

FOR IMMEDIATE RELEASE

Bush tucker to star in Cooktown Expo 2020 menu

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COOKTOWN

Vitamin-rich bush tucker is being collected across Cook Shire and snap frozen so it can star in five-star dinners and cooking demonstrations during Cooktown Expo 2020 next year.

Bush foods expert, author and documentary maker Samantha Martin last week travelled to Cooktown, Hope Vale and Wujal Wujal to share her knowledge of Indigenous bush foods and how to collect and store them for future use. "We have collected Bun daay and wattleseeds which we will use for a sweet and savoury sauce to accompany the Minya (meats) that will be cooked in a traditional ground oven," Ms Martin said.

Ms Martin, who grew up in a small Indigenous community in Western Australia with a close connection to her country, has published a Bush Tukka Guide through publishers Hardie Grant and also starred in the SBS television series My Bush Tukka Adventures. "I endorse this project as I feel it will empower our Hope Vale and Wujal Wujal communities to connect and teach the wider community their traditional ways," Ms Martin said. "This is important to support as it links strongly to the mental, emotional and cultural wellbeing of our peoples and communities."

The collaborative project involves youth and organisations from Cooktown, Hope Vale and Wujal Wujal, as well as Cook Shire Council, Hope Vale Aboriginal Shire Council, Wujal Justice Group, Wujal Wujal My Pathway and Wujal Wujal Aboriginal Shire Council. Cooktown Expo 2020 will showcase Cooktown's unique story of 250 years of shared Indigenous and European history, stemming from the 1770 arrival of explorer James Cook. The three week expo will put the spotlight on the history, adventure, culture and environment of beautiful Cooktown and Cape York. For more information on being involved in Cooktown Expo 2020, visit the website at www.cooktown2020.com or contact the Expo team via email at info@cooktown2020.com or phone on 4082 0500.

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