

Nog eetbare plante

PAPKUIL (BULRUSH)

Papkuil (*Typha capensis*): Hoe word dit gebruik?



- Die wortelstokke word opgegrawe en fyngestamp om 'n soort meel te vorm.
- Papkuilstuifmeel bevat baie proteïene en is eetbaar.
- Papkuil het ook ander gebruike:
 - Die blare kan ook gebruik word om matte en handbesems te maak.
 - Die wortelstokke word in tradisionele medisyne gebruik om bloedsirkulasie en vrugbaarheid te verbeter.
- [Gewone riet](#) is nog 'n vleilandplant met baie gebruike:
 - Dit bevat ook eetbare stysel.
 - Fluite en tabakpypstele word van die hol riete gemaak.
- Die soet sap in die stamme kan as versoetmiddel en ook as behandeling vir borskwale gebruik word.





Bessies: Bietou [*Chrysanthemoides monilifera*]



- Hierdie bos produseer geel madeliefieblomme en 'n kring klein swart of rooi bessies.
- Die bessies was 'n belangrike bestanddeel van die Koisan-dieet.



Bessies: Froetang [*Romulea rosea*]



- Hierdie plantjie het ondergrondse bolle wat smal blare en klein, pienk stervormige blomme produseer.
- Kinders eet die groen, vlesige vrugte voordat hulle ryp word en uitdroog.



Bessies: Skilpadbessie [*Nylandtia spinosa*]



- Hierdie doringagtige struik het klein, pienk blommetjies en oranje tot rooi bessies. Dit is 'n peuselhappie wat dors les.

Groen groente: Waterblommetjies (*Aponogeton distachyos*)



- Hierdie klein waterlelie groei in die winter en in die vroeë lente in damme en vleilande.
- Dit het drywende, ovaal blare en ritse wit blomme met groot dekblare (skutblare).
- Pluk die blomknoppe wanneer hulle pas oopgegaan het. Die waterblommetjie is 'n noodsaaklike bestanddeel in 'n bekende Kaapse gereg met die naam van waterblommetjiesbredie.
- Die Koisan het ook die styselrige wortelstokke van hierdie plant geëet.

Uintjies: Snygras/Waterbiesies (*Cyperus* spp.)



- Hierdie algemene plante het heldergroen blare en rooibruin, papieragtige blomme en knolle.
- Eers word die bruin, papieragtige skubbe van die knolle afgehaal en daarna word dit in warm as gebraai of in melk gekook. Dit het 'n soet, neutagtige smaak.
- Hierdie uintjies was voorheen 'n stapelvoedsel in suidelike Afrika. Hulle eet dit vandag nog in die Kalahari.



Uintjies: Klipuintjie (*Babiana* spp.)



Babiana stricta



Babiana ambigua

- Die naam *Babiana* kom van Baviaan, die Hollandse woord vir bobbejaan. Die rede vir hierdie naamgewing is die feit dat bobbejane die knolle van hierdie plant vreet.
- Babianas het geplooië blare en ondergrondse knolle. Die meeste dra blou of pers blomme.
- Babiana-knolle is gedurende die winter wanneer die blare groei, geoes.
- Hulle het eers die vesels om die knolle verwyder voordat hulle dit geëet het.
- Hierdie uintjies is rou geëet, in melk gekook of in warm as of kole gaargemaak.
- Hierdie plante was stapelvoedsel in Namakwaland.

Uintjies: Wituintjie /Soetuintjie (*Moraea fugax*)



Moraea fugax (pers vorm)



Moraea fugax (geel vorm)

- Hierdie wydverspreide plant produseer een of twee dun blare en wit, geel of blouerige blomme uit klein ondergrondse bolle.
- Die vesels rondom die bol word verwyder en daarna word dit gebraai of gekook. Dit smaak soos patats.

Waarskuwing! Daar is baie min eetbare *Moraeas* – die meeste is dodelik giftig.

Ander plante met eetbare knolle is sommige suurknolle, surings, en die *Ferraria crispa*, die spinnekopblom.

From the Veld

Modern man takes a great deal for granted! Did you know that the blackjack, often regarded as a weed, has nutritious leaves that are a substitute for spinach? Or that 180g of Acacia gum can sustain a human being for 24 hours? In fact hundreds of our indigenous plants have food or medicinal value. Of the 1000 trees endemic to southern Africa, 200 produce edible fruits that are still used today. In KwaZulu alone, 40 root, 120 leaf and 133 fruit types are eaten. The Kung Bushmen of the Kalahari, who rely on plants for 80% of their dietary needs, make use of 145 plant species.

Not only are endemic foods rich in variety, they are often of exceptional nutritional quality. Many have vitamin C and protein contents that far exceed well known commercial varieties. Statistics show that among people relying on veld foods malnutrition is rare and common modern ailments such as hypertension and heart disease is unknown.

Unfortunately knowledge of food resources is rapidly decreasing as people become increasingly reliant on the support of 1st world agriculture and agriculture and technology. Millions of people in Southern Africa, including urban populations, are suffering from malnutrition due to a limited variety of available commercial foods, which are often of poor nutritional value. Given the variety and adaptability of endemic plant foods their potential for use in agriculture is huge. Botswana is presently attempting to commercialise some valuable wild foods. One of these, the Morama bean has a very high oil and protein content, is being sustainably harvested from wild populations. Efforts are also underway to cultivate 2 species of wild melons. Both have high vitamin C content and one of them has surprisingly high protein content. We must not forget that our food crops of today originated from wild varieties, as did some important medicinal drugs. Endemic foods may similarly become tomorrow's cash crops. Southern Africa is becoming drier and we are reaching the limits to what can be done to improve existing crops. Therefore the adaptability and variety provided by wild plants may be the key to keeping our rapidly expanding population well nourished.

