



Nalderun Education Aboriginal Corporation Curriculum Resource

Resource Title	Dja Dja Wurrung bush tucker booklet
Aboriginal Protocols	
Person	Aunty Julie McHale
Mob Group/Country	Trawlwoolway
Content Country	Dja Dja Wurrung
Curriculum Area	<ul style="list-style-type: none">• Explore how food is selected and prepared for healthy eating VCDSTC016• Investigate food preparation techniques used in modern or traditional societies VCDSTC026
Year Levels	<ul style="list-style-type: none">• P - 2, 7 - 8, 3 - 4, 9 - 10, 5 - 6, VCE 11 - 12, Tertiary / Adult
Pedagogies	<ul style="list-style-type: none">• Land Links
Ways of Assessing	
First Nations Education Academics that back your reasons	
Any other info / comments	



Bush Tucker

The Plants

With Aunty Julie McHale

DJA

Trees



This plant is used by DjaDjaWurrung. It has to grow in a symbiotic relationship, relying on "others". When young it is a tree. The white flowers form in clusters. The flowers form a fruit.



This plant is used by the DjaDjaWurrung Elders. It is the largest tree in the "presents". A hard sugary sap is found to the ground as "manna". Yummy! The buds are usually formed in groups on the manna gum.



MOOTCH

This plant is used by the DjaDjaWurrung. Used for food (seeds and pods), seed (infusions), bandages (bark), rope (gum), weapons, tools, fires and to

THE LEAVES

PANARYL (River Mint) This rambling bush is found across south eastern Australia. It prefers moist positions in forests and around waterways. It is summer growing. The thin, soft serrated and pointed leaves are found in pairs on long running branches, tipped with delicate mauve florets. This herb was used to add flavour to meats. It was eaten off the plant. The Panaryl is believed to have medicinal qualities. It was used to help coughs and for burns.



WUMBAI (Lemon Myrtle) A beautiful Australian shrub naturally occurring in the wetter coastal areas of northern New South Wales and southern Queensland. It grows up to 3 metres high, with graceful hanging branches of soft green leaves. The clusters of cream feathery flowers occur in Autumn, creating a spectacular fragrant display. Used fresh, the Lemon Myrtle leaf is a most versatile and refreshing herb. For storage, the leaves are cool dried (to prevent loss of essential oils) and then ground and stored in a cool, dry manner for later use. Lemon Myrtle is without a doubt the most popular of Australia's native herbs, with its fresh fragrance of creamy lemon and lime. It complements so many culinary delights, from fish and chicken to ice cream or sorbet.



LABILLE (Native Thyme) This strongly aromatic bush is a native to south east New South Wales, eastern Victoria and Tasmania. Native Thyme was used by indigenous Australians for its medicinal properties. The bush grows up to 2 meters high, with a showy display of lilac flowers on the tips in spring. It has very small round leaves, in pairs, attached to a multitude of stemlets. When used in dishes featuring chicken, turkey, pork or lamb, a small amount makes a big difference.



POORNER (Sea Celery) Sea Parsley (Poa) is found along the coastline of Australia. Its leaf form a place to place, but most commonly it is found growing right on the coastline. It is often found growing in composted sea weed and sand.

POANG-GURK (Wild Mint) The leaves are used to add flavor to food for colds. This plant does not need a lot of sun or semi-shade.



NUGUJAKIN (Lemon Aspen) Lemon Aspen is found in northern Queensland, up towards Cape York. It has a citrus aroma (much more so when fresh) and tropical spice characters. 100g of lemon pulp and pulp of about 6 large lemons. The leaves are used to flavor foods.



TCH-OOP (Curry Myrtle) Shrub to 2m high. Usually dense to the ground. Small white flowers. The crushed leaves, fresh or dry, add a curry flavour coming through as well. Hard to grow.



THE LEAVES

TYULERN (Old Man Saltbush) The salty leaves were cooked for food and were also applied as a medicine to cuts and stings. Large woody **shrub** that grows to 3m in height and diameter but occasionally more. It can range from erect to sprawling in growth form.



MER-RYE (Tasmanian Mountain Pepper) Commonly known as the mountain pepper (Aus), or Cornish pepper leaf (UK), is a shrub native to woodlands and cool temperate rainforest of south-eastern Australia-Tasmania, Victoria and southern NSW. Both the berries and the leaves are used. The leaves have mild peppery taste, the berries are fiery hot in taste. Only the females bear the berries but the leaves of both can be used.



