

Plants to eat found on Kangaroo Island

Sour Bush – Produces a sour, edible 5mm long fruit on the tips of its bushy broom-like shrub which is a parasite to mallee scrub. It grows 1-3m high and fruits after its spring to summer flowers also attracting the Small Bronze Azure butterfly.

Native Cherry – Cypress looking root parasite always growing near eucalyptus, 3-6m high. Edible, tasty, coloured stalks.

Pig Face – The first settler's bush tucker. To fend off the horrible scurvy, pig face was enjoyed by the settlers as a tasty and nutritious supplement. Beware of over indulgence as it contains, like rhubarb and silver beet, oxalates and saponins in the leaves and stems.

Sweet Apple Berry – 2m tall climber on coastal heaths with slender leaves and twining stems. Apple-berry is around a 1 – 1.5cm sausage shape. Flowers can be blue, greenish or cream.

Hop Bush – Bitter red fruits, spreading shrub. 1m high. Looks like hawthorn.

Muntries – They grow as a woody ground cover, producing a purplish fruit which tastes like spicy apples. Muntrie berries retain their moisture and are crisper if picked in the morning. Mmm..

Native Currant – This low, bush shrub fruits a succulent fruit throughout late summer and autumn. It has small, green pointy leaves and exists in mallee scrub, gullies and shaded habitats.

Yam Daisy (native dandelion) – 40cm high with yellow flowers similar to a dandelion. The roots are best roasted before eating but can be eaten raw. They grow as a clump of narrow leaves but have become quite rare since settlement and farming.

FISH found off Kangaroo Island beaches and rocks

Australian Salmon – Commonly found all around the island off beaches, rocks and jetties. This slightly oily fish is great baked on coals or sliced thinly and eaten raw. Quite often larger than 2kg, you only need to catch one of these for your meal.

Mullet – Growing to around 30cm, yellow eye mullet are abundant off most sandy beaches around the island and are most active around Easter time, when the waters are still warm. These beautiful white fleshed, silver fish will eat most bait – seaweed worms, ground mince, fish flesh. They are generally found just behind the shore break where the sand is kicked up from the breaking waves – quite often a 10m cast from shore and in very shallow water.

Tommy Ruff – Probably equal with the Rock Cod, this fish can be depended upon to be there when nothing else is around. An aggressive eater which makes them easy to hook and growing up to 25cm long, you need to bag a few of these before any hunger can be squashed. Tommys are found everywhere around the island; surface and bottom, shallow and deep, rocks and beaches.

Flathead – If you get onto a big one, the lines can be put away for the day because they can get up to 15kg but are generally caught at around the 1kg mark. They bury themselves into the sandy bottom, waiting on their prey and can be caught on fish flesh, shell fish and lures.

Rock Cod – Does anyone have a good recipe for rock cod?

Squid – With high protein and amino acid levels, squid are on the menu in a big way. Raw and roasted you can eat up to 80% of the fish compared to 20-50% for vertebrae fish and 20–40% for shellfish. They are caught in broken weed off rocks and jetties and are attracted to lights at night. Don't get played for the old "ink in the face" trick.

Snook – This sharp tooth, predatory fish is generally caught on lures or drifting baits and will put up a good fight before you can pull the baseball bat shape to shore. Caught in deeper waters off rocks and jetties, all you need is one for a feed.

Trevally – Caught off rock ledges in deeper water they are a large, disc shaped fish with extraordinary power. The trevally is caught on drifting baits and lures and if you don't get cut off on the rocks this fish will keep the wolves at bay for a day.

Sweep – Sweep are commonly found in deeper, rocky areas on the island and can be caught on a float or drifting bait. Their small mouths require smaller hooks and can be eaten from 24cm and longer.

Garfish – A long, thin fish which is eaten for its soft white flesh, they are considered more of a luxury fish and can be quite finicky to catch especially if the correct bait can't be found. But once you've got one, they love to eat themselves so a thin strip of garfish on a hook should do the trick.

Leather Jacket – This fish has no scales but instead coarse, sandpapery skin – a bit like a shark. They are an underrated fish and quite often thrown back but don't be fooled by their rough appearance as once the skin is peeled off and that nasty spike done away with, leatherjackets cook up very nicely indeed.