myrtle oil has strong germicidal powers. In standard tests, Atkinson & Brice were able to demonstrate the antibacterial properties of the Lemon Scented Myrtle (Backhousia citriodora). Tests carried out by researchers on the Germicidal powers indicate that B. citriodora oil had double the rating of Eucalyptus citriodora in controlling Salmonella typhii, the test organism.

Backhousia has a co-efficient rating of 16 where Eucalyptus citriodora only scores 8. Germicidal properties of Lemon Myrtle have also been proven to be 19.5 times the power of the disinfectant Phenol using the Rideal-Walker test.

### **Backhousia myrtifolia – Cinnamon Myrtle**

H: 7m

W: 3m

Cinnamon fragrant foliage and an abundant of white/cream flowers in spring. Makes a fantastic thick hedge. Can be grown as a feature tree or in a rainforest setting.



**Edible uses:** The leaves of cinnamon myrtle have a cinnamon-like aroma sweet aroma and flavour, and can be used as a spice in various dishes. It's used in savoury recipes, desserts, confectionary and herbal teas.

The main essential oil isolate in cinnamon myrtle is elemicin, which is also a significant flavouring component in common nutmeg.

**Medicinal uses:** Cinnamon Myrtle makes a calming medicinal tea useful for Dyspepsia, heartburn, colic and the digestive system.

### **Billardiera scandens – Common Apple Berry - climber**

Yellow-green flowers for most of the year. Very high in vitamin C, and highly sought after by the Gumbaynggirr people from the Coffs harbour area. It is green when unripe, turning grey and falling to the ground when ripe.

**Edible uses:** small sweet, soft fruit eaten raw after the furry skin is removed. The unripe fruit can also be eaten but is roasted first.



### **Bulbine bulbosa –Bulbine Lily**

H: 75cm

W: 40cm

B. bulbosa often grows in dense colonies. It has succulent, greyish green, narrow leaves. The fragrant, star-shaped yellow flowers only last for one day, but the flowering head may bloom for some weeks. The flowering period is generally long, extending from September to March, but there is wide local variation. Despite its name, the plant forms a round corm, not a bulb.

**Edible uses:** The corms of mature plants are nutritious, containing calcium and iron, and were used as food by the Aborigines who called it *parm*, *puewan*, and *pike*. They regarded the corms as the sweetest-tasting of the lily and lily-like Australian plants. The tender shoots are also eaten.



### **Carpobrotus glauca – Native Pigs Face**

H: 10cm

W: 1m

Succulent leaves and bright pink flowers for most of the year.

It forms one of Australia's tastiest wild fruits, best described as a blend between a strawberry and a fig. Its sand and soil binding abilities makes it an ideal natural erosion control for exposed.

**Edible uses:** During lean times in late summer, Aborigines would locate their camps near drifts of Pigface to guarantee a food source. Their fleshy leaves can also be cooked as greens or squeezed to provide soothing juices for bites and burns.



### **Citris australasica – Finger Limes**

H: 2m

W: 1.5m

Spiky foliage with fruit produced in spring. A hungry plant that requires plenty of water and organic matter.

**Edible uses:** Although there is no documentation that finger lime was traditionally eaten by Aboriginal people, it's possible that indigenous use was not observed or recorded by European settlers. Early nonindigenous settlers consumed the fruit and retained the trees when clearing for agriculture. The finger lime has been recently popularised as a gourmet bushfood. The cylindrical fruit has globular vesicles – fluid contained in a membrane, and are likened to a "caviar lime", which can be used as a garnish or added to various recipes. The fresh vesicles have the effect of a burst of effervescent tangy flavour as they are chewed. Marmalade, pickles and desserts are also made from finger lime. The finger lime peel can be dried and used as a flavouring spice.



**Dianella caerulea – Blue Flax Lily**

H: 50cm

W: 50cm

Strappy grass with prolific sprays of purple flowers in spring and summer.

**Edible uses:** The blue fruits of the Dianella were eaten raw by the Cadigal. They have a sweet flavour, which becomes nutty once the seeds are chewed. Its leaves were used to make a strong fibre.



**Einadia hastata – Berry saltbush**

H: 30cm

W: 60cm

Small, sprawling shrub, requiring well-drained soils, tolerating dryness and saline soils. Regular pruning promotes dense bushy growth. Full sun. Yields will depend on growing conditions.

