

GO NATIVE

6 Australian native edibles to grow and eat at home

NATIVE EDIBLES PLANT GUIDE

Lemon Myrtle

A blend of citric flavours with a spicy, lemongrass accent. Use leaves fresh or dried to make a delicate tea or to flavour both sweet and savoury dishes. Tree grows up to 6m. Harvest leaves all year.

Wattleseed

One of the most popular native flavours. Use seeds found in the pods. Tastes like a combination of roasted nuts, chocolate and coffee. Use roasted and ground, perfect for cakes, biscuits and slices. A medium to large shrub or tree, from 3 to 6m. Collect seeds Jan - March.

Native Pepper (mountain pepper)

More versatile than peppercorns, use leaves and berries for both sweet and savoury dishes. Adds a soft pink colour. Plant can attract native birds. Grows to a 2m bushy shrub. Harvest berries March - May and leaves all year round.

Desert Lime

Resembling a miniature lime, it's extremely juicy and has an intense lime - citrus flavour. Drought-tolerant plant yet tolerates freezing temperatures. Can reach 2 to 8m. Plants fruit Nov - Jan.

River Mint (native mint)

A medicinal plant with an intense mint flavour - leaves can be brewed into tea for coughs, colds and stomach cramps. Can be used in place of common mint but in smaller amounts. A great insect repellent. A perennial plant liking a moist, protected position. Semi-shade.

Warrigal Greens

Also known as New Zealand spinach. Has a rich spinach flavour. Grows well even in under-nourished soil. Can spread up to 2m and can be trained around taller shrubs or trees. Grows all year round.

WHERE TO find NATIVE EDIBLES

CERES NATIVE NURSERY

(03) 9389 0111 ceres.org.au

ST KILDA INDIGENOUS NURSERY CO-OP

(03) 9645 2477 skinc.com.au

VICTORIAN INDIGENOUS NURSERY CO-OP

(03) 9482 1710 vinc.net.au

THE NATIVE SHOP

nativegrowth.com.au Quote 'Sustainable Table' to receive a 20% discount on orders.

NATIVE OZ CUISINE

nativecuisine.com.au

OUTBACK CHEF

outbackchef.com.au

OUTBACK PRIDE

outbackpride.com.au

TWISTED TUCKER RECIPES

Lemon Myrtle & Macadamia Biscuits

200g butter, softened
100g brown sugar
1 tbsp ground lemon myrtle leaves
1 tsp baking powder
225g plain flour
100g macadamia nuts, roughly chopped

Preheat oven to 200°C. Cream butter and sugar until light and fluffy. Add lemon myrtle, baking powder, flour and nuts. Combine into a dough, roll into teaspoon sized balls and place them on a greased baking tray. Press them gently with a fork. Bake until lightly golden, about 12 minutes.

Makes approximately 30 biscuits.

Warrigal Greens with Muntries

recipe by Kieran Kilmartin, The Merri Table, CERES

100ml red wine vinegar
30g white sugar
pinch salt
50 ml extra virgin olive oil
40g muntries, fresh or frozen (a type of berry)
40g toasted macadamia nuts, roughly chopped

Blanch warrigal greens in boiling water for 10 minutes (do not cover)*. Meanwhile, warm the vinegar, sugar and salt over a low heat, stirring until dissolved. Remove from heat, add muntries and leave to cool. Drain the warrigal greens, heat oil in a pan and sauté the greens until they wilt and change colour, about 5 mins. To dress, combine vinegar mix, olive oil and macadamias and toss through greens.

* Vital step to remove oxalic acid which can be harmful.

Indigenous Infusion with Strawberry Gum Leaves

recipe by Shaun Byrne, Maidenii

700ml gin, preferably Australian-made
70g dried strawberry gum leaves

Mix gin and strawberry gum and leave to infuse for one week in the fridge, shaking daily. After one week, strain liquid through a cloth and use gin as you would for a gin and tonic.

For more recipes visit sustainabletable.org.au.

About SUSTAINABLE TABLE

Sustainable Table is a young and innovative not-for-profit organisation that empowers people to use their shopping dollar to vote for a food system that is fair, humane, healthy and good for the environment. With up to 60% of our personal eco-footprint embodied in the food that we buy, there is no better place to start.

Globally, we support projects in developing communities that help to restore the natural environment and improve food security.



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