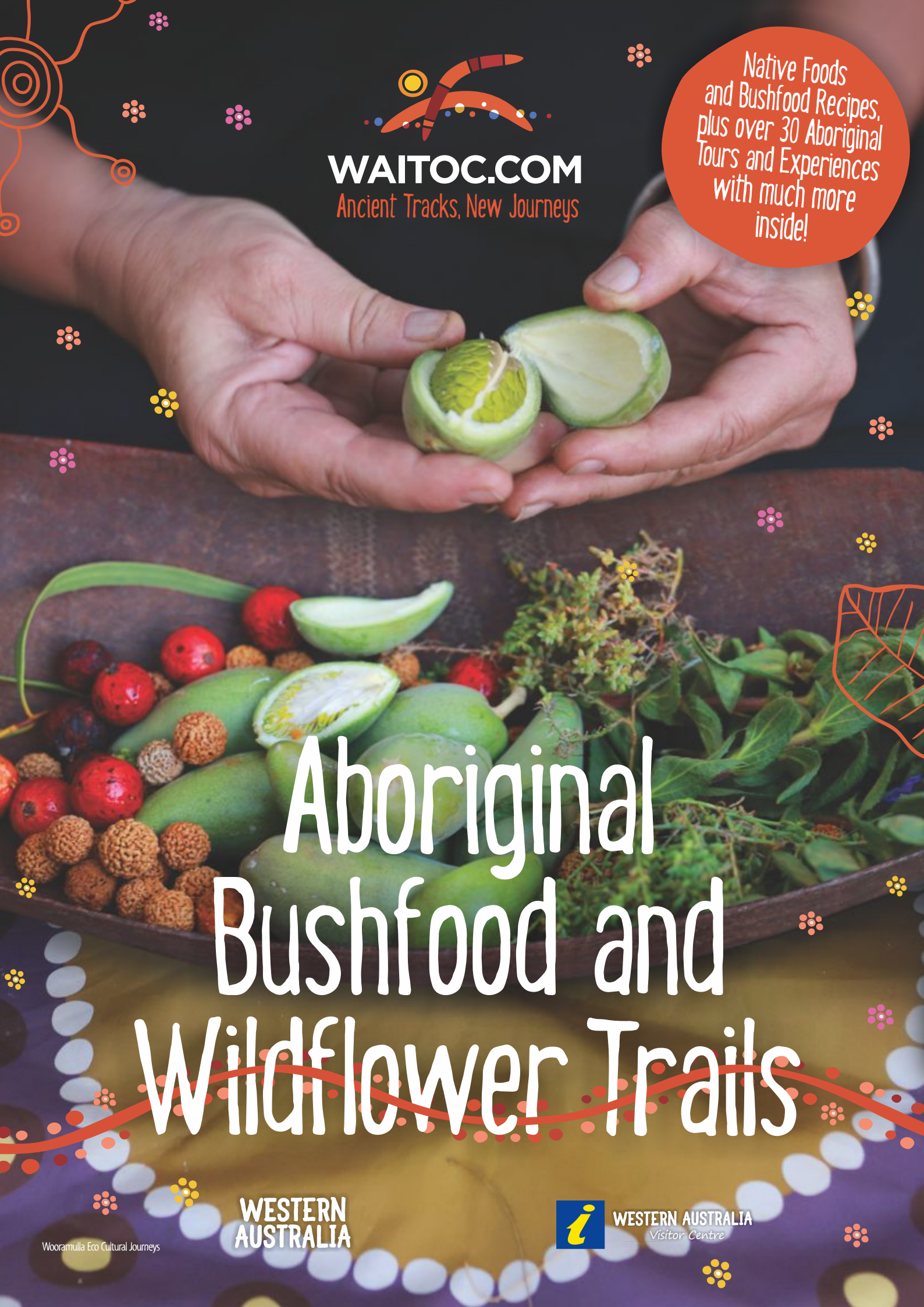




WAITOC.COM

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.

Southern Cross Cultural Walks at Lullumb

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.



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 tool by the first Australians for hunting, toolmaking 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.



Djirily Dreaming

The Healing Power of Plants

The smoking ceremony is an ancient, Aboriginal custom where native leaves are burnt as part of a cleansing ritual to ward off bad spirits. Discover the healing and cleansing properties of native plants and flowers on an Aboriginal cultural tour.



