# 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).

Halls Creek Wattle [Acacia cowleana]

#### 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]

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**SEASONALITY:** Harvested JAN / FEB / MAR

### Broom Wattle Seed [Acacia tenuissima]

GROWING REGIONS:

USES: Very versatile in savoury

and sweet dishes, breads, damper, biscuits, pancakes, muffins, chocolates and flavouring ice-cream.

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Creative Native Foods acknowledges the traditional owners, past, present and future of the land on which we live and work, as the First People and Custodians of this country. It's our policy to engage with and support Indigenous enterprises in the commercial native food industry wherever possible.

For more information, please email us at <u>sales@creativenativefoods.com.au</u> or order online.

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