

Indigenous foods gifts (sample bottles)

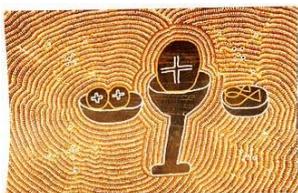
Consider with every taste how might the traditional sustainable ways be incorporated into our everyday life.

Purchase Bush foods from Indigenous growers when possible.

Google bushfoods and search where the proceeds go.

Try the varieties of foods and incorporate them into your cooking

With each flavour, remind yourself that the Spirit world and Natural world are connected. Each meal we have is a 'communion' connection between the Creator and the created



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