Aboriginal Bushfood and Wildflower Trails and Experiences

1. Baiyungu Dreaming	CC
2. Birchys Fishing Tours	KIM
3. Borroron Coast to Creek Tours	KIM
4. Brian Lee Tagalong	KIM
5. Bundys Cultural Tours	KIM
6. Bungle Bungle Guided Tours	KIM
7. Dabungool Cultural Experiences	SW
8. Dale Tilbrook Experiences	PER
9. Djirily Dreaming	PER
10. Djurandi Dreaming	PER
11. Gather Foods	PER
12. Girlooroo Tours at Mimbi Caves	KIM
13. Go Cultural Aboriginal Tours	PER
14. Goldfields Honey Ant Tours	GF
15. Goolamwiin	PER
16. Jeert Mia	SW
17. Kimberley Cultural Adventures	KIM
18. Kimberley Wild Gubinge	KIM
19. Kingfisher Tours	KIM
20. Koomal Dreaming	SW
21. Kurlajiwangga Aboriginal Tours	CC
22. Kurrah Mia Culturally Noongar	SW
23. Luridgii Tours	KIM
24. Maalinup Aboriginal Experiences	PER
25. Mabu Buru Broome Tours	KIM
26. Mandjoogoordap Dreaming	PER
27. Mayi Harvests	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. Southern Cross Cultural Tour at Lullumb	KIM
34. Uptuyu Aboriginal Adventures	KIM
35. Warrwany Cultural Tours	KIM
36. Wooramulla Eco Cultural Journeys	CC
37. Wula Gura Nyinda Eco Cultural Adventures	CC

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.



Learn about Bush Medicine

Boab fruit is a highly nutritious superfood with a tangy citrus flavour. The fruit has six times more vitamin C than oranges, is rich in calcium, minerals, vitamins and dietary fibre.

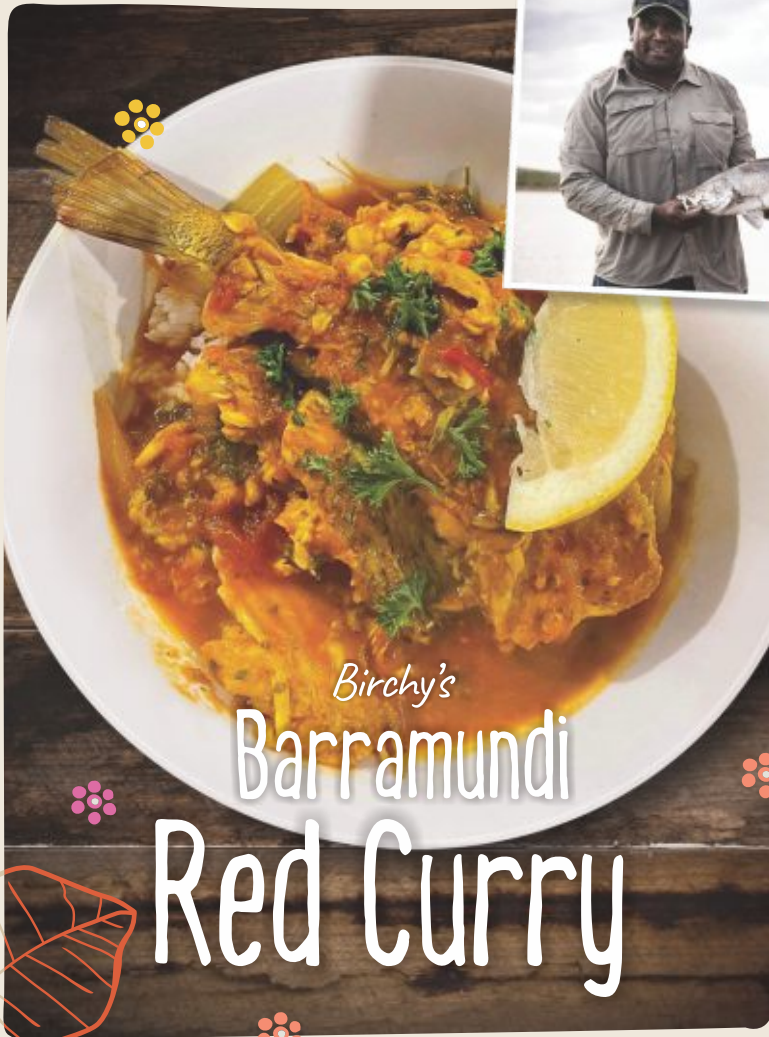
Wildflower and Bushfood season by Region

	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

MAP LEGEND

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



Birchy's
Barramundi
Red Curry



Up here on Balangarra Country, Barra fishing is a national pastime, and the Barra don't come any bigger than in the East Kimberley. Barramundi has a firm, moist, white-pinkish flesh. It's a versatile fish that's great steamed, fried, baked, barbecued or in a creamy Thai red curry sauce.

