

Calliope Library Bush Tucker Series

Bush Tucker – Ruby Saltbush

Botanical Name: *Enchylaena tomentosa*

Common Name/s: Ruby Saltbush, Barrier Saltbush,

Description:

- 1 metres high
- 1 metres wide
- Silver foliage
- Fruit change from green to yellow prior to ripening to red

Growing Conditions:

- Full sun - Part Shade
- Drought and frost resistant and salt tolerant
- Well drained soil

Use/s:

- Edible Fruit
- Leaves dried and crushed as a spice
- A red dye can also be made from the berries

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. En.wikipedia.org. (2018). *Enchylaena tomentosa*. [online] Available at: https://en.wikipedia.org/wiki/Enchylaena_tomentosa [Accessed 10 Sep. 2018].
2. Anbg.gov.au. (2018). *Enchylaena tomentosa - Growing Native Plants*. [online] Available at: <https://www.anbg.gov.au/gnp/gnp13/enchylaena-tomentosa.html> [Accessed 10 Sep. 2018].
3. Tasteaustralia.biz. (2018). *Saltbush Recipes | Bushfood Bush Tucker Taste Australia*. [online] Available at: <http://tasteaustralia.biz/bushfood/saltbush/saltbush-recipes/> [Accessed 10 Sep. 2018].
4. Australianseed.com. (2018). *Australian Seed - ENCHYLAENA tomentosa*. [online] Available at: <https://australianseed.com/shop/item/enchylaena-tomentosa> [Accessed 10 Sep. 2018].

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.



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Let it Grow #HomeMakerSpace Project Bush Tucker Garden

Ruby Saltbush



Image: *Enchylaena tomentosa*
Source: Australian Seed

Suggested Recipes

Saltbush Turkey Risoles

Ingredients

500gm Turkey mince
1 egg
half teaspoon mountain pepper
heaped teaspoon saltbush spice
half teaspoon sea parsley
pinch of artesian salt.
1 onion diced.

Method

1. Combine all ingredients in a bowl.
2. Allow to rest for half an hour
3. Using a dessertspoon to form into round balls and then roll in flour.
4. Place in the fridge for half an hour before throwing on the BBQ

Dying with Saltbush Berries

Ingredients:

1/2 cup table salt
8 cups water
4 cups berries (freeze berries until you have enough)
8 cups water

Method:

1. Before starting the dyeing process, you need to get your fabric ready.
2. Wash the fabric you have chosen to dye. Don't dry it—it needs to be wet.
3. Prepare the xative or mordant. This is to help the fabric take up the dye more easily. Combine salt and water in a large saucepan.
4. Bring to a boil, stirring until salt dissolves.
5. Remove from heat.
6. Add the washed (wet) fabric and allow to stand 1 hour in the salt water.
7. Remove fabric and rinse well with water. The fabric is now ready to be dyed.
8. Place berries into a heavy-based saucepan then add water. (As a general guide to 1 cup of berries add 2 cups of water.)
9. Bring berries and water to a boil over a medium heat, reduce heat to low, and simmer for about 1 hour or until liquid is dark in colour.
10. Strain through a fine sieve lined with muslin or cheesecloth.
11. Discard solids.
12. Return liquid to saucepan.
13. Place fabrics into dye liquid and stir well to coat.
14. Simmer over a very low heat for 45 minutes. Stir occasionally.
15. Remove from heat and allow fabrics to stand in dye until cold. Remember fabrics will be lighter when dry.
16. Remove fabrics when desired colour strength is reached and rinse under cold water.