

## NATIVE AUSTRALIAN FOOD FACTS:

# Lemon Myrtle

*Backhousia citriodora*

A beautiful medium to large subtropical rainforest tree endemic to central and south-eastern Queensland. It has large green aromatic leaves and masses of white flowers in summer. One of the well known bushfood flavours, it is sometimes referred to as the "Queen of the lemon herbs".

**DID YOU KNOW?** | Lemon Myrtle oil distilled from leaves has the highest citral purity known, typically even higher than lemongrass.

### FLAVOUR PROFILE:

The strong floral citrus perfume and flavour is considered to have a "cleaner and sweeter" taste and aroma than herbs such as lemongrass.

Lemon Myrtle leaves



Ground Lemon Myrtle



### SEASONALITY:

The leaves are harvested all year-round as it is an evergreen tree.

Baked Snapper with Lemon Myrtle



### USES:

A wide range of uses, infused in macadamia or olive oil, as a tea or tea blend, jellies, desserts, ice creams and syrups, even brewing and distilling. Excellent in baked goods, pasta, chicken and fish.

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### GROWING REGIONS:



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