Birchy's Barramundi Red Curry

INGREDIENTS

- Barramundi
- 3 tablespoons red Thai curry paste
- 1/2 tablespoon turmeric
- 1/2 medium onion finely diced
- 3 cloves garlic
- 3 garlic cloves finely minced
- 2 tablespoons finely minced ginger
- 1 1/2 cups coconut milk
- 1/2 cup water
- 1 tablespoon fish sauce
- 2 tablespoons coconut oil
- 1 tablespoon of brown sugar
- 2 fresh tomatoes diced
- Lemon and coriander for garnish

METHOD

1. Cut barramundi in pieces.
2. Heat oil in a deep pan over medium-high heat.
3. Add onion, ginger and garlic and cook until golden brown, about 5 minutes.
4. Add curry paste, turmeric, sugar, fish sauce, coconut milk and water.
5. Reduce heat to medium-low and add the fish pieces. Cover the pot and cook for 5-7 minutes or until the fish is cooked.
6. Add tomatoes and cook for a further 2-3 minutes.
7. Serve with rice and garnish with a slice of lemon and chopped coriander.

1. Baiyungu Dreaming

Exmouth & Coral Bay

We invite you to see this country through the eyes of its first people. Visit pristine beaches, untouched reefs, even a turtle nursery. Explore hidden locations along the World Heritage Listed Ningaloo coast with your Baiyungu guide. Discover culturally significant places and hear the stories connected to them.

Call: 0437 871 189
E: hazel@baiyungudreaming.com.au
www.baiyungudreaming.com.au



2. Birchy's Fishing Tours Kunuunurra

Get off the beaten track and explore the ancient landscapes and untamed wilderness of Balangarra Country. Birchy's Fishing Tours takes 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
birchysfishingtours.com.au



3. Borrgoron Coast to Creek Tours Cygnet Bay

Explore the tidal flats at Borrgoron. Learn about the unique marine life that inhabits the Dampier Peninsula coast, forage for rock oysters and cook them right on the beach, learn about traditional fishing and hunting techniques and discover the traditional art of Riji carving.

Call: 08 9192 4283
E: hello@cygnetbaypearlfarm.com.au
www.coasttocreektours.com.au



4. Brian Lee Tagalong Tours Dampier Peninsula

Follow Brian on a fascinating journey. Take the popular Hunter's Creek Tagalong and spend the day fishing, foraging for traditional Bardi bushstucker and listening to stories the saltwater people, their culture and their connection to this beautiful part of the world.

Call: 0447 513 123
E: campground@djaringin.com.au
www.brianleetagalong.com





6. Bungle Bungle Guided Tours

Purnululu National Park

Guided walking tours with an Aboriginal perspective of the World Heritage-listed Purnululu National Park. Your guide will take you back to a time where the Aboriginal people lived here for some 40,000 years. Learn about bush-tucker, Aboriginal customs and the many reasons why Purnululu is World Heritage-listed.

Call: 1800 899 029
 E: bookings@bbgt.com.au
www.bunglebungleguidedtours.com.au



8. Dale Tilbrook Experiences

Swan Valley

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
www.daletilbrookexperiences.com.au

5. Bundys Cultural Tours

Dampier Peninsula

A traditional owner, Bundy lives a contemporary but traditional Bardi lifestyle. Join Bundy on an bush-tucker journey of foraging and fishing. Activities include: Bushtucker Tour, Night Fishing Tour and Coastal Cultural Adventure Tour. (Own 4WD required).

