

Aboriginal Bushfood and Wildflower Trails

Native Foods
and Bushfood Recipes,
plus over 50 Aboriginal
Tours and Experiences
with much more
inside!



WAITOC.COM

Ancient Tracks - New Journeys



WAITOC.COM
Ancient Tracks - New Journeys



Aboriginal Bushfood and Wildflower Trails takes you beyond the beauty. Forage for native foods and explore the medicinal, nutritional and cultural significance of WA's plants and wildflowers.

WA's wildflowers rank among the most spectacular flower displays in the world. Between July and October, many parts of the state become blankets of colour with everything from tiny crimson myrtles, dainty smokebush, fiery mountain bells and over 150 varieties of orchids coming into bloom.

For the Aboriginal people, these flowers are also a traditional source of food and medicine – part of Western Australia's great big bush supermarket, full of highly nutritious foods that can be found throughout the land, the seas and the waterways. On an Aboriginal bushfood tour, you will be treated to an interactive and delicious cultural encounter as your Aboriginal guides share ancient cultural knowledge of what the land has to offer.



Aboriginal Bushfood and Wildflower Trails and Experiences



1. Baiyungu Dreaming	KIM
2. Balgal Cultural Tours	KIM
3. Banana Well Getaway	CC
4. Birchy's Fishing Tours	KIM
5. Boola Bidi Dreaming	SW
6. Borroron Coast to Creek Tours	KIM
7. Brian Lee Tagalong	KIM
8. Bunda Bunda NJ Tagalong Tours	KIM
9. Bundy's Cultural Tours	KIM
10. Bungle Bungle Guided Tours	KIM
11. Dabungool Cultural Experiences	SW
12. Dale Tilbrook Experiences	PER
13. Djurandi Dreaming	PER
14. Dudja Dreaming	WB
15. Gairlorloo Tours at Mimbi Caves	KIM
16. Go Cultural Aboriginal Tours	PER
17. Goldfields Honey Ant Tours	GF
18. Goolamwiin Aboriginal Cultural Tours	PER
19. Home Valley on Balanggarra Country	KIM
20. In Culture Tours	PER
21. Injiid Marlabu Cultural Experiences	KIM
22. Jarndu Ngaank Tours	KIM
23. Just Over the Hills	KIM
24. Kaarl Wirn Cultural Tours	SW
25. Katter Kich Art Gallery & Tours	WB
26. Kimberley Cultural Adventures	KIM
27. Kimberley Dreaming	KIM
28. Kingfisher Tours	KIM
29. Kodja Place	SW
30. Koomal Dreaming	SW
31. Kurlajiwangga Aboriginal Tours	CC
32. Kurrah Mia Culturally Noongar	SW
33. Lily Lagoon Resort	KIM
34. Mabu Buru Broome Tours	KIM
35. Narlijia Experiences Broome	KIM
36. Ngalang Wongi Aboriginal Tours	PER
37. Njaki Njaki Aboriginal Tours	WB
38. Nyungar Tours	PER
39. Pete's Cultural Adventures	KIM
40. Southern Cross Cultural Tour at Lullumb	KIM
41. Trevor's Traditional Tours	KIM
42. Uptuyu Aboriginal Adventures	KIM
43. Walaja Honey & Cultural Immersion	KIM
44. Wooramulla Eco Cultural Journeys	CC
45. Wuddi Aboriginal Cultural Tours	WB
46. Wula Gura Nyinda Eco Cultural Adventures	CC

Wildflower and Bushfood season by Region

The best time to experience WA in full bloom varies depending on the region. While bushfoods are available year round in many regions, tours are often conducted at times when bushfood is more abundant.

- 🌸 Best time to see wildflowers
- 🌿 Best time to experience bushfoods

MAP LEGEND

KIM = Kimberley
 PIL = Pilbara
 CC = Coral Coast
 GF = Goldfields
 WB = Wheatbelt
 SW = South West
 PER = Perth/Fremantle/Peel

	KIMBERLEY REGION	MIDWEST/ PILBARA	SOUTH WEST REGION
JAN			🌿
FEB			🌿
MAR			🌿
APR		🌿	🌿
MAY	🌿	🌿	🌿
JUN	🌿 🌸	🌿	🌿
JUL	🌿 🌸	🌿 🌸	🌿
AUG	🌿 🌸	🌿	🌿 🌸
SEP	🌿	🌿 🌸	🌿 🌸
OCT		🌿 🌸	🌿 🌸
NOV		🌿	🌿 🌸
DEC			🌿 🌸

Native Foods, Bush Remedies, Bushfood Catering and Online Shops

47. All Good Grub Bushtukka Catering	PER
48. Bibbi Murra Bush Remedies	CC
49. Bindam Mie	KIM
50. Blak Tapas	KIM
51. Gather Foods	PER
52. Kook Koo's Own Bush Remedies	KIM
53. Kimberley Wild Gubinge	KIM
54. Maalinup Aboriginal Experiences	PER
55. Mayi Harvests	KIM
56. Pilbara Bush Remedy	PIL



1. Baiyungu Dreaming

Highlights

- Snorkel & swim at secluded locations
- Sunset tour at Cardabia Station



Exmouth & Coral Bay

Join your Baiyungu guide for an exploration of hidden locations along the Ningaloo coast; visit pristine beaches, untouched reefs, even a turtle nursery. You'll learn about the stories associated with these culturally significant sites on a tagalong tour through this culturally rich World Heritage-Listed location.

Call: 0437 871 189
 E: hazel@baiyungudreaming.com.au
 www.baiyungudreaming.com.au



2. Balgal Cultural Tours Wuggubun Community Campground

Kununurra

Immerse yourself in the spectacular East Kimberley Country while you try your hand at catching that elusive barra using traditional fishing techniques. Learn how to throw a cast net and spin a handline to land it just where you want it, and along the way, learn about culture, language, bushfoods, medicine plants and the diversity of the native wildlife.

Call: 0477 905 319
 E: bookings@balgaltours.com.au
 www.balgaltours.com.au

Highlights

- Learn traditional fishing techniques
- Try seasonal bushfoods
- Catch & cook by the river



3. Banana Well Getaway

Highlights

- Explore bushfood, birdlife & medicine plants along the self-guided Nature Trail



Dampier Peninsula, Kimberley

An accessible, beautiful bush wilderness campground at the heart of the Dampier Peninsula. Discover local wildflowers, bushfoods and abundant birdlife on the Nature Trail. There's also powered caravan and camping sites, air-conditioned cabins, a camp kitchen, laundry facilities and an artesian spring-water dip pool. Dogs are welcome.

Call: (08) 9192 4040
 bookings@bananawellgetaway.com.au
 www.bananawellgetaway.com.au



4. Birchy's Fishing Tours Tagalong Tours

Kununurra, East Kimberley

Get off the beaten track and explore the ancient landscapes and untamed wilderness of Balangarra Country. Birchy's Fishing Tours will take you to some of the most remote Kimberley locations for the freshwater fishing adventure of a lifetime. Catch, cook and enjoy a yarn around the campfire on an overnight tagalong tour.

Call: 0459 540 763
 E: birchysfishingtours@gmail.com
 www.birchysfishingtours.com.au

Highlights

- Hooking a monster barramundi
- Swim in waterholes
- Visit rock art sites



5. Boola Bidi Dreaming

Highlights

- Explore bushfood & medicine plants on a bush walk
- Campfire damper



Harvey

Boola Bidi Dreaming is the home of Noongar culture in Harvey and offers a range of locally made products as well as workshops in bushfood and medicine, guided bush walks and cultural experiences. Catering packages are also available for work meetings, conferences, and celebrations.

Call: 0460 862 204
 E: kaya@boolabidi.com.au
 www.boolabidi.com.au



6. Borrgoron Coast to Creek Tours

Dampier Peninsula, Kimberley

Explore the ancient tidal flats at Borrgoron and learn about the unique marine life that inhabits the Dampier Peninsula. You can forage for rock oysters, learn different fishing and hunting techniques and discover the traditional art of riji carving.

Call: 08 9192 4283
 E: hello@cygnetbaypearlfarm.com.au
 www.coasttocreektours.com.au

Highlights

- Fresh rock oyster cooked on the beach
- Stories of Broome's pearling history



7. Brian Lee Tagalong Tours



Dampier Peninsula, Kimberley

Take a fascinating journey through saltwater country with Brian. On the popular Hunter's Creek tagalong tour, you'll spend the day fishing, foraging for traditional Bardi bush tucker and listening to stories about the saltwater people, their culture and their connection to this beautiful part of the world.

