



**WAITOC.COM**

Ancient Tracks - New Journeys

Native Foods  
and Bushfood Recipes,  
plus over 30 Aboriginal  
Tours and Experiences  
with much more  
inside!

# Aboriginal Bushfood and Wildflower Trails



# Aboriginal Bushfood and Wildflower Trails take you beyond the beauty. Forage for native foods and explore the medicinal, nutritional and cultural significance of WA's plants and wildflowers.

WA's wildflowers rank among the most spectacular flower displays in the world. Between July and October, many parts of the state become blankets of colour with everything from tiny crimson myrtles, dainty smokebush, fiery mountain bells and over 150 varieties of orchids coming into bloom.

For the Aboriginal people, these flowers are also a traditional source of food and medicine – part of Western Australia's great big bush supermarket, full of highly nutritious foods that can be found throughout the land, the seas and the waterways. On an Aboriginal Bushfood Tour you will be treated to an interactive and delicious cultural encounter as your Aboriginal guides share an ancient cultural knowledge of what the land has to offer.



**WAITOC.COM**  
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Koomal Dreaming

## Making fire with Wildflowers

Traditional firemaking is a good example of understanding the natural resources of country. Learn how fire was used as a tool by the First Australians for hunting, tool-making and land management.



Ngalang Wongi Aboriginal Tours

## Find Bushfoods in your own Backyard

Recognise this bushfood? The red-purple fruit of the pigface flower has been described as a salty strawberry flavour. Leaf sap was traditionally used to soothe stings or burns, or boiled to form an antibacterial tonic for gargling to soothe sore throats.



Kook Koo's Own

## The Healing Power of Bush Medicine

Native plants have been used in traditional medicines by Aboriginal people for many thousands of years. Modern science is just now starting to recognise the healing and nutritional properties of some of these ancient bush botanicals.

## MAP LEGEND

KIM = Kimberley  
 PIL = Pilbara  
 CC = Coral Coast  
 GF = Goldfields  
 WB = Wheatbelt  
 SW = South West  
 PER = Perth/Fremantle/Peel



## Aboriginal Bushfood and Wildflower Trails and Experiences

1. Baiyungu Dreaming	CC
2. Bibbi Murra Bush Remedies Tour	CC
3. Birchy's Fishing Tours	KIM
4. Boola Bidi Dreaming	SW
5. Borrgoron Coast to Creek Tours	KIM
6. Brian Lee Tagalong	KIM
7. Bunda Bunda NJ Tagalong Tours	KIM
8. Bundy's Cultural Tours	KIM
9. Bungle Bungle Guided Tours	KIM
10. Dabungool Cultural Experiences	SW
11. Dale Tilbrook Experiences	PER
12. Dudja Dreaming	WB
13. Girlooroo Tours at Mimbi Caves	KIM
14. Go Cultural Aboriginal Tours	PER
15. Goldfields Honey Ant Tours	GF
16. Goolamwiin Aboriginal Cultural Tours	PER
17. In Culture Tours	PER
18. Jarndu Ngaank Tours	KIM
19. Just Over the Hills	KIM
20. Katter Kich Art Gallery & Tours	WB
21. Kimberley Cultural Adventures	KIM
22. Kingfisher Tours	KIM
23. Kodja Place	SW
24. Koomal Dreaming	SW
25. Kurlajiwangga Aboriginal Tours	CC
26. Kurrah Mia Culturally Noongar	SW
27. Mabu Buru Broome Tours	KIM
28. Narlijia Experiences Broome	KIM
29. Ngalang Wongi Aboriginal Tours	SW
30. Ngurrangga Tours	PIL
31. Njaki Njaki Aboriginal Tours	WB
32. Nyungar Tours	PER
33. Pete's Cultural Adventures	KIM
34. Southern Cross Cultural Tour at Lullumb	KIM
35. Trevor's Traditional Tours	KIM
36. Uptuyu Aboriginal Adventures	KIM
37. Walaja Honey & Cultural Immersion	KIM
38. Warrwany Cultural Tours	KIM
39. Wooramulla Eco Cultural Journeys	CC
40. Wula Gura Nyinda Eco Cultural Adventures	CC

## Native Foods, Bush Remedies, Bushfood Catering, Stores and Online Shops

41. All Good Grub Bushtukka Catering	PER
42. Pilbara Bush Remedy	PIL
43. Bindam Mie	KIM
44. Mayi Harvests	KIM
45. Kimberley Wild Gubinge	KIM
46. Gather Foods	PER
47. Maalinup Aboriginal Experiences	PER
48. Kook Koo's Own Bush Remedies	KIM

The best time to experience WA in full bloom, varies depending on the region. While bushfoods are available year round in many regions, tours are often conducted at times when bushfood is more abundant.



Kurrah Mia Culturally Noongar

## Learn about Bush Medicine

High in fibre and low GI, wattleseed contains high concentrations of potassium, zinc, calcium, iron and selenium, a rare mineral that has antioxidant properties which helps to reduce free radical damage to body cells.

## Wildflower and Bushfood season by Region

	KIMBERLEY REGION	MIDWEST/PILBARA	SOUTH WEST REGION
JAN			🌸
FEB			🌸
MAR			🌸
APR			🌸
MAY	🌸	🌸	🌸
JUN	🌸 🌸	🌸	🌸
JUL	🌸 🌸	🌸 🌸	🌸
AUG	🌸 🌸	🌸 🌸	🌸 🌸
SEP	🌸	🌸 🌸	🌸 🌸
OCT		🌸 🌸	🌸 🌸
NOV		🌸	🌸 🌸
DEC			🌸 🌸

🌸 Best time to see wildflowers  
 🌿 Best time to experience bushfoods



## 1. Baiyungu Dreaming

### Highlights

- Snorkel & swim at secluded locations
- Sunset tour at Cardabia Station



### Exmouth & Coral Bay

Join your Baiyungu guide for an exploration of hidden locations along the Ningaloo coast; visit pristine beaches, untouched reefs, even a turtle nursery. You'll learn about the stories associated with these culturally significant sites on a tagalong tour through this culturally rich World Heritage Listed-location.

Call: 0437 871 189  
E: [hazel@baiyungudreaming.com.au](mailto:hazel@baiyungudreaming.com.au)  
[www.baiyungudreaming.com.au](http://www.baiyungudreaming.com.au)



## 2. Bibbi Murra

### Carnarvon

Join Bibbi Murra for a unique bush medicine workshop, using traditional bush medicines including quandong, sandalwood nuts and river mint to create healing balms, scrubs, moisturising butters and even a herbal drinking tea. Learn about the medicinal properties of the plants and how they have been used by Yinggarda people for thousands of years.

Call: 0477 126 983  
E: [tours@wooramulla.com.au](mailto:tours@wooramulla.com.au)  
[www.wooramulla.com.au](http://www.wooramulla.com.au)

### Highlights

- Discover the medicinal properties of plants
- Make your own healing balms and medicinal herbal drinking tea



## 3. Birchy's Fishing Tours

### Highlights

- Hooking a monster barramundi
- Swim in waterholes
- Visit rock art sites



### Kununurra, East Kimberley

Get off the beaten track and explore the ancient landscapes and untamed wilderness of Balangarra Country. Birchy's Fishing Tours will take you to some of the most remote Kimberley locations for the freshwater fishing adventure of a lifetime. Catch, cook and enjoy a yarn around the campfire on an overnight tagalong tour.

