

# Bunya Pine

*Araucaria bidwillii*

Common names	Bunya, bonye, bunyi, bunya-bunya, bunya-bunya pine, banza-tunza, banua-tunya, boonya, bahnua, bon-yi, banya-bunya, bunnia, bonyi-bonyi, false monkey puzzle tree.
Origin	Bunya pines are an ancient rainforest tree from Gondwana times, inhabiting coastal mountains of northern New South Wales and south-eastern Queensland in Australia. It belongs to Araucariaceae family.
Description	The bunya pine is an evergreen, tall coniferous nut bearing tree. It grows 30-45 metres in height, with a straight, rough-barked trunk; and a very identifiable symmetrical, dome-shaped crown.
Growth Habitat	Bunya pine of sub-tropical to tropical origin is hardy in colder zones of Australia. Trees may coppice slightly from cut branches and stems and they should be planted under full sunlight. The species does well at lower altitudes with good rainfall.
Foliage	The first leaves form a rosette and are dark brown. The leaves only turn green once the first stem branch occurs. Unlike the mature leaves, the young leaves are relatively soft but as the leaves age they become very hard and sharp.
Flowers	Male and female leaves are typically found on different parts of the same tree. Male flowers usually appear at the base of the crown in young trees and female flowers at the top. As the tree grows

	older, the male and female flowers move closer to each other.
Fruits	Bunya pine produces huge cones containing numerous edible chestnut shaped nuts. The male cones are narrow, cylindrical structures to about 20cm long on the end of short branchlets. The large female fruiting cones are very large and each female cone contains from 50 to 100 large "nuts".
Soil	The bunya pine adapts to a range of soils but will not succeed in those which remain waterlogged for long periods.
Pruning	The bunya pine does not need pruning.
Fertilization	The plants grow best if subjected to ordinary good gardening practices- water, mulching, and fertilizing. Ordinary balanced fertilizer, as for veges, will do. There is no need to use special "native" fertilizer.
Propagation	Propagation is normally carried from seed which germinates readily when fresh. Cuttings have as well been successful but must be carried from upright growing shoots since cuttings from side shoots will not grow vertical.
Harvest	Mature trees at 12-15 years produce cones with crops being exceptionally good every two to three years. The mature cone weighs 5-10 kilograms and contains between 30 and 100 nuts. The cones will fall from the tree when mature and should be harvested and frozen or processed within a week.
Nutritional Properties	The nutritional content of the bunya nut is : Water 40% Complex carbohydrates 40% Protein 9%

	<p>Fat 2%</p> <p>Potassium 0.2%</p> <p>Magnesium 0.06%</p>
Health Benefits	<p>Bunya nuts are gluten free, making bunya nut flour a substitute for people with gluten intolerance. They have a healthy glycaemic index (GI) rating, variously measured at 50-75. By contrast, other tree nuts have 50-75% fat and under 20% carbohydrates, Bunya nuts have more in common with cereals than with other nuts.</p>
Commercial Uses	<p>The seeds of the bunya pine are edible; they are eaten raw, roasted or grounded into a powder. The tree provides valuable timber for cabinets, wood makers and flooring. The soft wood of the bunya pine are in great demand for making acoustic guitar soundboards. The branches are used by the locals for fencing and fuel. The tall bunya trees act as a wind breaker and also provide shade and shelter.</p>
Food Suggestion	<p><b>Spotted Dog a la Bunya</b></p> <p><u>Ingredients :</u></p> <ul style="list-style-type: none"> <li>• Sultanas or mixed fruit</li> <li>• 3 cups S.R. flour</li> <li>• 2 cups minced bunya nuts (cooked)</li> <li>• 2 tablespoons butter</li> <li>• 2 small teaspoons baking powder</li> <li>• 2 eggs</li> <li>• 1 teaspoon salt</li> <li>• 3 tablespoons powdered milk</li> <li>• 4 tablespoons sugar</li> </ul>

Instructions

- 1) Mix flour, powdered milk, salt, baking powder and sugar together.
- 2) Melt butter in a little hot water.
- 3) Add minced nuts, eggs, butter, and fruit to other ingredients.
- 4) Mix to just pouring consistency, adding a little more later if necessary.
- 5) Pour into greased large tray or other suitable baking dish.
- 6) Bake at 450 degrees Fahrenheit, reduce to 400 after 20 minutes, bake until cooked.