**Edible uses:** Pick the small succulent red berries. Can be eaten raw.



**Enchylaena tomentosa – Ruby Saltbush**

H: 1m

W: 1m

Low-growing shrub with fleshy green leaves that are covered in fine white hairs. Grows in full sun and dappled shade. Drought and frost tolerant.

**Edible uses:** This species fruits and flowers year round, producing edible berries about 5-8mm in diameter, ranging in colour from yellow to red. Berries may be eaten raw or soaked in water to make a sweet tea. The leaves are also edible, but as they're rich in oxalates, they should be cooked before eating, or consumed sparingly.



**Eupomatia laurina – Native Guava**

H: 3-4m

W: 2m

Abundant flowers occur in summer followed by fruit.

**Edible uses:** Bolwarra berries have an interesting taste with soft, sweet flesh and strong, spicy seeds. The whole fruit can be dried, crushed and used to flavour foods such as ice-cream.



**Eustrephus latifolius – Wombat Berry**

**Climber/scrambler**

Eustrephus latifolius is the sole member of the genus. It is usually a reasonably vigorous twining plant but may also occur as a scrambling ground cover. Flowers are usually white or pale pink with very hairy petals.

**Edible uses:** The flowers are followed by orange berries containing a number of shiny, black seeds. The fruits usually remain on the plant for many months. The tubers are also edible.



### **Exocarpus stricta – Dwarf Cherry**

H: 2m

W: 1m

Weeping, fine leafless foliage which are partial root parasites, where the roots attach themselves to the roots of other plants to use their sap, which then supplies them with nutrients. They are often found under Eucalyptus trees.

**Edible uses:** Spring fruit are very sweet.



### **Ficus coronata - Sandpaper Fig**

H: 6m

W: 3m

Prefers a shaded to part sun position.

Great in a rainforest setting.

**Edible uses:** The tasty fig is best when ripe and with the hairy outer skin removed.

Native figs form part of the diet of many groups of Aboriginal people throughout mainland Australia. All figs are edible but some taste much better than others. Some figs are eaten raw, while others are pounded into a paste and mixed with water and honey.

**Other uses:** Sap from the plant can be applied to wounds to promote healing. Rough leaves can be used as sandpaper.



### **Geitonoplesium cymosum – Scrambling Lily**

Climber/scrambler

A perennial climber growing to 4m'

It can grow in semi-shade or full sun. It requires moist soil while establishing but drought tolerant once established. Abundant, white, fragrant flowers in spring

The shoots may be boiled and eaten, and have been compared to asparagus.



### **Kunzea pomifera - Muntries**

H: 40cm

W: 50cm – 1m

Small sweet fruit are produced through summer on this low growing shrub.



### **Linospadix monostachya – Walking Stick Palm**

H: 2m

W: 1m

Preferring a semi shaded position, this Palm is quite slow growing.

**Edible uses:** Red fruit are edible, sweet with a peppery aftertaste.

**Other uses:** The Aboriginals used the stem as a spear, and they also stripped the leaves using the fine lining as string.



### **Lomandra longifolia – Mat Rush**

H: 1m

W: 1m

**Edible uses:** The plant also provided the Cadigal with seeds which were ground into a flour to make cakes. The tender leaf bases were eaten and have a pea-like flavour. **Other uses:** Lomandra's tough leaves were dried, split and braided to make bags and baskets.



### **Melastoma affine – Blue Tongue**

H: 1m

W: 1m

Small shrub preferring a moist shaded position.

**Edible uses:** Long purple fruits that split open to expose a reddish to purple flesh with many small seeds.<sup>1</sup> The common name "blue tongue" refers to the edible purplish-black pulp within the fruit capsules which stains the mouth blue



### **Mentha saturioides – Native Mint**

H: 10cm

W: 1m

Edible native mint groundcover. Not invasive like exotic mint.



### **Morinda jasminoides – Sweet Morinda**

Scrambling climber.

**Edible uses:** Orange fruit from summer to autumn.



### **Persoonia pinifolius – Geebung**

H: 3m

W: 1.5m

Arching branches with fine foliage and long yellow flowers in abundance in summer and autumn.

**Edible uses:** Geebung fruits ripen on the ground and are best when soft. Discard the skin and enjoy the soft pulp around the seed.

**Other uses:** Aboriginal people treat sore eyes by mixing fine scrapings of wood from the stem of young Persoonia falcata with breast milk.



