

# The Bushfood Bulletin



Our aim is that by sharing the knowledge we gain in gathering, growing, harvesting and preparing bushfoods, we further their use and our enjoyment.

AUTUMN  
2014

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as several of you could share the same surname.

## New Website under construction

The views expressed in articles in the Bushfood Bulletin are those of the authors and do not necessarily reflect the opinion of the QBA unless so stated.

The editor reserves the right to edit all contributions. Advertising in the QBA Bulletin is for QBA paid up members only. One free ad in each bulletin.

Email the Editor.

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Photo - John King

## Celebrating the Bunya

**John Wrench will be conducting a workshop on Bunyas. Cost will be \$10.00 and for this, you will be able to take home a kilo of bunya nuts to experiment with. John will show you how to open Bunyas the easy way but show us your way as well! There'll also be a cooking competition with members voting via secret ballot!. We need to set up the venue for numbers attending so email me: [sheryl.backhouse@bigpond.com](mailto:sheryl.backhouse@bigpond.com)**

**Hosts: Helen Stebbens and Brian Hollins**

**Venue: 23 Fernberg Rd Paddington**

**Date: Sunday 30th March 9.30am**

**AGM: after lunch**

**Do bring along a plate to share for lunch  
Also BYO plate/cutlery/mug. Look forward to seeing you.**

**Sheryl:** I have been trying for a very long time to find someone who has grafted this tree successfully. Rang up everyone I knew who grafted including various nurseries – nothing! Then I asked Jan Sked if she would put a note in the SGAP Bulletin and finally ... success!! Grant is the Chair of the Mackay Branch of SGAP Qld (Society for Growing Australian Plants) and owner of Mackay Garden and Landscape Nursery, 12 Mussett Court Glenella. Ph 07 4942 6671 (M) 0488 426 671 (open by appointment only). He is also a principle Ecologist with Aurecon in Mackay.

Grafted male Burdekin Plums used to be a staple line in our nursery as street trees because they do not bear fruit. Councils and developers no longer seem to want to pay the extra for a beautiful slow growing tree in a 45 to 100 litre bag so we have stopped grafting them. I have also grafted a number of special/elite clones for people wanting to make preserves, cordials and jams etc from the fruit. Well grown seedlings of about 12 months of age are best grafted in the late spring with material of matching size from dormant (or at least mostly leafless) trees. I usually use a whip and tongue graft, parafilm to bind the graft and place a plastic bag over the scion until the shoots are advanced then I slowly open the bag until it is completely opened in about a week. Watering plants weekly with ½ strength Seasol and Powerfeed on alternate weeks after grafting speeds up take and growth. If you graft early in the season it may take up to a month for the shoots to appear. Take flowers off newly grafted plants and with females for the first year as it really slows growth and takes a lot out of the plants. With practice you should achieve over 95% successful take, and with some batches of females we often got 100% even using material that had been stored in plastic bags in an esky with ice for a couple days. Plants are best placed in light shade after grafting until first shoots are hardened.

Chester Dott from Forbidden Fruit Nursery at Myocum says that the grafted rootstock must be 1 metre high. Use whip or whip & tongue graft.

Graeme White says he doesn't think that *Pleiogynium timorense* is dioecious. His observations suggest that it may be self infertile and that it requires another, within bee distance, to be pollinated.

The Burdekin Plum is a beautiful tree growing to 20 metres tall, with a dense canopy. The leaves are a dark, glossy green with numerous stiff leaflets. These plants have male and female flowers occurring on separate plants. The flowers are small and yellowish – green. Male flowers are on drooping branchlets, while the female flowers occur on spikes. Fruit is globular and turns a deep purple colour, resembling a typical plum. This fruit is excellent for making jams but may often need ripening for days before they are soft enough to eat. It contains a large stone inside the flesh. Fruit attracts a wide variety of birds (eg Red-tailed Black Cockatoos), bats, insects and bees. These trees can grow on a broad range of soils. They are drought tolerant but look best when given extra water. They are slow growing and have been known to withstand harsh weather conditions. Ref: Nth Qld Dry Tropics Wiki.

[http://wiki.bdnrm.org.au/index.php/Burdekin\\_Plum](http://wiki.bdnrm.org.au/index.php/Burdekin_Plum)

In Wendy Cooper's Fruits of the Australian Tropical Rainforest, she says there are male and female trees

Neville Bonney in South Australia says he has 2 females and one male. "I pick them up under the tree after they drop, wash them and then let them ripen on a sheet pan inside. I'd be interested to hear how more experienced people get the pulp off the seeds. It can be a real pain. I have a lot more seedlings out there so if you find more information on grafting, I'd appreciate it."

## **Opening those Bunya Nuts**

**John Wrench uses an electrician's stainless steel conduit cutter.  
Buy a good one from an electrical store and get one with a ratchet.**

**Graeme White uses a plumber's polypipe cutter.**

**Sheryl is thinking that a device using compressed air would save a lot of work and guess who has this tool – just haven't tried it as yet!**

## Snippets from Sheryl

David Hockings has completed his latest book "Pests, Diseases and Beneficials - Friends and Foes of Australian Gardens". It is published by CSIRO. Many people I am sure are aware that David has been working for some time on a book that is going to be of benefit to all serious plant growers and other disciplines where knowledge of anything affecting plants is desirable if not essential.

David has been professionally involved in plant and general horticultural problem solving for more than 50 years. He was the author of the very popular book "*Friends and Foes in Australian Gardens*" published in 1980. 'Pests, Diseases and Beneficials' promises to be even better with increased and updated information and includes many more coloured photos. [578]

There will be a book launch at the Mt Coot-tha Botanic Gardens on 26th March at 3.30pm to 6 pm with the actual launch by Annette McFarlane probably 4 pm (to be confirmed). Books will be for sale with autograph at a small discount. Wine and cheese plus tea, coffee and nibbles provided.

