INFORMATION ABOUT BUSH TUCKER



Bush tucker (or bush food) is any food that is native to Australia and that is used by Aboriginal and Torres Strait Islander people for sustenance. The term bush tucker refers to both edible plants and animals. Edible flora refers to any plants that are suitable for human consumption, including those taken for medicinal purposes.

Across most parts of Australia you will find edible native flora. Some of the more well known species of edible native flora include:

- Fruits, such as quandong, kutjera, muntries, riberry, finger lime and Davidson's plum.
- Native spices, such as mountain pepper, lemon myrtle, and aniseed myrtle.
- Nuts, such as bunya nuts and macadamia nuts.
- Leafy vegetable, such as warrigal greens.
- Fungi, such as beefsteak fungus and native "bread".

The use of bush tucker is slowly expanding beyond the bush, with more and more commercially available food products and restaurants incorporating both native flora and fauna in their menus.

WARNING: MANY PLANTS HAVE BERRIES AND LEAVES THAT ARE POISONOUS. DON'T EAT ANYTHING UNTIL YOU HAVE FORMALLY IDENTIFIED IT.



Macadamia nuts are an Australian bush food enjoyed around the world.



Some wattleseeds can be used as food.

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