

3.6 Home and School

Before Macca's and KFC, before processed food from Woolies, where would you have found your food? Rainforest Aboriginal people learnt to live in the forest and the rainforest sustained them. Because of their knowledge of bush tucker, it's possible for everyone to try some of the delicacies of the rainforest.

One thing your school can do (you can do this at home as well, if you've got the room!) is to plant a bush tucker garden. Some fruits that you can safely grow at your school are:

| Common Name | Scientific name | Possible Use |
|----------------|-------------------------------|--|
| Davidson Plum | <i>Davidsonia pruriens</i> | Good for jams |
| Native Rosella | <i>Hibiscus heterophyllus</i> | Can be eaten raw in salads |
| Kapok Tree | <i>Cochlospermum spp.</i> | Flowers are edible |
| Cheesefruit | <i>Morinda citrifolia</i> | Tastes like blue cheese with a touch of hot mustard. |
| Lemon Aspen | <i>Acronychia acidula</i> | Used in jams and puddings |
| Riberry | <i>Syzygium luehmannii</i> | Good for fruit salads |
| Lemon Myrtle | <i>Backhousia citriodora</i> | Oil from leaves used to perfume soaps |

Safety first!

While some rainforest plants are edible others can be deadly poisonous. Even experienced bush tucker enthusiasts have been caught out. DO NOT EXPERIMENT.

Please also bear in mind that all plants and animals in national parks are protected and cannot be collected without a permit.