

APPENDIX A

A LIST OF USEFUL SPECIES IDENTIFIED IN THE MAMABOLO COMMUNITY

Botanical name	Vernacular name	English name	Cultural significance	Plant part used
<i>Amaranthus spinosus</i>	Letelele	Thorny pigweed	Used as potherb	Leaves
<i>Aquifoliaceae</i>	Monamane	African holly	Used as purgative	Bark
<i>Crotalaria capensis</i>	Fora	Cape rattle-pod	Impenetrable hedge	Stems Branches
<i>Cucumis africanus</i>	Monyaku	Wild cucumber	Used in the preparation of side dish	Leaves
<i>Grewia flava</i>	Mohletlwa	Brandy bush	Fruit, fodder, fibre for ropes, walking sticks, magical twigs, divining instrument, making catapults	Fruit, Sticks, Branches, Twigs
<i>Ipomoea lugardu</i>	Maswi a pudi	Wild petunia	Used in the preparation of potherb	Leaves
<i>Scipus validus</i>	Mohlahla	Common bulrush	Weaving	Stems
<i>Vernonia fastigiata</i>	Lehlanye	No English name	Used in the preparation of side dish	Leaves
<i>Acacia karro</i>	Mooka	Sweet thorn	An excellent fodder for livestock	Leaves
No botanical name	Mohwelere-tšhipi	Leadwood	Long lasting fuel Colds reliever	Branches Stems Roots Fruit
<i>Acacia burkei</i>	Mokgwaripa	Black monkey Thorn	Fence building, browsed by cattle, produces gum, good quality fuel	Wood Leaves Branches
<i>Melia azedarach</i>	Mosarampomo	Seringa	Used as shade	Tree
<i>Gymnosporia senegalensis</i>	Mophato	Red spike Thorn	A popular firewood, Browsed by livestock	Wood Leaves
<i>Arista congesta</i>	Lefielo	Broom	Sweeping courtyards and homesteads	Culms
<i>Ishaemumfrum</i>	Mabjang	Turf grass	Grazing and weaving	Leaves Culms
<i>Cymopogon validus</i>	Mabjang	Giant turpentine grass	Thatching	Culms
<i>Hyparrhenia filipendula</i>	Mabjang	Fine thatching grass	Thatching	Culms
No botanical name	Mophala	Forest fever tree	Shade, pain reliever	Leaves Tree
No botanical name	Mompate	Devil-claw	Remedy for cattle blood disease, To easy cattle birth complication sand Hair anti dandruff shampoo	Roots Leaves
No botanical name	Mmale	No name	Tooth-aches treatment	Stems
No botanical name	Mokhure	Caster oil plant	Treatment of wounds and tooth-ache	Leaves Roots
<i>Dombeya rotundifolia</i>	Mokgoba	Wild pear dombeya	Stopping diarrhoea	Leaves