Call: 0459 540 763  
E: [birchysfishingtours@gmail.com](mailto:birchysfishingtours@gmail.com)  
[www.birchysfishingtours.com.au](http://www.birchysfishingtours.com.au)



## 4. Boola Bidi Dreaming

### Harvey

Boola Bidi Dreaming is the home of Noongar culture in Harvey and offers a range of locally made products as well as workshops in bush food and medicine, guided bush walks and cultural experiences. Catering packages are also available for work meetings, conferences, and celebrations.

Call: 0460 862 204  
E: [kaya@boolabidi.com.au](mailto:kaya@boolabidi.com.au)  
[www.boolabidi.com.au](http://www.boolabidi.com.au)

### Highlights

- Explore bushfood & medicine plants on a bush walk
- Campfire damper



## 5. Borrgoron Coast to Creek Tours

### Highlights

- Fresh rock oyster cooked on the beach
- Stories of Broome's pearling history



### Dampier Peninsula, Kimberley

Explore the ancient tidal flats at Borrgoron and learn about the unique marine life that inhabits the Dampier Peninsula. You can forage for rock oysters, learn different fishing and hunting techniques and discover the traditional art of riji carving.

Call: 08 9192 4283  
E: [hello@cygnetbaypearlfarm.com.au](mailto:hello@cygnetbaypearlfarm.com.au)  
[www.coasttocreektours.com.au](http://www.coasttocreektours.com.au)



## 6. Brian Lee Tagalong Tours

### Dampier Peninsula, Kimberley

Take a fascinating journey through saltwater country with Brian. On the popular Hunter's Creek tagalong tour, you'll spend the day fishing, foraging for traditional Bardi bush tucker and listening to stories about the saltwater people, their culture and their connection to this beautiful part of the world.

Call: 0447 513 123  
E: [campground@djarrindjin.com.au](mailto:campground@djarrindjin.com.au)  
[www.brianleetagalong.com](http://www.brianleetagalong.com)

### Highlights

- Forage & fishing in creeks & mangroves
- Catch & cook on the beach



## 7. Bunda Bunda Tagalong Tours



### Dampier Peninsula, Kimberley

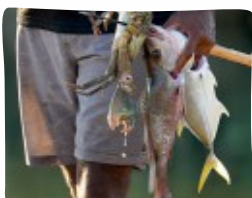
Join Jaden Howard as you explore saltwater country at low tide, stopping at secret pools to catch the elusive mangrove jack or barramundi. Explore the unique ecosystem, teeming with marine life that has sustained Jaden's ancestors for centuries. Relax at the end of the tour with a seafood feast cooked straight over the fire.

Call: 0486 028 623

E: [jaden@bundabundanijours.com.au](mailto:jaden@bundabundanijours.com.au)  
[www.bundabundanijours.com.au](http://www.bundabundanijours.com.au)

### Highlights

- Catch & cook and bushfood foraging
- Fishing for barra mangrove jack



## 8. Bundy's Cultural Tours



### Highlights

- Night fishing tour and beach cook-up
- Learn traditional fishing techniques



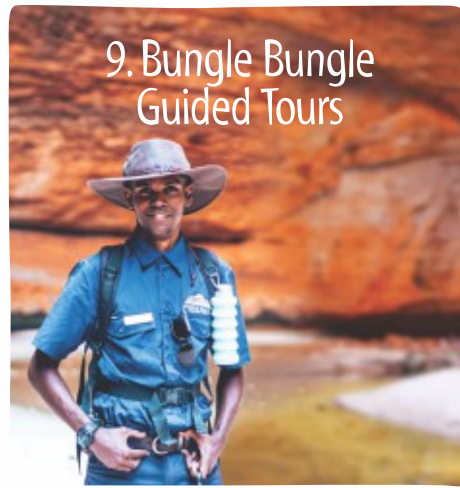
### Dampier Peninsula, Kimberley

Experience bushwalking, spearfishing and tagalong tours on Bardi Country. Join Bundy, a Traditional Owner, for a customised tour, night fishing or a coastal adventure tour (4WD required) and learn about the traditional way of life.

Call: 0447 513 123

E: [campground@djarrindjin.com.au](mailto:campground@djarrindjin.com.au)  
[www.bundystours.com.au](http://www.bundystours.com.au)

## 9. Bungle Bungle Guided Tours



### Purnululu National Park, Kimberley

Experience the iconic Bungle Bungle on a guided walking tour or overnight package with Bungle Bungle Guided Tours. Learn about the unique cultural and natural heritage values that make Purnululu National Park a UNESCO World Heritage site, and the important connection Traditional Custodians have to this land to this day.

Call: (08) 9168 2213

E: [bookings@bbgt.com.au](mailto:bookings@bbgt.com.au)

[www.bunglebungleguidedtours.com.au](http://www.bunglebungleguidedtours.com.au)

### Highlights

- Cathedral Gorge & Echidna Chasm
- Foraging for seasonal bushfood



## 10. Dabungool Cultural Experiences



### Esperance

Join Dabungool Cultural Experiences on country and explore the cultural heritage, seasonal plants and foods. Learn Nyungar names and taste what's available on country. Excite your senses with seasonal plants and find out how people traditionally eat and prepare plants that are available atop this beautiful landscape.

Call: 0455 031 797

E: [dabungool@hotmail.com](mailto:dabungool@hotmail.com)  
[www.dabungool.com.au](http://www.dabungool.com.au)

### Highlights

- Pet-friendly tours
- Amazing biodiversity
- Learn about medicine plants & bushfoods



## Bunda Bunda's Campfire Crab with Special Dipping/Pickle sauce

Bushfood Recipe

### INGREDIENTS

- One large crab, for cooking on the fire
- For the special dipping/pickle sauce
- ½ cup vinegar
- 1/4 cup soy sauce
- ½ green or red chilli, diced
- ½ lemon, diced
- ½ brown onion or equivalent spring onion, diced

### METHOD

1. To cook the crab, place over the fire or coals (low heat) until it starts to bubble. Cook crab on back for 5 minutes, then turn onto its front and cook for another 5 minutes.
2. Remove crab from fire, and set aside to cool.
3. In the meantime, prepare special dipping/pickle sauce. Place vinegar and soy sauce in a serving bowl. Mix diced chilli, lemon and onion.
4. Serve the cooled crab with the dipping sauce on the side. If you like you can remove the meat from the crab, place it in a large sterilised jar and top with the pickle sauce. The pickled crab meat will keep in a sealed jar for up to 1 week.



*It's hard to beat fresh-caught mud crab cooked over the coals, but this punchy dipping/pickle sauce is a great accompaniment that gives a little bit of extra kick and attitude, befitting of this feisty, mangrove-dwelling crustacean.*

Jaden



## 11. Dale Tilbrook Experiences

### Highlights

- Learn about the Noongar 6 seasons
- Nutritional values of native foods

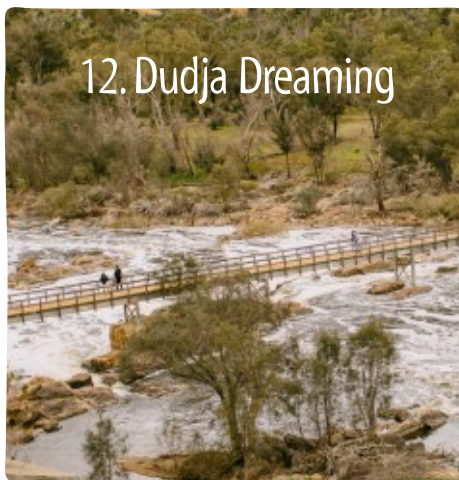


### Swan Valley, Perth

Dale's experiences and activities around Bush Tucker, Aboriginal culture and history and Aboriginal art are comprehensive, in depth, engaging and always include some bush tucker snacks at the very least. Learn about medicine plants and the amazing nutritional qualities of Australian native plants.

