

## That looks good enough to eat!

## "Bush tucker" Aboriginal (Bama) foods (ma:) from the forest

A feature of Aboriginal rainforest (bagarra) food use is the unusually large number of toxic plants eaten as staples. Treatments with heat or water were used. Here are a few non-toxic ones with their aboriginal (Djabugay) name.

Dropping May to August.



**Brown apple (Wanggabal) –** Syzygium kuranda Dense fruit clusters on branches. Fruit tastes like old, dry, floury apples and was used as a medicine for diarrhoea.



Wait-a-while/Lawyer cane (Yabulam) -Calamus australis

Don't tangle with this or you will 'wait a while' to get untangled. Berries and cane were roasted and eaten. Water is obtained from





The heart of these and other tall rainforest palms were eaten raw or cooked. Sheaths used to make water containers.



Cadaghi (Nambar) – Corymbia torelliana Eucalypt of the rainforest. Smooth greyish-green bark on the upper trunk. White flower clusters September to October.



Sour plum (Munumba) – Davidsonia pruriens

> Taste is tart and juicy, makes wonderful jam available commercially. Feel the very distinctive hairy leaf. Dropping June to December.

How many different leaf shapes can you find? There are at least 20 in this regenerating rainforest. See 7 8 9 10



Perching epiphytes – basket fern -Drynaria rigidula

Look up to the tree tops. Basket and Birds' Nest ferns, pencil orchids and vines seek the light in different ways.

## What's so special about fungi?

Fungi are critical to life in the rainforests. Many live in wood and soil, recycling nutrients to be reused by other plants and animals. Many only live with certain

plants in beneficial symbioses. We usually notice them when they reproduce by spores as mushrooms, puffballs, jelly fungi and many other diverse forms.

How many different fungi can you find? There are at least 15 on this walkway. See 3



18 Fig (Buda) in Centenary Park -Ficus benjamina

"Queen of the Djabugay" Grandma Nywarri used to sit on the rocks to the right of this tree.



TO BARRON FALLS

**Southern cassowary** 

(Bunda:rra) -

Casuarius casuarius

endangered

Brush turkey (Wawun) -

Alectura lathami

Fig (Buda) at Heritage Markets entrance -

Ficus virens No bushwalking experience required. Track surface is nardened or compacted and may have gentle hill sections and occasional steps.





Ficus is a diverse genus, found in all lowland tropical rainforests. Over 1,200 species feed on figs, because a fig is always fruiting somewhere and so are critically important to wildlife when other fruits are not available. Many are also pioneers and play a significant role in forest succession in the tropics. **See 17 18** 





Black bean (Yiwurra) -Castenospermum australe

> Kids play boat races with the hard sharpended seed pods. Seeds are toxic but were eaten after 3 days preparation.



Red bead seed (Gidi-gidi bawu) Adenathera pavonina

Seeds are toxic but were used as inflammation treatment. Leaves and bark used for diarrhoea.



(13) Weeping paper barks (Diwirri) –

Melaleuca leucadendra

Sweet smelling white flowers attract masses of bird life and bees around August and September. Stop, look and listen, you can hear them call.



30 MIN/900m JUNGLE WALK

12 Coral berry – Ardisia crenata What's a weed? A plant in the wrong place. This naturalised plant in New South Wales is an example of a non-local plant in the wrong place. It gradually shades out all other understory plants and is

spread by birds.



60 MIN/2.8km

BARRON FALLS WALK

There are several places where the Barron Falls power station weir and intake tower can be sighted as you walk to the Barron Falls lookout. As you pass over permanent creeks and ephemeral gullies, there are small populations of the iconic Kuranda Tree frog present. Hidden in the tree tops during the day, their soft mating calls can be heard at night.



KURANDA NATURE TRACKS - a self guided experience