# Jelly, jelly and still more jelly: The guava at the Australian settler table

The guava is my favourite fruit firmly established in this position from my childhood days in Sri Lanka picking guavas from trees of our neighbours. It was the combination of a slight acidity with the overall sweetness that won me over. There was also the eye-catching pink of the fruit contrasting against the yellowgreen of the skin. There was the satisfying crunch of the hundreds of tiny yellow seeds embedded unavoidably in the whole of the flesh. Then there was that musky, slightly heady perfume, strong enough to drift from the fruit bowl to perfume the whole room. And then there was the deep red guava jelly, dipping into a jar with a teaspoon and licking on that deliciousness like a lollipop, or biting into a hot crumpet with the jelly melting into its porous body and down my fingers.

For the first 30 of my 60 years in Australia guavas were just a memory. I don’t recall seeing them in gardens or at the fruiterer’s. Somewhere somewhen they began to appear in Asian shops and I was able to revive my love affair with the fruit. The last 30 years I have lived in a house with a mature guava tree. Each season it’s a battle between me and the native birds as to who is going to get the most fruit. Always though there are enough for both of us. I turn a good part of my quota into guava jelly and guava cheese – no spoilers from me on how to make both, that comes later in this article.

Which is a lead into just what this article is about. I have over the last years been researching the less written about items in the Australian foodscape. Often one thing will lead to another. particularly when I find something that surprises me with how long they have been part of the foodscape. So it was with the guava where my assumption of its relative recentness in Australia was challenged.

Let’s back up a bit first to describe the object of this article, the guava.

The guava is the fruit of shrubby trees of the *Psidium* species in the family *Myrtaceae*. Native to South America the guava is now widespread across South Asia and Southeast Asia brought there through what is now called the Colombian Exchange i.e. the translocation of plants, animals and diseases from the Americans into the colonial territories of Britain, Spain and Portugal.

The fruit can vary in size, colour and shape. The most common, which is what I ate as a child and now grow in my garden is *Psidium guajava* . The second most commonly cultivated is *Psidium littorale V. Longipes* (previously *cattleianum*) the strawberry or cherry guava. Other varieties will be identified as they are encountered in this article. Guavas can be eaten fresh when ripe or made into a richly flavoured jelly. They are often eaten underripe in Southeast Asia, dipped in chilli powder, salt or fish sauce.

‘If for nothing else, wrote Louis Glowinski in *The Complete Book of Fruit Growing in Australia* (1991) guavas should be valued as an exceptionally rich source of Vitamin C , having far more than oranges’.[[1]](#footnote-1)

## A brief history of the guava’s first 100 years in Australia

Now to the guava in Australia. I focus on the first 100 years of published material on guavas. I only look at guavas in the context of the cuisine of settlers and their descendants. I acknowledge that other cuisines in Australia have other stories to tell of the guava.

The guava arrived as seeds among the provisions of the first fleet of colonisers to arrive in Australia in 1788.[[2]](#footnote-2) The first published reference to guava in Australia I have come across was in an 1809 advertisement for the sale of a property in Kissing Point now a suburb of Sydney:

Thirty acre Farm, situate at Kissing Point, with a Shingled Dwelling house Capital Barn, Out-houses Pig-styes, Sheep-shade, a capital Orchard fenced in, containing excellent Peach, Pear, Orange, Guava and Lemon Trees, 12 Acres of Wheat, 1 of Oats and Clover, an Acre and a half of Potatoes, 3 Acres of Corn planted, and most of the Ground broke up.[[3]](#footnote-3)

The guava in the orchard here looks out of place, not a plant one would immediately associate with a colonial orchard of the time. However, this is not the only mention of the cultivation (or not) of guavas in Sydney at this time in the colony.

Among the fruits that our gardeners bestow attention upon, it is wonderful that the guava is so much neglected. They grow here to a very good size, and upon two trees in Farm Cove so long as 17 years ago were known to be of a very large size.[[4]](#footnote-4) (1818)

To the Editor of the Australian.

