

Swiss couple champion healthy Oz bush tucker

OLGA DE MOELLER

Pan-fried witchetty grubs, warrigal greens, smoked kangaroo omelette and "croc bites" are on the menu at the Bushfood Factory and Cafe at Youngs Siding, halfway between Albany and Denmark.

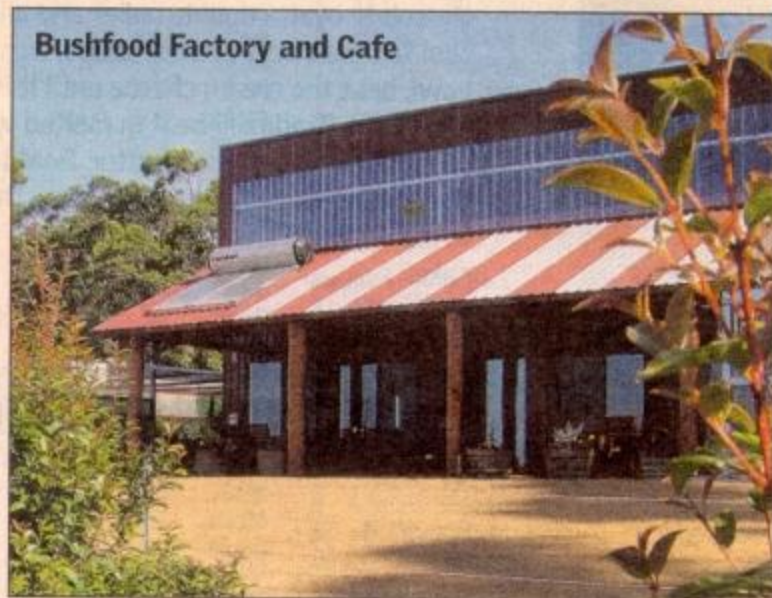
Swiss couple Bjorn and Claudia Form spent two years testing native plants on their 20ha property on Tennessee Hill, overlooking the plain from the Wilson Inlet to the Porongurups and Stirling Range, before settling on a selection of fruits, herbs and seeds to market under the Flavours of Oz label.

Lemon myrtle, quandong, several varieties of lilly pilly and muntries — also known as native cranberries and emu apples — make their way into chutneys, jams, syrups, spices and oils that maintain biodiversity and help preserve the environment.

"We were looking for something different from what we knew," said Mrs Form, whose husband is a former engineer. "It made sense from a sustainability point of view because natives are easier to grow and manage than introduced species and CSIRO research has shown they are extremely high in vitamins and antioxidants."

The muntries jam tastes like apple and the quandong sauce is a natural with kangaroo. There are at least 20 products in the range, which is used in the food made from scratch on site but conventional options with chicken are also available. The couple have chalet accommodation on the plantation and also run Cafe Lilly Pilly in Denmark, which has a similar menu.

Bushfood Factory and Cafe, 233 Piggott Martin Road, Youngs Siding, (08) 9845 2359, www.anbp.com.au



Quandongs



Aniseed myrtle