				Roots
<i>Peltophrum africanum</i>	Mosehla	African weeping Wattle	Relished by livestock, treatment of stomach ache, as a beer, makes furniture, treat sterility, backache, cough, sore throat, other diseases	Leaves Barks Tree
<i>Arastita sp</i>	Kgoloane	Red grass	To make a simple broom to sweep floor.	Culms
No botanical name	Motlalamela	Euphorbia	Preserving water to evaporate easily	Stem
<i>Hypochloa falx</i>	Mabjang	Catepillar	As fodder for livestock	Grass
<i>Hyperthelia dissolute</i>	Mabjang	Yellow thatching grass	For thatching	Culms
<i>Hyparrhenia filindula</i>	Mabjang	Fine thatching grass	For thatching	Culms
<i>Eragrostis pall</i>	Mabjang	Broom love grass	Used to make good brooms and musical instruments	Grass
<i>Porobons pyramidalis</i>	Lefielo	Catstail grass	For homesteads brooms	Culms
<i>Cleome monophlla</i>	Sekalerothane	Spindle-rod	Tender leaves are used in the preparation of a potherb	Leaves
<i>Mimusops zeyheri</i>	Mmubupudi	Transvaal red milkwood	Fruit is sweet	Fruit
<i>Clerodendrum verbenatae</i>	Mohlokohloko	White cat whiskers	Expel roundworms, disinfectant, mamba bites, driving evil spirits away, South Africa rain -tree	Leaves and roots
<i>Cf. hypoxis I</i>	Phela	Yellow star	Coughs, fodder	Barks
<i>Fadogia tetraquetra</i>	Selešo	No English name	Remedy against poisonous food or drinks	Roots
<i>Dicoma gerradii</i>	Phelelalegolana	Koors-bossie	Coughs, flu, treat stomach aches	Roots Leaves
<i>Hypoxis villosa</i>	Thithikwane	Bushman poison bulb	Shrine, boost tiredness, fatigues, improves nervous system, strengthen clotting of the blood, heals chronic illness and infections	Bulb
<i>Cf. hypoxis</i>	Legaba	African potato	Cleans urinary systems, bladder cleaner, stomach cleaner, and boost blood systems	Bulb
<i>Urginea sorgunea</i>	Sekanama	No English name	Treatment of high blood	Bulb
<i>Gynandropsis</i>	Morotho	Pider-wisp	Heals malnutrition and kwachiok, cancer and wounds, provides vitamins and proteins	Leaves
<i>Amaranthus thubergii</i>	Theepe	Pigweed	Herb for livestock and people, fodder, proteins and vitamin	Leaves
No botanical name	Mophotse	Pumpkin	Heals malnutrition, serves with vitamin and proteins	Leaves Seeds Pumpkin
<i>Ehretia rigida</i>	Morobe	Puzzle bush	A remedy for cattle sickness	Roots Branches
No botanical name	Maima	No English name	Magical strength	Roots
<i>Gnaphalium helichrysum</i>	Mohlahlaila	White brittle bush	Herbal tea, natural tea, cleanse blood system, courtyard broom	Leaves Twigs
<i>Agave americana</i>	Sekgopha	Sisal	Weaving, binding bundles, artifacts	Leaves
<i>Cynodon dactylon</i>	Mohlakahlaka	Scutch grass	Prevents soil erosion	Leaves
No botanical name	Monawa	Indigenous beans	Eaten as <i>morogo</i> and its beans have proteins	Leaves

				Seeds
<i>Lippia javanica</i>	Moshunkoane	Fever tea	Treatment of cold, flu, headache, as insect pesticides	Leaves
<i>Aloe marlothii</i>	Sekgopana	Bitter aloe	Used as prevention for grains from weevils attacks, to make snuff, for weaning babies, remedy for stomach ache, treatment of malfunctioning of the alimentary and urinary tracks, for “fontanelle”,for soaking seeds before the are sown, infections	Sap from leaves Roots Dry leaves
<i>Lippia javanica</i>	Moshunkoane	Fever tea	Treatment of cold, flu, headache, as insect pesticides	Leaves
No botanical name	Motlalamela	Euphorbia	Beautifying the land, preserving water, latex milk used as fish poison, dry leaves as fuel	Tree Leaves
<i>Oponita megacantha</i>	Motoro	Sweet prickly pear	Used as treatment for tooth ache, fruit, makes juice, used as fodder	Roots Fruit Stems (newly ones)
<i>Ficus burkei</i>	Mokumo	Common wild fig	Used as shade, fibre to bind wood bundles, to heal wounds sustains by cattle, treating womb problems,making wicker utensils, food for insects and birds	Barks Fruit
<i>Carissa bispinosa</i>	Mothokolo	Num-num	Fruit enjoyed by people, ease stomach ache, remedy for sore eyes, magical foot pains, used as magical prevention, mild purgative to children, treats abscesses	Fruit Roots
<i>Vangueria infausta</i>	Mmilo	Wild medlar	Pleasant fruit to people, baboons and moneys, game browser, heals livestock tick bites, treats swelling on legs, treating abdominal pains, roundworms remedy	Fruit Leaves Roots
<i>Ximenia caffra</i>	Motšhidi	Sour plum	Provides oil for chapped feet, remedy for dysentery, diarrhoea, abdominal pains, bilhazias, soothing inflammable eyes, breaks fevers, heal sores, treats infertility in women and stomach pains	Fruit, Leaves, Roots
<i>Aristda sp.</i>	Kgoloane	Red grass	Making simple brooms	Culms
<i>Sclerocarya birrea</i>	Morula	Marula	Fruit enjoyed by people and animals, making oil for treating barrenness in women, used in the selection of the selection of the sex of an unborn babies, treats chronic ulcers, oil from kernels for cooking, juice as fertilizer for men to impregnate women, to treat diarrhoea and head aches, serves as good fuel, making household`s utensils such as mortars, pestels, milking pails, spoons etc, makes jelly and jam, produces quality sweet wine and nectar, coffee and snuff are made from its nuts, treatment for burns and abscesses, good quality rope, used as most successful shade tree, as a dose against malaria, as remedy for insect bite, good medicine for aching feet	Fruit, Kernels Bark, Trunk, Wood
No botanical name	Mantlalekgeru	Unknown	Used as <i>morogo</i>	Leaves
<i>Berchemia zeyheri</i>	Monee	Red ivory wood	Fruit, used for curving indigenous ornaments such as wooden bowls, yokes, mortars, walking sticks, as a good furniture wood, as a dye for fibre and woven material, as a headache cure, used to relieve back pains, to heal dysentery, “knobkerries”	Fruit Wood Bark
<i>Pappea capensis</i>	Morobadiepe	Jacket plum	An excellent fodder tree for livestock. Its leaves are used	Leaves