Sir,

The Colony possesses already excellent rules for the ordinary tillage farmers, but nobody seems to have cared for the prosperity of the Kitchen Garden. … I have found the following plain hints perfectly adapted to this climate, and if you think them acceptable, they are very much at your service for publication. … August. Transplant guava, artichokes, turnips, carrots, parsnips and beetroots.

A MEMBER OF THE AGRICULTURAL SOCIETY. [[5]](#footnote-5) (1827)

The gardens, however, at Point Piper are as fine as ever, and produce fruits of the most opposite climates, with very little culture, in the open air. .. in New South Wales ; here you have the orange and the strawberry in the highest state of perfection, in the same gardens,

all over the Colony ; but Point Piper exhibits the still stronger contrast of bananas and guavas, offering their abundant fruit and tropical shade to the humble currant

of the higher latitudes.[[6]](#footnote-6) (1828)

General propagation of the guava was by plant. In 1836 D. Bunce listed guava as one of the ‘Seeds and Plants, indigenous and exotic, cultivated and on sale at Denmark Hill Nursery’.[[7]](#footnote-7) In 1839 Mr. Lamb was selling by public auction ‘Splendid Assortment of Fruit\Trees and Shrubs’ including guava.[[8]](#footnote-8) Also in 1839 an auction of trees at the Darling Nursery six guavas were sold for £3 10s.[[9]](#footnote-9) (As comparisons six nectarines sold for £3 5s and six citrons also sold for £3 10s.)

As to varieties, *Psidium guajava* is a common garden variety. *Psidium littorale* (Catley, or the Purple  Guava) also was popular - ‘an excellent fruit, (which) bears most abundantly in this country, it is the more valuable from its ripening at this season (late Summer) when there are few others.’[[10]](#footnote-10) In 1851 it appears in a [catalogue of plants cultivated at the Darling Nursery](https://first.mhnsw.au/resultbyField.jsp?term=Catalogue+of+plants+cultivated+at+the+Darling+Nursery%2C+Sydney%2C+New+South+Wales+%5B1851%5D&field=series_title).[[11]](#footnote-11) In 1872 the guava is first discussed in the gardening advice columns in newspapers.[[12]](#footnote-12)

At The *Floral Society Show* in 1840  there was ‘a very fine collection of black guava, a scarce production, which had been forwarded by Mrs Shepherd, from the Darling Nursery.’[[13]](#footnote-13)

In 1850 ‘fine fruit of the white variety of this celebrated fruit was sent to the Exchange Rooms the other day by Mr F. S. Dutton, in whose garden at East Terrace it had arrived at full perfection in the open air.’[[14]](#footnote-14) In 1851 it also appears in a [catalogue of plants cultivated at the Darling Nursery](https://first.mhnsw.au/resultbyField.jsp?term=Catalogue+of+plants+cultivated+at+the+Darling+Nursery%2C+Sydney%2C+New+South+Wales+%5B1851%5D&field=series_title).[[15]](#footnote-15)

The first reference I found for a guava product was as guava jelly imported by Samuel Lyons in January 1833[[16]](#footnote-16) It was listed as a Chinese Preserve for sale in 1839[[17]](#footnote-17) and among ‘an assortment of Indian Goods,’ also for sale in 1850.[[18]](#footnote-18) In 1852 W. M. Tennant advertised the auction among others of 11 jars of Guava Cheese, 6 jars of Guava Jelly and nine jars of Guava Chutney.[[19]](#footnote-19) Fortnum & Mason’s Guava Jelly was on sale in 1860.[[20]](#footnote-20) Advertisements for sale of imported guava jelly continued over the whole of the period covered by this article mostly as part of goods from India.