Credit Card Facilities will not be available.

Ref: <http://www.publish.csiro.au/nid/21/pid/7134.htm>

The Queensland Naturalists' Club Natural History Award for 2014 was awarded to David Hockings. [www.qnc.org.au](http://www.qnc.org.au) Heartiest Congratulations David.

John Wrench is selling *Diploglottis campbellii* 30-40cm high. Ph: 3256 3310

## Witjuti Grub Nursery

The nursery will be relocating to Veronica Cougan's property at Obi Obi at some stage this year so I have told her we'll offer our assistance on the day. Relocation will depend on when her dam is full and currently it's empty!

## Calling for Expressions of Interest

Eden Bush Foods is a small-scale plantation at Camp Mountain in the hills on the outskirts of Brisbane. We have an established mixed planting of 600 native species which includes 180 *Backhousia citriodora* and 90 *Syzygium anisata* as well as a mix of fruits.

We have not harvested the leaf for some years now due to other commitments. We are seeking expressions of interest from an individual or group looking to source such leaf in the Brisbane area.

Email Doug at [edenbf@bigpond.com](mailto:edenbf@bigpond.com) or Ph: 0439 716 365.

**Dr Ross McKenzie says in his book *Toxicology for Australian Veterinarians*:**

**“It is not safe to assume that fruits eaten by native Australian birds and mammals are safe for humans or other mammals to eat.”**

**More on this in the next edition of the Bushfood Bulletin.**

## New books in the Mt Coot-tha Library

### **Medicinal Plants in Australia: Volume 4 – An Antipodean Apothecary** 581.6340994

by Cheryll Williams (reference and lending) Dural, NSW: Rosenberg Publishing, 2013.

The fourth volume in the Medicinal Plants in Australia series. This volume covers the use of plants in traditional folk medicine and how this has paved the way for modern medical breakthroughs. (The other volumes in this series are: Volume 1 – Bush pharmacy, Volume 2 – Gums, resins, tannin and essential oils, Volume 3 – Plants, potions and poisons.)

### **Biochar in Horticulture: Prospects for the Use of Biochar in Australian Horticulture**

by Justine Cox, Justine (Ed.) 631.410994 BIO Sydney: NSW Trade and Investment, 2012

A report commissioned by Horticulture Australia Ltd to help horticultural industries assess the potential of biochar for use in their crops. Also available online:

<http://www.dpi.nsw.gov.au/agriculture/resources/soils/soil-carbon/biochar-in-horticulture>

### **Doctors in the Medicinal Garden: Plants Named after Physicians**

by Henry Oakeley 581.014 OAK London: Royal College of Physicians of London, 2012

Sixty plants grown in the Medicinal Garden at the Royal College of Physicians in London commemorate the lives of men who advanced science, botany, and horticulture in their time.

### **Field Guide to Trees and Shrubs of Eastern Queensland Oil and Gas Fields**

by Craig Eddie (reference & lending copies) 581.9943 EDD

Adelaide: Santos Centre, 2012 (2nd edition)

A guide to the 142 most common trees and shrubs found in the oils and gas fields of Eastern Queensland - with notes on habitat, description, and conservation status.

### **Soil Biological Fertility: A Key to Sustainable Land Use in Agriculture**

by Springer Dordrecht 2007 631.422 SOI

A comprehensive overview of the components and processes that underpin the biological characteristics of soil fertility.

### **Flying-Foxes: Australian Night Foresters**

by Vivien Jones, Vivien Dural, NSW: Rosenberg Publishing, 2013 599.49 JON

Over 200 photographs reveal the flying fox life cycle, behaviour and feeding habits.

## **Bunya Nut Pesto**

**contributed by Marilena Stanton**

Gently heat 2 tspns ground Pepperberry in 100ml of Macadamia Oil.

Gently heat the Pepperberry in 100ml of the Macadamia Oil.

Finely chop 100g of deshelled Bunya Nuts

Mix nuts with 1 clove of finely chopped garlic, 50gm Parmesan Cheese & 100ml Macadamia Oil

Roughly chop 1 bunch of Basil in a food processor or blender with 50 ml of the Macadamia Oil.

Process one minute, then add the Bunya Nut mix and the Pepperberry mix.

This works best if the oils are poured in a steady stream. Do not over-process. This should keep in the refrigerator for a week – if it lasts that long!

**Outback Chef—Jude Mayall 0409 170 647**

**Distributor of Bushfood**

**<http://www.outbackchef.com.au>**

**Director: ANFIL Australian Native Food Industry Ltd**

**Member: Queensland Bushfoods Association**

**The Bunya Dreaming Festival 2014 – 26<sup>th</sup> January 2014  
and Bunya Cooking Competition      by Graeme White**

With the passing of the 'Aboriginal Protection and Restrictions of the Sale of Opium Act' by the Queensland Parliament in 1897, saw the forcible removal of Indigenous people from their lands and into Government controlled settlements like Cherbourg and Palm Island. With the movement of Aboriginal people severely restricted, the cutting down of the Bunya forests put an end to the traditional gatherings of hundreds of people from many clans and 'tribes' who converged on the 'Bunya Mountains' ie the Blackall Range to share in the bountiful harvest that was the Bonyi Bonyi feast. These 'gatherings' had occurred for many thousands of years and 1897 saw the last, which was held at the site we now know as Baroon Pocket Dam near Maleny.

