

Extract from WAWA Newsletter issue 186 dated September/October 2016

### **Observations Bunbury WEWS August 2016**

The last demonstrator for the day was **Sorcha Roberts**, a member of the 'Better Bush Native Food Association' and she gave a very interesting presentation on 'Essences in Native Plants'.

Sorcha advised that she began her journey of discovery into essences in native plants some three years ago and how she had engaged the services of an Aboriginal lady to help her search for native plants.

Sorcha advised that many native plants contain a vast number of different properties.

She also advised that care must be taken when collecting native plants and creating essences from them because some are toxic.

She talked about how the seeds of the Australian Wattle could be ground down into flour and after being ground down then roasted it could also be used as a substitute for coffee.

Next, she introduced the bush tomato, called Cujera, which was a bit of a cross between a raisin and a tomato.

She advised that with Cujera you can only collect it and use it after it has gone brown and fallen to the ground. Whilst it is green it is very toxic.

Sorcha advised that Aborigines had been using Cujera for many years and was perfect for improving the flavour of jams and chutneys.

The next thing to be introduced was a Locarto or Pepper Berry. It looked a little like a black peppercorn, however it had a very spicy taste, but not the same spicy taste associated with traditional pepper.

Sorcha advised that there is a great deal of research being conducted on the pepper berry as it is thought it could hold a key towards finding a cure for cancer.

Lastly as a treat for everyone Sorcha handed out some Lemon Myrtle Rock Candy and very nice it was too.

A very interesting presentation.