Call: 0447 513 123

E: campground@djarrindjin.com.au
www.brianleetagalong.com

Highlights

- Forage & fish in creeks & mangroves
- Catch & cook on the beach



8. Bunda Bunda Tagalong Tours



Highlights

- Catch & cook and bushfood foraging
- Fishing for barra & mangrove jack



Dampier Peninsula, Kimberley

Join Jaden Howard as you explore saltwater country at low tide, stopping at secret pools to catch the elusive mangrove jack or barramundi. Explore the unique ecosystem, teeming with marine life that has sustained Jaden's ancestors for centuries. Relax at the end of the tour with a seafood feast cooked straight over the fire.

Call: 0486 028 623

E: jaden@bundabundantours.com.au
www.bundabundantours.com.au

9. Bundy's Cultural Tours



Dampier Peninsula, Kimberley

Experience bushwalking, spearfishing and tagalong tours on Bardi Country. Join Bundy, a Traditional Owner, for a customised tour, night fishing or a coastal adventure tour (4WD required) and learn about the traditional way of life.

Call: 0447 513 123

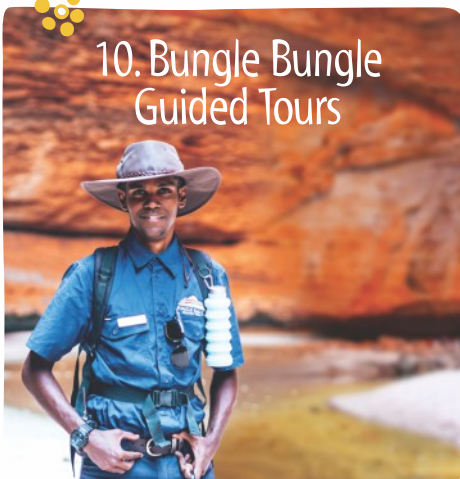
E: campground@djarrindjin.com.au
www.bundystours.com.au

Highlights

- Night fishing tour and beach cook-up
- Learn traditional fishing techniques



10. Bungle Bungle Guided Tours



Highlights

- Cathedral Gorge & Echidna Chasm
- Foraging for seasonal bushfood



Purnululu National Park, Kimberley

Experience the iconic Bungle Bungle on a guided walking tour or overnight package with Bungle Bungle Guided Tours. Learn about the unique cultural and natural heritage values that make Purnululu National Park a UNESCO World Heritage site, and the important connection Traditional Custodians have to this land to this day.

Call: (08) 9168 2213

E: bookings@bbgt.com.au

www.bunglebungleguidedtours.com.au

Bunda Bunda's Campfire Crab with Special Dipping/Pickle sauce

Bushfood Recipe

INGREDIENTS

- One large crab, for cooking on the fire
- For the special dipping/pickle sauce
- ½ cup vinegar
 - 1/4 cup soy sauce
 - ½ green or red chilli, diced
 - ½ lemon, diced
 - ½ brown onion or equivalent spring onion, diced

METHOD

1. To cook the crab, place over the fire or coals (low heat) until it starts to bubble. Cook crab on back for 5 minutes, then turn onto its front and cook for another 5 minutes.
2. Remove crab from fire, and set aside to cool.
3. In the meantime, prepare special dipping/pickle sauce. Place vinegar and soy sauce in a serving bowl. Mix diced chilli, lemon and onion.
4. Serve the cooled crab with the dipping sauce on the side. If you like, you can remove the meat from the crab, place it in a large sterilised jar and top with the pickle sauce. The pickled crab meat will keep in a sealed jar for up to 1 week.



It's hard to beat fresh-caught mud crab cooked over the coals, but this punchy dipping/pickle sauce is a great accompaniment that gives a little bit of extra kick and attitude, befitting of this feisty, mangrove-dwelling crustacean.

Jaden

11. Dabungool Cultural Experiences



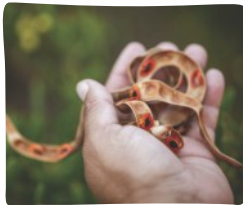
Esperance

Join Dabungool Cultural Experiences on country and explore the cultural heritage, seasonal plants and foods. Learn Nyungar names and taste what's available on country. Excite your senses with seasonal plants and find out how people traditionally eat and prepare plants that are available atop this beautiful landscape.

Call: 0455 031 797
E: dabungool@hotmail.com
www.dabungool.com.au

Highlights

- Pet-friendly tours
- Amazing biodiversity
- Learn about medicine plants & bushfoods



12. Dale Tilbrook Experiences



Highlights

- Learn about the Noongar 6 seasons
- Nutritional values of native foods



Swan Valley, Perth

Dale's experiences and activities around bush tucker, Aboriginal culture and history and Aboriginal art are comprehensive, in depth, engaging and always include some bush tucker snacks at the very least. Learn about medicine plants and the amazing nutritional qualities of Australian native plants.

Call: 0411 112 450
E: info@daletilbrookexperiences.com.au
www.daletilbrookexperiences.com.au

13. Djurandi Dreaming



Rockingham & Perth

Nyungar man Justin Martin is a qualified tour guide and Aboriginal artist. Tours and artworks are based around history, facts and creation stories passed down through generations. Journey through his Country and experience the bushfoods, wildlife, culture and language of the Nyungar people.

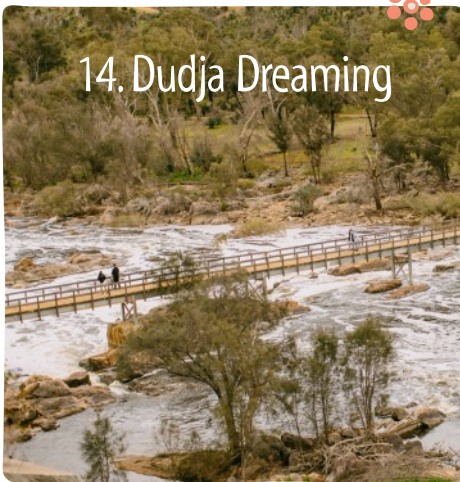
Call: 0458 692 455
E: justin@djurandi.com.au
www.djurandi.com.au

Highlights

- Torchlight tours and wildlife spotting
- Traditional dot painting art classes



14. Dudja Dreaming



Toodyay

Learn about the rich indigenous history that lies beneath the heritage facade of Toodyay. On a guided walking tour, Robert Miles, a proud Yued man, will share cultural stories unique to the area and point out plants that have served as bushfood and medicine for the Yued, Ballardong and Whadjuk people who have co-existed in the valley for 45,000 years.

Call: 0428 959 084
E: hello@dudjadreaming.com.au
www.dudjadreaming.com.au

Highlights

- Learn about Toodyay's rich Aboriginal history
- Visit heritage sites & historic buildings



15. Girloorloo Tours



Highlights

- Explore Mimbi Caves, part of an ancient, fossilised Devonian reef system



Mimbi Caves, Fitzroy Crossing

Listen to fascinating stories as your Gooniyandi guide shares their cultural knowledge and takes you back to a time when local Aboriginal people inhabited this ancient network of caves. You'll also have a chance to sample native foods and medicine plants, and enjoy damper and billy tea cooked round the campfire.

Call: 0437 546 873 or 0477 355 671
E: rosemary@mimbicaves.com.au
www.mimbicaves.com.au

16. Go Cultural Aboriginal Tours & Experiences



Kings Park | Perth | Rottneest

Karragup Boorloo Wadjemup

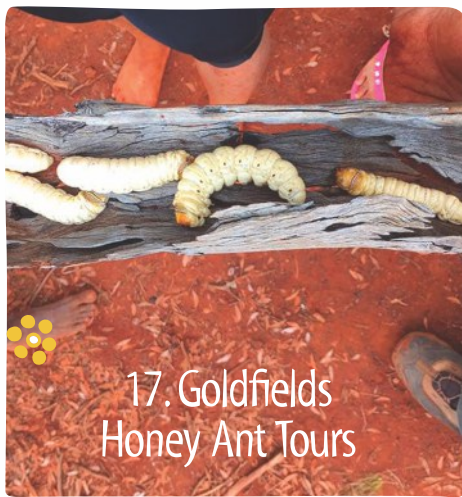
Join your Noongar guide on a journey into Perth's cultural past. Hear the Noongar story, the first story of the Whadjuk people. Learn how this country sustained Aboriginal people for millennia on a cultural exploration of Boorloo (Perth), Karragup (Kings Park), and Wadjemup (Rottneest Island).