Call: 0411 112 450

E: [info@daletilbrookexperiences.com.au](mailto:info@daletilbrookexperiences.com.au)  
[www.daletilbrookexperiences.com.au](http://www.daletilbrookexperiences.com.au)



## 12. Dudja Dreaming

### Toodyay

Learn about the rich indigenous history that lies beneath the heritage facade of Toodyay. On a guided walking tour, Robert Miles, a proud Yued man, will share cultural stories unique to the area and point out plants that has served as bush food and medicine for the Yued, Ballardong and Whadjuk people who have co-existed in the valley for 45,000 years.

Call: 0428 959 084

E: [hello@dudjadreaming.com.au](mailto:hello@dudjadreaming.com.au)  
[www.dudjadreaming.com.au](http://www.dudjadreaming.com.au)



### Highlights

- Learn about Toodyay's rich Aboriginal history
- Visit heritage sites & historic buildings



## 13. Girloorloo Tours

### Highlights

- Explore Mimbi Caves, part of an ancient, fossilised Devonian Reef system



### Mimbi Caves, Fitzroy Crossing

Listen to fascinating stories as your Gooniyandi guide shares their cultural knowledge and takes you back to a time when local Aboriginal people inhabited this ancient network of caves. You'll also have a chance to sample native foods and medicine plants, and enjoy damper and billy tea cooked round the campfire.

Call: 0437 546 873 or 0477 355 671

E: [rosemary@mimbicaves.com.au](mailto:rosemary@mimbicaves.com.au)  
[www.mimbicaves.com.au](http://www.mimbicaves.com.au)

## Dale's Lemon Myrtle Cake

Lemon myrtle

### INGREDIENTS

- 125g butter, chopped
- ¾ cup caster sugar
- 1 teaspoon vanilla essence
- 2 eggs
- 2 cups self-raising flour
- 2/3 cup milk
- 1 tablespoon lemon myrtle powdered spice

### METHOD

1. Preheat oven to 180°C. Grease a deep, 20cm round cake pan. Line base with baking paper.
2. Beat butter, sugar and vanilla together in a large bowl using an electric mixer, until pale and creamy.
3. Add eggs one at a time, beating well after each addition, scraping down sides of bowl. Lightly fold flour into creamed mixture alternately with milk, beginning and ending with flour. Add lemon myrtle to mixture.
4. Spoon mixture into prepared pan and bake for 40-45 mins, or until cooked.
5. To make the vanilla icing: Sift icing sugar into a bowl. Add butter, water and vanilla. Add a little lemon myrtle. Beat well with a wooden spoon until a smooth spreadable consistency. Spread over cooled cake.

(Lemon Myrtle available from Maalinup Aboriginal Experiences)



### Bushfood Recipe



Lemon myrtle's fresh tangy leaves can be used in teas, syrups, cakes, biscuits, dressings, sauces, ice creams, dips and meat dishes. Essential oil distilled from the leaves has a refreshing lemony scent, and has been found to have antifungal and antibacterial properties.

Dale



## 14. Go Cultural Aboriginal Tours & Experiences

### Kings Park | Perth | Rottnest

Kaargatup | Boorloo | Wadjemup

Join your Noongar guide on a journey into Perth's cultural past. Hear the Noongar story, the first story of the Whadjuk people. Learn how this country sustained Aboriginal people for millennia on a cultural exploration of Boorloo (Perth), (Karrgatup), Kings Park, and Wadjemup (Rottnest Island).

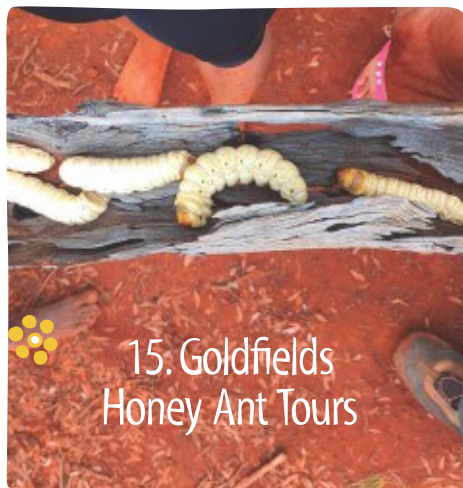
Call: 08 9429 8875

E: [bookings@gocultural.com.au](mailto:bookings@gocultural.com.au)  
[www.gocultural.com.au](http://www.gocultural.com.au)

### Highlights

- Explore seasonal native foods and medicine plants at Kings Park





## 15. Goldfields Honey Ant Tours

### Kalgoorlie and Goldfields

You are invited on an authentic bushfood foraging tour in the heart of Australia's Golden Outback to discover nature's bounty that has sustained the Tjupan desert people for millennia. Sample the sweetest of bushfoods, the prized honey ant, forage for witchetty grubs, seasonal nuts and fruits, and learn about bush medicine.

Call: 0472 678 144

E: [dannyulrich1844@gmail.com](mailto:dannyulrich1844@gmail.com)

[www.goldfieldshoneyanttours.com.au](http://www.goldfieldshoneyanttours.com.au)

### Highlights

- Campfire yarns cultural stories
- Taste the sweetest bushfood treat



## Gather Foods Kangaroo Tail Cigars

### INGREDIENTS

- 300ml cooking oil, of your choice, plus extra for frying
- 1kg kangaroo tail
- 2 brown onions, diced
- 2 carrots, diced
- 3 celery sticks, diced
- 3 garlic cloves, grated
- 4 tomatoes, diced
- 50gm Dijon mustard
- 500gm red wine
- 1 litre water
- 15gm mountain pepperberry
- 10gm dried native thyme
- 15gm salt, plus extra to serve
- 1 egg, for eggwash
- 1 packet brik pastry

### METHOD

1. Heat cooking oil of your choice in a large pot until really hot. Seal the kangaroo tail until golden brown, then set aside.
2. In the same pot, saute the onion, carrot, celery and garlic. Add the tomato and Dijon mustard and cook out.
3. Add the red wine and reduce to 1/3, then add the water, kangaroo tail, pepperberry, native thyme and salt.
4. Turn down the heat to low, cover and let simmer for 2 hours until the meat starts to fall off the bone, then let the meat cool down in the cooking liquid.
5. Once cooled, take out the kangaroo tail (reserve the cooking liquid) and remove the bone; make sure there is no bone in the kangaroo tail mix.
6. Strain the reserved cooking liquid, add 200ml to the kangaroo tail mix and set aside until cooled completely. In the meantime, whip the egg in a small bowl.
7. Lay down a sheet of brik pastry, place about 40gm of kangaroo tail mix in the middle, eggwash the edges and roll into a cigar.
8. Heat cooking oil in a pan to high heat and shallow fry the cigar until golden brown. Sprinkle with salt and serve immediately.

