



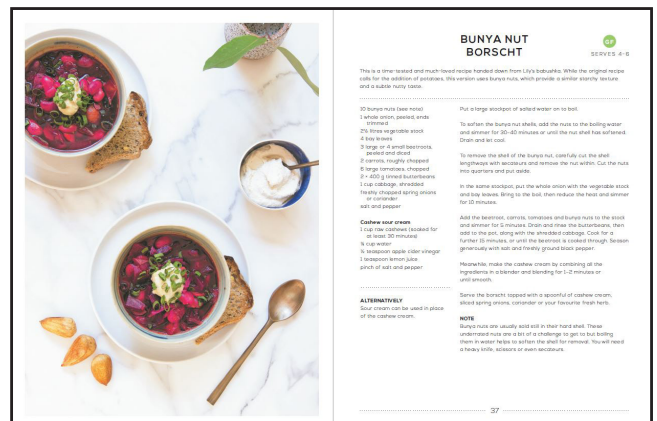
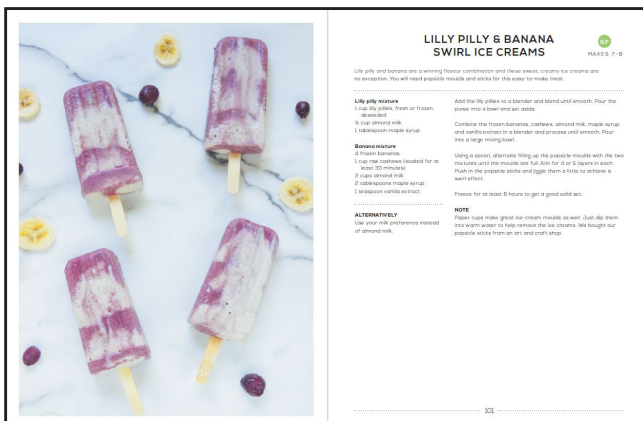
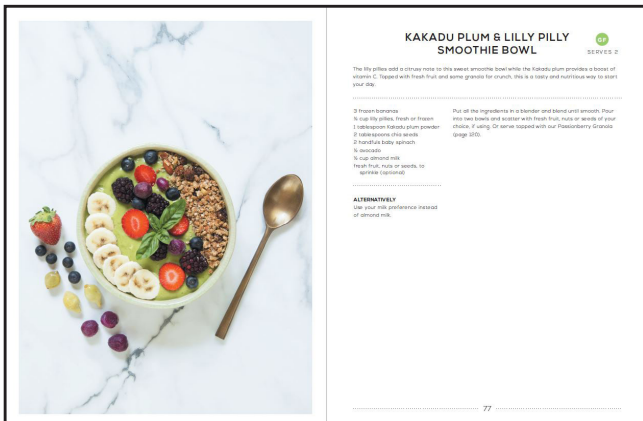
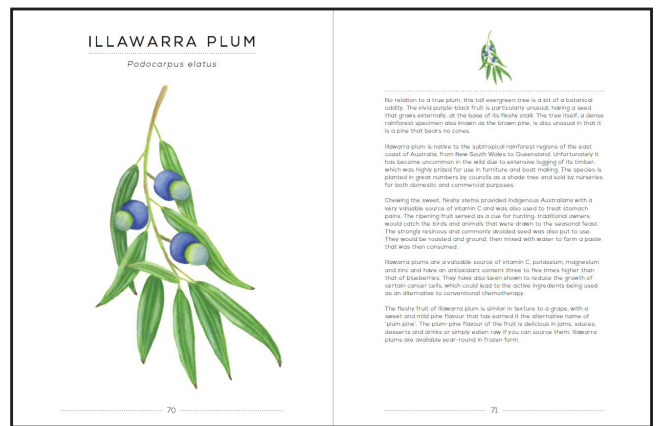
AUSTRALIAN BUSH SUPERFOODS

PLANT-BASED RECIPES AT HOME

LILY ALICE & THOMAS O'QUINN



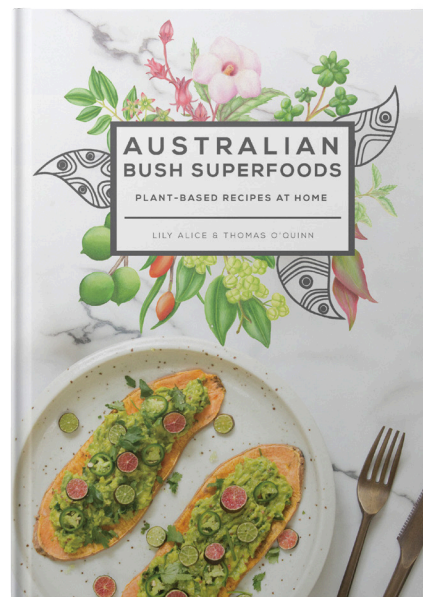
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MEDIA RELEASE

Australian Bush Superfoods by Lily Alice & Thomas O'Quinn introduces you to some of Australia's unique native ingredients. Many of Australia's native bushfoods contain nutritional qualities that not only qualify them as superfoods, but in some cases outshine the more commonly known forms. These superfoods boast nutritional and medicinal benefits that cannot be found anywhere else. From the Kakadu plum with its unmatched vitamin C content, to Bunya nuts that contain natural antibacterial properties, knowledge of these superfoods has been passed down in Aboriginal cultures for thousands of years.

Australian Bush Superfoods features 40 of Australia's most interesting and beneficial bush superfoods, with beautiful illustrations and information on where they grow, traditional Indigenous uses, nutritional benefits, and advice on how to use them in your home kitchen. Each superfood is accompanied by an easy plant-based recipe, such as Sweet Potato Toast with Finger Lime Guacamole, Kakadu Plum & Lilly Pilly Smoothie Bowl, or Spiced Apple and Riberry Chia Pudding. A section on sourcing bush superfoods means that you will be able to find these native ingredients - whether they be fresh, dried, or frozen - with ease. Fresh warrigal greens, macadamia nuts and lemon myrtle will become staple ingredients in your kitchen in no time.



No matter whether you live in the city or the outback, you too can discover the foods that nourished the first peoples of this land.

ABOUT THE AUTHORS/ILLUSTRATORS/DESIGNERS

Melbourne-born **Lily Alice** grew up in Alice Springs, the heart of Australia, where she went on bush tucker trips with her dad, Toly, and the Anmatyerr ladies from the Utopia community north-east of Alice Springs. They would set out in an earth-smelling, red-dusted troopy and return home with bundles of bush potato (anatyte), witchetty grubs (tyarpe) and bush tomato (akayterre). Lily created the botanical illustrations throughout the book.

Thomas O'Quinn was born and educated in Melbourne. It was through a scholastic journey of trial and error, including a brief stint as a landscape gardener, that Thomas found his way to Grenadi School of Design. He spent four years juggling study, full-time work, and writing and performing as a singer-songwriter, graduating with a Diploma of Graphic Design in 2016.

Lily and partner Thomas work together as dreams&bones design. Both avid animal lovers and supporters of animal rights, Thomas and Lily made the switch to a vegan lifestyle several years ago. They found that rather than create limitations, it opened up a whole new world of interesting and nutrient-rich ingredients and has had a profound impact on their health and well-being. They both share a passion for cooking and nutrition, which often finds them clanging around in the kitchen at all hours and serving up experimental concoctions to their friends and family.

Join the conversation at #AustralianBushSuperfoods

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