In 2007 through the vision and tireless effort of Beverly Hand, a proud Kabi Kabi woman and after 110 years, saw the rebirth of the Bunya gatherings at Baroon Pocket. This year was the 7th gathering and was held at Bev's property, 'Mimburi' on the banks of the Mary River. 2013 was cancelled because almost no Bunya cones dropped that year due probably to the severe dry weather conditions at the time. At the Bunya Dreaming, 'traditionally' several competitions or challenges are held, one being the Bunya cooking challenge. Over the years this has become increasingly popular as more people come to appreciate the culinary potential of the Bunya. The only rule is that Bunya nut is one of the ingredients in each recipe.

This year saw the greatest number of entries, about 45, which presented an amazing variety ideas and flavours. It proved an extremely difficult task for the Judges to eat their way through such a smorgasbord and come up with a winner. Indigenous elders, Aunty Liz Bond & Aunty Helenor, QBA member and chef Peter Wolfe and I were chosen for this unenviable job. The large array of entries included Bunya shortbread biscuits, Bunya and ham soup, Bunya cheese cake, Bunya chai tea, Bunya breads & scones, Bunya chocolate mud-cake, Bunya cream & native fruits desert, Bunya nut brule and the list went on. The Judging was based on several criteria, presentation, taste and the number of different Bushfoods used other than Bunya. Each criteria was scored out of 10 by each judge and the totals added to find the winner.

The competition was fierce but QBA was well represented by John King and John Wrench who both entered a number of unique and tasty dishes. I was particularly impressed John King's Bunya nut and Midyim pastries and John Wrench's Bunya, Macadamia & Honey cream dessert with native fruits, with which he took out 2nd prize. The winner was a Wattle seed & Lemon Myrtle baked cheesecake with a Bunya crust flavoured with a sweet Burdekin Plum sauce. The overall scores for the more outstanding dishes were very close and any one of which would not have been out of place on a restaurant menu. We, the Judges, were tremendously impressed by the quality of the dishes and the imagination displayed by the individual cooks. It is hoped that in time a Bunya Dreaming recipe book will result from the efforts of the many people who have contributed to the cooking challenge over the years.

I can't do better than to quote from Tim Maslen's article that he wrote for the Maple Street Co-op, in Maleny, after the 2nd Bunya Dreaming in 2008 "The sacred Bunya is more than the iconic tree of our region - it's the centrepiece of a festival that enables a deeper understanding of Aboriginal culture, a focus around which information and energy can be shared and partnerships formed. Through the efforts of Beverly Hand and others like her, the flame of tradition and knowledge will be kept alive."



**A Great Day Out celebrating the Bunya – 26<sup>th</sup> January**



**Chef Peter Wolfe judging entries**



**45 entries to taste test! The Poor Judges!!**

**Bunya Nuts** Have you seen all the Jeff Heriot You tube clips online? He is an old fella from Buderim who is a bit of a bunya nut himself - he demonstrates many different ways to cook bunya nuts..bunya nut pancakes, bunya nut rotis, bunya nut pasta, bunya nut dip, bunya nut, apple and ginger chutney, bunya nut, apple and rhubarb crumble and even a Fibonacci in bunya nut cones video! Ref: Marilena Stanton

On Australia Day, Sunday January 26th, several QBA members joined several hundred others in celebrating the Murri Bunya Festival on the banks of Belli Creek near the junction with the Mary River. After surviving the final steep and potholed furlong or so on foot, it was comforting to find the creek flat furnished with tents, seats, (even a sofa or two) food stall and funny-dunnies.

The day-long programme included competitions, demonstrations, speeches, access to healthy food and water, absolutely no alcohol, opportunity for strolling, reunions and making new contacts, and last but not least, a display of contributed food items based on bunya, judged and awarded prizes. Whilst strolling and yarning, I was able to demonstrate the use of my ratchet conduit cutter as a safe and efficient means of halving bunya seeds, both raw and cooked.

This year I exhibited six food items, the recipes for which can be provided at some other time. The items – Bunya, Macadamia, Honey Cream; a Bunya Sandwich Cake filled with Bunya Cream and Davidsonia Jam; Bunya, Wattleseed Wholemeal Bread; Scone Loaf with Bunya, Wattledseed and Lemon Myrtle; a Bunya Salad with yaka-jirri (Warlpiri for Solanum centrale); and Bunya, Wattleseed Anzac Biscuits.

All of the many contributed items were remarkable, setting the judges (including Graeme White) a difficult and lengthy task in a crowded, sloping, open, windy situation. In view of the growing popularity of this competition and the unsuitable conditions, I have suggested to Sheryl that QBA could well offer to the Festival organisers for QBA to accept responsibility for convening a more spacious, tented and regulated event on future occasions.

Car-pooling being a mark of QBA outings, I am grateful to James Hansen for conveying me and my gear (!) to the festival.

A word about the site – it is on private land about 5 km from the junction of the Eumundi - Kenilworth road and Skyring Creek/ Newspaper Hill Road, all hills, gullies and creek flats, lucky to escape inundation by the now-defunct Traveston Crossing Dam.

**Mark your Calendar - International Horticultural Congress**  
**Consider Volunteering - 17<sup>th</sup> - 24<sup>th</sup> August 2014**

<http://www.ihc2014.org/>

**QAAFI. The Queensland Alliance for Agriculture and Food Innovation (QAAFI)** is a unique Australia research institute which was formed in 2010 as an alliance between The University of Queensland the Queensland Government. Today QAAFI is comprised of more than 100 research teams specialising in plant, animal and food sciences, working at twelve UQ and Queensland Government sites across the state. By focussing on high-impact science to maximise sustainable production across each of the three disciplines, QAAFI strives to improve the health and productivity of the tropical and sub-tropical food, fibre and agribusiness sectors.

