

Underground

South East bush tucker

Food	Place	Seasons	Collection	Implements	Who	Preparation	Cooking
Cumbumgi (Bullrush)	Wetlands	Spring	Picked new shoots, dug rhizomes	Digging sticks, dilly bag	Family	Cut off lower part, can be pounded	Cooked on ashes or eaten raw
Bracken (roots)	Bushland	Spring	Picked, dug rhizomes	Digging sticks, dilly bag	Family	Ground and beaten into a paste	Cooked in ashes
Common reed (Phragmites)	Wetlands	All year	Picked, dug rhizomes	Digging sticks, dilly bag	Family	Cut off lower part	Eaten raw, Cooked on ashes
Sword sedge	Coastal woodland	Spring	Picked, dug lower stem	Digging stick	Family	Cleaned , chewed	Eaten raw
Flax lily	Woodland	Spring	Picked lower stem	Digging stick	Family	Cleaned, chewed	Eaten raw
Yam daisy	Woodland, grassland	Winter, Spring	Dug tuber	Digging sticks, dilly bag	Family	Cleaned	Eaten raw, Cooked in coals
Milk maids	Woodland, grassland	Late Winter, Spring	Dug tuber	Digging sticks, dilly bag	Family	Cleaned	Eaten raw, Cooked in coals
Vanilla, chocolate and fringe lillies	Woodland, heathland, grassland, scrub	Late Winter, Spring	Dug tuber	Digging sticks, dilly bag	Family	Cleaned	Eaten raw, Cooked in coals
Orchids	Woodland, heathland, grassland, scrub	Spring	Dug tuber	Digging sticks, dilly bag	Family	Cleaned	Eaten raw, Cooked in coals
Old man's beard	Coastal bushland	All year	Dug tuber	Digging sticks, dilly bag	Family	Ground and beaten into a dough	Cooked in coals

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

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