Call: 08 9429 8875
E: bookings@gocultural.com.au
www.gocultural.com.au

Highlights

- Explore seasonal native foods and medicine plants at Kings Park





17. Goldfields Honey Ant Tours

Highlights

- Campfire yarns & cultural stories
- Taste the sweetest bushfood treat



Kalgoorlie and Goldfields

You are invited on an authentic bushfood foraging tour in the heart of Australia's Golden Outback to discover nature's bounty that has sustained the Tjupan desert people for millennia. Sample the sweetest of bushfoods, the prized honey ant, forage for witchetty grubs, seasonal nuts and fruits, and learn about bush medicine.

Call: 0472 678 144
 E: dannyulrich1844@gmail.com
www.goldfieldshoneyantours.com.au



18. Goolamwiin Aboriginal Cultural Tours

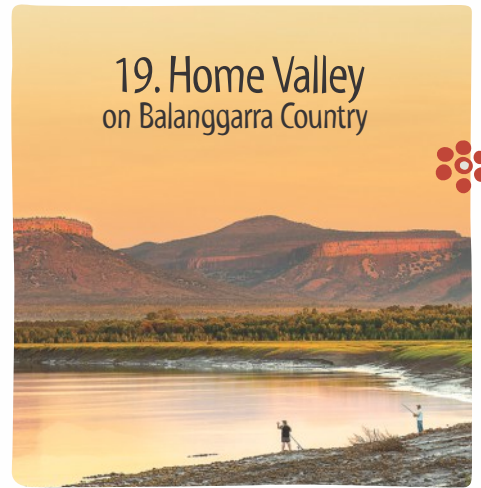
Mandurah and surrounds

Goolamwiin provide a range of cultural programs aimed at connecting visitors with Nyungar culture. The team draw on cultural protocols to teach respect for Country. You can come out to Yalgorup National Park for a cultural bush tour that will engage and inspire you.

Call: 0417 183 119 or 0411 097 949
 E: tkstack@goolamwiin.com.au
www.goolamwiin.com.au

Highlights

- Traditional cultural ceremonies
- Nyungar bushfood catering



19. Home Valley on Balangarra Country

Highlights

- Barramundi fishing on Pentecost River
- Bushfood-themed menu at Dusty's Bar & Grill



Kununurra, East Kimberley

Stay a while and enjoy the authentic hospitality of the Balangarra people in Australia's remote Kimberley. Enjoy a variety of nature-based experiences such as barramundi fishing, hiking through gorges and bushwalking. Choose one of seven unique self-guided walking trails, from moderate to challenging. Each feature the rare, natural beauty only found in the Kimberley wilderness.

Call: 0477 478 425
homevalley@balangarra.com.au
www.home-valley.com.au



Bushfood Recipe



Quandong Fruit

In Culture's Quandong Jam

INGREDIENTS

- 500g quandong fresh or dried (rehydrate dried quandongs in a bowl of water overnight or until plump)
- 500g sugar (you can use white sugar, raw sugar, or a mix)
- 1 tbsp lemon juice

METHOD

1. If using fresh quandongs, wash, cut in half, and remove seeds.
2. If using rehydrated quandongs, reserve the soaking liquid to add to your jam for extra flavour.
3. Place the quandongs and 1 cup of water or soaking liquid in a heavy-based saucepan.
4. Simmer gently until the fruit softens (about 10-15 minutes).
5. Add sugar and lemon juice, and stir until the sugar is dissolved.
6. Pour the jam into sterilised jars, seal while hot and allow to cool. Store in a cool, dark place. Serve with freshly made damper, campfire scones or a bowl of vanilla ice-cream.

Quandongs contain phenolic-based antioxidants, which can help boost the immune system, reduce inflammation, and protect against various diseases. The fruit also contains rutin, a strong antioxidant that supports heart health and improves circulation. The kernel is rich in oils with antibacterial and anti-inflammatory properties.

Steven



20. In Culture Tours

Highlights

- Visit Perth's most iconic locations
- Ancient Dreaming stories retold



Kings Park | Fremantle | Cape Peron

Kaarta-Garup Walyalup Boya Kaarla

Walk alongside Whadjuk man Steven Jacobs and be immersed in a multi-sensory exploration of the past. Touch and smell native plants that have been used as bush medicine for millennia. Hear Dreaming stories brought to life as you explore iconic Perth landscapes.

Call: 0456 140 398
 E: bookings@inculturetours.com.au
www.inculturetours.com.au

21. Injiid Marlabu Cultural Experiences



East Kimberley

Join the Traditional Owners of El Questro, the Ngarinyin people, for the opportunity to immerse yourself in their culture and soul of Country. Experience an ancient ritual of healing, sharing cultural knowledge of traditional medicine plants, with unique insights into the world's oldest living culture.

Call: 0461 477 300
E: injiidmarlabu@outlook.com
www.injiidmarlabu.com.au

Highlights

- Didgeridoo performance
- Cultural healing ritual
- Munbulla Mindi-Chamberlain Gorge River Cruise



22. Jarndu Ngaank Tours



Highlights

- Delicious native plant food treats
- Free unique gift
- Features a women's perspective



Broome

Join local Elder Pat 'Mamanyjun' Torres on an unforgettable cultural immersion. Pat will welcome you to country with a traditional smoking ceremony. Learn about Broome's ancestral or bugarri-garra stories, customs, bush medicines and bush foods. Get a unique insight into Aboriginal women's unique connection with the beautiful Broome Country.

Call: 0403 486 955
E: hello@jarndutoursbroome.com.au
www.jarndutoursbroome.com.au

23. Just Over the Hills



Kununurra

More than just 4WD tours, Just Over the Hills offers immersive, wild and enriching experiences on Balangarra Country that are guaranteed to leave an imprint on your soul. There's a tour package to suit everybody and foodies are well catered to: you'll have the opportunity to carve a boab nut, taste bush figs, if you're lucky, and catch your own barramundi, fingermark or black bream for dinner.

Call: 0473 950 686
E: justoverthehills@gmail.com
www.justoverthehills.com.au

Highlights

- Explore hidden rock art sites
- Fish for bream or barramundi
- Sample bushfoods



Bushfood Recipe

Kaarl Wirn's Steamed Kangaroo with Damper

INGREDIENTS

- kangaroo backbone (deboned but keep some fat on the meat)
- 1 brown onion
- 2 garlic cloves
- ½ teaspoon white pepper
- 2 tomatoes
- 1 cup vegetable stock

METHOD

1. Chop kangaroo into small pieces and add to a large bowl.
2. Add roughly sliced onion and crush garlic.
3. Fry kangaroo, onion and garlic in oil until onion is translucent. Season with salt and white pepper, then add ½ cup water and steam it for a little with the lid on.
4. Add diced tomatoes to the pan with vegetable stock. Cook until the kangaroo is cooked through and the gravy is thick.

DAMPER

- 4 cups self-raising flour
- 2 cups plain flour, plus extra for dusting
- pinch baking powder

METHOD

1. Preheat oven to 250C.
2. Whisk together flour, a pinch of baking powder and a pinch of salt in a mixing bowl. Slowly add enough warm water to keep the flour mixture wet and sticky. Dust with a little more flour and begin kneading in the bowl. Knead the dough on a floured surface until smooth, then flatten into shape.
3. Place dough on preheated oven tray and bake at 200C for 20 minutes. Turn and cook for another 5 minutes, then remove from oven, wrap in tea towel and let it stand for 10 minutes before serving.

24. Kaarl Wirn Cultural Tours



Albany

Experience an authentic Aboriginal catch-and-cook tour on Kinjarling Country. Learn traditional spearfishing and cast-net techniques from Noongar guides. Discover cultural stories, gather fresh seafood, and cook your catch over an open fire. A unique blend of adventure, heritage, and connection to land and sea

Call: 0488 106 233
E: bookings@kaarlwirn.com.au
www.kaarlwirn.com.au

Highlights

- Make fresh damper
- Catch & cook fresh seafood over an open fire



Kangaroo has been an integral part of the diet of Aboriginal peoples for thousands of years. With less than 2% fat, it is a healthier red meat option.

It is also high in protein, essential B vitamins, zinc, iron, omega 3 fats and omega 6 fatty acids. Compared to beef, kangaroo contains double the amount of iron and triple that of chicken and pork.

