

Wild and local food potluck guide



We all need to rest and replenish our energy, but often our meals are eaten in a flash while we check our phones. But when we take the time to enjoy our food, with like-minded people and in a warm and welcoming space, it can inspire us, help us tell a story, and nourish not just our bodies but our souls. The environment movement is built on this sharing and coming together, as much as it is built on organising and taking action.

The goals of an ACF wild and local food potluck

So why is this important to do? How does it help us build people power, change the story and fix the system? A good potluck gathering will:

- Provide a fun, welcoming and relaxing space to chill out and spend some leisure time together after all the hard work we've put in.
- Allow volunteers to come together to share stories and feelings, reflect on what we've achieved, and feel supported in a safe space.
- Connect with your local environment and community by sourcing your food locally.
- Help to build and strengthen the relationships and community that we'll need to rely on in order to take powerful actions in the future.

What is a potluck, and where should you host it?

Traditionally, everyone brings one dish to share that will feed around 8-10 people, so you'll end up with plenty of food (and leftovers!). For a big group, you may need to ask guests to bring their own cutlery, crockery or drinking vessel as well. When it comes to set up and clean up, a group effort will take the pressure off the host/s, so don't forget to ask for help!

Welcoming your ACF community into your home is a beautiful way to bring everyone together, and is always greatly appreciated. But you may not have the space or live in an area that is difficult to get to, in which case, look for another venue that is more central and appropriate, such as a community hall, public library or school/university space. It really depends on how big you want the event to be, versus how intimate. This is up to you and your group.

Wild and local food

Connect with your environment and community by sourcing your food locally and in keeping with the seasons.

- You can have a seasonal theme to your potluck – Winter, Spring, Summer or Autumn!
- Guests may have fruit trees with abundant harvests to share.
- Your local farmers' market will have food packed with amazing taste and stories too!
- A participant may know where to forage for wild foods.
- Telling stories about the food you bring is a great way to create a sense of community and shared culture for your group, as well as acknowledging our connection to nature.

Stir-fried Australian native greens

Chef Kylie Kwong says, "It's my favourite dish. It celebrates the diversity and beauty of native Australian plants and is incredibly wholesome. Use a mixture of greens depending on what's available. Seek these beauties out at growers markets and specialist greengrocers - the more we ask for them, the more available they'll become."

INGREDIENTS

- 60 ml peanut oil (¼ cup)
- 3 garlic cloves, bruised
- 50 gm saltbush leaves (see note)
- 50 gm warrigal green leaves (see note)
- 2 tbsp tamari
- 50 gm karkalla leaves (see note)
- 50 gm bower spinach leaves (see note)
- ½ tsp sesame oil

METHOD

1. Heat oil in a wok over high heat until shimmering, then add garlic and ½ tsp salt flakes and stir-fry until fragrant (30 seconds).
2. Add saltbush and warrigal greens and stir-fry until just wilting (2-3 minutes).
3. Add tamari and reduce slightly (30 seconds to 1 minute), then add 60ml water and stir-fry for another 30 seconds to reduce.
4. Add karkalla, bower spinach and sesame oil, and stir-fry to combine (30 seconds), then serve immediately.

NOTES

Saltbush and warrigal greens are available from select specialist greengrocers; karkalla (also known as pig-face), is available from select nurseries; bower spinach is available from select farmers' markets.

Keep in mind that these ingredients might not be native to or farmed in your area, so you'll need to do a bit of research to find what's available and sustainably sourced near you.

Source: Gourmet Traveller

<https://www.gourmettraveller.com.au/recipes/chefs-recipes/stir-fried-australian-native-greens-8619>

Macadamia, Bush Tomato and Pumpkin Scones

Bush tomato is a small native berry and when dried it has a caramel-like flavour and slightly tangy acidity.

Ingredients

- 2 cups self-raising flour
- 1/2 teaspoon salt
- 1 tablespoon sugar
- 60g butter, cold, diced
- 1/2 cup macadamias, roasted, roughly chopped
- 1 cup bush tomatoes, finely chopped
- 3/4 cup pumpkin, cooked, mashed
- 3/4 cup buttermilk
- extra buttermilk, for brushing

Method

1. Preheat oven to 200°C fan-forced. Line a baking tray with non-stick baking paper.
2. Sift the flour and salt into a large bowl, stir in the sugar. Use your fingers to rub in the butter until the mixture resembles fine breadcrumbs. Stir through the macadamias and bush tomatoes.
3. Make a well in the centre and pour in the pumpkin and buttermilk. Using a flat bladed knife, stir until a sticky dough forms. Turn onto a lightly floured surface and knead lightly until smooth. Using a lightly floured rolling pin, gently roll dough out to a 2cm thickness.
4. Cut into rounds with a 6cm cutter, dipping the cutter into the flour each time before cutting. Place the scones close together on the lined baking tray. Brush the tops with a little buttermilk and bake for 12 to 15 minutes or until golden and hollow when tapped on top.

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Source: Lifestyle

<https://www.lifestylefood.com.au/recipes/25120/macadamia-bush-tomato-and-pumpkin-scones>