### **Planchonella australis – Black Apple**

H: 10 – 12m

W: 6- 8m

Rainforest tree which likes a shaded and moist position.

**Edible uses:** Masses of black, plum-like fruit containing red flesh and attractive shiny brown seeds in summer. The fruit is edible and makes wonderful jam. Trees fruit heavily every couple of years. They taste like a cross between an apple and a plum.

**Other uses:** Often grown for its hard, distinctly-marked wood which is used for cabinet making.



### **Pleiogynium timorense – Burdekin Plum**

H: 12m

W: 5m

A semi-deciduous tree with a dense canopy with glossy dark green leaves and rough dark bark. The tree has yellowish-green flowers which flower between January and March and later grow into a fruit. The fruit's flesh is generally plum coloured and edible when ripe. Fruit must be removed from tree to ripen for several days in a dark, damp place.

**Edible uses:** Aboriginals are known to have buried the fruit underground to ripen. Fruit can be cooked, eaten raw or used in jellies, jams and preserves.



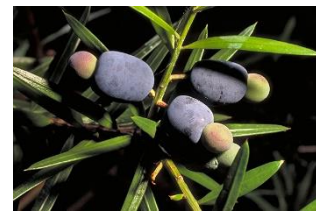
### **Podocarpus elatus – Illawarra Plum Pine**

H: 6m

W: 3m

Native to the Illawarra this plum pine has edible fruit which are tart in taste but lend themselves to a jam, dessert sauce or in chutney.

Grows slowly but makes a beautiful hedge or boundary plant.



### **Prostanthera incisa – Mint Bush - Native Sage**

H: 1.5m

W: 1m

Foliage is highly aromatic and a prolific mauve flowering occurs in spring. Prefers a shaded, moist position.

**Edible uses:** used as a tea. Fresh scented leaves used to flavour jams and jellies.

**Medicinal uses:** antibacterial properties in their oils.

### **Prostanthera rotundifolia – Native Thyme**

H: 1.5m

W: 1m

Fragrant foliage and mauve flowers which occur in late winter/early spring.

**Edible uses:** Use sparingly as it has a string flavour. Use with meat or in baking bread,

**Medicinal uses:** antifungal properties



### **Rhagodia candoleana – Seaberry Saltbush**

H: 1-2m

W: 1-2m

Grey/green foliage which can take harsh wind, dry conditions and frontline coastal planting.

**Edible uses:** The small red berries are bitter-sweet and stain the mouth red. The leaves can be eaten like spinach.



### **Rhagodia spinescens – Salt Bush**

H: 3m

W: 3m

Likes a hot, dry position in the garden and can be pruned to maintain a smaller habit.

**Edible uses:** Young leaves are cooked with a salty flavour. Fruit is eaten raw and is sweet.

**Other uses:** The Aranda tribe in central Australia used the fruits to make a red paint for the face.



### **Rubus probus – Native Raspberry**

H: 1.5m

W: 1.5m

A spiky stemmed shrub which bears fruit during the warmer months. Likes a full sun position with adequate water for forming fruit.

**Edible uses:** raw, in jams, preserves, drinks and cooking.



### **Smilax glyciphylla – Sweet Sarsaparilla**

Climber

Scrambling climber which grows well in a dappled position.

**Edible uses:** Leaves are used for tea – very sweet in taste. The berries are edible when very ripe and black in colour.



### **Solanum aviculare – Kangaroo Apple**

H: 2m

W: 1m

Leggy growth improved by pruning after fruiting. Grows in full sun or part shade.

**Edible uses:** Pick the fruits ONLY when ripe (scarlet in colour). Please note that the fruits are poisonous when unripe. Use as a tomato substitute, particularly in cooked dishes. Please remember the fruit must be ripe.



### **Solanum centrale – Bush Tomato**

H: 40cm

W: 40cm

Likes a hot position in the garden with sufficient water during fruiting in summer. Pollinated by hover flies and native bees.

**Edible uses:** fruit eaten whole, dried or ground. Similar nutritional value to Goji Berries.



**Tasmannia lanceolata – Native Pepper Bush**

H: 2m

W: 1m

Slow growing shrub which requires a part shade position. Needs to be grown with one male and one female plant to pollinate for fruit formation.

**Edible uses:** berries and foliage. Strong anti-inflammatory high in antioxidants.



**Tetragonia tetragonioides –Warrigal Greens**

Groundcover to 2m.

