



Article Side

A Brief on Bush Food by [Julia Roger](#)

Article published on June 2nd 2012 | [Food](#)

Bush foods are generally referred to as bush tucker in Australia. This is regarded as one of the native food ingredient of the Australian subcontinent. Australian Aborigines, the original inhabitants, used these as a nourishing food ingredient. This ingredient is referred as a natural flora or fauna. bush foods have both culinary and medicinal value. This ingredient is used in various food services as well. Many ready to eat food items also contain bush foodstuff. This is one of the wild food ingredients in Australia.

There are different types of bush foods available in Australia and availability of these ingredients has given an edge to the Australian native food market. In present times, these wild food ingredients are made easily available to the Australian food market. Because of their nutritional value food services industries, and even at homes, are regularly using these ingredients.

It will be unfair if we do not name the various types of bush foods available. Australian native foods include all " fruits, spices, leafy vegetables etc. The fruit category includes muntries, Davidson's plum, riberry, quandong, finger like, kutreja etc. Many bush foods are used as spices as well. Those include lemon and aniseed myrtle and mountain pepper. Warrigal green is one of the popular leafy vegetables that falls under the bush groceries category. Many nuts are popular and widely sold. Bunya nut is one of those nuts. However, macadamia nut is the one that is largely harvested and sold commercially. Many fungi fall under a category that are harvested and sold. Beefsteak fungus and native bread fungus are the ones to name here. In recent times, the bush foodstuffs are gaining popularity.

Article Source:

<http://www.articleside.com/food-articles/a-brief-on-bush-food.htm> - [Article Side](#)

[Julia Roger](#) - About Author:

For more information on a [bush foods](#), check out the info available online; these will help you learn to find the a [food services](#)!

Article Keywords:

bush foods, food services