Pepperberries



Bushfood Recipe

*Kangaroo has been an integral part of the diet of Aboriginal peoples for thousands of years. With less than 2% fat, it is a healthier red meat option. It is also high in protein, essential B vitamins, zinc, iron, omega 3 fats and omega 6 fatty acids. Compared to beef, kangaroo contains double the amount of iron and triple that of chicken and pork.*



## 16. Goolamwiin Aboriginal Cultural Tours

### Highlights

- Traditional Cultural ceremonies
- Catering, Noongar Bushfoods



### Mandurah and surrounds

Goolamwiin provide a range of cultural programs aimed at connecting visitors with Nyungar culture. The team draw on cultural protocols to teach respect for Country. You can come out to Yalgorup National Park for a cultural bush tour that will engage and inspire you.

Call: 0417 183 119 or 0411 097 949

E: [tkstack@goolamwiin.com.au](mailto:tkstack@goolamwiin.com.au)

[www.goolamwiin.com.au](http://www.goolamwiin.com.au)



## 17. In Culture Tours

### Kings Park | Fremantle | Cape Peron

Kaarta-Garup Walyalup Boya Kaarla

Walk alongside Whadjuk man Steven Jacobs and be immersed in a multi-sensory exploration of the past. Touch and smell native plants that have been used as bush medicine for millennia. Hear Dreaming stories brought to life as you explore iconic Perth landscapes.

Call: 0456 140 398

E: [bookings@inculturetours.com.au](mailto:bookings@inculturetours.com.au)

[www.inculturetours.com.au](http://www.inculturetours.com.au)

### Highlights

- Visit Perth's most iconic locations
- Ancient Dreaming stories retold



## 18. Jarndu Ngaank Tours

### Highlights

- Uniquely flavoured native honey
- Learn about the honey harvesting process



### Carnarvon

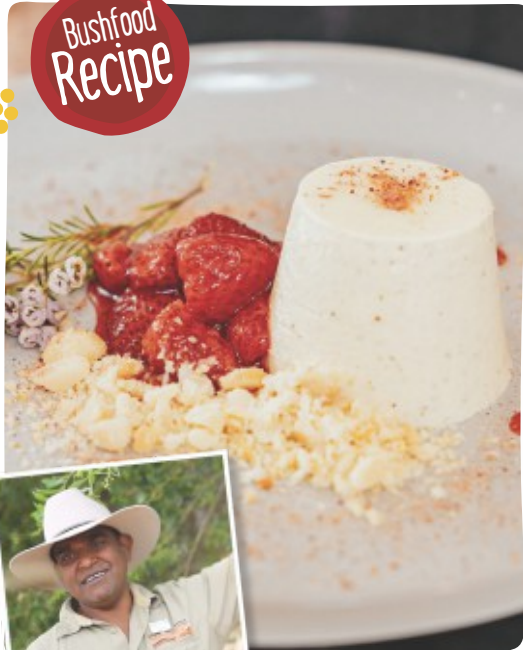
Join local Elder Pat 'Mamanyjun' Torres on an unforgettable cultural immersion. Pat will welcome you to country with a traditional smoking ceremony. Learn about Broome's ancestral or bugarri-garra stories, customs, bush medicines and bush foods. Get a unique insight into Aboriginal women's unique connection with the beautiful Broome Country.

Call: 0403 486 955

E: [hello@jarndutoursbroome.com.au](mailto:hello@jarndutoursbroome.com.au)

[www.jarndutoursbroome.com.au](http://www.jarndutoursbroome.com.au)

## Bushfood Recipe



# Bugarrigarra Mie's Boab Panna Cotta



Boab Fruit

### INGREDIENTS

- 600gm yoghurt
- 250gm mascarpone
- 600ml cream
- 145gm agave syrup
- 1 tsp vanilla
- 20gm boab powder
- 40gm lemon juice
- 2 1/2 tsp gelatine powder, mixed with 2 tbsp boiling water until dissolved

### METHOD

1. Heat yoghurt, mascarpone, cream, agave syrup, and vanilla in a small pot until it hits 62°C stirring occasionally.
2. Remove from the heat and cool to 52°C
3. Whisk boab powder, lemon juice and gelatine mix.
4. Portion into 10 to 12 small glass or dariole moulds.
5. Refrigerate overnight.
6. Serve with toasted macadamias & seasonal fruit.

Boab powder is available from Bindam Mie, Bushfoods of the Kimberley. Visit [www.bindammie.com.au](http://www.bindammie.com.au)



The boab nut contains fruit, that when ripe, creates a powdery sherbet like pulp which surrounds the inner seeds. Boab powder is highly nutritious and high in vitamins, iron, zinc, protein, potassium, calcium and dietary fibre. The boab creamy powder tastes like mildly sweet lemon-sherbet.

Robert

## 19. Just Over the Hills



### Kununurra

More than just 4WD tours, Just Over the Hills offers immersive, wild and enriching experiences on Balangarra Country that are guaranteed to leave an imprint on your soul. There's a tour package to suit everybody and foodies are well catered to: you'll have the opportunity to carve a boab nut, taste bush figs, if you're lucky, and catch your own barramundi, fingermark or black bream for dinner.

Call: 0473 950 686  
E: [justoverthehills@gmail.com](mailto:justoverthehills@gmail.com)  
[www.justoverthehills.com.au](http://www.justoverthehills.com.au)

### Highlights

- Explore hidden rock art sites
- Fish for bream or barramundi
- Sample bushfoods



## 20. Katter Kich Art Gallery & Tours

### Highlights

- Visit Katter Kich Art Gallery
- Hear the Dreaming story of Katter Kich (Wave Rock)



### Katter Kich (Wave Rock), Hyden

Experience wildflower season in Hyden, on a guided tour with proud Noongar man, Michael Ward. Wave Rock is part of a route of sacred Dreaming sites that stretch from the south coast through to the north east and hold special significance, stories, traditions and memories for the Traditional Owners who protect and care for it to this day.

Call: 0477 771 548  
E: [katterkichgalleryandtours@gmail.com](mailto:katterkichgalleryandtours@gmail.com)  
[www.facebook.com/michaelwardtours](http://www.facebook.com/michaelwardtours)



## 21. Kimberley Cultural Adventures

### Broome & Beagle Bay

Join Robert Dann, in the place where he was born, for an amazing 3 hour, morning cultural experience. He will share with you a small slice of 40,000 years of Broome and Kimberley culture as well as his own lived experience growing up in Broome during the 70s and his extensive knowledge of local bush foods and medicine plants.

Call: 0434 537 639  
E: [robbie@kimberleyculturaladventures.com.au](mailto:robbie@kimberleyculturaladventures.com.au)  
[www.kimberleyculturaladventures.com.au](http://www.kimberleyculturaladventures.com.au)

### Highlights

- Didgeridoo performance
- Try Boab Ginger Beer or Iced Tea



## 22. Kingfisher Tours

### Highlights

- Local Aboriginal guides share cultural knowledge
- Muntha (welcome to country), freshly made damper and billy tea

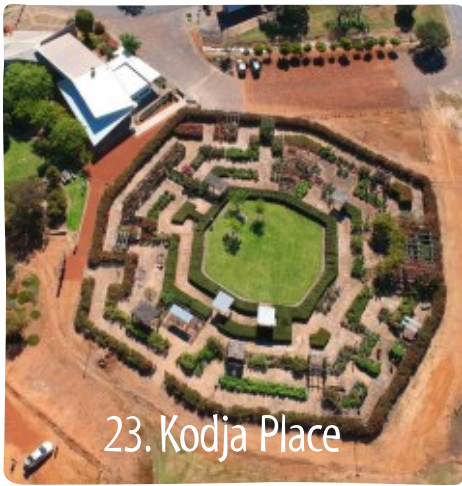


### Kununurra

Embrace the adventure of the Kimberley with Kingfisher Tours. They offer culturally immersive, enriching experiences from Purnululu through to the Northern Territory. Trek, fly and 4WD with local Aboriginal guides on an unforgettable journey.

