

NATIVE AUSTRALIAN FOOD FACTS:

Wattle Seed

Acacia cowleana

There are hundreds of types of Wattle or Acacia trees but not all species are edible. They are spread all over Australia in diverse climates. Many have bright yellow flowers and slender green leaves. The seeds harvested from pods (like beans) have been an Aboriginal food for thousands of years, and were roasted, ground and made into seed cakes or "damper". There's a huge variety in size, shape and colour of the seeds (as shown in the images).

FLAVOUR PROFILE:

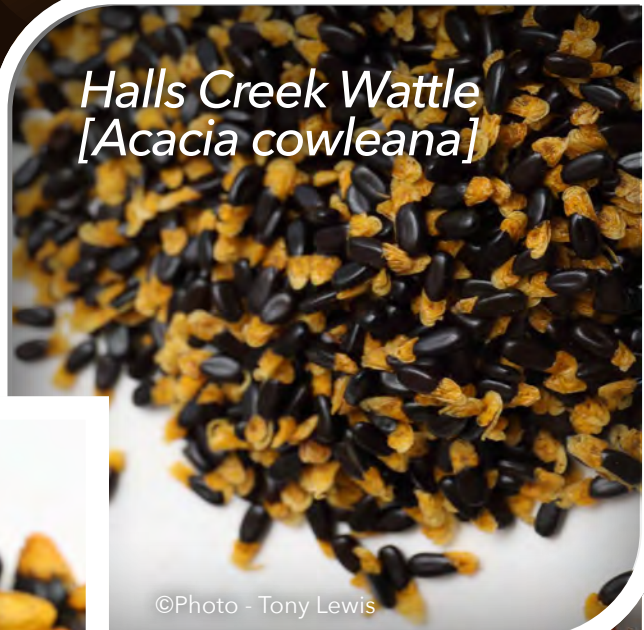
Aroma and flavours of nutty, roasted coffee and hints of spice. Lighter roasts have more nutty, toasted grain flavours and darker roasts more coffee, nutty flavours with a slight bitterness.

Desert Oak Wattle Seed [*Acacia coriacea*]



©Photo - Tony Lewis

Halls Creek Wattle [*Acacia cowleana*]



©Photo - Tony Lewis

SEASONALITY:
Harvested
JAN / FEB / MAR

Broom Wattle Seed [*Acacia tenuissima*]

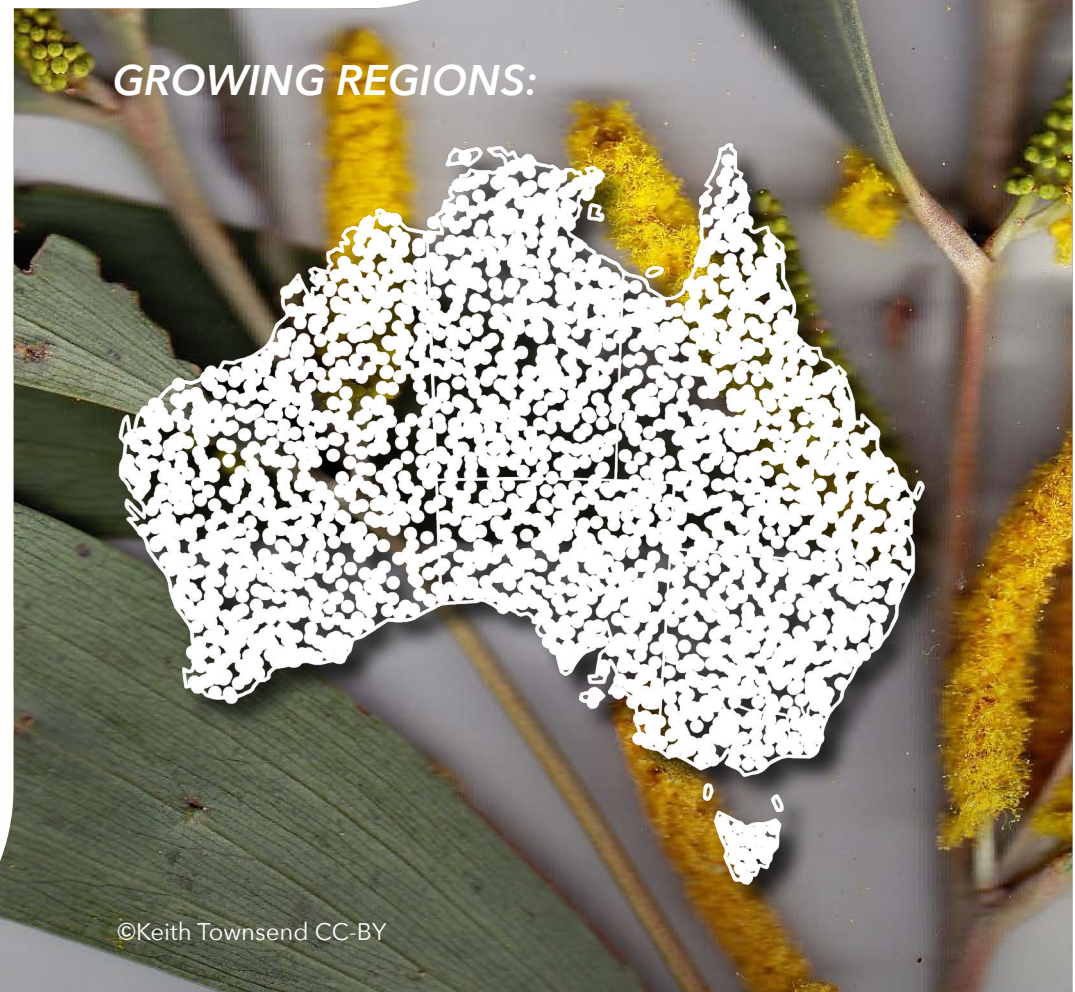


©Photo - Tony Lewis

USES:

Very versatile in savoury and sweet dishes, breads, damper, biscuits, pancakes, muffins, chocolates and flavouring ice-cream.

GROWING REGIONS:



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