What about local manufacture of guava jelly? In 1875 in an article on Special Industries in Queensland it’s noted that the Messrs. Skinner and Clarke are making pine-apples in syrup, guava jelly and jam, and jelly made from the hibiscus (rosella) all of which are specialities of Queensland.[[21]](#footnote-21) Nothing is said however of how the products are being marketed. In 1880 B. Skinner advertised the sale of ‘Assorted Fruits (in syrup), Pine Apples, Quinces, Guavas, Peaches, and Pears, for Dessert, 2 lb. tins.’[[22]](#footnote-22) In 1900 Howard and Kemp advertised tinned guava for sale but there is no indication whose product it is. It is in a list of general products not one specifically Indian so I think it is safe to say this was from a local producer.[[23]](#footnote-23) Another local producer was Roessler who in 1908 advertised for sale ‘guava jelly, a very fine production , without doubt the premier of all fruit jellies’.[[24]](#footnote-24)

## Guava jelly

In 1862, at the first celebration dinner of the Acclimatisation Society of Great Britain Guava Jelly from Australia was one of the desserts.[[25]](#footnote-25)

I found just 27 recipes for guava across the hundred year span of this article. In these, recipes for guava Jelly were the most common. This is the first recipe I found for it from 1873.

“F. J. L." - The following is a recipe for making guava jelly: - Boil the fruit until the juice can be

separated from the seeds and skins by straining through a flannel bag. To every pint of juice add

¾ lb. best loaf sugar; boil and skim thoroughly. To determine when it is sufficiently boiled, put a little into a saucer to cool. A jelly equal to red currant may be made in the same way from the berries of another myrtaceous plant-*Eugenia myrtifolia*.[[26]](#footnote-26)

All the other recipes I found have the same basic ingredients – water, guava and sugar.

One recipe called for a few cloves loose in with the fruit while it was cooking, then strained out.[[27]](#footnote-27) This was the only time a spice or other flavouring was added.

Some call for lemon juice to be added.[[28]](#footnote-28) Mina Rawson in *The Queensland Cookery and Poultry Book* (1890) writes ‘when nearly done add some lemon juice, or failing that, some other acid as that will prevent it being gluey.’[[29]](#footnote-29)

They also share the same method for making the jelly: boil up the fruit (skin and seed included) in enough water to cover it in a saucepan; when well pulped strain through a jelly bag, cheesecloth or other material that will hold back the fruit pulp; then boil up the juice with the sugar till the setting point when a dob of liquid will turn to jelly when it gets cold. ‘It should be of a dark red colour when finished.’[[30]](#footnote-30)

When cool the jelly was poured into bottles or other containers and sealed.

The remaining pulp could be used to make guava cheese. This recipe doesn’t call it that but it’s a similar recipe to later others that do.

To Utilise the Seeds and Skins after Straining Off the Juice.—Add 1 lb. of sugar to each pound of the seeds and skins left in the straining cloth. Place in preserving pan with very little water if the sweetened fruit seems quite dry. Stir over slow fire or on a covered stove till quite thick, say thirty to forty-five minutes. When turned out of the pots in which it is kept for use this confection should cut like damson cheese, and is good to use in the same way as jam.[[31]](#footnote-31)

There is a curious recipe for English Guava Jelly that uses no guavas at all, just apples and quinces made in the usual way. [[32]](#footnote-32) British cookery book author Eliza Acton in her 1845 *Modern Cookery for Private Families* also has a recipe for English Guava which has no actual guavas in it.[[33]](#footnote-33) It is based on two varieties of plum – bullaces and imperatrix – and she recommends making a version of ‘guava’ cheese out of the pulp.

There also is a recipe for German Jelly but this is no different in ingredients or method to the usual guava jelly.[[34]](#footnote-34)

Mrs Lance (Mina) Rawson gives two other recipes for guavas – Guavas (Young) Stewed in Orange Juice (using windfall oranges)[[35]](#footnote-35) and Baked Guavas.[[36]](#footnote-36)

## Uses of guava jelly

Apart from being a spread on bread, toast and the like, guava jelly was used like other fruit jellies as a condiment with meats.