KIRRA (Native Basil) Native Basil is an aromatic plant whose native distribution is in South Australia, New South Wales, Victoria and Tasmania. Indigenous Australians used this plant for medicinal and ceremonial purposes. Early European settlers often called it the "Five Spice Plant" because of its delightful fragrant mix of basil, mint and sage. A fragrant mix of basil, mint and sage it can be used in any dish where sweet basil would be used, complementing any Mediterranean tomato based dish.



JUPA (Aniseed Myrtle) This stunning rainforest tree is both highly ornamental and a very desirable for its bushfood characteristics. It's quite rare in the wild, native to a few areas of North East New South Wales. It has strong aniseed scented and flavoured leaves which are often used for flavouring desserts, sweet sauces and preserves. It also is popular as a scented savoury sauce or marinade for meats and sets a deep fragrant flavour to salad dressings. Traditionally these leaves were used for weight loss and lactation.



DOORAY (D...

the best of the native plums. The deep red color and a sharp acidity. The aroma is earthy, like a plum. Taste is sour with some astringency and is available fresh in summer, QLD Davidson's plum puree is available all year.



POOROO-KIL (Wild Rosella)

introduced species that typically grow in the Cairns in the east through to Broome. They are used in jellies and dessert garnishes. They have a tart, citrusy flavor.



NUGUJAKIN (Lemon Asperula)

climate, usually in well-developed upland rainforest regrowth after disturbance. It is central to northern Queensland. While it has a lemon and grapefruit flavour most commonly used in products, including flavouring in drinks.



GUBINGE (Kakadu Plum) Gubinge

Aboriginal culture. The trees grow over 10m high. It is reported that children were fond of the fruit. It is an important bush food for northern Australia. The kakadu plum gained world wide recognition when it was found to have the highest recorded levels of natural Vitamin C.



DOOJA (Finger Lime) Finger

lime content, to be rich in folate, potassium and calcium. It grows in sub-tropical rainforest along the border of New South Wales, and is one of the traditional food plants. Due to land clearing by European settlers, it has been largely destroyed, however isolated pockets of it remain in National Parks still remain with some populations. It is used with some cooked notes. Taste is citrusy.



LILY-PILLY (Riberry) Historic reference from Victoria, NSW and Queensland state that the fruits were regularly eaten by Aboriginal people in Australia. The fruit has been reported to be one of the first fruits consumed as jam or cordials by early colonists of Australia. Riberries are harvested from early December through to mid January and need to be refrigerated or frozen as soon as possible. They will keep in the refrigerator for up to 3 weeks and frozen for up to two years. The fruit has a refreshingly tart, spicy flavor that has a hint of cloves and cinnamon. Fruit can vary in taste depending on selection.



KWONDONG (Quandong) Fossilised Quandongs have been found in the coal seams of Southern Victoria dating back 40 million years ago. Aroma of dry lentils or beans with some earthy fermented notes. Taste is slightly sour and salty. The fruit is usually dry textured, tart tasting and sweetness can vary greatly between trees. Quandong has been a staple food of the Aboriginal population; surplus fruit was collected and dried for up to 8 years for later consumption. Dried Quandongs were reconstituted in water when needed.



BANGAR-NOWEY (Sunrise Lime) The Australian Sunrise Lime is a hybrid of the finger lime and a calamondin (cross between a mandarin and cumquat). They can be eaten whole like a cumquat or turned into jam, marmalade or preserved in alcohol.



GOOROOK (Blood Lime) Developed by the CSIRO, blood limes are a hybrid of an Australian finger lime and a mandarin.

Did you know that Australia has macadamia, but you may know it as Boombera, but you may know it as macadamia is the Aboriginal name for it. Ferdinand von Mueller gave the genus name. Dr. John Macadam, a noted scientist in Australia.

You have probably heard of sandalwood oil or for its wood, but it cannot survive on its own. It is what it is related to (mistletoe to which it is related). The root systems of host plants. Just to get through the fifteen years it takes for the nuts are low in saturated fats, high in desirable characteristics such as high in oil. They described them this way, "Them nuts are like if you have a dog injured by an emu. You can use them for curing some berries. You can use them for curing some berries."

The Dudulaa, or the candlenut, is very common in north Qld native, this large rainforest tree has a brown fruit envelopes the highly nutty. **should not be eaten raw** as the toxin is in the name comes from the fact that the nut has a high oil level.

Now have a taste of Auntie Julie's Tuckers and a range of spices that are also In. oil sour dough bread in. Yum!!!!!! See re a taste of the Bunya Bunya nut.

