

Wetlands

South East bush tucker

Food	Place	Seasons	Collection	Implements	Who	Preparation	Cooking
Fish	Lakes, creeks	All year	Hooked, netted, trapped, speared	Line, bone, hook, net, stone, reed or timber, fish traps, spears, canoe	Males	Cover in clay, cover with paperbark	On coals or hole covered with coals and ashes
Eels	Lakes, swamps	September to May	Trapped, netted	Net, fish trap	Males	Cleaned and gutted	Smoked on coals hole covered with coals and ashes
Freshwater crayfish	Creeks, lagoons	Winter	Netted	Net	Family	No preparation	On or in coals
Yabbies	Wetlands	Summer	Netted, dug out of the bank	Net, dilly bag, digging stick	Family	No preparation	Hole covered with ashes
Turtles	Wetlands	October to April	Netted	Net	Males	Washed and gutted	Hole covered with ashes or cooked in coals toasted
Ribbon plant	Wetlands	Spring to Autumn	Dug	Hands, digging stick, dilly bag	Family	Washed	Eaten raw or steamed
Water lily	Wetlands	Spring to Autumn	Dug	Hands, digging stick, dilly bag	Family	Washed	Eaten raw or steamed
Nardoo	Wetlands	Summer, Autumn	Gathered	Dish, grinding stone	Family	Ground into paste	Cooked in ashes, pancake



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.