Call: (08) 9168 2718  
E: [fly@kingfishertours.com.au](mailto:fly@kingfishertours.com.au)  
[www.kingfishertours.com.au](http://www.kingfishertours.com.au)





## 23. Kodja Place

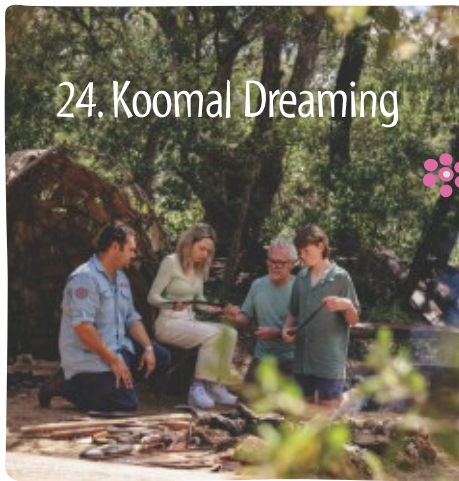
### Kojonup

The Kodja Place tells the inside story of Australian country life in ways that will move and delight you. Voices, photographs, art and objects from Kojonup's Noongar-Aboriginal and settler cultures are woven together in imaginative and richly layered interpretations. Enjoy billy tea and damper at Yoondi's Mia Mia, a special gathering spot at The Kodja Place.

Call: 08 9831 0500  
E: [kojonupvisitors@bigpond.com](mailto:kojonupvisitors@bigpond.com)  
[www.kodjaplace.com.au](http://www.kodjaplace.com.au)

### Highlights

- The Kodja Gallery
- Yoondi's Mia Mia
- The Australian rose maze garden



## 24. Koomal Dreaming

### Highlights

- Didgeridoo performance in Ngilgi Cave
- Native food experience



### Yallingup & Dunsborough

Come on a native food journey and discover culture, country, and environment through interactive and hands-on-learning experiences. Learn about the bush medicine and Dreaming spirits that have enriched the lives of the Wadandi people since time began.

Call: 0412 415 355  
E: [info@koomaldreaming.com.au](mailto:info@koomaldreaming.com.au)  
[www.koomaldreaming.com.au](http://www.koomaldreaming.com.au)



## 25. Kurlajiwangga Aboriginal Guided Tours

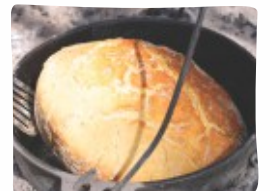
### Kalbarri

Join Colleen Drage, Nhanda Elder and cultural leader on a tagalong tour that follows the Murchison River, from the ancient gorges, to the place where the river meets the sea. Along the way Colleen shares stories of her culture and country, visits culturally significant places and sharing stories of her experiences growing up on country.

Call: 0475 403 611  
E: [kurlajiwangga98@gmail.com](mailto:kurlajiwangga98@gmail.com)  
[www.kurlajiwangga.com.au](http://www.kurlajiwangga.com.au)

### Highlights

- Campfire yarns about station life
- Colleen's damper with quandong jam



## 26. Kurrah Mia Culturally Noongar

### Albany

Explore how the landscape of Albany (Kinjarling) sustained the economic, spiritual and cultural needs of the Menang people for over 40 000 years. Learn how they used ochre, plants, stone, animals and fire for hunting, medicine, gathering, tools and food. Follow ancient paths walked by the Menang people and see ancient stone structures, waterholes, artefacts, engravings and flora and fauna.

Call: 0419 320 533  
E: [info@kurrahmia.com.au](mailto:info@kurrahmia.com.au)  
[www.kurrahmia.com.au](http://www.kurrahmia.com.au)

### Highlights

- Oyster Harbour traditional fish traps
- Taste the local bushfood plants



## Koomal Dreaming's Kangaroo Brawn

### INGREDIENTS

- One or two fresh kangaroo tails (plus a little leg meat, but it's the fat in the tails that helps set the brawn), to be cooked in a slow-cooker for at least 8 hours.

### For the seasoning

- 1 tbsp whole black pepper or native mountain pepper
- 1 tbsp dried saltbush
- 1 bay leaf
- 1 tbsp native rosemary
- 1 tbsp sea celery
- 1 chilli
- 1 tbsp lemon myrtle

Serve with damper, sourdough or toast.

### METHOD

1. Place the kangaroo tails, leg meat and seasoning ingredients in a slow cooker and cook until the meat is soft and falls off the bone (8-10 hours on high; or overnight on low).
2. Once cooled, press the cooked meat into bread tins, or some other small rectangular dishes, making sure it is compressed and covered. Refrigerate overnight to set.
3. Serve with woodfired damper or crusty sourdough, and a glass of red around the campfire, or spread on toast for an indulgent breakfast the next morning.

### Bushfood Recipe



Saltbush leaves



Both the seeds and leaves of the saltbush are viable bush food, with the leaves salty in flavour and rich in protein, antioxidants and minerals. The leaves can be sautéed, wrapped around meat or fish, used in salads, or for stuffing poultry. Alternatively, they may be dried and used as a herb or sprinkle.

Josh



## 27. Mabu Buru Tours

### Highlights

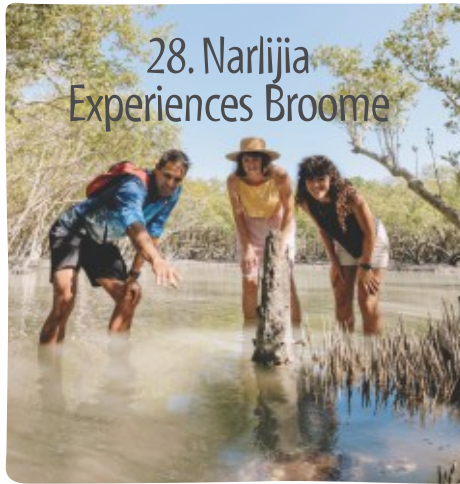
- Traditional songs played on the boomerangs
- A unique perspective on indigenous culture



### Broome

Mabu Buru Tours provides unique, immersive, and authentic experiences that help build a better understanding of Aboriginal culture, of our connection to country and traditional lifestyle in and around Broome. Johani encourages all people to experience the spiritual and physical connection to country his family has, and spread the understanding of Aboriginal culture.

Call: 0400 386 667  
E: mabuburu@outlook.com  
www.mabuburu.com.au



## 28. Narlijia Experiences Broome

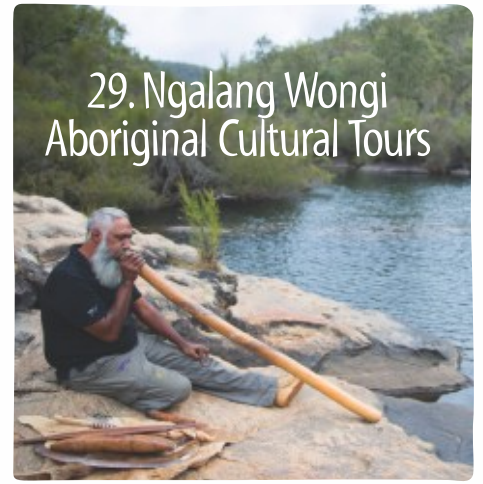
### Broome

Explore the unique ecosystem of Roebuck Bay's mangroves with Yawuru man, Bart Pigram. Drawing on knowledge gained from living a saltwater lifestyle as well as professional training as a curator, Bart's tours offer a unique perspective and the opportunity to experience the rich pickings in the mangroves.