Call: 0447 513 123
 E: campground@djarrindjin.com.au
www.bundystours.com.au

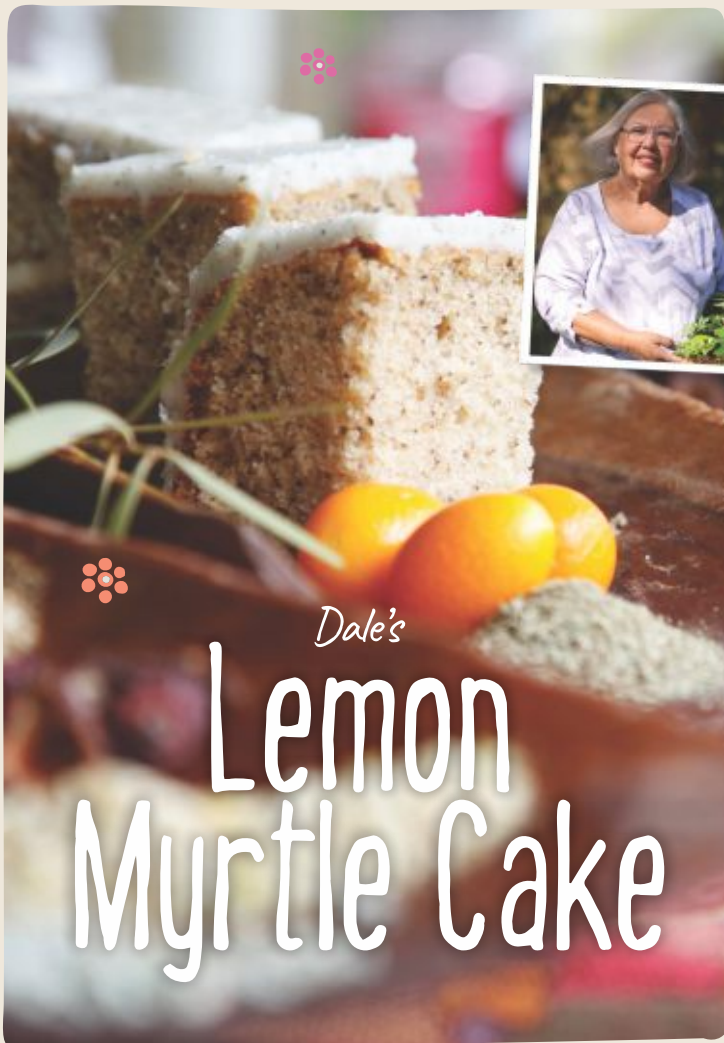


7. Dabungool Cultural Experiences

Esperance

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

Call: 0455 031 797
 E: dabungool@hotmail.com
www.dabungool.com.au



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.

Lemon Myrtle

Dale's Lemon Myrtle Cake

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

(Lemon Myrtle available from Maalinup Aboriginal Experiences)

1. Preheat oven to 180°C. Lightly 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 in with cake 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.

Josh's Smoked Ngari

Australian Salmon



Schooling in massive numbers along the South west coast during the season of Djeran (April and May), the Australian Salmon (Ngari) is often overlooked as an eating fish. Smoked and served with saltbush, it takes on a flavour all of its own and is a seasonal favourite in Wadandi Country.

Saltbush leaves



Josh's Smoked Ngari

INGREDIENTS

- 3 Ngari (Australian salmon) cleaned, filleted and cut into strips
- 2 Tbsp sea salt
- 1 Tbsp lemon myrtle
- 1 Tbsp sugar
- Saltbush to garnish
- Jarrah woodchips for smoke

METHOD

When filleting Ngari, cut forward, drop the knife in until you hit the backbone, then roll and just simply follow the knife all the way down along the backbone.

1. Prepare, scale, clean and fillet the fish.
2. Cut into strips and place into a large mixing bowl.
3. Add salt, sugar and Lemon Myrtle flakes. Massage ingredients through the fish.
4. Cover and leave to infuse for 1 - 1½ hours.
5. Meanwhile light and prepare the smoker. Smoke the fish for around 10 minutes and serve with Saltbush or Sea Parsley leaves.



10. Djurandi Dreaming

Rockingham & Perth

Nyungar man Justin Martin is a qualified tour guide and Aboriginal artist. Tours and artworks are based around history, facts and creation stories passed down through generations. Journey through my country and experience the bush foods, wildlife, culture and language of the Nyungar people.

Call: 0458 692 455
E: justin@djurandi.com.au
www.djurandi.com.au



12. Girloorloo Tours at Mimbi Caves

via Fitzroy Crossing

A friendly welcome awaits you at Mimbi Caves Campground. Explore the caves and learn of their significance to the Goonandi people. Walk between the Karst cliffs, sample native foods and medicine plants, enjoy damper and Billie Tea around the campfire.

