

Calliope Library Bush Tucker Series

Bush Tucker – Lilly Pilly

Botanical Name: *Syzygium australe*

Common Name/s: Lilly Pilly, Bush Cherry, Scrub Cherry

Description:

- 6-10 metres high
- 3-4 metres wide
- White flowers
- Large, fleshy, red fruits in profusion
- Fruit matures from December to February
- Good hedge and screening plant
- Bird attracting

Growing Conditions:

- Full sun - Part Shade
- Frost tender when young
- May be heavily shaped/pruned

Use/s:

- Edible Fruit - The fruits can be eaten fresh and are often made into jams

Disclaimer: Although many of the traditional Bush Food and Medicine plants are now commercially produced in various forms we recommend you research these before using them as any form of food or medicines. Some parts of the plant may not be edible or some may need preparation before they are safe to eat or use in any way. These recipes have been adapted for use however it is the users' responsibility to ensure they are fit for their intended use.

Further Reading and References

The following resources contain more information about the topic:

1. Tasteaustralia.biz, (2014). *Lilly Pilly | Bushfood Bush Tucker Taste Australia*. [online] Available at: <http://tasteaustralia.biz/bushfood/native-fruit/lilly-pilly/> [Accessed 26 Jun. 2014].
2. Anpsa.org.au, (2014). *Syzygium australe*. [online] Available at: <http://anpsa.org.au/s-aus.html> [Accessed 1 Jul. 2014].
3. Anbg.gov.au, (2014). [online] Available at: http://www.anbg.gov.au/cgi-bin/apni?taxon_id=10073 [Accessed 1 Jul. 2014].
4. Tgaaustralia.com.au, (2014). *Syzygium australe 'Brush Cherry' | Details of the Plant | TGA Australia*. [online] Available at: http://www.tgaaustralia.com.au/list_product_details.php?pid=714 [Accessed 1 Jul. 2014].
5. Wrigley, J. and Fagg, M. (2003). *Australian native plants*. 1st ed. Sydney, N.S.W.: Reed New Holland

Let it Grow - #HomeMakerSpace

Combining the traditional Homemaker skills with the “give it a go” principle of technology focused Makerspace movement.

The “*Let it Grow*” – #HomeMakerSpace Project is designed to complement the current digital literacy programs currently run by Gladstone Regional Council Library Service, by offering a range of activities that draws upon a broad range of low-tech practical skills from the past and utilizing digital literacy training sessions to aid in the sharing and preservation of local knowledge and skills.



GLADSTONE REGIONAL
LIBRARIES

Let it Grow #HomeMakerSpace Project Bush Tucker Garden

Lilly Pilly



Image: *Syzygium australe*
Source: John Moss

Suggested Recipes

Lilly Pilly Apple Crumble

Ingredients:

- 12 Apples
- 100g pitted Lilly Pilly fruit
- 60g Sugar
- 1 cup water
- 1 cup S.R. Flour
- 2 Tbsp. butter
- ½ cup Brown Sugar
- ½ cup Rolled Oats

Method:

1. Preheat oven to 180C
2. Peel and dice apples into a saucepan with sugar and water
3. Simmer for 30 minutes, Remove from heat and stir in berries
4. Transfer the mix to an oven dish
5. Rub together flour and butter until it looks like breadcrumbs
6. Mix in brown sugar and rolled oats
7. Pat the crumble over the fruit base
8. Bake for 25 minutes

Candied Lilly Pilly

Ingredients:

- 500g ripe red lily pillies
- 4 ½ cups white sugar
- ½ cup of corn syrup

Method:

1. Wash and dry the berries
2. Place the fruit in a heavy based saucepan and just cover with water. Simmer very gently till they start to look transparent
3. Drain, keeping back 1 cup of liquid
4. Put the fruit into a baking dish in a single layer
5. Add the liquid to the saucepan again with ½ cup of the sugar and all the corn syrup
6. Turn up heat and bring to the boil
7. Boil gently for 1 minute
8. Pour over the lily pillies on the baking dish and leave in the fridge overnight
9. The next day, pour the syrup back into a saucepan and add a further half-cup of the sugar
10. Heat it once again to dissolve the sugar, bring to the boil, then pour over the fruit and leave overnight
11. Repeat daily using ½ cup of the sugar each day until there is no sugar left and the syrup is really thick and syrupy
12. On the last day, put the lily pillies into sterilized jars and pour the syrup over
13. Seal and store for at least 3 weeks before using