Call: (08) 9195 0232  
E: bart@toursbroome.com.au  
www.toursbroome.com.au

### Highlights

- Oysters, fresh off the rock
- Foraging in the mangroves at low tide



## 29. Ngalang Wongi Aboriginal Cultural Tours

### Highlights

- Private didgeridoo performance
- Sample local, seasonal bushfoods



### Bunbury

A cultural journey that reveals a very different side of Bunbury. Learn about bushtucker, local wildlife and traditional ochre making. Troy is a natural storyteller and his passion for the region is woven into Dreaming stories and whimsical yarns about the traditional way of life he experienced growing up in this captivating location.

Call: 0457 360 517  
E: troy@ngalangwongi.com.au  
www.ngalangwongi.com.au



## 30. Ngurrangga Tours

### Karratha

Join local Ngartuma and Yindjibarndi guides and explore the world's largest collection of ancient Aboriginal rock carvings, with more than one million petroglyphs dating back to the last ice age. Tours include bush tucker, rock art and 4WD tagalong tours into Millstream National Park and around Karratha.

Call: 0484 909 614  
E: bookings@ngurrangga.com.au  
www.ngurrangga.com.au

### Highlights

- Explore the ancient petroglyphs
- Foraging on the tidal mudflats at low tide



## 31. Njaki Njaki Aboriginal Cultural Tours

### Highlights

- Explore the trails of Merredin Peak
- Learn about local bushfoods and medicine plants



### Merredin

Setting out from Merredin, this tagalong tour takes you on a journey through Njaki Njaki Country visiting traditional and historical Nyoongar sites. Camp overnight on-Country and enjoy a meal of kangaroo and damper served with billy tea/coffee. Learn about Njaki Njaki Aboriginal culture and the seasons, and sample seasonal bushfoods.

Call: 0407 984 470  
E: tours@njakinjaki.com.au  
www.njakinjaki.com.au



## 32. Nyungar Aboriginal Cultural Tours

### South Perth & Kings Park

Authentic Aboriginal cultural tours of South Perth and Kings Park. Share traditional stories of Whadjuk Country and the history of the Nyungar people in Perth. Explore the tranquil scented gardens and learn about bushfoods and medicine plants.

Call: 0477 442 515  
E: info@nyungartours.com.au  
www.nyungartours.com.au

### Highlights

- Kings Park native botanical gardens
- Learn about traditional Nyungar foods



**Bushfood  
Recipe**



## Mayi Harvests' Refreshing Rosella Tea

Rosella flower



### INGREDIENTS

- 1 cup dried rosella flowers
- 8 cups cold water
- 1 cup raw sugar or honey
- Lemon wedges or orange slices, to garnish

(Rosella flowers available from Mayi Harvests)

### METHOD

1. Sift through dried flowers for any stems, and discard. Place dried flowers in a jug filled with cold water and allow to stand for one day or until the colour has faded from the flowers.
2. Strain liquid through a fine sieve and discard the flower pieces.
3. Add sugar or honey to the remaining liquid and stir well.
4. To serve, heat on the stovetop or keep chilled. This refreshing libation will keep in the refrigerator for about 5 days.



*The petals of the wild rosella flower can be used for making jellies and dessert garnishes. They have a tart flavour with a raspberry/rhubarb/plum quality. The calyx can be sun dried as a tea, made into a delicious jam, used in tarts and puddings or prepared as a syrup for flavouring drinks.*

*Pat*

## 33. Pete's Cultural Adventures



### Highlights

- Barramundi fishing in the Kimberley
- Crocodile spotting and croc awareness



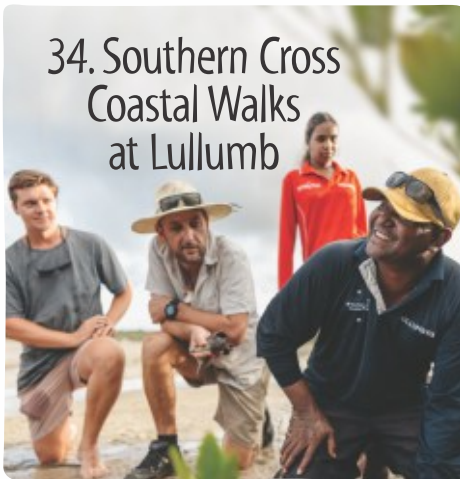
### Kununurra

If fishing is your thing, make sure you hook up with Pete. Legend has it, he can catch a barra in under two minutes. Pete offers guests bespoke itineraries on land as well as fishing charters. Opportunities for crabbing, bush foraging and croc spotting are also available. And at the end of the day, there's nothing better than cooking up your own catch over the embers of a campfire.

Call: 0484 648 633

E: [petesculturaladventures@gmail.com](mailto:petesculturaladventures@gmail.com)  
[www.petesculturaladventures.com.au](http://www.petesculturaladventures.com.au)

## 34. Southern Cross Coastal Walks at Lullumb



### Dampier Peninsula

Discover the rich biodiversity of Bardi Country. Get to meet and interact with local people and learn about Bardi and Jawi traditional ecological knowledge as well as more modern ways to live off the bush and the ocean, as you walk through a landscape of mangroves, salted mudflats, and beautiful creeks.

Call: 0498 058 095  
 E: [malati@lullumbtours.com.au](mailto:malati@lullumbtours.com.au)  
[www.lullumbtours.com.au](http://www.lullumbtours.com.au)

### Highlights

- Catch & cook by the beach
- Learn about Bardi Jawi culture



## 35. Trevor's Traditional Tours



### Highlights

- Learn traditional fishing techniques
- Forage for bushfood and bush honey

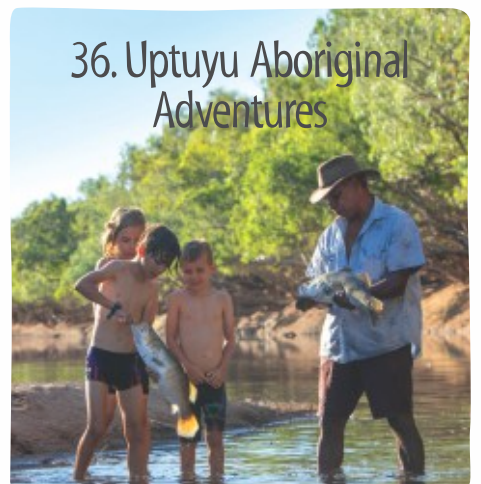


### Djarindjin, Dampier Peninsula

Trevor Sampi is a proud Bardi-Jawi man who has a deep knowledge and passion for Country. Over the years, he has taught many people traditional hunting and gathering skills such as spear throwing, fishing, crabbing, and boomerang throwing. On his tour learn about local history and cultural traditions as well as forage for bush honey and collect shells.