Call: 0437 546 873 or 0477 355 671
E: rosemary@mimbicaves.com.au
www.mimbicaves.com.au

9. Djirily Dreaming

Perth & surrounds

Hear the yarns of the Noongar creation story, our language and learn who the Noongar people are. Learn about bush plants, medicines and their ancient healing properties.

Connect with our booja (land) through bushcraft, fire and dance activities.

Call: 0424 525 356
E: bel@djirilydreaming.com.au
www.djirilydreaming.com.au



11. Gather Foods

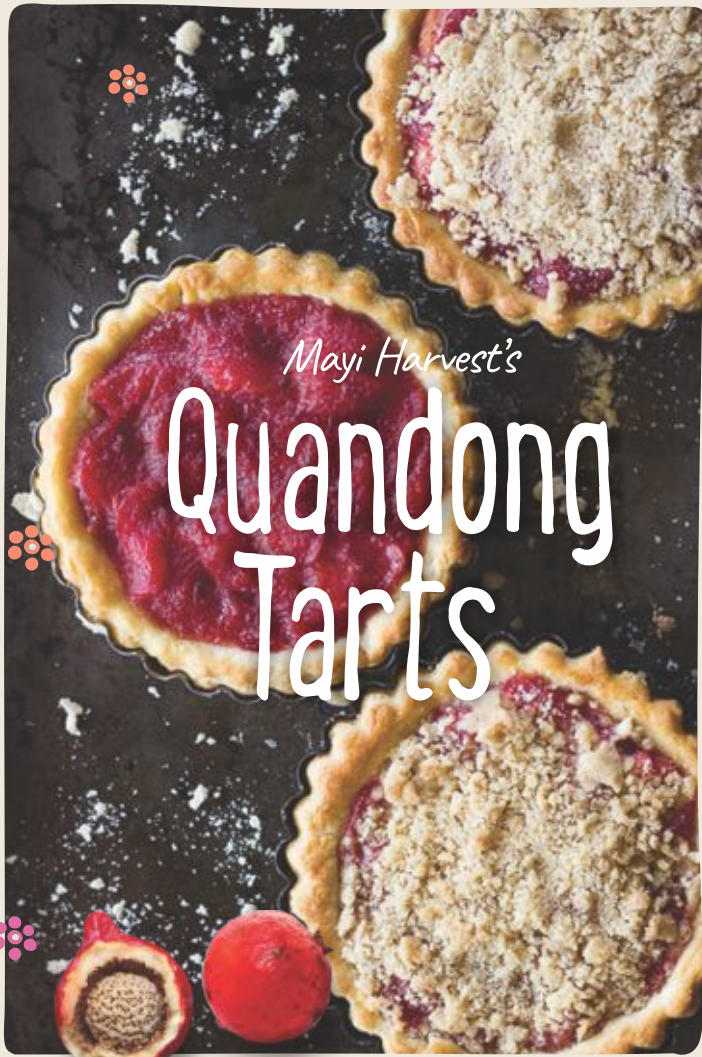
Native Foods, Catering & Retail

Inglewood, Perth

More than delicious food and unforgettable catering. We combine passionate foodies, chefs, Indigenous Elders and local producers. Add 60,000 years' knowledge of native ingredients and sustainability, then top it all off with mentoring and apprenticeships for young Aboriginal people. Gather round and enjoy.

Call: (08) 9371 7000
E: admin@gatherfoods.com.au
www.gatherfoods.com.au





Mayi Harvest's
Quandong Tarts

↩ Quandong

The bright red fruit of the Quandong appears in late winter, early spring. The sweet and tangy fruit is enjoyed raw and 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.

Mayi Harvest's Quandong Tarts

INGREDIENTS FOR THE CRUMB

- 1 cup white flour
- 1/2 cup cold butter, cubed
- 3 tbsps brown sugar
- 2 tbsps white sugar

INGREDIENTS FOR THE TART

- 1/2 shortcrust pastry for the base
- 2 cups Quandong fruit- fresh or dried
- 2 apples
- 1 cup sugar
- 2 cups water
- 1/4 cup corn flour or arrow root for thickening

METHOD

1. Make the shortcrust pastry to form the base of a traditional 9 inch pie pan, or to make 3 smaller tarts (5 inches in diameter). Roll out the pastry and line the pie or tart pans with the pastry and set aside.
2. Remove the seeds from the fresh quandong fruit and chop coarsely. Peel and de-seed the apples and chop coarsely. Add the fruit to a large saucepan, add the sugar and water and cook over medium heat until the fruit softens (10-15 minutes). Toward the end of the cooking, combine the cornflour or arrow root with a little water to make a paste, then stir this into the fruit to thicken.

