

Golden Wattle - *Acacia pycnantha*

Discription

Where golden wattle has become naturalised beyond its native range in Australia, it is most frequently found growing along roadsides and in nearby woodlands. In Tasmania it grows in sandy coastal sites and in drier areas in the north-east of the state.



Uses

Traditional - Women would collect seed pods from the trees when ripe, separate seed, parch by a fire, pound and ground into a flour. Mix water with flour to make a dough. Place in fire coals/ash to get a Damper. Green pods fully formed were also lightly roasted and seed eaten.

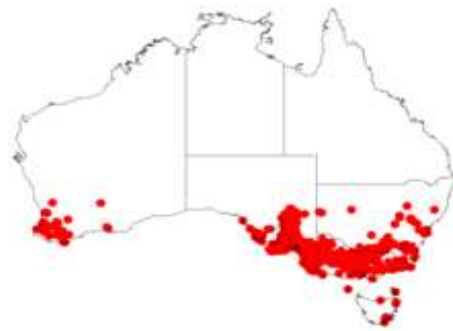
Common - By roasting the raw wattle seed until it pops, similar to pop corn. This new unique flavor has many uses, coffee-like beverages (caffeine free), essences, beer, baking, confectionery, dairy, sweets, confectionry and marinades.

Grow your own

If you would like to grow your own at home they are available from a range of stockist listed below

<https://www.stateflora.sa.gov.au/home>

<http://www.provenance.net.au/index.html>



Fun Fact

Ruby Salt Bush *Enchylaena tomentosa*

Description

Ruby Saltbush is a low shrub growing under a meter tall. Most varieties act as ground covers and can mat out and cover an area 1m wide. It has small, fleshy, cylindrical leaves which represent a succulent. The leaves are mid-green to grey and covered in fine hairs. Flowering on and off throughout the year, with the flowers being very small and quite insignificant. However, these small flowers develop into succulent, berry like edible fruits.



Uses

Traditional - Ruby Saltbush is a quaint succulent bearing small berries with a crisp, salty-sweet flavour. Berries may be eaten raw or soaked in water to make a sweet tea. The leaves are also edible, but as they're rich in oxalates, they should be cooked before eating, or consumed sparingly.

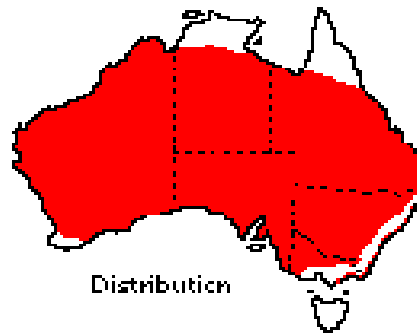
Common - Leaves may be treated like a leafy vegetable, Early colonists boiled the leaves and ate them as a substitute vegetable

Grow your own

If you would like to grow your own at home they are available from a range of stockist listed below

<https://www.stateflora.sa.gov.au/home>

<http://www.provenance.net.au/index.html>



Fun Fact

Enchylaena —from the Greek, *egchlos* , fleshy or succulent and *chlaena* , cloak or lined cloak, referring to the ripe fruiting periant

tomentosa — botanical Latin, meaning covered with dense short curled or curved hairs

Muntries *Kunzea pomifera*

Description

Kunzea pomifera is also known as emu apples, native cranberries, muntaberry or muntries. The edible berries produce four times more antioxidants than blueberries are about 1 cm in diameter, green with a tinge of red at maturity and have a flavour of a spicy apple. Handsome low growing shrub from western Victoria and South Australia. Responds well to pruning and grows well in containers. Prefers a light to medium well-drained soil in an open sunny position, is drought and frost tolerant.



Uses

Traditional - Traditionally, muntries were highly valued by Aboriginal people. Surplus fruit was pounded into a pulp, shaped into flat cakes and dried in the sun. It was also baked into cakes for consumption up to several months later. It played a major part in the diet of the Ngarrindjeri people and dried fruit was traded with other tribes. Muntries are also known as munterberries.

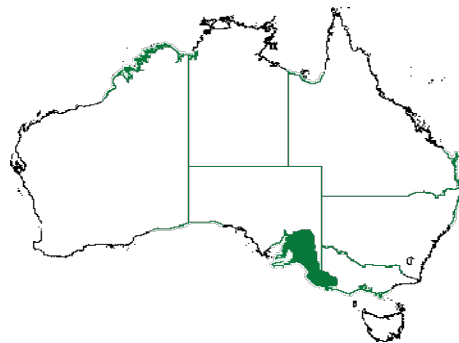
Common - Commercially, muntries are traded fresh, frozen or dried. Fresh fruit can be used in salads or deserts. Muntries can be frozen to capture freshness for later cooking; however they will be very soft when thawed. Processed berries are used in a variety of products such as pies, juices, chutneys, jams, sauces, fruit straps, ice cream and wine. Substitute for sultanas in some recipes

Grow your own

If you would like to grow your own at home they are available from a range of stockist listed below

<https://www.stateflora.sa.gov.au/home>

<http://www.provenance.net.au/index.html>



Fun Fact

Kunzea — in honour of Dr. Gustav Kunze (1793-1851), a professor of medicine and botany in Leipzig, who worked on Preiss' collection of Australian plants from 1844 to 1848.

Pomifera — Pomifera from the Latin 'pomum' meaning apple and 'ferre' meaning to bear; alluding to the species bearing small apple-like fruits.

Fragrant Saltbush - *Rhagodia parabolica*

Discription

Mealy or Fragrant Saltbush (*Rhagodia parabolica* also *Chenopodium parabolicum*) is a very common plant around the Adelaide plains and Gawler area, It's soft looking, grey leaves and branching panicles of flowers are the give away in identifying this plant.



Uses

Traditional - Saltbush is an excellent source of protein, calcium, selenium, and nitrogen. and contains beneficial calcium and trace minerals. It also contains 20% less sodium than table salt and is a rich source of antioxidants Its seeds were used as a food source by the Aboriginal people, leaves are salty in flavour and rich in protein, antioxidants and minerals. The flower sprays taste a little like popcorn.

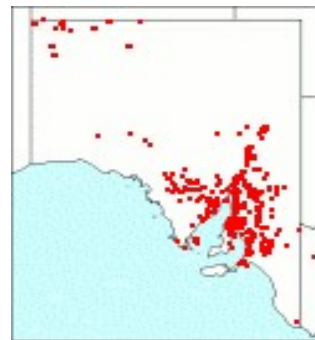
Common - Leaves may be treated like a leafy vegetable, enjoyed blanched, sautéed, wrapped around meat or fish, used in salads, or for stuffing poultry. Alternatively, they may be dried and used as an herb.

Grow your own

If you would like to grow your own at home they are available from a range of stockist listed below

<https://www.stateflora.sa.gov.au/home>

<http://www.provenance.net.au/index.html>



Fun Fact

Niplina is the Kaurna name for this plant