

THE
AUSTRALIAN
SUPER
FOOD
CO



LIMITED EDITION FRUITS, HERBS & SEEDS

Introducing the Limited Edition range, a unique, nutritious and delicious range of Australian native ingredients, that are a little harder to come by. While we are working on increasing supply of these lesser known natives, we want to continue to support Indigenous communities and local growers and increase awareness and accessibility of all native produce. Through the Native Harvest Initiative, we are working alongside our Indigenous communities and local growers to increase availability of many of these products. Available in 80g, 250g, 500g, 1kg, 10kg. Please contact our sales team for quantities available, samples, quality documents, and certifications.

THE AUSTRALIAN SUPERFOOD CO. | NATIVE INGREDIENT SPECIALISTS

Email: info@austsuperfoods.com.au | Phone: 1300 574 406
Visit www.austsuperfoods.com.au for recipes!





BUNYA NUT MEAL

Bunya nuts are large smooth seeds found inside a fibrous kernel within football-sized pinecones that fall from the evergreen coniferous Bunya Pine. Roasted or ground, the nuts taste sweet and are starchy similar to chestnuts or potatoes. With a low glycaemic index, and containing protein, potassium and magnesium, the nuts have had cultural and culinary significance for Aboriginal Australians for thousands of years.



SUN DRIED BUSH TOMATO

Bush Tomato (*Solanum centrale*), also known by its Aboriginal name Akudjura, is a small, round fruit with a strong flavour and smell. Initially distinctively raisin or caramel in flavour, Bush Tomato has a strong spicy aftertaste. Rich in antioxidants and minerals, including selenium, Bush Tomato is considered one of the most important of all the Central Australian plant foods.



FREEZE DRIED, MILLED MUNTRIES

Muntries are small native fruits, reminiscent of blueberries, that grow on a low shrub or ground cover. With a spicy apple taste, Muntries boast more than twice the antioxidant profile of a blueberry. Highly valued by the Aboriginal people in Victoria and South Australia, the fruit was an important part of diet, and the dried fruit exchanged for valuable tools.



DRIED, MILLED ROUND LEAF MINT

Round Leaf Mint is a strongly aromatic herb, native to the moderate, cooler areas of South-Eastern Australia. With earthier tones, less sweetness and a slightly citric tang, Round Leaf Mint is a superior native substitute for common oregano. Used traditionally as a medicinal herb for treating headaches and colds, it is more commonly used today as a culinary herb.



DRIED, MILLED PEPPERMINT GUM

With a strong, sweet mint aroma and taste, Peppermint Gum leaves have been used in Australia for centuries as a flavouring and also for their fragrant smell. The minty fresh leaves are said to improve concentration, enhance liver function, and calm the digestive system. Aboriginal Australians also used the leaves to make a tea to treat fevers.