Lindsay (Kaarl Wirn)



25. Katter Kich Art Gallery & Tours

Highlights

- Visit Katter Kich Art Gallery
- Hear the Dreaming story of Katter Kich (Wave Rock)

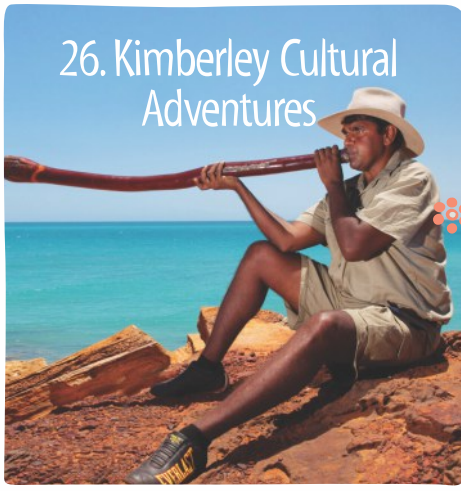


Katter Kich (Wave Rock), Hyden

Experience wildflower season in Hyden, on a guided tour with proud Noongar man, Michael Ward. Wave Rock is part of a route of sacred Dreaming sites that stretch from the south coast through to the north east and hold special significance, stories, traditions and memories for the Traditional Owners who protect and care for it to this day.

Call: 0477 771 548

E: katterkichgalleryandtours@gmail.com
www.katterkichtours.com.au



26. Kimberley Cultural Adventures

Broome & Beagle Bay

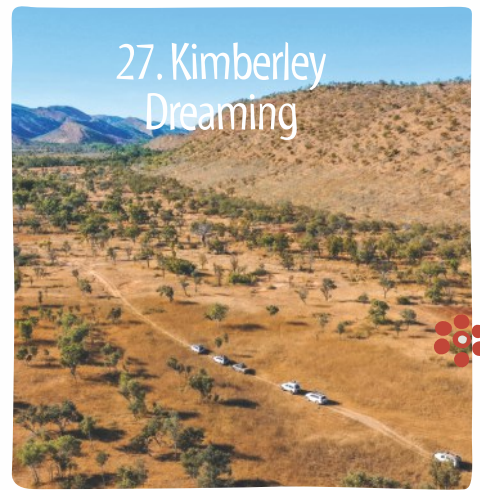
Join Robert Dann, in the place where he was born, for an amazing 3-hour, morning cultural experience. He will share with you a small slice of 40,000 years of Broome and Kimberley culture as well as his own lived experience growing up in Broome during the '70s and his extensive knowledge of local bushfoods and medicine plants.

Call: 0434 537 639

E: robbie@kimberleyculturaladventures.com.au
www.kimberleyculturaladventures.com.au

Highlights

- Didgeridoo performance
- Try Boab Ginger Beer or Iced Tea



27. Kimberley Dreaming

Highlights

- Exploring the remote Kimberley landscapes
- Barramundi fishing
- Camping on Country
- Rock art sites



Kununurra

The Kimberley is calling!

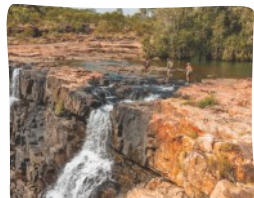
Join Benny and Sally, your personal guides, on your next Kimberley adventure. For those wanting to get off the beaten track, they provide unique enriching experiences not found on larger group tours. Camping on Country, local knowledge and cultural experiences are their forte.

Call: 0400 754 481

E: tours@kimberleydreaming.com.au
www.kimberleydreaming.com.au



28. Kingfisher Tours



Highlights

- Local Aboriginal guides share cultural knowledge
- Muntha (Welcome to Country), freshly made damper and billy tea

Kununurra

Don't miss a once-in-a-lifetime opportunity to experience the rich culture, history, and stunning landscapes of Purnululu (the Bungle Bungles) with a local Aboriginal guide. Options range from scenic flights and guided treks to immersive multi-day adventures all designed to connect you to the stories and spirit of this ancient land.

Call: (08) 9168 2718
 E: fly@kingfishertours.com.au
www.kingfishertours.com.au



Bushfood Recipe

Kimberley Dreaming's Campfire Scones

INGREDIENTS

- 2 cups self-raising flour, plus extra for dusting
- 110g butter, chopped (save extra for another use)
- 1 cup of pouring cream (whip remaining when ready to serve)
- 1 cup of lemonade

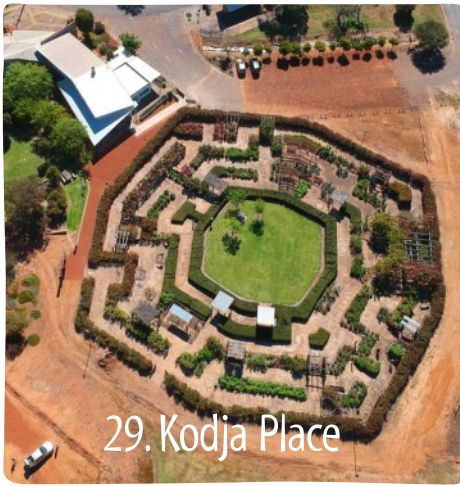
Quandong or strawberry jam, to serve

METHOD

1. Put 2 cups of flour into a large mixing bowl.
2. Make a well and add 100 gm of butter.
3. Mix butter into flour until mixture resembles breadcrumbs.
4. Add 150 gm of cream to the flour.
5. Pour in lemonade and mix with your hands until a dough forms.
6. Take mixture out of the bowl, place on a floured surface and knead the dough.
7. Flatten the dough into a square shape and cut into 15 pieces.
8. Oil the camp oven and line with baking paper.
9. Place the dough in the camp oven and place on hot coals with extra coals on the lid.
10. Cook for 20 minutes, covered, until scones are golden brown and hollow when touched. Serve warm with quandong jam and whipped cream.

If it's your first time cooking in a camp oven, a good tip, is to use the "rule of thirds" for coal placement (two-thirds on the lid, one-third underneath) this helps prevent burning and allows for even cooking. Additionally, consider weather conditions, as wind and sun can affect temperature.

Sally



29. Kodja Place

Kojonup

The Kodja Place tells the inside story of Australian country life in ways that will move and delight you. Voices, photographs, art and objects from Kojonup's Noongar-Aboriginal and settler cultures are woven together in imaginative and richly layered interpretations. Enjoy billy tea and damper at Yoondi's Mia Mia, a special gathering spot at The Kodja Place.

Call: 08 9831 0500

E: kojonupvisitors@bigpond.com
www.kodjaplace.com.au

Highlights

- The Kodja Gallery
- Yoondi's Mia Mia
- The Australian rose maze garden



30. Koomal Dreaming

Highlights

- Didgeridoo performance in Ngilgi Cave
- Native food experience



Yallingup & Dunsborough

Come on a native food journey and discover culture, country, and environment through interactive and hands-on learning experiences. Learn about the bush medicine and Dreaming spirits that have enriched the lives of the Wadandi people since time began.

Call: 0412 415 355

E: info@koomaldreaming.com.au
www.koomaldreaming.com.au



31. Kurlajiwangga Aboriginal Guided Tours

Kalbarri

Join Colleen Drage, Nhanda Elder and cultural leader, on a tagalong tour that follows the Murchison River from the ancient gorges to the place where the river meets the sea. Along the way Colleen shares stories of her culture and country, visits culturally significant places and shares stories of her experiences growing up on country.

Call: 0475 403 611

E: kurlajiwangga98@gmail.com
www.kurlajiwangga.com.au

Highlights

- Campfire yarns about station life
- Colleen's damper with quandong jam



32. Kurrah Mia Culturally Noongar

Albany

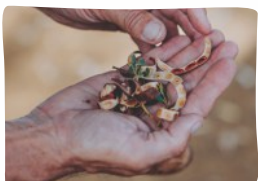
Explore how the landscape of Albany (Kinjarling) sustained the economic, spiritual and cultural needs of the Menang people for over 40 000 years. Learn how they used ochre, plants, stone, animals and fire for hunting, medicine, gathering, tools and food. Follow ancient paths walked by the Menang people and see ancient stone structures, waterholes, artefacts, engravings and flora and fauna.