			as tea Making weapons	Wood
<i>Chrysophyllum magaliesmontanum</i>	Mohlatswa	Wild plum	Is eaten as a fruit, used to make wines, jelly, brandy and syrup, used to treat headaches and epilepsy, used to relieve rheumatism	Fruit Roots
No botanical name	Mohlokohloko	White cats whiskers	Used to expel roundworms and thread worms, used as a disinfectant to prevent maggot infection in wounds, treatment for mamba bites, to drive evil spirits away, known as South African rain-tree	
<i>Scirpus validus</i>	Mohlahla	Common bulrush	Used to weave indigenous artifacts	Stems
No botanical name	Mokgwete	Velvet bushwillow	Used as fencing posts, implementing handles, making grain mortars, bowls, to be eaten as sweet peanuts, used as red fabric –dye, used to dress wounds, as an antidote to snakebite, to induce abortion and to treat constipation, to make strong courtyard brooms	Fruit Roots Branches
<i>Mimusops zeyheri</i>	Mmupudu	Moepel- milkwood red-	Fruit, yellowish dough is made from this species, to make various indigenous implements	Fruit Wood
<i>Pappea capensis</i>	Moroba-diepe	Jacket plum	Used as fodder, as good firewood, Makes weapons & brooms	Fresh leaves Dried leaves Wood Twigs
No botanical name	Mogatakomo	African-white- stinkwood	Used to make indigenous households such as yokes, planks, tent bows and other articles, used with crocodile fats to charm against lightning	Wood
<i>Acacia tortolis</i>	Moshu	Camel- thorn acacia	Used as fuel source, as good quality poles for fencing and construction of houses, making hedges, fencing and producing gums	Leaves Wood Bark Gum
<i>Acacia mellifera</i>	Mokaka	Black-thorn	Used as an excellent fuel, as strong pliable and used for tools, axes, picks and instruments, as a termite and borer-proof, making excellent fencing posts, as most fodder trees for cattle and games, as a nutrition, as a gum, to make livestock enclosure, used for relief of stomach pains	Wood Stems Leaves Branch
<i>Aristida congesta</i>	Motšhikiri	Barbicollis	Brooms, thatch & fodder	Culms
<i>Acacia permixta</i>	Moselaphala	Slender thorn	Good source of fuel, building, fodder & artifact	Trunk Branches Leaves
<i>Crotalaria capensis</i>	Lehlakanoka	Common river reed	Thatching, roofing, decoration & artifact	Culms
<i>Ziziphus mucronata</i>	Mokgalo	Buffalo thorn jujube	Edible, to heal little head, healing swelling glandular, erect livestock enclosures, fodder, as a coffee, as stomach ailment, as skin ulcer ailment, as chest healer, attracts ancestral spirits, for dysentery, as <i>morogo</i> ,chest reliever, & as good fuel	Fruit Leaves Roots Branches Seeds

No botanical name	Mohlwehlwe	Mountain karoo	Used for shade, artifact, fruit& as fodder	Tree, Wood, Fruit
<i>Illex mitis</i>	Monamane	African holly	Edible fruit, treatment of diarrhea and fodder for livestock	Fruit, Leaves Bark
<i>Pyrenacantha grandiflora</i>	Bjere	Unknown	Magical purposes	Root Bark