Media: Ron Hohenhaus r.hohen@uq.edu.au (07) 3346 0553 Mob: 0417 425 510

<http://www.qaafi.uq.edu.au/>

They were traditionally prized by indigenous people, yet much of this historic value is now becoming lost. And if some of you reading this are thinking I am a zealot and perhaps exaggerating the facts then I present some compelling evidence as follows:

Dr Beth Gott, Adjunct Research Fellow, Monash University, Melbourne, is one of Australia's leading experts on indigenous food plants, with whom I have discussed the importance of succulent plants. Dr. Gott confirms that a plant's value as a food source is perhaps less important than a plant's value in providing moisture (water), often in dry and otherwise hostile environments. What was also agreed was that use of succulent plants as a food and water source are now unappreciated and very much underutilised. Dr Gott adds: "Another use of succulents (mostly Carpobrotus species) by Aborigines was the sap as an eyewash and to soothe blisters and burns". It is high time that we at least fully acknowledged how important these aspects of Aboriginal culture were.

Portulaca in central Australia has been used in traditional Aboriginal ceremonies for body decorations. Several Portulaca species produce white hair-like tufts (10 mm long) as part of the plants' inflorescences. These were easily plucked, then dipped in blood which was then used to paste the white hair-like tufts on to the body. Ceremonial faces and heads, almost covered with these white fluffy dots are comprised of Portulaca tufts. Ref: Useful Wild Plants in Australia, A.B. & J.W. Cribb, 1981, Collins

Tim Low, a leading Australian biologist writes, [Pigface] "The juicy pulp, sucked from the base of the fruit, tastes delightfully like salty strawberries or soft figs and Pigfaces can be rated among the best of native fruit. Pigface was important to Aborigines, as early observers attest ... Pigface was also a favourite ... Europeans often feasted on the fruits ... [Pigweed] The juicy leaves and stems were widely cooked as a vegetable, and sometimes still are ... was so important as a food of Aborigines and settlers that it earns a place in ... " Ref: Bush Tucker by Tim Low, Angus and Robertson 1989

Ludwig Leichhardt One of Australia's most famous inland explorers in the 1840's wrote "Unlike most expeditions at the time none of Leichhardt's crew suffered scurvy, partly because he supplemented their diet with native greens — such as pigweed ..." Ref: Australian Geographic, the Journal of the Australian Geographic Society April – June 2010 No. 98.

**Many Thanks to James Hansen for this contribution.**

### **Guidance on establishing food-health relationships for general level health claims**

(as described in Schedule 6 of Standard 1.2.7 – Nutrition, Health and Related Claims)

by Food Standards Australia New Zealand

[http://www.foodstandards.gov.au/publications/Pages/Guidance-on-establishing-food-health-relationships-for-general-level-health-claims.aspx?utm\\_source=Food+Standards+News+November+2013&utm\\_campaign=ddb5a3025f-Food+Standards+News+Issue+107+November&utm\\_medium=email&utm\\_term=0\\_82dba7ead0-ddb5a3025f-309350833](http://www.foodstandards.gov.au/publications/Pages/Guidance-on-establishing-food-health-relationships-for-general-level-health-claims.aspx?utm_source=Food+Standards+News+November+2013&utm_campaign=ddb5a3025f-Food+Standards+News+Issue+107+November&utm_medium=email&utm_term=0_82dba7ead0-ddb5a3025f-309350833)

### **Plants and People in Mooro Country - Nyungar Plant Use in Yellagonga Regional Park**

<http://www.joondalup.wa.gov.au/Files/Plants%20and%20People%20in%20Mooro%20Country.pdf>

<http://www.kalaricrush.com.au/>



## Calendar Events - Mark your Diary

**Thursday 27<sup>th</sup> February 5–7pm Noosa Landcare Bush Tucker & Native Plants Workshop** being held at Pomona - See page 15 for more details.

**Wednesday 26<sup>th</sup> March** The launch of David Hockings new book "Pests, Diseases and Beneficials - Friends and Foes of Australian Gardens". At Mt Coot-tha Botanic Gardens Auditorium 3.30pm to 6 pm with the actual launch by Annette McFarlane 4.30pm. Afternoon Tea 3.30pm – wine and cheese. Published by CSIRO. [www.publish.csiro.au/pid/7134.htm](http://www.publish.csiro.au/pid/7134.htm)  
**RSVP by 18<sup>th</sup> March to David & Olive 07 5494 3385 email: [dohhod@bigpond.net.au](mailto:dohhod@bigpond.net.au) or Cecily & John 07 3351 6825 email: [cdan3287@bigpond.net.au](mailto:cdan3287@bigpond.net.au)** Discount cash sales of autographed books. A similar function is planned for Maleny in April.

**Sunday 30<sup>th</sup> March 11am Bunya Workshop + Bushfood get-together – see front page.**

**Saturday 5<sup>th</sup> April**

**Society for Growing Australian Plants – Autumn Plant Sale at Grovely TAFE.**

**Sunday 13<sup>th</sup> April Redlands Good Gardening Expo** [www.indigiscapes.com.au/](http://www.indigiscapes.com.au/)

**Saturday 19<sup>th</sup> April**

**Kenilworth Cheese Wine and Food Festival** <http://www.kenilworthfoodfest.org.au>

Look out for bushfood member Peter Wolfe, a Chef, who will be cooking with native food and selling snack food and condiments. You'll also find him at the Eumundi Market on a Wednesday and Noosa Farmers Market on Sunday.