Call: 0447 513 123  
 E: [campground@djarrindjin.com.au](mailto:campground@djarrindjin.com.au)  
[www.trevorstraditionaltours.com.au](http://www.trevorstraditionaltours.com.au)

## 36. Uptuyu Aboriginal Adventures



### Udialla Springs, via Derby

Uptuyu provides private 4WD charter tours for individuals and groups. Design your safari camp and experience the real Aboriginal Kimberley. Travelling respectfully through traditional country learning and reflecting on what the people and the country have to share with us.

Call: 0459 517 749 or 0400 878 898  
 E: [info@uptuyu.com.au](mailto:info@uptuyu.com.au)  
[www.uptuyu.com.au](http://www.uptuyu.com.au)

### Highlights

- Barramundi fishing on the banks of the Fitzroy River
- Neville's bush medicine knowledge



# Wooramulla's Kangaroo Stir-Fry

## INGREDIENTS

- ½ kg kangaroo strips

## For the marinade

- 1 jar Auntie Dale's quandong jam
- Native honey to your liking
- Soy sauce to your liking
- Oyster sauce to your liking
- 1 tsp minced garlic
- native bush salt and pepper, to taste
- Cooking oil, of your choice
- 2 lemongrass stalks, sliced
- 1 heaped tsp of minced ginger, or ginger paste
- 1 red onion, quartered
- 1 bok choy or choy sum, thinly sliced
- 1 whole red capsicum, thinly sliced
- 1 medium carrot, thinly sliced
- 3 celery sticks, thinly sliced
- 3 broccolini stems, diced
- ½ can of baby corn, drained
- 1 packet egg noodles
- Steamed white rice, to serve

Auntie Dale's  
Quandong Jam



*The sweet and tangy fruit of the quandong is often stewed and used as a pie filling or jam and contains twice the Vitamin C of an orange. The nut kernel contains a range of complex oils and was used by Aboriginal people for its antibacterial and anti-inflammatory qualities.*

Renee

(Quandong Jam available from Dale Tilbrook Experiences)

## METHOD

1. Add all the marinade ingredients to a large bowl with kangaroo strips, toss to combine, set aside to marinate.
2. Bring a wok or pan to high heat, add cooking oil of your choice, and sear the marinated meat. Set aside the cooked meat, and return the wok or pan to the heat.
3. Add the lemon grass, ginger and onion and cook until softened, then add the remaining vegetables and cook until just tender. Return the kangaroo meat to the wok or pan and stir fry until warmed through, then add noodles and toss until combined.



## 37. Walaja Honey & Cultural Immersion

### Broome

This melaleuca, native grevillea, bloodwood, and watermelon honey is produced on a 750,000-acre cattle station managed by the Yawuru Aboriginal Group. Boasting native trees that thrive in a uniquely disease and chemical-free environment and flower at different times of the year. All honey produced is 100 per cent organic, unprocessed and additive-free.

Call: 0437 956 515

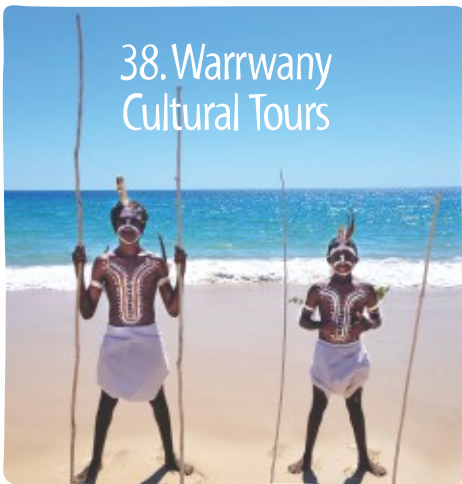
E: [info@kimberleybushhoney.com.au](mailto:info@kimberleybushhoney.com.au)  
[www.kimberleybushhoney.com.au](http://www.kimberleybushhoney.com.au)

### Highlights

- Uniquely flavoured native honey
- Learn about the honey harvesting process



## 38. Warrwany Cultural Tours



### Highlights

- Kangaroo tail cooked in the earth oven
- Traditional Karajarri songs and dances



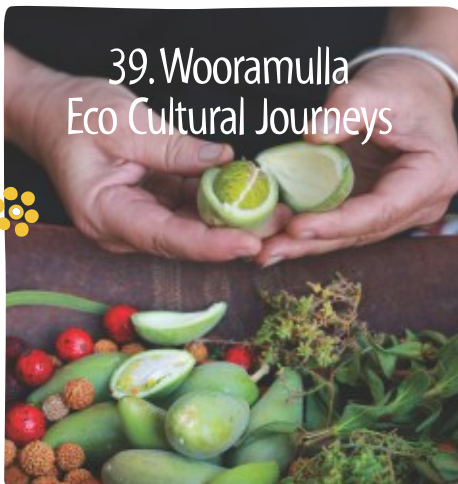
### South of Broome

Experience how Aboriginal people cooked traditional food in an earth oven. On a tour, you'll sample kangaroo tail, damper, bush honey, fish and more, depending on what is seasonally available. The tour concludes with a traditional cultural dance performed by the Karajarri Dancers.

Call: Call 0458 969 714

E: [bookings@warrwanyculturaltours.com.au](mailto:bookings@warrwanyculturaltours.com.au)  
[www.warrwanyculturaltours.com.au](http://www.warrwanyculturaltours.com.au)

## 39. Wooramulla Eco Cultural Journeys



### Carnarvon

Wildflower season is a time of celebration and ceremony for the Yinggarda people. Join a tagalong tour through town and forage for seasonal bushfoods on Country, explore local flora, take part in a traditional sand ceremony and hear Dreaming stories. Get to know this Country through the eyes of a Yinggarda guide.

Call: 0477 126 983

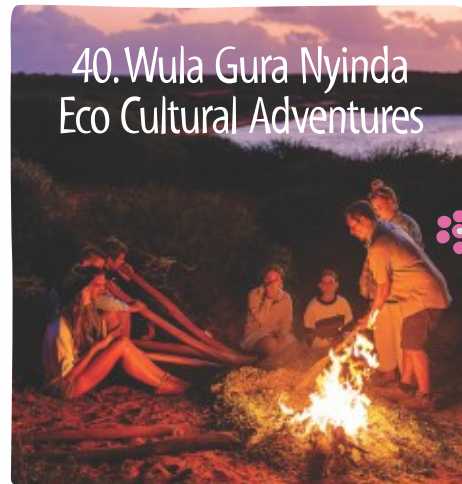
E: [tours@wooramulla.com.au](mailto:tours@wooramulla.com.au)  
[www.wooramulla.com.au](http://www.wooramulla.com.au)

### Highlights

- Sand ceremony and traditional welcome
- Town foraging tour and sampling unique Gascoyne bushfoods



## 40. Wula Gura Nyinda Eco Cultural Adventures



### Highlights

- Catch & cook over an open campfire
- Learn to play tap-sticks or didgeridoo around the campfire



### Shark Bay

Enjoy overnight or extended camping adventures in the beautiful Shark Bay World Heritage Area. Try beach camping under the stars at the exclusive Eco Cultural Camp, off-roading, kayaking across sheltered bays, landing on deserted beaches and swimming in crystal-clear waters, then catch your own dinner and cook it on an open campfire.