TO MAKE THE CRUMB

3. Combine the flour and cold butter, rub together with the palm of your hands to form a coarse mixture. Add the brown sugar and white sugar to finish the crumble.
4. Add the fruit mixture to the prepared pastry, sprinkle the crumb on top and bake for 20-30 minutes until the pastry is cooked through.

(Quandongs are available for Mayi Harvests. Stocks are limited. Visit their website to learn more)



14. Goldfields Honey Ant Tours Kalgoorlie & Goldfields

Join our family on an authentic bushfood foraging tour in the heart of Australia's Golden Outback. Discover nature's bounty as we gather, prepare and taste the traditional bushfoods including honey ants and whichetty grubs that have sustained the Tjupan people for millennia.

Call: 0472 678 144
E: dannyulrich1844@gmail.com
www.goldfieldshoneyantours.com.au



16. Jeert Mia Bushfoods, Catering & Art Gallery Katanning

An Aboriginal owned and operated business based in Katanning, Jeert Mia offers a range of culturally focused services including Noongar Cultural Consultancy, bushfoods and catering services and an art space for local Aboriginal artists, artisans craftspeople. Visit our website for gallery opening times.

Call: (08) 9821 5724
E: admin@jeertmia.com.au
www.jeertmia.com.au

13. Go Cultural Aboriginal Tours & Experiences Perth CBD

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 our people for millennia on a cultural exploration of Perth's CBD and Kings Park Botanical Gardens.

Call: 08 9429 8875
E: bookings@gocultural.com.au
www.gocultural.com.au



15. Goolamwiin Aboriginal Cultural Tours Mandurah

Offering a range of structured Cultural programs aimed at connecting people with Nyungar culture. Drawing on cultural protocols we teach respect for and share Cultural knowledge of the Nyungar Country on which we walk and live.

Call: 0411 097 949
E: tkstack@goolamwiin.com.au
www.goolamwiin.com.au



17. 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 unique home brewed Boab Ginger Beer and Iced Tea.

Call: 0434 537 639

E: robbie@kimberleyculturaladventures.com.au
www.kimberleyculturaladventures.com.au



18. 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, our 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
www.kimberleywildgubinge.com.au

19. Kingfisher Tours

Kununurra

Kingfisher Tours embraces the adventure of the Kimberley region with our authentic and exciting tour experiences from the Bungle Bungle Range to the Northern Kimberley coast and Mitchell Plateau. Experience the captivating beauty of these landscapes by Air, 4WD and on foot, with our local Aboriginal 'Custodian for Country' guides.

Call: (08) 9168 2718

E: fly@kingfishertours.com.au
www.kingfishertours.com.au



20. Koomal Dreaming Yallingup & Cape Naturaliste

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 Wadandi people since time began.

Call: 0412 415 355

E: info@koomaldreaming.com.au
www.koomaldreaming.com.au



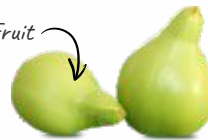
Kimberley Wild Gubinge

Gubinge Smoothy

Known as Gubinge, Madoorr or Madoorroo by the Bardi people and often called the Kakadu Plum, the fruit is the highest natural source of Vitamin C on Earth. Naturally rich in antioxidants and fibre, the fruit has been a nutritionally valuable staple in the diet of Australia's first people for thousands of years.

KWG's Gubinge Smoothy

Gubinge Fruit



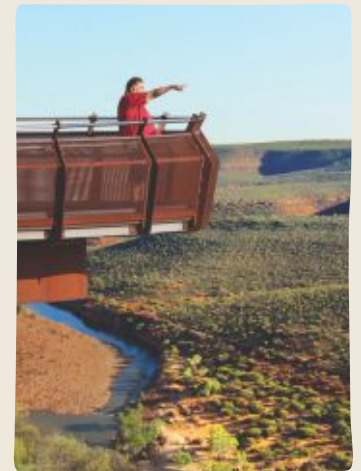
INGREDIENTS

- Half Cup Frozen Banana
- One third of an Avocado
- Half a cup of spinach or leafy greens
- 200ml Coconut water
- One serve of KWG Gubinge powder

METHOD

Blend all of the ingredients in smoothie maker and serve in a chilled glass.