**22<sup>nd</sup> – 27<sup>th</sup> April Qld Fungi Festival organised by Fungimap Inc, the Australasian Mycological Society and the Queensland Mycological Society.** <http://qldfungi.org.au/>  
<http://www.fungimap.org.au/index.php/past-events/queensland-fungi-festival-2014>  
<http://www.australasianmycology.com/>

**Thursday 28<sup>th</sup> August**

To launch his latest book, Quandong, Jewel of the Australian Desert, we will be holding a luncheon for Neville Bonney at members Peter & Ann van Velzen's place, 162 Murray Grey Drive, Tamborine. Bring something to share for lunch. Email: [ironbark\\_grange@bigpond.com](mailto:ironbark_grange@bigpond.com)  
Ph: 55436985 11.30am Can you email and let me know if you are attending the luncheon so I can organise. Thanks. [sheryl.backhouse@bigpond.com](mailto:sheryl.backhouse@bigpond.com) Car pooling available. We will then go straight from lunch to Avid Bookshop.

I have organised for Neville Bonney to be a guest speaker at Avid Bookshop, 6pm on the 28<sup>th</sup> August, 193 Boundary St West End. <http://avidreader.com.au/> There will be a charge of \$7.50 pp which includes a glass of wine and nibbles. This needs to be booked on line via the Avid website but it won't show til nearer the date. Free street parking after 6pm.

## Gold found growing in Eucalyptus trees in world-first CSIRO research update by James Hansen on Copper Weed as an indicator for finding Copper

Mr. Ian Goddard, BE (Min) Hons, MSc (Dist.), B. Econ, HonFAusIMM (CP), FAICD, PNGID was talking about this with others on Thursday, 25<sup>th</sup> November last. He wrote to me later in response to a query from me after the meeting: "In the Mt. Isa region in the 70s, the geologists used to look for copper weed, which was an indicator for copper below." (I put in his qualifications, so you would realise that I was not pulling your leg. So now you know, members can become amateur geologists exploring for copper!)

## Processing Macadamia Oil

Suncoast Gold at Gympie sold its retail licence to Paton's Australia and with it the oil. They do not process the oil anymore in Gympie. In the past, it has been processed by Proteco at 67 William St, Kingaroy. Contact Josh Gadischke Ph: 4162 5660 email: [josh@proteco.com.au](mailto:josh@proteco.com.au) I had an interesting phone conversation with Vince Collins from Nambucca MacNuts in NSW. I was asking about the various macadamia processors who process oil here in Australia and there are only two: Proteco in Kingaroy and Macadamia Oils in Alstonville. I was also asking the reality of the term Extra Virgin being given to Macadamia Oil which you see on labeling. As there is only the one pressing involved, the term should not be used as there is always only the one pressing and it is cold pressed. Small broken bits and pieces of nut are used in making the oil but they also need bits and pieces of the hard shell as the process won't work using just the nuts so each batch could vary in colour depending on how much shell goes into the pressing.

## Baobab

by James Hansen

When I had family living in Kununurra, I received gift bottles of Boab jam and Boab and Papaw Chutney which were quite good with a different taste experience. There are eight species worldwide. The only one native to Australia is *Adamsonia gregorii* which is found in the Kimberley area, northwest Western Australia and part of the Northern Territory. They are mostly abundant in sandy soils near and alongside water courses and the ocean but are also found on sandy or stony plains and in rocky areas, especially where underground seepage occurs. One large one was transported on a semitrailer from Kununurra to Perth and successfully transplanted in Kings Park. Numerous and well-maintained, they are along the centre of the main street in Derby, W.A., similar to the street planning in Canberra with its traffic divided by rows of trees. Lawn sprinklers providing extra water boosted their rate of growth somewhat unexpectedly and dramatically!

They were in the family *Sterculiaceae* but were transferred to the botanical family *Malvaceae* which is the same family as Hibiscus plants, well-known for edible jam from flowers minus calyx etc. The baobab fruit can be oval, round, sometimes long and pointed, 150–200mm in length. The large, creamy-white flowers (100–125mm diameter) are solitary at the ends of small branches, open after sundown and begin to wither by the next morning. They have a delicate, sweet fragrance. Pollination is mostly by Hawk Moths. This is a traditional aboriginal food plant.

Fresh leaves of *Adamsonia gregorii* have a delicate, peppery taste. The crisp roots, the taste of which has been compared to that of radish or water chestnuts, can be cooked. The inside of the fruit is white, soft and chalky in texture, perhaps akin to meringue.

A suitable reference book is *Australian Bottle Trees and Boabs* by Attila Kapitany 40pp. 2011 Also visit the website: [www.australiansucculents.com](http://www.australiansucculents.com)

## A Bushfood Blog by Sammy Ringer

At the bushfoods conference held at Griffith Uni (thank you Narendra and QBA!) the issue of information came up more than once. Someone asked - is there a 'bushfoods blog?' and we realised there wasn't. Now - the thing about blogs is *fresh content* - and that means having at least half a dozen people contributing. If you'd like to be part of a new Bushfoods Blog, contact me and let's get it going. <http://ausbushfoods.com/>