Call: 0419 320 533

E: info@kurrahmia.com.au
www.kurrahmia.com.au

Highlights

- Oyster Harbour traditional fish traps
- Taste the local bushfood plants



Koomal Dreaming's Kangaroo Brawn

Bushfood Recipe

INGREDIENTS

- One or two fresh kangaroo tails (plus a little leg meat, but it's the fat in the tails that helps set the brawn), to be cooked in a slow-cooker for at least 8 hours

For the seasoning

- 1 tbsp whole black pepper or native mountain pepper
- 1 tbsp dried saltbush
- 1 bay leaf
- 1 tbsp native rosemary
- 1 tbsp sea celery
- 1 chilli
- 1 tbsp lemon myrtle

Serve with damper, sourdough or toast

METHOD

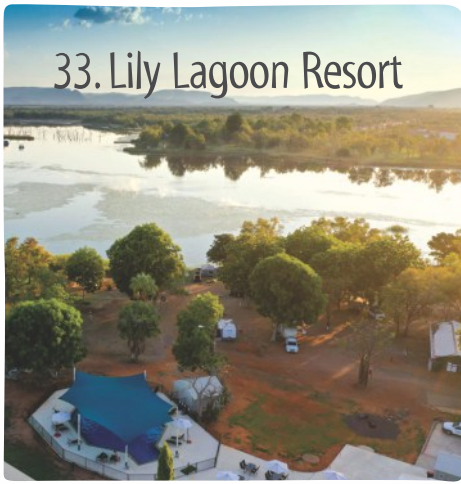
1. Place the kangaroo tails, leg meat and seasoning ingredients in a slow cooker and cook until the meat is soft and falls off the bone (8-10 hours on high; or overnight on low).
2. Once cooled, press the cooked meat into bread tins, or some other small rectangular dishes, making sure it is compressed and covered. Refrigerate overnight to set.
3. Serve with woodfired damper or crusty sourdough, and a glass of red around the campfire, or spread on toast for an indulgent breakfast the next morning.

Saltbush leaves



Both the seeds and leaves of the saltbush are viable bush food, with the leaves salty in flavour and rich in protein, antioxidants and minerals. The leaves can be sautéed, wrapped around meat or fish, used in salads, or for stuffing poultry. Alternatively, they may be dried and used as a herb or sprinkle.

Josh



33. Lily Lagoon Resort

Highlights

- Bushfood-inspired restaurant menu
- Spectacular lakeside location



Kununurra

Set amongst three acres of lawn on the edge of Lily Lagoon are 24 king rooms & king triples, 25 queen rooms & queen triple, 1 family unit with two adjoining rooms. Each is complete with ensuites, remote control TV, refrigerator, tea, coffee, and ironing facilities. Fourteen powered caravan sites are also available. This is a proudly Aboriginal owned and operated social enterprise of the Wunan Foundation.

Call: (08) 9169 1092
bookings@lilylagoonresort.org.au
www.lilylagoonresort.org.au

Lily Lagoon's Mango, Coconut & Davidson's Plum Cake

Bushfood
Recipe

INGREDIENTS

For the icing

- 170g cream
- 150g mango puree
- 200g white chocolate

METHOD

1. Bring the cream and mango puree to a boil, stir in the chocolate and mix together until completely emulsified.
2. Leave to rest overnight, then lightly whip and pipe onto cooled cake when ready.

Davidson's Plum



For the cake

- 120g eggwhite
- 150g caster sugar
- 5g honey
- 70g almond flour
- 60g plain flour
- 20g coconut flour
- ½ g baking powder
- 100g butter (melted at 50°C)
- 50g Davidson's plum, diced

METHOD

1. Mix eggwhite, sugar and honey together in a large bowl.
2. Add flours and baking powder and mix.
3. Add butter and mix.
4. Pour mixture into a cake pan and sprinkle with the Davidson's plum.
5. Bake at 190°C for 15-20 minutes. Allow to cool completely before icing.



Davidson's Plum, also known as "Ooray" in some Aboriginal languages, is a native Australian rainforest tree known for its tart, plum-like fruit. The fruit, with its deep purple skin and red flesh, is high in antioxidants, including anthocyanins and vitamins. It is a popular bushfood and ingredient in jams, sauces, and other culinary creations.

The Lily Lagoon Team



34. Mabu Buru Tours

Broome

Mabu Buru Tours provides unique, immersive, and authentic experiences that help build a better understanding of Aboriginal culture, of their connection to country and traditional lifestyle in and around Broome. Johani encourages all people to experience the spiritual and physical connection to country his family has, and spread the understanding of Aboriginal culture.

Call: 0400 386 667
 E: mabuburu@outlook.com
www.mabuburu.com.au

Highlights

- Teaching & sharing culture through practising culture
- Traditional storytelling, singing, cooking & dancing
- Coastal foraging, hunting and feasting



35. Narlijia Experiences Broome

Highlights

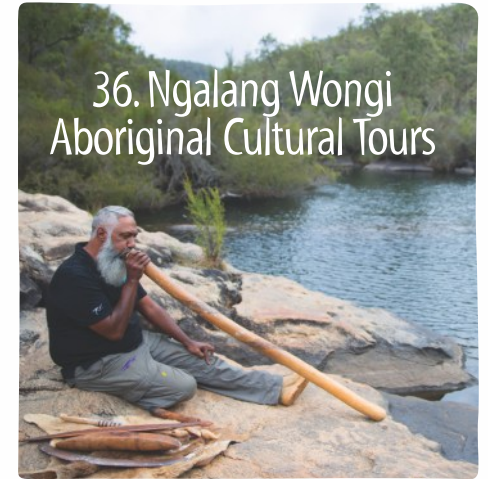
- Foraging for mangrove shellfish
- Foraging in the mangroves at low tide



Broome

Explore the unique ecosystem of Roebuck Bay's mangroves with Yawuru man, Bart Pigram. Drawing on knowledge gained from living a saltwater lifestyle as well as professional training as a curator, Bart's tours offer a unique perspective and the opportunity to experience the rich pickings in the mangroves.

Call: (08) 9195 0232
 E: bart@toursbroome.com.au
www.toursbroome.com.au



36. Ngalang Wongi Aboriginal Cultural Tours

Bunbury

A cultural journey that reveals a very different side of Bunbury. Learn about bush tucker, local wildlife and traditional ochre making. Troy is a natural storyteller and his passion for the region is woven into Dreaming stories and whimsical yarns about the traditional way of life he experienced growing up in this captivating location.

Call: 0457 360 517
 E: troy@ngalangwongi.com.au
www.ngalangwongi.com.au

Highlights

- Private didgeridoo performance
- Sample local, seasonal bushfoods





37. Njaki Njaki Aboriginal Cultural Tours

Highlights

- Explore the trails of Merredin Peak
- Learn about local bushfoods and medicine plants



Merredin

Setting out from Merredin, this tagalong tour takes you on a journey through Njaki Njaki Country visiting traditional and historical Nyoongar sites. Camp overnight on-Country and enjoy a meal of kangaroo and damper served with billy tea/coffee. Learn about Njaki Njaki Aboriginal culture and the seasons, and sample seasonal bushfoods.

Call: 0407 984 470
E: tours@njakinjaki.com.au
www.njakinjaki.com.au



38. Nyungar Aboriginal Cultural Tours

South Perth & Kings Park

Authentic Aboriginal cultural tours of South Perth and Kings Park. Share traditional stories of Whadjuk Country and the history of the Nyungar people in Perth. Explore the tranquil scented gardens and learn about bushfoods and medicine plants.

Call: 0477 442 515
E: info@nyungartours.com.au
www.nyungartours.com.au

Highlights

- Kings Park native botanical gardens
- Learn about traditional Nyungar foods



39. Pete's Cultural Adventures

Highlights

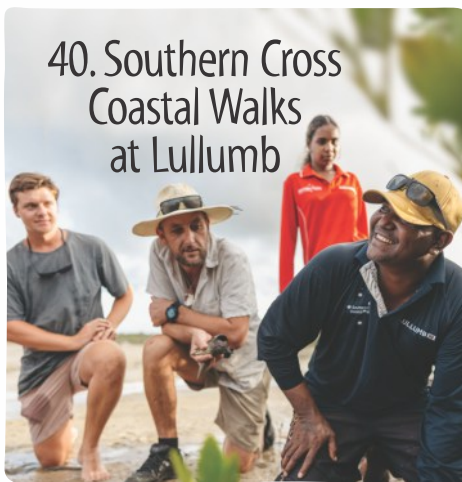
- Barramundi fishing in the Kimberley
- Crocodile spotting and croc awareness



Kununurra

If fishing is your thing, make sure you hook up with Pete. Legend has it, he can catch a barra in under two minutes. Pete offers guests bespoke itineraries on land as well as fishing charters. Opportunities for crabbing, bush foraging and croc spotting are also available. And at the end of the day, there's nothing better than cooking up your own catch over the embers of a campfire.

