



Nalderun Education Aboriginal Corporation Curriculum Resource

Resource Title

Dja Dja Wurrung Bush Tucker Booklet

Aboriginal Protocols

Person

Aunty Julie McHale

Mob Group/Country

Aunty Julie is a Trawlwoolway woman of the Palawa nations.

Content Country

This content was created based on Djaara Country of the Kulin nations.

Curriculum Area

- Design and Technologies VC2TDE10C03

Year Levels

- [9 - 10, Secondary](#)

Pedagogies

- [The 8 Ways, Non-linear](#)

Ways of Assessing

First Nations Education Academics
that back your reasons

Any other info / comments



This plant is used by DjaDjaWurrung Elders. 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 forms a fruit.



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



MOOTCHOORI

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

Bush Tucker

The Plants

With Aunty Julie McHale

Nalderun Education Aboriginal Corporation <https://nalderun.org.au>

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 (

coastline of Australia. Its leaf form and place to place, but most commonly it has a long, narrow, pointed leaf. It grows right on the coastline it is often found growing in composted sea weed and sand.

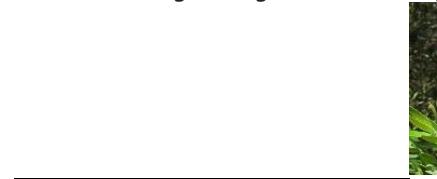
POANG-GURK (Wild Mint) The leaves are used to add flavor to foods for colds. This plant does not need as much sun or semi-shade.



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 is used to flavor foods.



TCH-OOP (Curry Myrtle) Shrub to 2m. Usually dense to the ground. Small white flowers. The crushed leaves, fresh or dry, add flavours coming through as well. Hardy.



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.



OORAY (Dwarf Plums)

the best of the native plums. The deep purple plums have a sharp acidity. The aroma is earthy, like a plum. Taste is sour with some astringency and tartness. They are available fresh in summer, QLD David's Plum puree is available all year.



POOROO-KIL (Wild Rosella)

introduced species that typically grows in coastal areas from Cairns in the east through to Broome in the west. They are used in jellies and dessert garnishes. They have a tart, citrusy taste.



NUGUAKIN (Lemon Asperges)

climate, usually in well-developed upland rainforest regrowth after disturbance, from the Atherton Tableland in the south-central to northern Queensland. While the taste is similar to lemon and grapefruit flavour most commonly used in jams and jellies, they are also used in products, including flavouring in drinks.



GUBINGE (Kakadu Plum)

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



DOOJA (Finger Lime)

Finger lime is a citrus fruit with a high Vitamin C content, to be rich in folate, potassium and calcium. It is native to the sub-tropical rainforest along the border of Queensland and New South Wales, and is one of the traditional foods of the Aboriginal people. Due to land clearing by European settlers, the rainforest has been destroyed, however isolated pockets of rainforest remain in National Parks and State Forests. The fruit is used in cooking with some cooked notes. Taste is citrusy and tangy.



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. Ribberries 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 nuts? Boombera, but you may know it as macadamia is the Aboriginal name for the tree. Ferdinand von Mueller gave the genus name to Dr. John Macadam, a noted scientist from Australia.

You have probably heard of sandalwood oil or for its wood, but it cannot survive on its own. It is what is known as mistletoe to which it is related). The root systems of host plants. Just to throughout the fifteen years it takes for the nuts to mature, the nuts are low in saturated fats, high in monounsaturated fats and have desirable characteristics such as high levels of polyphenols. Aboriginal people described them this way, "Them nuts are good for you, if you have a dog injured by an emu, you can use them for curing the dog's wound." You can use them for curing skin diseases and for the treatment of rheumatism.

The Dudulaa, or the candlenut, is very common in the northern Qld native, this large rainforest tree produces a brown fruit envelope the highly nutritious nut. **It should not be eaten raw** as the toxin can cause liver damage. The name comes from the fact that the nut oil is used to make candles.



Now have a taste of Aunty Julie's Tuck Box. It is a mix of bunya bunya nuts and a range of spices that are also used in the traditional oil sour dough bread in. Yum!!!! See if you can find 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.

UNDERGRO

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 ha

*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 (Milkmuids)

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 Tunline (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, many berries. One is the Munthari berry or the Muntries. I have some 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 good in pies and preserves.



GARAWANG (COMA)

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



KURRKUTY (RUBY SALT)

native plant, occurring through most of Australia. It occurs under trees. It has been used as a food for many species. These are very showy, small (about 1cm) flowers, red to orange when ripe. The fruits are eaten raw as they ripen.



MUNTHARI (Muntries):

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



One that was mentioned in the book (Mountain Pepper). I have some for you to try. Take a small berry, put it in your mouth and bite it and there's very little taste. I can't eat hot spices but I have told myself that this berry lasts for about 10 minutes. Like chillies, add to your cooking crush and add to suit your taste.

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