In the early days of the colony, Saturdays were officially set aside for collecting native plants to try to prevent scurvy. Many convicts owed

their lives to eating the leaves of Warrigal Greens. In England, it became a popular summer vegetable.

**Edible uses:** salads, cooking, pesto.

\*Please note: Although edible (and, like common garden spinach), the leaves contain a high level of oxalic acid which must be leached out by blanching before eating. This can be done by plunging the leaves into boiling water for a minute or so. The water shouldn't be consumed.



**Themeda australis – Kangaroo Grass**

H: 30-40cm

W: 40cm

Likes well drained dry conditions. Grows well if mass planted in an area.

**Edible uses:** Edible seeds that are ground into a flour for baking bread.



**Trachymene incisa – Native Parsnip**

H: 50cm

W: 50cm

Open foliage with white flowers in summer.

**Edible uses:** The thickened taproot is edible raw or cooked. Taste similar to parsnip – hence its name.



**Viola hederacea – Native Violet**

Groundcover

Likes a moist shady position.

**Edible uses:** sweet edible flowers used in salads



## Recipes:

### Lentil and Bush Tomato Soup with Bush Damper

Author Jill Richardson

1 tbsp macadamia or olive oil

1 onion

1 celery stalk

1 large carrot

1 clove garlic

2 tbsp dried bush tomatoes ground or 1 tbsp ground bush tomato

1 cup brown lentils

1 can diced tomatoes

1.5 litres vegetable stock

2 lemon myrtle leaves

1 tsp salt bush leaves

½ tsp mountain pepper

Salt to taste

### **Method**

Finely chop all vegetables.

Heat oil and add vegetables and sauté until softened. Add bush tomato, chicken stock and tinned tomatoes. Mix well.

Add lentils, lemon Myrtle Leaves, Salt Bush, Mountain pepper and salt.

Bring to the boil, reduce heat and simmer for ½ to 1 hour.

Blend until almost smooth, leaving some texture.

Serve topped with chopped herbs and bush damper.



## Lemon Myrtle and Ricotta Tart with Poached Illawarra Plum Sauce – Serves 4

Author Jill Richardson

Shortcrust pastry

1.5 cups ricotta cheese

$\frac{3}{4}$  cup cream

1 cup caster sugar

3 eggs

$\frac{3}{4}$  cup lemon juice

2 tsp lemon myrtle

Method



Line a greased 25cm pie tin or individual muffin trays to make 8 individual tarts.

Place remaining ingredients in a food processor for 30-45 seconds. Be careful not to process for too long.

Pour into pastry case and bake at 160 degrees for approximately 30 minutes – less for smaller pastry cases. The mix will still look fairly soft but will set when it cools.

Eat when cool with Illawarra Plum Sauce and a sprinkling of icing sugar.

### Poached Illawarra Plum Sauce

500g Illawarra Plums – washed

200g caster sugar

1 teaspoon ground cinnamon

1 teaspoon vanilla

Method



Combine Illawarra Plums, sugar, cinnamon and vanilla.

Bring to the boil and simmer until sugar is dissolved.

Strain or remove seeds for added texture.

### Warrigal Greens & Macadamia Nut Pesto

From a recipe published in The Garigal magazine, an indigenous publication emailed to me by Clarence Slooke, Royal Botanical Gardens and presenter on Gardening Australia.

#### ***Ingredients***

50g macadamia nuts (raw, roasted or salted; your choice) [buy in pieces]

1-2 cloves garlic (or more!)

250g warrigal greens, blanched

125ml olive oil or less (original recipe asks for 250ml) 100g parmesan cheese, finely grated salt

and pepper to taste (try native pepper berries).

#### **Method**

Warrigal greens [stalk can be stringy: just use the first 4-5 leaves from the growing tip]: wash and then blanch in boiling water for a few minutes [to get rid of the oxalic acid, present in all raw spinaches]. Drain (discard water) and cool. [I squeeze the excess water out of the leaves then un-scrunch them a bit.] In a good blender, blend the Warrigal greens with the nuts and garlic. Slowly add the oil, then the cheese and, if you wish, salt and pepper.

#### **Serve**

Cold as a dip with raw veges (eg carrot and celery sticks, or apple slices dipped in lemon juice) and/ or rice crackers or hot on pasta, yum! Enjoy!



