

Background brief

Indigenous Food Challenge

Aboriginal and Torres Strait Islander peoples have a holistic understanding and connection between land, sea and sky. The cultural responsibility of “Caring for country” includes the cultivation of plants for many purposes, including food.

Australian plants have been used by Indigenous peoples for close to 60,000 years. It is only recently that non-indigenous people have taken an interest in them.

Western researchers are now studying native plants because of their many beneficial properties. The properties are linked to the basic elements they, such as vitamins and minerals. There are opportunities to combine Indigenous practical knowledge with Western science.

Some common examples of traditional plants include finger limes, lemon myrtle, and Kakadu plum. The plums that grow in northern and northwestern Australia have recently gained worldwide recognition due to the highest recorded levels of natural vitamin C. There are numerous examples, where items have been fraudulently marketed as containing authentic Aboriginal ingredients, including Kakadu Plum, that originate from overseas.

The growing demand for Australian native foods, both here domestically and internationally, has highlighted the need to confirm that products are authentic bushfoods and ensure that Indigenous people are receiving appropriate benefits from their distribution.



Australian Government



Resources for students

www.scienceweek.net.au/wp-content/uploads/2021/08/2021_Indigenous_Resource_Book.pdf

www.deadlystore.com/page/culture/Life_Lore/Food

naakpa.com.au/

iview.abc.net.au/show/movin-to-the-country

Bush Tucker Man: Aurukun - YouTube

My Garden Path - Fran Bodkin - Fact Sheets - Gardening Australia - GARDENING AUSTRALIA (abc.net.au)



Australian Government