

A GLOSSARY OF BUSH TUCKER FOUND ON K'GARI & AROUND AUSTRALIA

CINNAMON MYRTLE (*Backhousia myrtifolia*)

Found most commonly on K'gari, but also found as far south as New South Wales. Cinnamon Myrtle is often used as a spice in cooking due to its aromatic cinnamon taste. It contains up to 80% elemicin oil which is also a significant flavouring component in common nutmeg. The elemicin oil can also have a numbing effect (when the leaves are chewed on).



LEMON MYRTLE (*Backhousia citriodora*)

A native rainforest tree with leaves which give off a strong lemon scent when crushed. These leaves contain 97% citral oil and 3% citronella oil (which is released with heat over ~70°C).



MACADAMIA NUTS (*Macadamia integrifolia*)

Macadamias (aka Bauple Nuts or Queensland Nuts) are Australia's contribution to world agriculture. The Macadamia Nut has an extremely hard shell, but the effort is well worth it. These nuts are prized all over the world for their unique flavour, and their many vitamins and minerals.



BUNYA NUTS (*Araucari bidwillii*)

Found in the Bunya Mountains (northwest of Brisbane), Bunya Nuts have a sweet taste and chewy texture. It is often used as a substitute for meat due to the high levels of protein.



MOUNTAIN PEPPER BERRY (*Tasmania lanceolata*)

The berry of the native pepper shrub is found in the cold, mountainous regions of Tasmania, Victoria, and in the Blue Mountains of New South Wales. They have a strong, peppery taste, making them a valuable source of seasoning in the kitchen.



BUSH TOMATO (*Solanum centrale*)

Also known as "desert raisin", or "akudjura", this small berry is foraged by Indigenous Australians in the central desert region of Australia. It belongs to the Nightshade family (tomato, potato, eggplant etc.) and tastes of tamarillo and caramel.



NATIVE ROSELLA (*Hibiscus heterophyllus*)

This scarlet-coloured petal fruit has a crisp rhubarb and berry flavour, widely used by colonists in jam. The Rosella boasts many medicinal benefits, including an immunity boost, metabolism regulator, and an ability to clear sinuses.



LEMON ASPEN (*Acronychia acidula*)

Found along the eastern coast from Sydney to the Far North Qld Rainforests, this fruit has a sharp, unique tangy citrus flavour, is pale yellow in colour, and is high in electrolytes.



WILD LIME (*Citrus glauca*)

Also known as Bush Lime or Desert Lime, this fruit is about 3 to 4 cm in diameter, and a greenish yellow colour when the fruit is ripe. The pulp is tender, juicy, and very acidic. It grows in the arid desert regions of Queensland and New South Wales.



FINGER LIME (*Citrus australasica*)

Grows in subtropical and dry rainforests along the coastal borders of Queensland and New South Wales. The finger lime has 3 varieties (green, purple and red), and has adopted the nickname “caviar lime”, due to the small citrus pearls on the inside of the fruit.



RED QUANDONG (*Santalum acuminatum*)

This fruit is high in vitamin C and is common in South Australia and arid areas of Australia, with a tart apricot, peach, and salty plum flavour.



MUNTHARI (*Kunzea pomifera*)

Found in South Australia along the Coorong and southeast coast, but particularly on Kangaroo Island. These berries are also called “Muntries”, and have a Granny Smith apple flavour.



GOLDEN WATTLESEED (*Acacia pycnantha*)

Once roasted and crushed, these seeds can give off a coffee aroma and taste. One of thousands of wattleseed species, but one of only 20-50 **edible** wattleseed species.