**Here I am at Cania Gorge Caravan Park**

I retired from the paid workforce in 1984 after 13 years of secretarial then 10 years flying in the airlines so in retirement you get to do all those wonderful things you've always been interested in and having an interest in growing my own food, I joined the Rare Fruit Council and within a short period, you find you're on committee and next thing I know I'm organising it! We changed its name to the Sub-Tropical Fruit Club of Qld as what is rare today is not rare tomorrow. [www.stfc.org.au](http://www.stfc.org.au) Attended a couple of meetings of the Qld Bushfood Association and next thing I know I'm on committee and then organising it too!! Am also Secretary of the Qld Camellia Society and Treasurer of the Skeptics! I like listening to interesting guest speakers on whatever is their favoured subject. Also assisted in organising the Alternative Technology Association but that group is now in hiatus in Brisbane but can highly recommend their magazine Renew. <http://renew.org.au/> As you can see, life is busy. I get to meet some really wonderful people through my many interests and have travelled extensively overseas. Have just bought an 8 seat VW Caravelle to use for car-pooling. I tested out all of the people movers and the Caravelle was the only comfortable one suitable for the average Australian adult. Married to Bob – a good bloke and a wonderful hard working treasure! Best thing I can say to him is ... I've found us another book sale! As collectors of non-fiction, I even have a list of book fairs in NZ! Worse thing I can say to him is ..... I've joined another club!! Life's good – hope yours is too...

**Quandong *Santalum acuminatum* by Sheryl**

Be careful where you plant this tree as its roots will affect anything growing nearby. When I was visiting Adelaide and staying with John & Doxie Prinz, one of fruit club members down there, John showed me where it had affected a nearby almond and a prune tree and it looked as though it had killed them!

**Visiting South Australia?**

Fancy a feral mixed grill? Try the Prairie Hotel. It's one of the most popular dishes on the menu at this pub, isolated between the scenic Flinders Ranges and Lake Torrens in the tiny outpost of Parachilna. It boasts a selection of Australian native foods; visitors can sample emu, kangaroo or wallaby with fruits, herbs and vegetables. The hotel was licensed in 1876.

## Notes from Sheryl's recent 10 day visit to South Australia

I decided to attend the yearly mini conference of the South Australian Rare Fruit Society which is held each January. 10 tables, 10 different guest speakers, half hour sessions, 3 sessions. I took down 4 tape recorders and another fellow down there also took along a couple of tape recorders so we should have a bit of material to put in the newsletter this year! I also wanted to check out the books in their library, the barcode system they use for borrowing books and the same system is also used to sign in. South Australia also has a very active commercial bushfood industry so I bought back powdered Saltbush which smells just like green tea ice cream! YUM! Look forward to testing it out to see if it tastes the same!

Harry, the President of the South Australian Rare Fruit Society is a retired Vet so who better to take me around! He's exceptionally knowledgeable and has a couple of gardening shows on radio so I was invited along and managed to answer a question or two. I was curious as to how a broadcast works but forgot to ask where the cough button was so had to scramble under the table at one stage!

I also discovered that Neville Bonney was visiting Qld in August so have organised for him to be a guest speaker at Avid Bookshop, 193 Boundary St West End on Thursday 28<sup>th</sup> August. <http://avidreader.com.au/> There will be a charge of \$7.50 pp and wine and cheese will be served. Bookings will be via Avid's website but it's not up there as yet. Will also try to have him on Annette McFarlane's radio program on the previous Saturday morning. Neville has written 32 books and his latest book is *Jewel of the Australian Desert (Quandong)*. He tells me that the 3 books which could be of interest to you:

- Adnyamathanha and Beyond, a book on the Adnyamathanha Nation in the Flinders Ranges of South Australia, on the plants they utilised for Food, Craft, Ceremony, Hunting, Medicine etc. Full colour Wholesales for \$21.00 Retails for \$35.00
- Knowing, Growing, Eating Edible wild food plants for Southern Australia, Wholesale \$25.00 Retails for \$35- 37.00.
- Jewel of the Australian Desert, the story of the tree with the round red Fruit. The Quandong Book Wholesales for \$30.80 and retails for \$45.00
- You can view some of his books on line at [www.andrewisles.com](http://www.andrewisles.com). or [www.yourbooksonline.com.au](http://www.yourbooksonline.com.au)

**Email from Neville Bonney:** Your bushfood newsletter looks most interesting (Autumn 2013). One item I was curious about was your mention of the *Apium prostratum* which we call Sea Parsley. Leaves only used as you would the normal parsley which I grow. The Sea Celery is another local plant *Apium annuum*. *Apium prostratum* is mainly prostrate with thinner stems that spread along the ground. Yes, botanically they are named Celery, but *Apium Prostratum* definitely looks and tastes like the old world parsley! This plant has longer erect celery like stems which I also grow. (I think they grow taller in cultivation).

One of the Bushfood places I visited in South Australia was Footside Farm which grows Wattle Seed (*Acacia victoriae*), Quandong (*Santalum acuminatum*), Saltbush (*Atriplex nummularia*), Bush Tomato (*Solanum centrale*).

Contact: Peter and Linda Hoffmann, PO Box 27, Eudunda SA 5374 Telephone: 08 8581 1373  
Email: [info@footesidefarm.com](mailto:info@footesidefarm.com) Web: [www.footesidefarm.com](http://www.footesidefarm.com)

If you are visiting South Australia, check out the website of The South Australian Native Foods group. <http://www.sanativefoods.org.au>

## Australian Native Food Industry Ltd AGM

by Jude Mayall - Outback Chef [www.outbackchef.com.au](http://www.outbackchef.com.au)

ANFIL (The Australian Native Food Industry Limited) had its annual general meeting in Adelaide in November last year. From my point of view it's always great to meet up with my colleagues. We speak regularly on the phone but as we're all over Australia, meeting face to face is great and we catch up on all the gossip!

