



# Slow Food Facts

## 'Australian Native Foods'



### Why don't we eat Australian native foods?

Our country celebrates cultural and culinary diversity and we love 'superfoods' like chia seeds, acai berries and quinoa from remote exotic locations, yet we seem to have been ignoring the foods that grew here before European settlers arrived nearly 250 years ago. We seek out sustainable local / Australian grown produce, but we ignore or reject Australian native plants and animals that have sustained the first Australians for tens of thousands of years. Why don't most of us have the slightest clue about what our native food species are beyond some of our seafood, macadamia nuts and perhaps the occasional encounter with lemon myrtle or finger lime. How many of us, lost in the bush, would know what to eat and what might kill us?

### The world is starting to take notice

Some of the best chefs in the world are beginning to take notice of Australia's unique native foods like finger lime, Davidson plum, wattleseed, quandong and Kakadu plum which are starting to appear on the menus of fine dining establishments across the country. Slow Food has set up an international ARK OF TASTE which identifies and lists foods (including many native species) at risk of disappearing. Slow Food in Australia has already successfully nominated native foods to the International Ark of Taste catalogue. By listing them, telling their story and supporting their producers we can help preserve them for the planet and future generations.

### What you can do

1. More and more speciality shops are starting to sell native food products, and some restaurants are featuring indigenous ingredients in their menu's, so why not tuck in and try something new?
2. If you're more interested in foraging, book a cultural walk with your local aboriginal groups - where they take you into the bush and explain some of the foods and traditions of the land. Also, two very good books to read as background are "The Oldest Foods on Earth" by John Newton (with recipes) and "Dark Emu" by Bruce Pascoe
3. Become an explorer; and if you find a native food that is not yet on the Ark of Taste, contact us!

For more information visit our website ([www.slowfoodaustralia.com.au](http://www.slowfoodaustralia.com.au)) or Facebook page (@SlowFoodAustralia) or get in touch with your nearest Slow Food community.

Many **bush foods** have **impressive nutritional and medicinal properties**. The Kakadu Plum for example has the highest concentration of Vitamin C of any food species in the world.



The displacement of Australia's first peoples combined with massive land clearing and increased urbanisation have resulted in **much traditional knowledge already being lost**.



Slow Food in Australia is very grateful and proud to partner with several of our first Australian peoples to **help find, protect and promote Australian native foods**. Contact the Slow Food community nearest to you to find out more.