Call: 0432 029 436

E: [info@wulagura.com.au](mailto:info@wulagura.com.au)  
[www.wulagura.com.au](http://www.wulagura.com.au)



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# Stores and Online Shops

Shop bush herbs,  
jams, chutneys, sauces  
and bushfood catering.  
Plus, traditional remedies and  
natural wellness products  
with much more  
inside!



## 41. All Good Grub Bushtukka Catering



### Services

- Native food-inspired menus
- Customisable platters & boards

### Perth and surrounds

Stacey Goodall, a Kija woman, is proud to be able to provide an Indigenous catering service, with a focus on native ingredients. Showcasing Australia's flavourful and nutrient-rich native foods, choose from a variety of menus, including damper boards, platters and sweet treats, or customise your own from scratch.

Call: 0412 321 858  
 E: [allgoodgrub@gmail.com](mailto:allgoodgrub@gmail.com)  
[www.allgoodgrub.com.au](http://www.allgoodgrub.com.au)



## 42. Pilbara Bush Remedy

### Benefits

- Handmade bush remedies
- Wild-harvested in the Pilbara
- Bush medicine workshops



### Karratha

Created by proud Ngarluma-Yindijbarndi woman Cherylea Walker to preserve and enhance the traditional bush medicine knowledge of the Traditional Owners of the Pilbara. Browse handmade bush remedies, unique gifts such as bush soaps, foot soaks and the very popular cleansing sprays believed to dispel negative energy, as well as authentic cultural keepsakes.

Call: 0409 461 411  
 E: [wayiba@pilbarabushremedy.com](mailto:wayiba@pilbarabushremedy.com)  
[www.pilbarabushremedy.com](http://www.pilbarabushremedy.com)



## 43. Bindam Mie

### Broome, Kimberley

Bindam Mie started life as a dream of owner, Robert Dann, to make traditional bushfoods and medicine plants more accessible to the wider community. Today, Bindam Mie employs young Indigenous workers to process and package products from a commercial kitchen in Broome. As well as empowering young locals, Bindam Mie creates economic development for the whole of the Kimberley, by caring for country.

Call: 0434 537 639  
 E: [robbie@kimberleyculturaladventures.com.au](mailto:robbie@kimberleyculturaladventures.com.au)  
[www.bindammie.com.au](http://www.bindammie.com.au)



### Benefits

- Wild-harvested superfoods of the Kimberley
- Empowers young people and communities



## 44. Mayi Harvests

### Broome

Want Australian superfoods delivered straight to your door? Mayi Harvests provide wild-harvested, sustainably sourced dried or frozen native ingredients including (gabiny) Kakadu plum, and djilanydjil (sleepy tea). "Mayi" is a word from the Djugun / Yawuru language group meaning "plant foods derived from plants, including seeds, fruits, nuts, breads, cakes."

Call: 0403 486 955  
 E: [hello@mayiharvests.com.au](mailto:hello@mayiharvests.com.au)  
[www.mayiharvests.com.au](http://www.mayiharvests.com.au)



### Benefits

- Indigenous owned & operated
- Wild harvested in the Kimberley using traditional methods throughout the 6 seasons



## 45. Kimberley Wild Gubinge

### Dampier Peninsula

Australia's very own superfood, gubinge is making a name for itself around the globe as the highest known natural source of vitamin C. At Kimberley Wild Gubinge, the fruit is wild harvested and processed on site, creating the purest quality, freeze dried fruit flesh powder (no seed). Visit our website to learn more.

Call: (08) 9192 4000  
 E: [gday@kimberleywildgubinge.com.au](mailto:gday@kimberleywildgubinge.com.au)  
[www.kimberleywildgubinge.com.au](http://www.kimberleywildgubinge.com.au)



### Benefits

- Fair Trade supports communities
- Wild harvested in the Kimberley
- Freeze dried to lock in the natural goodness



## 46. Gather Foods

### Native Foods, Catering & Retail Inglewood, Perth

Gather Foods are about more than just providing delicious food and unforgettable catering. They serve up the passion of foodies, chefs, Elders and local producers combined with ancient knowledge, native ingredients and sustainable practices, and top it all off with mentoring and apprenticeships for young Aboriginal people.

Call: (08) 9371 7000  
 E: [admin@gatherfoods.com.au](mailto:admin@gatherfoods.com.au)  
[www.gatherfoods.com.au](http://www.gatherfoods.com.au)



### In store

- Sustainably sourced, Fair Trade native foods
- Wide range of bush food products



## 47. Maalinup Aboriginal Experiences

### Swan Valley

Maalinup Aboriginal Gallery is a wonderful place to visit for those hard to find Australian native herbs and spices, gorgeous hand painted giftware and authentic Aboriginal Art. Drop in to taste jams, chutneys, olive oils and dukkah. You can book to experience local bush tucker as well as art and culture. Dale and Lyall Tillbrook are your very knowledgeable and friendly hosts.

Call: 0411 112 450  
 E: [manager@maalinup.com.au](mailto:manager@maalinup.com.au)  
[www.maalinup.com.au](http://www.maalinup.com.au)



### In store

- Bush herbs and spices
- Jams sauces & chutneys
- Hand painted giftware
- Authentic Aboriginal Art



## 48. Kook Koo's Own (Mother's Own)

### Broome

Kook Koo's Own is respectfully named after Neville Poelina's mother who passed down healing knowledge which was passed down from her mother. Now available in a range of healing balms and infused oils, Kook Koo's Own sources natural ingredients sustainably, by wild harvesting only fallen wood, bark and leaves, removing fire fuel and promoting new growth.

Call: 0400 878 898  
 E: [shop@kookkoosown.com.au](mailto:shop@kookkoosown.com.au)  
[www.kookkoosown.com.au](http://www.kookkoosown.com.au)



### Traditional remedies for




- Eczema, psoriasis
- Bites, stings & skin allergies
- Sore back & aching joints
- Trouble sleeping

# Living by the Seasons







Aboriginal people have always lived by the seasons, relying on the seasonal changes to tell them when is the right time to gather fruits or when certain species are abundant for hunting. This has allowed Aboriginal people to practise sustainable hunting and gathering methods for millennia, ensuring the preservation of resources for future generations.

There are certain seasons to collect and times of the year to avoid some species. In contrast to the 'classic' four seasons, many Aboriginal cultural groups celebrate six calendar seasons that are not strictly anchored to dates, but are determined by nature and environmental changes like a change in weather, a plant flowering or the hibernation of reptiles.

## The Noongar 6 Seasons South West

DEC   JAN	FEB   MAR	APR   MAY	JUN   JUL	AUG   SEP	OCT   NOV
 <b>Birak</b> Hot and dry Season of the Young	 <b>Bunuru</b> Warm easterly winds Season of Adolescence	 <b>Djeran</b> Cool and pleasant Season of Adulthood	 <b>Makuru</b> Cold and wet Season of Fertility	 <b>Djilba</b> Cold, lessening rain Season of Conception	 <b>Kambarang</b> Longer dry periods Season of the Birth

## The Bardi 6 Seasons Kimberley

DEC   JAN	FEB   MAR	APR   MAY	JUN   JUL	AUG   SEP	OCT   NOV
 <b>Mangal</b> First big rains Green tree frog appears	 <b>Ngaladan</b> Cyclone season Storms from the ocean	 <b>Iralbu</b> Hot period After the wet season	 <b>Bargana</b> Cool season South easterly winds blow	 <b>Djalalayi</b> Warming up West winds return	 <b>Lalin</b> Hot and humid Turtle mating season
Wet Season			Dry Season		



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