There were four recipes for other uses of the jelly. Little Indian Gems are rounds of milk-based pastry with a dob of guava jelly on top ‘that it might look like a heap of garnets’; surround the jelly with cream and strew pistachios on top of the whole.[[37]](#footnote-37) For a Guava Mould make a custard; add to it guava jelly; pour into moulids and let set overnight.[[38]](#footnote-38) Bermuda Witches are made with thick slices of rice, pound or Savoy cake; guava jelly spread on half of each slice; ground coconut on top of the guava; then the other half of the slice of cake pressed firmly on top.[[39]](#footnote-39)

Then there is this version of a classic dessert.

Floating Island.—This delicious West Indian dish is made as follows: Beat up the white of five eggs for about three-quarters of an hour with about three or four tablespoonfuls of guava jelly, make a custard of about four of the yolks of the eggs and a pint of milk, not boiled too thick, which put first in the dish and then the beaten jelly on top to float (hence the name floating island).[[40]](#footnote-40)

**Coda**

I set out to find how long guavas have been a part of the Australian settler table I found a reference to the guava as early as 1809 among a list of fruit trees on a property to be sold. I think we can safely assume that the fruit was eaten. Over the 100 year span of my article there were just 27 recipes for the guava, the first in 1873. Of these the majority were for guava jelly. On a quick look for guava recipes over the second hundred year of its presence at the settler table while its appearance was sporadic when it did appear it was usually as guava jelly.[[41]](#footnote-41)

