

# Leaves

## South East bush tucker

Food	Place	Seasons	Collection	Implements	Who	Preparation	Cooking
Coastal parsley	Coastal fordune	All year	Picked and gathered	Hands and dilly bag	Family	Washed	Eaten raw
Samphire	Saltmarsh	All year	Picked and gathered	Hands and dilly bag	Family	Washed	Eaten raw
Native spinach	Coastal scrub	All year	Picked and gathered	Hands and dilly bag	Family	Washed	Eaten raw, cooked with meat and on coals

# Insects

Food	Place	Seasons	Collection	Implements	Who	Preparation	Cooking
Witchetty grubs, bardi grubs	Red gums, woodland	Spring/ Summer	Dig out of tree, dig up ground	Barbed stick or digging stick	Family	No preparation	Cooked in coals
Moths, grasshoppers	Woodland, scrubland	Spring/ Summer	Gathered	Hands	Family	No preparation	Cooked in coals

# Fungi

Food	Place	Seasons	Collection	Implements	Who	Preparation	Cooking
Mushrooms	Woodland, grassland	Autumn, early Winter	Gathered certain species	bag and dishes	Family	No preparation	Cooked on coals

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. Disclaimer: While all due care has been taken in this information, contributors to this publication will not guarantee the publication is without flaw and therefore disclaim all liability for any errors or omissions, loss, damage or consequence which may arise from any information given in this publication. © Natural Resources South East 2014

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