Call: 0484 648 633
E: petesculturaladventures@gmail.com
www.petesculturaladventures.com.au



40. Southern Cross Coastal Walks at Lullumb

Dampier Peninsula

Discover the rich biodiversity of Bardi Country. Get to meet and interact with local people and learn about Bardi and Jawi traditional ecological knowledge as well as more modern ways to live off the bush and the ocean, as you walk through a landscape of mangroves, salted mudflats, and beautiful creeks.

Call: 0498 058 095
E: malati@lullumbtours.com.au
www.lullumbtours.com.au

Highlights

- Catch & cook by the beach
- Learn about Bardi Jawi culture



41. Trevor's Traditional Tours

Highlights

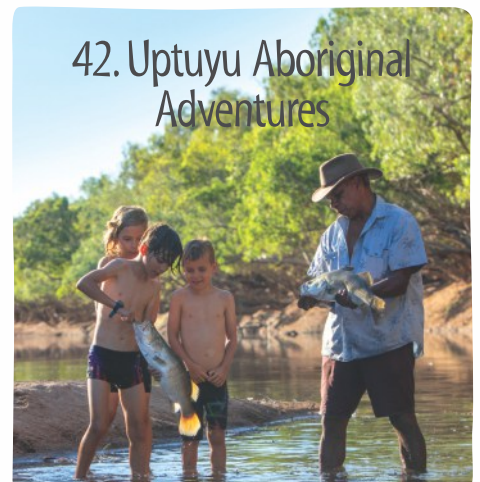
- Learn traditional fishing techniques
- Forage for bushfood and bush honey



Djarindjin, Dampier Peninsula

Trevor Sampi is a proud Bardi-Jawi man who has a deep knowledge and passion for Country. Over the years, he has taught many people traditional hunting and gathering skills such as spear throwing, fishing, crabbing, and boomerang throwing. On his tour learn about local history and cultural traditions as well as forage for bush honey and collect shells.

Call: 0447 513 123
E: campground@djarrindjin.com.au
www.trevorstraditionaltours.com.au



42. Uptuyu Aboriginal Adventures

Udialla Springs, via Derby

Uptuyu provides private 4WD charter tours for individuals and groups. Design your safari camp and experience the real Aboriginal Kimberley. Travelling respectfully through traditional Country, learning and reflecting on what the people and the country have to share with us.

Call: 0459 517 749 or 0400 878 898
E: info@uptuyu.com.au
www.uptuyu.com.au

Highlights

- Barramundi fishing on the banks of the Fitzroy River
- Neville's bush medicine knowledge





43. Walaja Honey & Cultural Immersion

Broome

This melaleuca, native grevillea, bloodwood, and watermelon honey is produced on a 750,000-acre cattle station managed by the Yawuru Aboriginal Group. The station boasts native trees that thrive in a uniquely disease and chemical-free environment and flower at different times of the year. All honey produced is 100 per cent organic, unprocessed and additive-free.

Call: 0437 956 515
E: info@kimberleybushhoney.com.au
www.kimberleybushhoney.com.au

Highlights

- Uniquely flavoured native honey
- Learn about the honey harvesting process



Wooramulla's Kangaroo Stir-Fry

INGREDIENTS

- ½ kg kangaroo strips
- For the marinade**
- 1 jar Auntie Dale's quandong jam
 - Native honey to your liking
 - Soy sauce to your liking
 - Oyster sauce to your liking
 - 1 tsp minced garlic
 - Native bush salt and pepper, to taste

Auntie Dale's Quandong Jam



For the stirfry

- Cooking oil, of your choice
- 2 lemongrass stalks, sliced
- 1 heaped tsp of minced ginger, or ginger paste
- 1 red onion, quartered
- 1 bok choy or choy sum, thinly sliced
- 1 whole red capsicum, thinly sliced
- 1 medium carrot, thinly sliced
- 3 celery sticks, thinly sliced
- 3 broccolini stems, diced
- ½ can of baby corn, drained
- 1 packet egg noodles
- Steamed white rice, to serve

METHOD

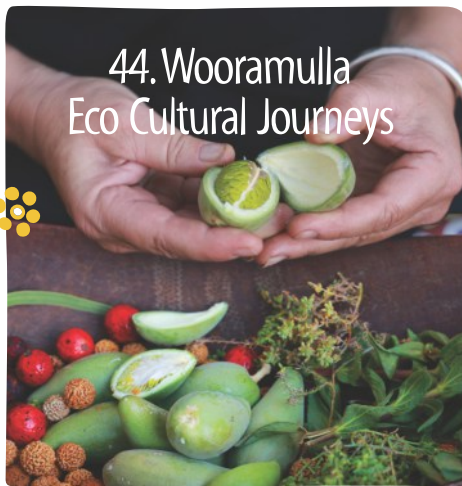
1. Add all the marinade ingredients to a large bowl with kangaroo strips, toss to combine, set aside to marinate.
2. Bring a wok or pan to high heat, add cooking oil of your choice, and sear the marinated meat. Set aside the cooked meat, and return the wok or pan to the heat.
3. Add the lemongrass, ginger and onion and cook until softened, then add the remaining vegetables and cook until just tender. Return the kangaroo meat to the wok or pan and stir fry until warmed through, then add noodles and toss until combined.



The sweet and tangy fruit of the quandong is often stewed and used as a pie filling or jam and contains twice the Vitamin C of an orange. The nut kernel contains a range of complex oils and was used by Aboriginal people for its antibacterial and anti-inflammatory qualities.

Renee

(Quandong Jam available from Maalilup)



44. Wooramulla Eco Cultural Journeys

Carnarvon

Wildflower season is a time of celebration and ceremony for the Yinggarda people. Join a tagalong tour through town and forage for seasonal bushfoods on Country, explore local flora, take part in a traditional sand ceremony and hear Dreaming stories. Get to know this Country through the eyes of a Yinggarda guide.

Call: 0477 126 983
E: tours@wooramulla.com.au
www.wooramulla.com.au

Highlights

- Sand ceremony and traditional welcome
- Town foraging tour and sampling unique Gascoyne bushfoods



45. Wuddi Aboriginal Cultural Tours

Highlights

- Art gallery & gift shop
- Toolmaking tour
- Traditional artefacts
- Tour of Lake Dumbleyung



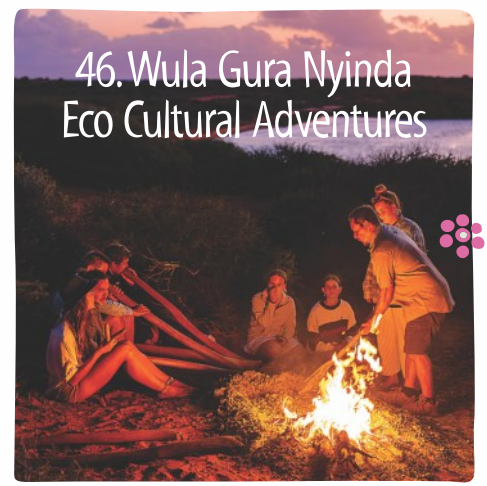
Dumbleyung

Visit locations of rare wildflowers and learn of their cultural significance. Visit local cultural sites and connect through traditional artefacts, storytelling and cultural heritage of the area and its first people. Find a unique cultural souvenir from the giftshop or take home some locally made quandong chilli sauce.

Call: 0476 788 139
E: wuddiaboriginaltours@gmail.com
www.wudditours.com.au



46. Wula Gura Nyinda Eco Cultural Adventures



Shark Bay

Enjoy overnight or extended camping adventures in the beautiful Shark Bay World Heritage Area. Try beach camping under the stars at the exclusive Eco Cultural Camp, off-roading, kayaking across sheltered bays, landing on deserted beaches and swimming in crystal-clear waters, then catch your own dinner and cook it on an open campfire.

Call: 0432 029 436
E: info@wulagura.com.au
www.wulagura.com.au

Highlights

- Taste bush tucker and discover traditional medicine plants
- Learn to play tap-sticks or didgeridoo.