Arriving in Adelaide on Sunday we were bussed out to the Adelaide Hills for a visit to Jurlique, a sponsor of our Indigenous Advisory Committee and who are now working with Aboriginal communities to incorporate native plants into their ranges of cosmetics. I might also add that the bus was driven by ANFIL director Rus Glover, who negotiated the many twists and turns as if he was a local, we were able to sit quietly (or back seat drive!!) and enjoy the views. That evening a sumptuous native food feast at the Living Kauna Cultural Centre, awaited us thanks to Andrew Fielke with the help of 3 indigenous apprentice chefs. (see attach) Next day, after our Annual General Meeting, and with business over, Alison Saunders, RIRDC, gave us the latest R & D overview.

Then Yasmina Sultanbawa, University of Qld gave a talk re the outcomes of the "shelf-life" project which has been happening for some time. In short, the Kakadu Plum has an amazing ability to extend the shelf-life of food. Tests have been done on kangaroo and also prawns with huge success, this year all Qld prawns will have a specially developed natural Kakadu Plum wash on them to extend their life, maintain their fresh flavour, colour, smell and texture. This research, which we were aware of at last years conference is a gigantic leap forward. The consequences of this and hopefully in the future are far-reaching, instead of chemicals such as sulphur being used as a preservative, Australia's native plants can provide a natural alternative.

Dr Calolyn Schultz from the University of Adelaide spoke about muntries and their production, Chris Read on the Nutritional Database that is being developed and which ANFIL has been funding, this will enable those using native foods a bench mark to create accurate nutritional panels for their products.

Rus Glover spoke about the priorities and strategies and the need for more industry support. This is ongoing as the directors of ANFIL are all voluntary and have put in huge time, effort and money into this industry, it comes from passion rather than profit.



Rus Glover, Martha Shepherd, David Haviland and Chris Read

Paul Keily, CEO National Aboriginal Solutions and Dr Slade Lee, Nintil gave us an overview of what's happening with the development, growing and harvesting of native food in the indigenous communities. ANFIL recognizes the cultural importance of native food and to this end we now have an Indigenous Advisory Committee to liaise with such organizations like Paul and Slade's so that we can all share knowledge and information to benefit us all.

### Conference Dinner

**By the Campfire** Coastal Wattle Seed Damper in the coals; Whole Fish baked in Paperbark with Lemon; Myrtle and Desert Lime Beurre Blanc

**Main Course (inside)** Kangaroo Fillet Mignon with Spiced Quandong Glaze, Bush Tomato Butter Chicken Curry, Potato, Warrigal & Muntries Masala.

**Dessert** Mini Quandong Crumble Pies, Lemon Myrtle Cheese Cake; Rainforest Lilli Pilli Compote and Wild Gelato

## Bushfood Festival – 1<sup>st</sup> March 2014 - Bushfood Association of Western Australia

Albany will definitely be the centre of interest in food thanks to the first Western Australian Bushfood Festival which will be held at Eyre Park next 1st of March. This year, this festival has joined the Oyster Festival and will certainly be the finest place to be in Albany this Saturday afternoon and evening. With the presence of Chef and TV personality Poh Ling Yeow, this Bushfood Festival is set to attract a crowd of foodies fascinated by new and unique Australian flavours. “Bushfoods have so many compelling advantages; they are Australian, healthy, offer great delicate flavours and vibrant aromas, they are the most sustainable foods that can be grown in Australia... Really, they deserve a great celebration” Chef Claudia Form said

This new food festival is born in Albany under the impulse of the Bushfood Association of Western Australia Inc. (founded in Albany). The visitors will be amazed by the wide range of high quality food offered by Claudia Form (The Bushfood Factory and Café), Paul and Bree Iskov (Fervor) and Carrie and Michael Snow (Carrie Lea’s Yabbies and Gourmet Food).

A variety of more than 10 succulent dishes combining bushfoods are cooked up. Finger Lime, Lemon Myrtle, Crocodile are some of the more than 15 bushfoods being served. Local native food plants like Youlk and Kulyu are also on the menu.

Together with the Oyster Festival organised by Albany’s Dan Sharp, proposing freshly shucked rock oysters and a cooking show with Chef Poh Ling Yeow and Don Hancey, this major event will certainly put Albany on the map.

Where: Albany, Eyre Park - 1st March 2014, from 2pm to 8pm

Price: \$20 + booking fee, \$30 at the gate – includes access to Oyster Festival

Booking: <http://tickets.oztix.com.au/?Event=41269>

Bushfood Association of Western Australia Inc., 233 Piggot Martin Rd, Youngs Siding WA 6330  
email [bawa@bushfood.asn.au](mailto:bawa@bushfood.asn.au) Ph. (08) 9845 2359

For further information please contact Claudia Form, Bushfood Factory and Café (08) 9845 2359

<http://www.bushfood.asn.au/index.htm>

**Sheryl:** Thanks to member Jude Mayall for letting us know about this festival.



### Wabu Jananyu – Cultural Plant Use

We would like to let you all know that Giringun has just put out a new publication called Wabu Jananyu – Cultural Plant Use by the nine Aboriginal tribal groups represented by Giringun Aboriginal Corporation. This book features over 30 plants used by the Giringun Tribal groups. It is available for sale for \$35 and all money will go towards the Giringun Native Plant Nursery and the production of a second edition of the book.

Copies are available by contacting me at Giringun.

Warm regards

**Nina Dawson** - Biodiversity Project Officer

Giringun Aboriginal Corporation, PO Box 303,  
CARDWELL QLD 4849

Ph 07 4066 8300 (M) 0419 790 247

**Sheryl:** Lovely to hear from Nina in North Qld. I met Nina at the Bushfood Conference here in Brisbane in 2013 at Griffith University. All the very best on your new publication.

