



INDIGENOUS GARDEN

Terminalia ferdinandiana (Kakadu Plum)

Indigenous name

Gubinge

Indigenous use

The Kakadu Plum had been helping First Nations people stay healthy for thousands of years. Not only does it help fight cold's and flu's, it's also packed with nutritional value. It has the highest recorded natural amount of Vitamin C of any food in the world. The taste of the plum is sour with a touch of bitterness.

Description

The Kakadu Plum is a small to moderate sized tree between 4 - 10 m high. The trunk has a rough, creamy gray bark which is flaky and finely tessellated. The leaves are spirally arranged and dense towards the ends of the branches. The fruit is yellow to green and beaked, containing a single seed.



Habitat

The Kakadu plum is found naturally in open woodland across Northern Australia, namely in the Kimberley region of Western Australia, the Northern Territory and Queensland. Suited to its natural hot and coastal environment, the density of Kakadu plum varies, with the highest concentration of trees measured near the coast.