Living by the Seasons







Aboriginal people have always lived by the seasons, relying on the seasonal changes to tell them when is the right time to gather fruits or when certain species are abundant for hunting. This has allowed Aboriginal people to practise sustainable hunting and gathering methods for millennia, ensuring the preservation of resources for future generations.

There are certain seasons to collect and times of the year to avoid some species. In contrast to the 'classic' four seasons, many Aboriginal cultural groups celebrate six calendar seasons that are not strictly anchored to dates, but are determined by nature and environmental changes like a change in weather, a plant flowering or the hibernation of reptiles.

The Noongar 6 Seasons – South West

DEC JAN	FEB MAR	APR MAY	JUN JUL	AUG SEP	OCT NOV
 Birak Hot and dry Season of the Young	 Bunuru Warm easterly winds Season of Adolescence	 Djeran Cool and pleasant Season of Adulthood	 Makuru Cold and wet Season of Fertility	 Djilba Cold, lessening rain Season of Conception	 Kambarang Longer dry periods Season of the Birth

The Bardi 6 Seasons – Kimberley

Wet Season			Dry Season		
DEC JAN	FEB MAR	APR MAY	JUN JUL	AUG SEP	OCT NOV
 Mangal First big rains Green tree frog appears	 Ngaladan Cyclone season Storms from the ocean	 Iralbu Hot period After the wet season	 Bargana Cool season South easterly winds blow	 Djalalayi Warming up West winds return	 Lalin Hot and humid Turtle mating season

The Yawuru 6 Seasons – Kimberley

Wet Season			Dry Season		
DEC JAN	FEB MAR	APR MAY	JUN JUL	AUG SEP	OCT NOV
 Mangala First big rains Wet, hot & humid time of year	 Marral Cyclone season Dragonflies appear and eat mosquitoes	 Wirralburu Hot period Feel coolness coming in at night	 Barrgana Cool season Turkeys are fat, time for hunting inland	 Wirburu Warming up Driest time of year, winds create wily will	 Laja Hot and humid Return of rain, the heat and mosquitos

There's so much to discover on a Bushfood and Wildflower Tour



Koomal Dreaming

Learn to make fire with Wildflowers

Traditional firemaking is a good example of understanding the natural resources of country. Learn how fire was used as tool by the First Australians for hunting, toolmaking and land management.



Ngalang Wongi Aboriginal Tours

Forage for Bushfoods in your own Backyard

Recognise this bushfood? The red-purple fruit of the Pigface flower has been described as a salty strawberry flavour. Leaf sap was traditionally used to soothe stings or burns, or boiled to form an antibacterial tonic for gargling to soothe sore throats.



Kurrah Mia Culturally Noongar

Learn about Bush Medicine

High in fibre and low GI, wattleseed contains high concentrations of potassium, zinc, calcium, iron and selenium, a rare mineral that has antioxidant properties which helps to reduce free radical damage to body cells.

Explore the medicinal, nutritional and cultural significance of Western Australian plants and wildflowers.



Sandalwood Nut

With potent medicinal properties, every part of the Sandalwood tree was utilised, including the nut, aromatic wood and oil.



Mulla Mulla

The purple flowers of the Mulla Mulla were used by Aboriginal people of the Pilbara as decoration in ceremonies.



Bimba/Bush Lolly

Bimba is a sweet, sticky sap found on trunks and branches of trees & shrubs. It's the gummy lolly of the bush.



Banksia

Nectar rich flowers of many native plants provide a sweet treat for both people and wildlife.



Gubinge/Kakadu Plum

The fruit of the Gubinge tree is the highest natural source of Vitamin C and an important medicine plant.



Bloodroot or Bush Chilli

With a hot chilli taste, the bloodroot is eaten raw or used as a flavouring on cooked meats.



Birdflower

Central to a number of cultural stories, this distinctive flower contains a sweet nectar.



Bush Banana/Bush Pear

With a taste likened to fresh peas the bush pear is eaten raw or roasted over coals.





47. All Good Grub Bushtukka Catering



Services

- Native food-inspired menus
- Customisable platters & boards

Perth and surrounds

Stacey Goodall, a Kija woman, is proud to be able to provide an Indigenous catering service, with a focus on native ingredients. Showcasing Australia's flavourful and nutrient-rich native foods, choose from a variety of menus, including damper boards, platters and sweet treats, or customise your own from scratch.

Call: 0412 321 858
 E: allgoodgrub@gmail.com
www.allgoodgrub.com.au



48. Bibbi Murra

Benefits

- Handmade soaps & balms
- Wellness Bush Tea
- All natural ingredients



Carnarvon

Welcome to Bibbi Murra, where cultural knowledge meets modern self-care. Bibbi Murra products harness the healing power of native Australian plants to create a range of all-natural skincare and wellness products. Grounded in tradition and sustainability, our remedies honour Country, culture, and community - bringing you authentic, nature-based care for mind, body, and spirit.

Call: 0477 126 983
 E: mulanji.consultants@gmail.com
www.bibbimurra.com.au



49. Bindam Mie

Broome, Kimberley

Bindam Mie started life as a dream of owner, Robert Dann, to make traditional bushfoods and medicine plants more accessible to the wider community. Today, Bindam Mie employs young Indigenous workers to process and package products from a commercial kitchen in Broome. As well as empowering young locals, Bindam Mie creates economic development for the whole of the Kimberley, by caring for country.

Call: 0434 537 639
 E: robbie@kimberleyculturaladventures.com.au
www.bindammie.com.au



Benefits

- Wild-harvested superfoods of the Kimberley
- Empowers young people and communities

Bugarrigarra Mie's Boab Panna Cotta

Boab Fruit



INGREDIENTS

- 600g yoghurt
- 250g mascarpone
- 600ml cream
- 145gm agave syrup
- 1 tsp vanilla
- 20g boab powder
- 40g lemon juice
- 2 1/2 tsp gelatine powder, mixed with 2 tbsp boiling water until dissolved

METHOD

1. Heat yoghurt, mascarpone, cream, agave syrup, and vanilla in a small pot until it hits 62°C, stirring occasionally.
2. Remove from the heat and cool to 52°C.
3. Whisk boab powder, lemon juice and gelatine mix.
4. Portion into 10 to 12 small glass or dariole moulds.
5. Refrigerate overnight.
6. Serve with toasted macadamias & seasonal fruit.

Bushfood Recipe



The boab nut contains fruit that, when ripe, creates a powdery sherbet-like pulp which surrounds the inner seeds. Boab powder is highly nutritious and high in vitamins, iron, zinc, protein, potassium, calcium and dietary fibre. The boab creamy powder tastes like mildly sweet lemon-sherbet.

Robert



50. Blak Tapas

Services

- Bushfood-inspired menus
- Events & catering
- Youth training programs
- Hub for the community



Café & Catering - Kununurra

A proud First Nations-owned café and social enterprise located on Miriwoong Country. Enjoy locally roasted coffee and food designed with native ingredients and East Kimberley-grown produce. Blak Tapas is more than a café, it creates employment and a platform for local creatives to showcase artwork, jewellery and more. The team also offers catering for events that want to showcase real Kimberley flavour.

Call: 0417 119 853
 E: hello@blaktapas.com.au
www.facebook.com/blaktapas/

Roasted Wattleseed

Wattleseed Brownies



INGREDIENTS

- 1 cup walnuts
- 1 cup dates
- 4tbsp raw cacao powder
- 1 tbsp ground native wattle seed powder
- 4 tbsp raw coconut oil, melted
- 1 tbsp raw organic honey
- 1 tbsp raw cacao powder (extra)
- Optional: additional crushed walnuts for top

METHOD

1. Grind walnuts to a fine crumb in food processor. Add dates, 4tbsp cacao and wattle seed and process until slightly sticky and uniform in texture.
2. Line a small square baking tin (you can also use a loaf tin) with baking paper and press mixture in firmly. Place in freezer to chill.
3. Meanwhile whisk together melted coconut oil, honey and additional cacao powder (if the mix is too thick add a few drops of water).
4. Spread the cacao honey mix over the brownie with a spatula, sprinkle over additional walnuts if desired and place back into the fridge for about an hour to set completely.
5. Slice and serve straight from fridge. Store in fridge or freezer for up to 2 weeks.

A low glycaemic food, wattleseed also contains high concentrations of potassium, calcium, iron and zinc. Wattleseed was traditionally ground and used to make a type of flour to be mixed with water and made into cake, a valuable source of protein and carbohydrate in times of drought.

