

Seafood

South East bush tucker

Food	Place	Seasons	Collection	Implements	Who	Preparation	Cooking
Crayfish	Reefs	Summer	Speared, netted	Nets, traps, spears	Males	No preparation	Cooked in ashes
Abalone	Reefs	Summer	Speared, digging stick, wedged off rock	Chisel stick	Males	No preparation	Cooked in ashes
Oyster	Estuaries	Summer	Speared, digging stick, wedged off rock	Spear, chisel stick	Family	No preparation	Cooked in ashes
Warrener	Shoreline, reefs	All year	Picked by hand	Hand, dilly bag	Family	No preparation	Cooked in ashes
Cockle	Shoreline	Summer	Picked by hand	Hand, dilly bag	Family	No preparation	Cooked in ashes
Fish	Reefs, bays	October to March	Speared, netted	Spear, line, hooks, traps, nets, canoe	Family, Males, youth	Cover in clay, cover in paperbark	Cooked on coals or holes covered with coals and ashes
Seaweed	Reefs	All year	Gathered	Dilly bag	Family	Washed	Eaten raw, cooked with meat



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.