

## **Davidson's plum (*Davidsonia pruriens*)** or Australian Rainforest Plum

The Davidsons plum occurs naturally in the wet tropical rainforests of northern Australia. The thin trees grow to 10m tall, occurring commonly on rainforest edges and the fruit are a favored food of many rainforest mammals and birds, including the endangered Cassowary.

Indigenous Australians enjoyed these fruits for thousands of years. Fruits are harvested in May to September and during early settler times, was a popular jam and wine making fruit. Recent studies have shown that the fruit is exceptionally high in antioxidants (3 x higher than Blueberries) and also contains high levels of many important micro nutrients. The deliciously tangy flesh makes a delightfully tart tea, as well as a sharp sauce or marinade. It compliments cheeses and many meats and the splendid color and intense flavor also lends itself well to dairy and baking products, like yogurt, cheesecake, slices and biscuits.



## **Australian Rainforest Lychee (*Diploglottis bracteata*)**

The Rainforest Lychee' is the fruit of the Diploglottis species which is related to the Asian Lychee and occurs naturally in the wet tropical rainforests of northern Australia. The tall thin trees grow to 15-20m tall, occurring commonly in mature rainforest, where the fruit are a favored food of many rainforest mammals and birds, including the endangered Cassowary. Fresh harvest occurs for a short period between mid December to mid January.

The deliciously tangy and bright orange flesh makes a stunning and delightfully sharp sauce or chutney, and also compliments white meats. It can also be used in sweet applications such as baking, desserts and dairy.



## **Lemon Aspen (*Acronychia acidula*)** or Australian Rainforest Lemon

An early ancestor of the citrus family, the small pale green to white berries have an intense flavour which has a familiar 'lemon' taste but is more complex, with subtle eucalyptus and honey tones. It can give a complex Australian lemon flavour to cooking and sauces, and is highly complementary to fish and poultry dishes or salad dressings. It imparts a refreshing difference to dairy products and baking, such as cheesecakes, puddings and biscuits.

Lemon aspen is high in antioxidants and micro nutrients, including the important trace elements of zinc, magnesium, calcium, iron and manganese.



## **Australian Rainforest Cherry (*Syzygium aqueum*)**

Rainforest cherries are the fruit of one of the many 'lillypilly' species that grow naturally in the wet tropical rainforests of northern Australia. Our plantings of *Syzygium aqueum* are a recently recognized, naturalised variant of the commonly known SE Asian variety, however our variety has a more favorable flavor than the SE Asian variety. A large shrub, it likes rich but well drained soil and lots of water. Fresh harvest occurs early December through to end January. The fruit has bright red skin and crisp tart white flesh with a dry spicy flavor, making it superb as a sorbet or with dairy products for a dessert. Glaced Rainforest Cherries are lovely in baking or as a dessert feature and delicious on a cheese platter, instead of raisins or grapes! The fruits can also be used to create unique savory sauces and relishes which compliment white meats, such as poultry & pork.