Ground Wattleseed powder is available from Mayi Harvests, Gather Foods and Maalinup



51. Gather Foods

Native Foods, Catering & Retail Inglewood, Perth

Gather Foods is a proudly Noongar-owned and led enterprise delivering premium native food experiences across Western Australia. The team centres on three core services: culturally grounded catering, bush tucker education, and native ingredient wholesale. Whether it's a handcrafted event menu, an interactive bush tucker talk led by an Aboriginal cultural leader, or supplying native ingredients to chefs and venues, everything Gather Foods do is grounded in culture, connection, and Country.

Call: (08) 9371 7000
 E: admin@gatherfoods.com.au
www.gatherfoods.com.au



In store

- Event catering
- Bush tucker talks
- Wholesale native ingredients



52. Kook Koo's Own (Mother's Own)

Broome

Kook Koo's Own is respectfully named after Neville Poelina's mother who passed down healing knowledge which was passed down from her mother. Now available in a range of healing balms and infused oils, Kook Koo's Own sources natural ingredients sustainably, by wild harvesting only fallen wood, bark and leaves, removing fire fuel and promoting new growth.

Call: 0400 878 898
 E: shop@kookkoosown.com.au
www.kookkoosown.com.au



Traditional remedies for

- Eczema, psoriasis
- Bites, stings & skin allergies
- Sore back & aching joints
- Trouble sleeping



53. Kimberley Wild Gubinge

Dampier Peninsula

Australia's very own superfood, gubinge is making a name for itself around the globe as the highest known natural source of vitamin C. At Kimberley Wild Gubinge, the fruit is wild harvested and processed on site, creating the purest quality, freeze dried fruit flesh powder (no seed).

Visit the website to learn more.

Call: (08) 9192 4000

E: gday@kimberleywildgubinge.com.au
www.kimberleywildgubinge.com.au



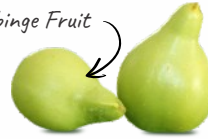
Benefits

- Fair Trade supports communities
- Wild harvested in the Kimberley
- Freeze dried to lock in the natural goodness

KWG's Gubinge Smoothie

Bushfood Recipe

Gubinge Fruit



INGREDIENTS

- 1/2 cup frozen banana
- 1/3 of an Avocado
- 1/2 cup of spinach or leafy greens
- 200ml coconut water
- One serve of KWG Gubinge Powder

METHOD

1. Blend all of the ingredients in smoothie maker.
2. Serve in a chilled glass.



Known as Gubinge, Madoorr or Madoorroo by the Bardi people and often called the Kakadu plum, the fruit is the highest natural source of Vitamin C on Earth. Naturally rich in antioxidants and fibre, the fruit has been a nutritionally valuable staple in the diet of Australia's first people for thousands of years.

Jacinta

Dale's Lemon Myrtle Cake

Bushfood Recipe

INGREDIENTS

- 125g butter, chopped
- ¾ cup caster sugar
- 1 teaspoon vanilla essence
- 2 eggs
- 2 cups self-raising flour
- 2/3 cup milk
- 1 tbsp lemon myrtle powdered spice



METHOD

1. Preheat oven to 180°C. Grease a deep, 20cm round cake pan. Line with baking paper.
2. Beat butter, sugar and vanilla together in a large bowl using an electric mixer, until pale and creamy.
3. Add eggs one at a time, beating well after each addition, scraping down sides of bowl. Lightly fold flour into creamed mixture alternately with milk, beginning and ending with flour. Add lemon myrtle to mixture.
4. Spoon mixture into prepared pan and bake for 40-45 mins, or until cooked.
5. To make the vanilla icing: Sift icing sugar into a bowl. Add butter, water and vanilla. Add a little lemon myrtle. Beat well with a wooden spoon until a smooth spreadable consistency. Spread over cooled cake.

Lemon myrtle's fresh tangy leaves can be used in teas, syrups, cakes, biscuits, dressings, sauces, ice creams, dips and meat dishes. Essential oil distilled from the leaves has a refreshing lemony scent, and has been found to have antifungal and antibacterial properties.

Dale



54. Maalinup Aboriginal Experiences

Swan Valley

Maalinup Aboriginal Gallery is a wonderful place to visit for those hard-to-find Australian native herbs and spices, gorgeous hand-painted giftware and authentic Aboriginal art. Drop in to taste jams, chutneys, olive oils and dukkah. You can book to experience local bush tucker as well as art and culture. Dale and Lyall Tilbrook are your very knowledgeable and friendly hosts.

Call: 0411 112 450
 E: manager@maalinup.com.au
www.maalinup.com.au



In store

- Bush herbs and spices
- Jams sauces & chutneys
- Hand-painted giftware
- Authentic Aboriginal art

(Lemon Myrtle available from Maalinup Aboriginal Experiences)



55. Mayi Harvests

Broome

Want Australian superfoods delivered straight to your door? Mayi Harvests provide wild-harvested, sustainably sourced dried or frozen native ingredients including gabiny (Kakadu plum), and djilanydjijn (sleepy tea). "Mayi" is a word from the Djugun / Yawuru language group meaning "plant foods derived from plants, including seeds, fruits, nuts, breads, cakes."

Call: 0403 486 955
E: hello@mayiharvests.com.au
www.mayiharvests.com.au



Benefits

- Indigenous owned & operated
- Wild harvested in the Kimberley using traditional methods throughout the 6 seasons

Mayi Harvests' Refreshing Rosella Tea

Rosella flower



INGREDIENTS

- 1 cup dried rosella flowers
- 8 cups cold water
- 1 cup raw sugar or honey
- Lemon wedges or orange slices, to garnish

(Rosella flowers available from Mayi Harvests)

METHOD

1. Sift through dried flowers for any stems, and discard. Place dried flowers in a jug filled with cold water and allow to stand for one day or until the colour has faded from the flowers.
2. Strain liquid through a fine sieve and discard the flower pieces.
3. Add sugar or honey to the remaining liquid and stir well.
4. To serve, heat on the stovetop or keep chilled. This refreshing libation will keep in the refrigerator for about 5 days.



The petals of the wild rosella flower can be used for making jellies and dessert garnishes. They have a tart flavour with a raspberry/rhubarb/plum quality. The calyx can be sun dried as a tea, made into a delicious jam, used in tarts and puddings or prepared as a syrup for flavouring drinks.

Pat



56. Pilbara Bush Remedy

Benefits

- Handmade bush remedies
- Wild-harvested in the Pilbara
- Bush medicine workshops

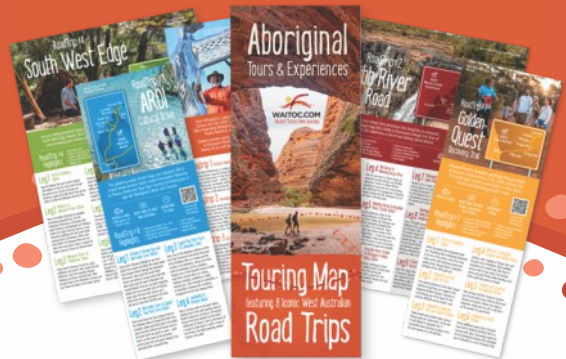


Karratha

Created by proud Ngarluma-Yindjibarndi woman Cherylea Walker to preserve and enhance the traditional bush medicine knowledge of the Traditional Owners of the Pilbara. Browse handmade bush remedies, unique gifts such as bush soaps, foot soaks and the very popular cleansing sprays believed to dispel negative energy, as well as authentic cultural keepsakes.

Call: 0409 461 411
E: wayiba@pilbarabushremedy.com
www.pilbarabushremedy.com

Explore over 200 Aboriginal Tours and Experiences throughout WA




WAITOC.COM
Ancient Tracks - New Journeys

Shop bush herbs,
jams, chutneys, sauces
and bushfood catering.
Plus, traditional remedies,
natural wellness products
and more!



WAITOC.COM

Ancient Tracks - New Journeys

Native Foods,
Bush Remedies and Wellbeing

Stores and Online Shops



Want more
Bushfood Recipes?

Scan the code
to download
a selection of
our favourite
Bushfood
recipes.



WAITOC.COM

Ancient Tracks - New Journeys

Visit WAITOC.COM to
explore over 150 authentic
Aboriginal Tours & Experiences
throughout Western Australia



Over 200 Aboriginal
Tours and Experiences

Pick up a copy of our FREE
Touring Map of WA at visitor centres
or visit our website.