FERNS AND FUNGUS

The new growth, or fiddleheads, of Moolar the bracken are eaten. They taste like walnuts. The older leaves of Moolar are crushed and applied to stings, this is amazing when bitten by bullants or inchies.

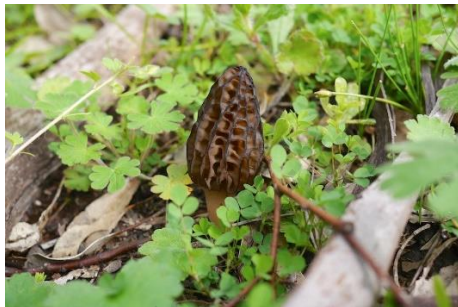
The soft tree-fern can be used as a food source with the pith of the plant being eaten either cooked or raw and is a very good source of starch.

Now to the fungus. I haven't used a lot of Indigenous fungi and know little about it. A great website to explore if you are interested in this area is <https://www.anbg.gov.au/fungi/aboriginal.html>.

I use mainly two types in my cooking. The first are Norboritjja (Slippery Jacks). They used to be prolific in the understory of dense bushland, but are now more easily found in pine forests. I do not collect these myself as I'm a bit nervous about collecting fungus from pine plantations. I purchase them dried.



The other one I use is Guburnburnin (Australian Morel). Morels grow all over the World and are particularly popular in French cooking. They can be incredibly hard to find, very good at looking exactly like a pile of curled, dead brown leaves on the forest floor. Once again, I do not search for these myself but purchase them dried.



Now have a piece of Aunty Julie's Mushroom Pizza which also includes some other species. See recipe at the back of this booklet.

UNDERGROU

Locally, one the main sources of food tubers and piths of many plants were pounded into little cakes which were important to note that the local mob root plants. We will "dig up" some to h

***Burny Burny (Leopard Orchid)**

*Tubers spread quickly.
Eaten raw or cooked.*



***Pike (Bulbine Lily)**

Although the Murnong was often quoted as the staple diet of the Koorie it appears that the Pike was used all year round as the Murnong is really only sweet when in flower.



***Popoto (Milkmaids)**

The tubers are cooked and eaten all year round.



Murnong (Yam Daisy)

Perhaps the most well known of the "bush foods" in this area. Very large tuber system which was eaten raw when flowering because sweet



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THE FLOWERS-Yes we eat them!!

We'll start with the Tinline (Golden Wattle). As you probably know the blossoms on these are the biggest of the indigenous wattles in Central Victoria. Although I can find no evidence of the local Aboriginal people using them as food it has become popular to put the blossoms into cakes, or use as decoration on icing. They have very little taste and are not toxic. They also look pretty in ice-cubes, like these necklaces.



The main use of the flowers was to either suck or make drinks out of. Many of the bottlebrushes, grevillias, hakeas and banksias were used this way.

I have a tiny Burgil Burgil (Honeypot) to show you. It's not easy to find but is scattered around our local bushland. The small flowers, borne underneath the plant, are full of a fragrant nectar.



I also have a couple of Kabin (Running Postman) plants growing at home, so I have brought along some of the flowers if you would like to suck the nectar out them.



And, last but not least in the flower I make a drink using the silver banksias which are blooming at my place. I have to avoid the bees and shake the ants off them because they too love the nectar from these. I simply put the flowers in hot water overnight and add ice. Delish!!!!



BERRY

Australia's native plants have many, the Munthari berry or the Muntries. I have many tiny fruits. Some I have growing at home.



MIDYIM (Original)

sandberry is an easy to grow bushfood from northern NSW to Fraser Island. It has a sweet, but tangy flavour which is used in pies and preserves.



GARAWANG (COM)

narrow leaves and cream, tubular flowers drooping stalks in leaf axils. New growth is often wavy, sometimes curved under. It is attractive to both birds and people. It is eaten in their ripened state or by roasting them.



KURRKUTY (RUBY S)

native plant, occurring through most of Australia. It occurs under trees. It has been used by many species. These are very showy, small (red to orange when ripe). The fruits are eaten when ripe.



MUNTHARI (Muntries):

Muntries are a low growing shrub found in Australia. When ripe the berries are green with a red tinge. **Muntries** are a berry that grow on the southern coast of Australia.



One that was mentioned in the (Mountain Pepper). I have some for you to try. You can suck your mouth and bite it and there's very little taste. I can't eat hot spices but I have told you that it lasts for about 10 minutes. Like chillies, you can cook and crush and add to suit your taste.