

## Macadamia nuts

Macadamia nuts are native to the continent Down Under, which explains why the fruit is also known as the Australian or Queensland Nut. From the Proteacea family of plants, evergreen macadamia trees can reach 40 feet in horizontal as well as vertical spread.

These are some of the most sought-after nuts in the world, so they can be expensive. This has driven up commercial production in other balmy areas like South Africa and Central America where the trees thrive if there's sufficient water. Introduced in Hawaii in 1881 and soon afterward in California, Hawaii is now the world's largest exporter. A 10-year-old macadamia tree might produce up to 50 pounds and increase indefinitely.

## Pepperberries

Pepperberries are more versatile than conventional peppercorn, able to be used in sweet and savoury dishes. The leaves, stems and berries have an aromatic peppery taste producing approx. 3 times the anti-oxidants of blueberries. Native birds, such as the Black Currawong, eat the berries.

## Vegemite

Vegemite is a thick, black Australian food spread made from leftover brewers' yeast extract with various vegetable and spice additives. It was developed by Cyril Percy Callister in Melbourne, Victoria in 1922. The Vegemite brand was owned by Mondelez International, but was acquired by the Australian Bega Cheese group following an agreement in January 2017.

Vegemite is salty, slightly bitter, malty, and rich in umami.

# Australia



### Interesting fact 1

Australia has more than 750 different reptile species, more than any other country in the world.

### Interesting fact 2

Australia hosted the 1956 (Melbourne) and 2000 (Sydney) Summer Olympics.

### On today's menu:

Emu kebabs

Kangaroo kofta with warrigal beans, beetroot and fetta

Wallaby sang choi bau

Chicken parmigiana

Minted orange, fennel and red onion salad

Party pies

Vegemite sandwiches

Pork sausages with Kakadu plum and lemon aspen

Fairy bread

Lamington tiramisu

Tim tam tarts

Macadamia nuts

Next month, we're going to Greece



# Joy