

Berries and fruit

South East bush tucker

Food	Place	Seasons	Collection	Implements	Who	Preparation	Cooking
Currant-bush	Coastal	Summer	Gathered	Dish, dilly bag	Family	No preparation	Freshly eaten
Pigface	Coastal	Summer	Gathered	Dish, dilly bag	Family	No preparation	Freshly eaten
Muntries	Coastal/ inland sand dunes	Summer	Gathered	Dish, dilly bag	Family	Pounded into cakes	Dried and stored, freshly eaten
Sweet Apple-berry	Coastal/ woodland	Autumn	Gathered	Dish, dilly bag	Family	Soaked in water	Freshly eaten
Elderberry	Coastal/ sheltered damp sites	Summer	Gathered	Dish, dilly bag	Family	No preparation	Freshly eaten
Dune fan flower	Coastal	Summer/ Autumn	Gathered	Dish, dilly bag	Family	No preparation	Freshly eaten
Boobialla	Coastal	Summer/ Autumn	Gathered	Dish, dilly bag	Family	No preparation	Ripe to over ripe fruit eaten
Kangaroo apple	Wetland	Autumn	Gathered	Dilly bag	Family	Soaked in water to detoxify	Freshly eaten
Limestone wattle	Coastal bush	Summer	Gathered	Dish, grinding stone	Family	Grinding making into a paste	Pancakes on coals, seedpods on coals
Grass seeds	Coastal bush, woodland	Summer	Gathered	Dish, grinding stone	Family	Grinding making into a paste	Pancakes on coals
Coastal wattle	Coastal bush	Summer	Gathered	Dish, grinding stone	Family	Grinding making into paste	Cooked on coals
Native cherry	Coastal	Summer	Gathered	Dish, dilly bag	Family	No preparation	Freshly eaten



Natural Resources South East acknowledges and respects the traditional owners of the ancestral lands of the South East. We acknowledge elders past and present and we respect the deep feelings of attachment and relationship of Aboriginal peoples to country. Doug Nicholls is acknowledged for providing the South East bush tucker information presented in this chart. Images courtesy of Kathy Bell and DEWNR.

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CAUTION: Some plants are poisonous and extreme care must be taken. Do not eat bush food plants without being shown by an experienced person.