(Gubinge fruit powder is available from Kimberley Wild Gubinge)



21. Kurlajiwangga Aboriginal Tours

Kalbarri

Join Colleen Drage, Nhandu elder and cultural leader on a tagalong tour that follows the Murchison River, from the ancient gorges, to the place where the river it meets the sea.

Along the way Colleen shares knowledge 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
www.kurlajiwangga.com.au



23. Luridgii Aboriginal Cultural Tours

Kunnunurra

Drive your own 4WD vehicle through spectacular scenery, personally guided by the Miriuwung guides.

Hear dreaming stories, swim in outback gorges and learn about bush tucker, explore the ancient caves and thermal springs of Rugged Ranges.

Call: (08) 9168 2704
E: tours@luridgiitours.com.au
www.luridgiitours.com.au



25. Mabu Buru Broome Tours

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.

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

22. 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.

Call: 0419 320 533
E: info@kurrahmia.com.au
www.kurrahmia.com.au



24. Maalinup Aboriginal Experiences

Swan Valley

Bush tucker is a specialty and we carry a range of Australian native foods as well gifts, souvenirs and authentic artworks. Guests can wander our bushfood garden, commune with the emus and even purchase a plant for their own garden.

Call: 9296 0711
E: dalei@iinet.net.au
www.maalinup.com.au



The iconic campfire damper has been part of the Australian psyche since colonial days. But long before that, Australia's first people were baking their own version of the campfire classic using flour milled from native seeds like wattleseed. For such a simple recipe, the perfect loaf eludes many a camper.

Colleen's Campfire Damper

INGREDIENTS

- 450g self-raising flour
- 1/4 tsp salt
- 180mL milk (if too dry, add a bit more)
- 1 tsp caster sugar
- 80g chilled butter
- Extra flour, if needed

Perfect with Quandong Jam



METHOD

1. Mix flour salt and sugar together in a bowl. Rub the butter into the flour with your finger tips until it looks like breadcrumbs.
2. Add milk slowly and mix to form a soft dough.
3. Knead lightly on a floured board until smooth. Shape into a round loaf, brush with milk and cut a cross in the top surface of the dough.
4. Place bread dough into cool camp oven and place in the coals of the fire and let it bake for about 30 minutes.
5. To taste if it's done, tap the loaf and it should sound hollow. Cut into moderately thick slices and serve while still warm. Top with butter or golden syrup, great with quandong jam.

Colleen's Campfire Damper

Kurlajiwangga Tours



Want more Bushfood Recipes?

To download these recipes and more, scan the QR code and visit our Bushfood Recipes page.





27. Mayi Harvests Broome

An Indigenous Australian owned and operated business that harvests Australian Native Foods. We provide quality Australian native produce freshly frozen and dried native foods all over Australia. Mayi Harvests provides an easy access into the world of Australia's native super foods straight to your front door.

Call: 0403 486 955
E: hello@mayiharvests.com.au
www.mayiharvests.com.au



29. Ngalang Wongi Aboriginal Cultural Tours Bunbury

A cultural journey that reveals a very different side of Bunbury through Dreaming stories and whimsical yarns about the traditional life. Learn about bushtucker, local wildlife and traditional ochre making.

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

26. Mandjoogoordap Dreaming Aboriginal Tours Mandurah

Learn how to make bush twine, identify medicine plants and forage for bushfood. Discover hidden cultural locations and the ancient Dreaming stories that are connected to them and enjoy a bushfood morning tea.

Call: 0408 952 740
E: george@mandurahdreaming.com.au
www.mandurahdreaming.com.au



28. Narlijia Experiences Broome

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



Roasted Wattleseed

A low glycaemic food, Wattleseed also contains high concentrations of potassium, calcium, iron and zinc. Wattleseed was traditionally ground and used to make a type of flour to be mixed with water and made into cake, a valuable source of protein and carbohydrate in times of drought.

