



The Oldest Foods on Earth: A History of Australian Native Foods with Recipes

John Newton

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‘This is a book about Australian food, the unique flora and fauna that nourished the Aboriginal peoples of this land for over 50 000 years. It is because European Australians have hardly ever touched these foods for over 200 years that I am writing this book.’ We celebrate cultural and culinary diversity, yet shun the foods that grew here before white settlers arrived. We love superfoods from remote, exotic locations, yet reject those that grow in our own land. In this, the most important of his books, John Newton boils down these paradoxes by arguing that if we are what you eat, we need to eat different foods, foods that will attune us to the this land.

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