1. Glowinski, Louis, *The Complete Book of Fruit Growing in Australia* Lothian, 1991 this edition 2022 p.327 [↑](#footnote-ref-1)
2. Van Reyk, *True to the Land, A history of food in Australia,* Reaktion 2021p.42 [↑](#footnote-ref-2)
3. *The Sydney Gazette and New South Wales Advertiser* (New South Wales) 1 October 1809 p.2 accessed at [01 Oct 1809 - Classified Advertising - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/627833?searchTerm=guava) [↑](#footnote-ref-3)
4. *The Sydney Gazette and New South Wales Advertiser* (New South Wales) 18 July 1818 p.3 accessed at [18 Jul 1818 - Sydney. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/2178073?searchTerm=guava) [↑](#footnote-ref-4)
5. To the Editor of the Australian’, *The Australian* (Sydney) 14 February 1828 p.2 accessed at [14 Feb 1827 - To the Editor of the Australian. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/37072544?searchTerm=guava) [↑](#footnote-ref-5)
6. ‘Sydney. In a series of letters to a gentleman in London, Letter II’ *The Australian* (Sydney) 18 July 1828 p.3 accessed at [18 Jul 1828 - SYDNEY. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/36867378?searchTerm=guava) [↑](#footnote-ref-6)
7. ‘Catalogue of Seeds and Plants…’, *The Hobart Town Courier* (Tasmania) 15 July 1836 p.1 accessed at [15 Jul 1836 - Classified Advertising - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/4176016?searchTerm=guava) [↑](#footnote-ref-7)
8. ‘Sales by Public Auction’, *Southern Australian* (Adelaide) 24 July 1839 p.2 accessed at [24 Jul 1839 - Advertising - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/71685404?searchTerm=guava) [↑](#footnote-ref-8)
9. *South Australian Register* (Adelaide) 17 August 1839 p.5 accessed at [17 Aug 1839 - ADELAIDE RACES. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/27440741?searchTerm=guava) [↑](#footnote-ref-9)
10. ‘Domestic Intelligence’, *The Sydney Herald* (New South Wales) 26 February 1841 p. 2 accessed at [26 Feb 1841 - DOMESTIC INTELLIGENCE. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/28652932?searchTerm=guava) [↑](#footnote-ref-10)
11. [Catalogue of plants cultivated at the Darling Nursery, Sydney, New South Wales [1851]](https://first.mhnsw.au/resultbyField.jsp?term=Catalogue+of+plants+cultivated+at+the+Darling+Nursery%2C+Sydney%2C+New+South+Wales+%5B1851%5D&field=series_title), Caroline Chisolm Library [↑](#footnote-ref-11)
12. ‘Field and Garden Memoranda for October’, *The Brisbane Courier* (Queensland) 28 September 1872 p.7 accessed at [28 Sep 1872 - FIELD AND GARDEN MEMORANDA FOR OCTOBER. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/1297324?searchTerm=guava%20jelly) [↑](#footnote-ref-12)
13. ‘The Floral Society Show’, Domestic Intelligence, the *Sydney Herald* (New South Wales) 18 September 1840 p.2 accessed at ([18 Sep 1840 - DOMESTIC INTELLIGENCE. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/12865661?searchTerm=guava) [↑](#footnote-ref-13)
14. ‘Local News’, *The South Australian Gazette and Mining Journal* (South Australia) 13 June 1850 p.3 accessed at [13 Jun 1850 - LOCAL NEWS. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/195940138?searchTerm=guava) [↑](#footnote-ref-14)
15. [Catalogue of plants cultivated at the Darling Nursery, Sydney, New South Wales [1851]](https://first.mhnsw.au/resultbyField.jsp?term=Catalogue+of+plants+cultivated+at+the+Darling+Nursery%2C+Sydney%2C+New+South+Wales+%5B1851%5D&field=series_title), Caroline Chisolm Library [↑](#footnote-ref-15)
16. ‘By Mr Samuel Lyons’, *The Sydney Gazette and New South Wales Advertiser* (New South Wales) 19 January 1833 p.3 accessed at [19 Jan 1833 - Classified Advertising - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/2210410?searchTerm=guava) [↑](#footnote-ref-16)
17. ‘Chinese Preserves’ *Tasmanian Weekly Despatch* (Tasmania) 15v November 1839 p.3 accessed at [15 Nov 1839 - Advertising - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/233618919?searchTerm=guava) [↑](#footnote-ref-17)
18. ‘Indian Merchandise’, *The Sydney Morning Herald* (Sydney) 6 April 1850 p.4 accessed at [06 Apr 1850 - Advertising - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/28646261?searchTerm=guava) [↑](#footnote-ref-18)
19. ‘W. M. Tennant’ *The Argus* (Melbourne) 21 February 1852 p.4 accessed at [21 Feb 1852 - No title - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/4783370?searchTerm=guava) [↑](#footnote-ref-19)
20. ‘New Goods’, *The Cornwall Chronicle* (Launceston) 10 March 1860 p.1 accessed at [10 Mar 1860 - Advertising - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/65989977?searchTerm=guava) [↑](#footnote-ref-20)
21. ‘Special Industries”, *The Queenslander* (Brisbane) 6 November 1875 p.3 accessed at [06 Nov 1875 - SPECIAL INDUSTRIES. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/18338895?searchTerm=guava%20jelly) [↑](#footnote-ref-21)
22. ‘Skinners Assorted Fruits’, *The Western Champion* (Blackall/Barcaldine) 14 February 1880 p.4 accessed at [14 Feb 1880 - Advertising - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/77209563?searchTerm=guava%20jelly) [↑](#footnote-ref-22)
23. *The West Australian* (Perth) 21 November 1900 p.3 accessed at [21 Nov 1900 - Advertising - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/23848128?searchTerm=guava%20jelly) [↑](#footnote-ref-23)
24. *The Brisbane Courier* (Queensland) 2 May 1908 p.9 accessed at [02 May 1908 - Advertising - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/19530004?searchTerm=guava%20jelly) [↑](#footnote-ref-24)
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26. # ‘To Correspondents’, *The Australasian* (Melbourne) 12 April 1873 p.16 accessed at [12 Apr 1873 - TO CORRESPONDENTS. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/137578955?searchTerm=guava). The *Eugenia myrtifolia* mentioned is now named *Syzygium paniculatum* , common name lillypilly.