Mayi Harvest's Wattleseed Brownies

INGREDIENTS

- 1 cup walnuts
- 1 cup dates
- 4tbsp raw cacao powder
- 1 tbsp ground native wattle seed powder
- 4tbsp raw coconut oil, melted
- 1tbsp raw organic honey
- 1tbsp raw cacao powder (extra)
- Optional: additional crushed walnuts for top

METHOD

1. Grind walnuts to a fine crumb in food processor. Add dates, 4tbsp cacao and wattle seed and process until slightly sticky and uniform in texture.
2. Line a small square baking tin (you can also use a loaf tin) with baking paper and press mixture in firmly. Place in freezer to chill.
3. Meanwhile whisk together melted coconut oil, honey and additional cacao powder (if the mix is too thick add a few drops of water).
4. Spread the cacao honey mix over the brownie with a spatula, sprinkle over additional walnuts if desired and place back into the fridge for about an hour to set completely.
5. Slice and serve straight from fridge. Store in fridge or freezer for up to 2 weeks.

Ground Wattleseed powder is available from Mayi Harvests



Mayi Harvests'

Wattleseed Brownies



30. Ngurrangga Tours Karratha



Explore the spectacular wildflowers and plants unique to the Pilbara with your Aboriginal guide. Hear the stories of the stones, the ancient petroglyphs that date back more than 40,000 years and their connection to the Yaburrara people. Specialising in cross cultural 'on country' group activities.

Call: (08) 6373 1440
E: bookings@ngurrangga.com.au
www.ngurrangga.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. Customised tours available.

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



31. Njaki Njaki Aboriginal Tours

Merredin

Specially tailored Noongar cultural immersion packages. Selected activities can involve local Aboriginal elders and children. Learn about the rich Aboriginal history via walk trails and hands on cultural activities.

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



33. Southern Cross Cultural Tour at Lullumb

Dampier Peninsula

Discover breathtaking, contrasted landscapes and meet and interact with local people. Learn about Bardi Jawi traditional ecological knowledge and modern ways to live off the bush and the ocean as you walk through mangroves, salted mudflats, and beautiful creeks.

Call: 0482 941 107
E: malati@lullumbtours.com.au
www.lullumbtours.com.au



34. Uptuyu Aboriginal Adventures

Udiallia Springs

Uptuyu provides private 4WD charter tours for school 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: 0400 878 898
E: info@uptuyu.com.au
www.uptuyu.com.au

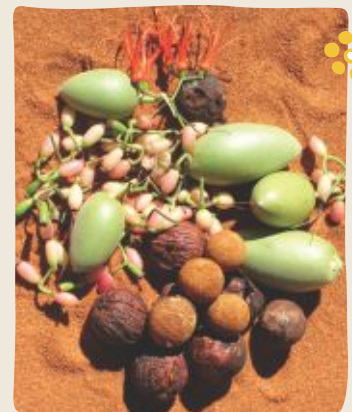


36. Wooramulla Eco Cultural Journeys

Carnarvon

For the Yinggarda people wildflower season is a time of celebration and ceremony. Join a Town tagalong Tour and forage for seasonal bushfoods on Country, explore local flora, take part in a traditional sand ceremony and hear Dreaming stories. Experience this Country through the eyes of a Yinggarda Guide.

Call: 0477 126 983
E: tours@wooramulla.com.au
www.wooramulla.com.au



35. Warrwany Cultural Tours

South of Broome

On a Warrwany Cultural Tour, you will get to experience how we cook traditional food under the earth as well as on the open fire. We provide food such as 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: 0458 969 714
E: bookings@warrwanculturaltours.com.au
www.warrwanculturaltours.com.au



37. Wula Gura Nyinda Eco Cultural Adventures

Shark Bay

Explore the cultural heritage ties of the Shark Bay World Heritage area. Learn about the areas rich and diverse ecology through a range of foraging, fishing, bushwalking, kayaking and On Country Eco Cultural Adventures.

Call: 0432 029 436
E: info@wulagura.com.au
www.wulagura.com.au



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
BIRAK Hot and dry		BUNURU Warm easterly wind		DJERAN Cool and pleasant		MAKURU Cold and wet		DJILBA Cold, lessening rain		KAMBARANG Warming, rains finishing	

The Bardi 6 Seasons (Kimberley)

In Australia's tropical Northwest the 6 seasons are determined by two major seasonal cycles, the wet season and the dry season.

DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV
MANGAL Green tree frog brings first big rains		NGALADAN Cyclone season brings storms from the ocean		IRALBU Hot period after the wet		BARGANA South easterly winds blow Cool season		DJALALAYI West winds return Warming up season		LALIN Hot and humid Turtle mating season	
WET SEASON				DRY SEASON							

Find out where the wildflowers are blooming with our up to date

Wildflower Tracker

Scan to visit the WA Visitor Centre Wildflower Tracker



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