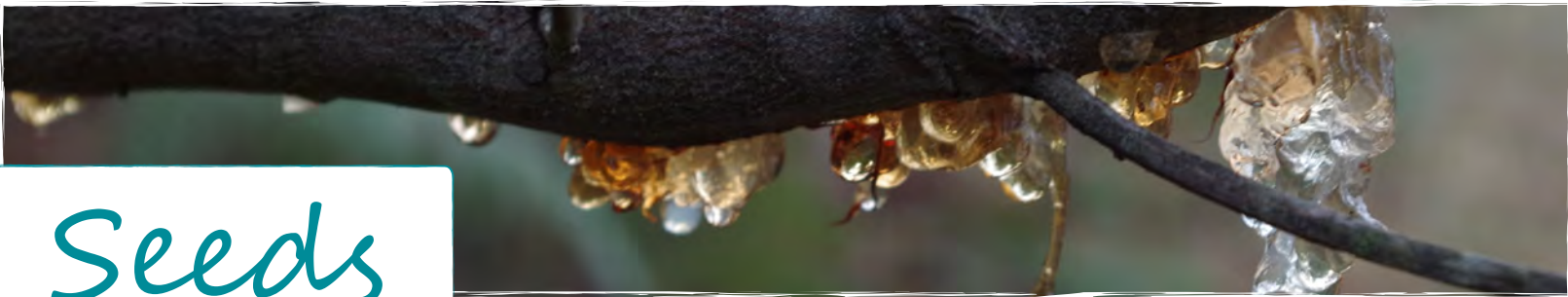


Sugar and sap

South East bush tucker

Food	Place	Seasons	Collection	Implements	Who	Preparation	Cooking
Lerp	Gum leaves, trees	Late Summer	Picked and gathered	Dilly bag	Family	No preparation	Eaten raw
Nectar	Flowers	All year	Sucked, gathered	Dilly bag	Family	Soaked in water	Soaked
Tree gum	Trunks, branches	Summer	Picked off, scraped	Sharp sticks	Family	No preparation	Eaten raw
Honey	Mallee scrub	All year except breeding time	Smoked out bees, climbed trees, chopped hole, pulled out of hive or grass sponge	Stone axe, dish, dilly bag	Males	No preparation	Eaten raw with Aboriginal bread



Seeds

Food	Place	Seasons	Collection	Implements	Who	Preparation	Cooking
Limestone wattle	Coastal bush	Summer	Gathered	Dish, grinding stone	Family	Grinding making into paste	Pancakes on coals, seedpods on coals
Coastal wattle	Coastal bush	Summer	Gathered	Dish, grinding stone	Family	Grinding making into paste	Roasted on coals
Grass seeds	Coastal bush, woodland	Summer	Gathered	Dish, grinding stone	Family	Grinding making into paste	Pancakes 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.