    [↑](#footnote-ref-26)
27. My Question Box, *Australian Town and Country Journal* (Sydney) 9 November 1989 p.356 Accessed at [09 Nov 1889 - My Question Box. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/71125588?searchTerm=guava%20jelly) [↑](#footnote-ref-27)
28. See for example Wicken, H.F. *The Kingswood Cookery Book*, George Robertson and Company, Melbourne and Sydney, 1888 p.349; ‘Hausfrau’s Lucky Bag’ The Sydney Mail and New South Wales Advertiser (New South Wales) 28 April 1894 p.850 accessed at [28 Apr 1894 - THE LADIES' PAGE - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/163329613?searchTerm=guava%20jelly)

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29. Rawson, Mrs. Lance (Mina) *The Queensland Cookery and Poultry Book*, William Hopkins, Rockhampton, 1890 (Facsimile edition 2023) p.87 [↑](#footnote-ref-29)
30. Household and Cookery, *Newcastle Morning Herald and Miners’ Advocate* (New South Wales ) 20 April 1901 p.5 accessed at [20 Apr 1901 - Household and Cookery. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/138475794?searchTerm=guava%20jelly) [↑](#footnote-ref-30)
31. The Housekeeper, *The Queenslander* (Brisbane) 29 May 1886 p.851 accessed at [29 May 1886 - THE HOUSEKEEPER. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/19805538?searchTerm=guava%20jelly) [↑](#footnote-ref-31)
32. Rawson, Mrs. Lance (Mina) *The Queensland Cookery and Poultry Book*, William Hopkins, Rockhampton, 1890 (Facsimile edition 2023) p.65 [↑](#footnote-ref-32)
33. Acton, Eliza, *Modern Cookery for Private Families* 1845 p.491 [↑](#footnote-ref-33)
34. Household and Cookery, *Newcastle Morning Herald and Miners’ Advocate* (New South Wale) 20 April 1901 accessed at [20 Apr 1901 - Household and Cookery. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/138475794?searchTerm=guava%20jelly) [↑](#footnote-ref-34)
35. Rawson, Mrs. Lance (Mina) *The Queensland Cookery and Poultry Book*, William Hopkins, Rockhampton, 1890 (Facsimile edition 2023) p.88 [↑](#footnote-ref-35)
36. Rawson, Mrs. Lance (Mina) *The Queensland Cookery and Poultry Book*, William Hopkins, Rockhampton, 1890 (Facsimile edition 2023) p.88 [↑](#footnote-ref-36)
37. “Home and Fireside’, *Oakleigh Leader* (North Brighton) 27 January 1894 p.3 [27 Jan 1894 - Home and Fireside. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/66215202?searchTerm=guava%20jelly) [↑](#footnote-ref-37)
38. Household Hints, *The Sydney Gazette and New South Wales Advertiser* (New South Wales) 5 October 1904 p.873 accessed at [05 Oct 1904 - Household Hints. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/164911067?searchTerm=guava%20jelly) [↑](#footnote-ref-38)
39. Recipes, *Observer* (Adelaide) 8 April 1905 p.8 accessed at [08 Apr 1905 - RECIPES. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/162429383?searchTerm=guava%20jelly) [↑](#footnote-ref-39)
40. ‘Recipes’, Household Hints, *The Week* (Brisbane) 5 August 1892 p.27 accessed at [05 Aug 1892 - HOUSEHOLD HINTS. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/182850053?searchTerm=guava%20jelly) [↑](#footnote-ref-40)
41. See for example’ Guavas – How to use them’, *Nambour Chronicle and North Coast Advertiser* (Queensland) 25 July 1945 p.5 accessed at [25 Jul 1941 - GUAVAS—HOW TO USE THEM. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/78043375?searchTerm=guava)Fulton, Margaret, *Encyclopedia of Cookery,* Octopus Books 1982 p.152; Solomon, Charmaine, *Encyclopedia of Asian Food*, William Heinemann 1996 p.178; *The Country Women’s Association Cook Book. Seventy Years in the Kitchen,* Murdoch Books 2009 p.333; Hughes G. *Guava Jelly* ABC 2017 accessed at [Guava jelly - ABC Everyday](https://www.abc.net.au/everyday/food/great-aunty-mays-guava-jelly/8905364) [↑](#footnote-ref-41)