### **Wattleseed Damper with Salt Bush and Bush Tomato**

3 cups self raising flour  
¼ tsp Bush Tomato seasoning  
1 tsp ground Wattleseed  
½ tsp salt bush  
75g butter  
180ml water



### **Method**

Heat oven to 200 degrees

Combine flour, Bush Tomato, ¾ of the Wattleseed and ¾ of the Salt Bush in a food processor.

Pulse for ½ minute to combine.

Break the butter into pieces and add to the processor.

Pulse until resembles breadcrumbs.

Add water while machine running

Turn onto floured board and knead lightly.

Once smooth, pat down to 5cm in height and place on floured tray.

Score the top several times, lightly dust with flour and remaining Wattleseed and saltbush.

Cook for 25 minutes. Cooked when sounds hollow when tapped on the bottom.

### **Aniseed myrtle salad dressing**

1 teaspoon Aniseed Myrtle  
2 tablespoons of sweet and sour sauce  
2 tablespoons of lemon juice  
1 tablespoon of fish sauce

Mix all together and mix into your salad

### **Macadamia Nut Dukkah**

Place 130gm chopped Macadamia Nuts and 160gm chopped Hazelnuts onto a baking tray and place in 180C oven until golden brown....approx 15 mins.

Remove from oven and grind before adding

2 Tbspn Ground Bush Tomato  
2 Teaspoon Ground Lemon Myrtle  
2 Teaspoon Ground Mountain Pepperleaf  
2 Teaspoon Ground Aniseed Myrtle



Return to oven and bake until aromatic....approx 5 mins

Store in an air tight container for up to 2 weeks or freeze.

### **Strawberry Gum Bliss Balls**

Author: Julie Weatherhead

200g 70% Cocoa Dark cooking chocolate - melted  
1 tsp dried ground Strawberry Gum spice  
1 cup pitted dates  
¾ cup toasted ground Macadamia nuts  
½ cup desiccated coconut

#### **Method**

Process dates until smooth.  
Add melted chocolate, Strawberry Gum and nuts.  
Cool mixture in refrigerator.  
Shape into walnut sized balls and roll in coconut.  
Store in a clean jar in the refrigerator.  
Try not to eat them all at once!!  
This recipe can be made very quickly in a food processor that also heats.



### **Lemon Myrtle and Wattleseed Shortbread**

Inspired by Gourmet Getaways

225 grams butter, softened  
115 grams caster sugar  
1 teaspoon ground lemon myrtle  
3 teaspoons ground Wattleseed  
340 grams plain flour

**Method** – Preheat oven to 150 degrees

Cream butter and sugar together until light and creamy.  
Add the Wattleseed and lemon myrtle and mix to combine.  
Add flour slowly until combined.  
Wrap the dough and place in the fridge to become firm for 2 hours.  
Line baking trays with baking paper or lightly grease with butter.  
Lightly flour the bench and roll out to desired thickness.  
Either cook as 1 large shortbread slab or cut into biscuits using a cookie cutter.  
Bake for 20-25 minutes until golden.  
Allow to cool on trays.  
(If using a slab, cut into smaller pieces when first out of the oven and allow to cool before breaking into pieces.)

### Orange and Wattleseed Muffins

2 cups wholemeal flour  
2 tsp baking powder  
1 tsp baking soda  
1/4 tsp salt  
1/2 tablespoons ground, roasted wattleseed approx  
1/4 cup applesauce\*  
1/2 cup raw sugar  
1/2 cup soy or other non-dairy milk  
1/2 cup orange juice – (approximately one large  
orange) rind of one orange  
1 tsp vanilla extract



Preheat oven to 180C and grease or line a 12 cup muffin pan.

Place flour, baking powder, baking soda, salt and wattleseed in a large mixing bowl and whisk to combine. In a small bowl, mix applesauce, sugar, soy milk, orange juice, orange rind and vanilla extract. Whisk until smooth and well combined.

Add wet ingredients to dry ingredients, and whisk together until combined.

Spoon mixture into muffin pans until 3/4 full, then bake for 18 minutes or until golden and an inserted skewer comes out clean. (\*To make instant applesauce, combine one apple (cored and roughly chopped) with 2 tablespoons of water in a food processor until smooth. This yields the correct quantity for this recipe.)

### Nurseries

Indigigrow - <https://www.indigigrow.com.au/>

Bunya Native Nursery - <http://bunyanativenursery.com.au/about/>

Sydney Wildflower Nursery - <https://www.sydneywildflowernursery.com.au/>

### References:

<http://tasteaustralia.biz/bushfood>

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