

# SUPERIOR SALT BUSH

What we are doing with this plant is new and unique

We use a specific purposely propagated cultivar of saltbush grown on property that is farmed using principals of permaculture and organics.

Although we are not registered organic we do not use any chemicals at all.

We harvest the tip growth, 20 to 30 cm long, and sun-dry it.

We personally use our product in all our cooking as a salt alternative. After researching the benefits of it we gave numerous samples away to family and friends. They all love it as much as we do.

So we now produce this fabulous herb for others to enjoy too.

Packed with protein, roughage and minerals it is a fantastic salt replacement herb.

Many say this is the natural replacement for MSG because when you cook with this herb the flavor of your food is substantially enhanced, without any of the nasty side effects MSG can produce.

## AUSTRALIAN SALT BUSH

Old man saltbush (*Atriplex Nummularia*) is as old as Australia itself. It is not new to human consumption. Australian Aboriginals consumed it and the early settlers used it to treat blood disorders. Sheep and cattle will graze it in preference to many fodder sources, to the point that unless well managed, they will defoliate the plant and kill it. Products from animals grazed on saltbush are said to taste better and the meat more tender.



## SUPERIOR SALT BUSH

At Superior Saltbush we propagate several cultivars of *Atriplex Nummularia* - selected for their drought tolerance. These cultivars do not exceed 2.5m in height, produce little or no seed so the plants energy goes into vegetative production - the part the stock eat. All good farms should have an area of saltbush for drought insurance.

# 100% Australian SUPERIOR SALT BUSH



**As old as Australia itself.  
Saltbush is a nutrition salt  
replacement that enhances  
endless recipes.**

**Call Russell  
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# *Your perfect addition to ...*

## **... mince meat recipes**

Add Superior saltbush to any mince-meat recipe and reduce or eliminate the need to use salt.

A third of a cup of Superior Saltbush to every 500 grams of mince-meat to gain a deliciously flavored meat mix for pasta sauces, Mexican nacho meat, meat pies and many other mince-meat recipes.



## **... soups, slow cooked meals & winter stews**

Superior Saltbush is an ideal companion to soups and hot winter grub. Look forward to a huge boost to the flavor of your cooking.

Add half a cup to a crockpot of soup or stew and taste. It is unlikely that you will need to add salt depending on your normal salt usage.



## **... roast meats**

Try this recipe for roasting meat and you will never look back.

Add ¼ cup of good quality canola oil in a large frying pan.

Crush 2 or 3 large cloves of garlic (depending on your taste) to the oil along with 1/3 cup of Superior Saltbush.

Gently fry the garlic and saltbush on a medium heat so as not to burn the garlic.

Add the roast Beef, Lamb or Chicken to the oil and herb mixture to lightly cook. Turn the roast to ensure all sides of meat are covered and slightly cooked.

Roast in the oven as you usually would, reducing the time slightly to allow for pan cooking.

Be sure to use the cooking juices to make a superb gravy.