## Noosa Landcare Bush Tucker & Native Plants Workshop – 27<sup>th</sup> February 2014

To celebrate the United Nations Food & Agriculture Organisation's Year of Family Farming, Noosa & District Landcare are kick starting their 2014 workshop series with a workshop called Bushtucker and Native Plants for use on Family Farms. Join us on Thursday 27th February 2014 from 5 to 7 pm for a walk around the Futures Centre Garden in Pomona with well-known native plant experts, Marc Russell from the Sunshine Coast Council, and Phillip Moran from Noosa & District Landcare. Learn about some really common native plants that have nutritional value or that you could use on small family farms as groundcovers, screens, butterfly and bird attractants, timber or medicinal remedies. Some of the food plants that will be discussed are Bunya Pine, Midyim Berry, Native Raspberry, Native Violet, Native Ginger, Native Lime & Native Tamarind. This workshop is for anyone who likes to garden and cook in harmony with our unique Australian bush. Refreshments from Creative Native Food Service will be provided including hommus with saltbush dukkah, Davidson Plum & Cinnamon Jelly and Caramelised Aniseed Myrtle Figs. Free for Noosa & District Landcare members.

\$10 for non-members. Includes light refreshments from Creative Native Food Service Solution.

For Registration and payment enquiries, phone 5485 2468 or email: [info@noosalandcare.org](mailto:info@noosalandcare.org)

For more information see attached flyer.

### **For Sale - These products are offered at cost price to members**

Macadamia Oil 500ml \$6.00 or bring your own bottle \$8.00 per litre.

Battery Operated Sprayers \$6.00

Grafting Tape \$5.00

Native Bee Book \$25.00

Set of 4 Bushfood Magazines from Sammy Ringer \$5.00 +postage

Contact Sheryl: [sheryl.backhouse@bigpond.com](mailto:sheryl.backhouse@bigpond.com) Ph: 3289 4198

## Propagating *Backhousia citriodora*

### **Adventitious Root Formation in Cuttings of *Backhousia citriodora***

**By F. Muell: 1 Plant genotype, juvenility and characteristics of cuttings**

**Abstract/Summary** *Backhousia citriodora* is a commercially valuable Australian woody species that has a reputation for being recalcitrant in forming adventitious roots from cuttings. A study was carried out to determine whether maturation and plant genotype influenced rooting. It also tried to establish whether genotypic differences in rooting ability were related to characteristics of the cutting material. The rooting of cuttings in *B. citriodora* declines after maturation and is strongly influenced by genotype. The cutting characteristics of actively growing axillary buds, wide stems and mature leaves are associated with rooting and survival but not related to genotype. Furthermore, the 8 to 24 weeks required by *B. citriodora* to form roots from cuttings makes it difficult to distinguish between the characteristics that increase rooting and those characteristics that enhance survival. A subsequent disbudding experiment demonstrated that axillary buds per se have an inhibitory effect on rooting. This suggests that the presence of actively growing axillary buds are an indication of overall growth and condition of the stock plant unrelated to the formation of adventitious rooting. The effects of other cutting characteristics on rooting are also discussed.

**For the full paper:**

[https://espace.library.uq.edu.au/eserv.php?pid=UQ:9971&dsID=mej\\_stock\\_plant\\_.pdf](https://espace.library.uq.edu.au/eserv.php?pid=UQ:9971&dsID=mej_stock_plant_.pdf)

The best method of propagation is from tip cuttings taken in March. Roots will develop much more effectively if the bases of the cuttings are dipped in a rooting hormone. The soil for planting should be rich, moist, well mulched and well composted.

Ref: <http://www.anbg.gov.au/gnp/gnp14/backhousia-citriodora.html>



**This is a seedling grown *Backhousia citriodora*  
Notice how it multi suckers at the base and grows down?  
It also does not have a very nice upright shape**

I have this mission in life ...when I first started growing edible food back in the early 80's, I was not very knowledgeable on plants but 40 years on I've learnt a bit and I am trying to get the nursery industry to label their plant lists as to whether the plant is cutting grown, seedling grown marcotted or grafted, though most of the time they do say when it is a grafted plant. What I am seeing in the industry are labels that have named varieties of plants but it is only a seedling which means that except for the very odd plant, it will not grow true to type from the parent. Before we moved here, we had the most beautiful specimen of this tree so naturally we put in another and as you can see, it's a really ugly, horrible tree! I was down visiting the Jacobs Well Environmental Centre and saw a tree exactly the same as ours above and remarked to the Leader, Glenn Leiper, that mine grew exactly the same and he confirmed that it was because it was a seedling! Each year we say it is going to get ripped out but trying to find a cutting grown one from a good specimen is the issue!



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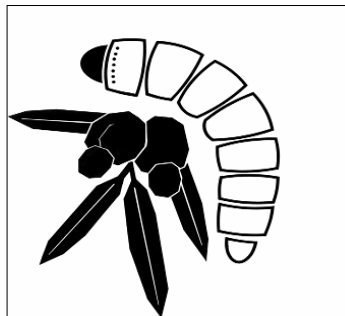
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Dipl. Permaculture

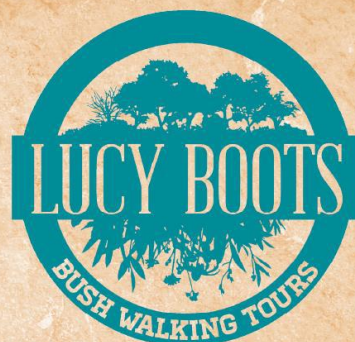
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