Article researched by Arthur Albertson. (Courtesy of Deltalk, Spring Edition 1995/6)

Blomblare eetbaar:

Anise hyssop (Agastache foeniculum)



Arugula (Eruca vesicaria)



Basil (Ocimum basilicum)



Bee balm (Monarda didyma)



Tuberous begonia (NOT wax begonia)



Wax begonia (GIFTIG)



Brassica species (koolfamilie)

Brassica

Brassica is a genus of plants in the mustard family. The members of the genus are collectively known as cruciferous vegetables, cabbages, or mustards.

Scientific name: Brassica

Side box with list of vegetables in the Brassica family:

THE VEGETABLE IS THE FLOWER

Bok choy
Broccoli
Brussels sprouts
Cabbages – red, green, Savoy, Napa
Cauliflower
Collards
Kale
Kohlrabi
Mizuna
Mustard greens
Rutabaga
Turnip
Watercress



Calendula (*Calendula officinalis*)



Clove pink (*Dianthus caryophyllus*)



Chamomile (*Matricaria recutita*)



Chevril (*Anthriscus cerefolium*)



Chrysanthemum

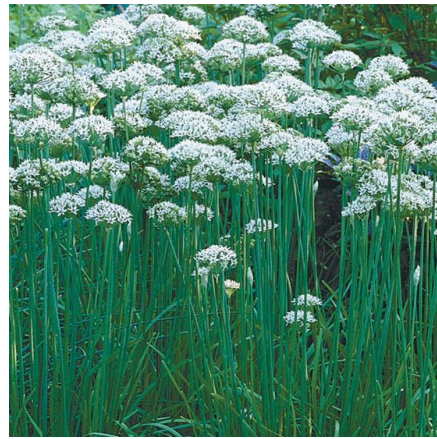


Chives (*Allium* spp)

Allium schoenoprasum (garden chives)



Allium tuberosum (garlic chives)



Coriander (*Coriandrum sativum*)



Cress (*Lepidium sativum*)



Dill (*Anethum graveolens*)



English daisy (*Bellis perennis*)



Dandelion (*Taraxacum officinale*)



Day lily (*Hemerocallis fulva*) [NOT OTHER LILIES]



Fennel (*Foeniculum vulgare*)



Garlic mustard (*Alliaria petiolata*)



Geranium (Pelargoniums)[malva]



Hibiscus (Hibiscus spp)



Hyssop (Hyssopus officinales)



Lavender (Lavendula spp)



Herbs [Kyk lys van plante uit Wikipedia]{AFSONDERLIKE DOKUMENT}

Jasmine (Jasminium grandiflorum)



Carolina Jessamine (Gelsemium sempervirens)
[baie giftig; moenie verwar met jasmyn nie]



Viola tricolor (Johnny jump up)[driekleur gesiggies]



Lily (Lilium auratum) (ander lelies giftig bv, Inka-Aztec, Africa, Calla, Mariposa, Lily of the valley)



Lily of the valley (GIFTIG)



Lemon balm (Melissa officinalis)



Lemon verbena (Lippia citriodora)



Lovage (Levisticum officinale)



Marjoram (*Origanum majorana*)



Maple (*Acer macrophyllum*; *A. rubrum*)



Marigolds (*Tagetes erecta*; *T. tenuifolia*; *T. lucida*) (Most marigolds not edible though) (Afrikaners?)



Mint (*Mentha* spp)



Mustard (*Brassica nigra*)



Mitsuba (*Cryptotaenia japonica*)



Nasturtium (*Tropaeolum majus*)
(Kappertjie)



Nootka rose (*Rosa nutkana*)



Nodding onion (*Allium cernuum*)



Oregano (*Origanum vulgare*)



Pansy (*Viola x wittrockiana*)(Gesiggie)



Pea (*Pisum sativum*) (NOT SWEET PEA)



Rose (*Rosa* spp)



Pineapple guava (*Feijoa sellowiana*)



Pineapple sage (*Salvia elegans*)



Rosemary (*Rosmarinus officinalis*)



Sage (*Salvia* spp)



Phaseolus coccineus; P. vulgaris (runner bean)



Shungiku (Chrysanthemum coronarium)



Sorrel (Rumex acetosa)



Savory summer and winter (Satureja hortensis & montana)



Sunflower (Helianthus annuus)



Sweet Cicely (Myrrhis odorata)



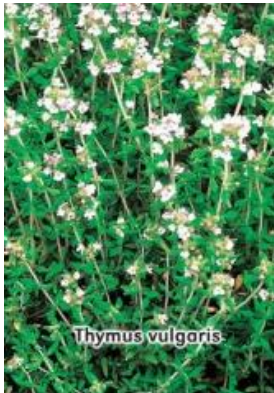
Tarragon (*Artemisia dracunculus*)



Tulip (*Tulipa* spp) **NOT THE BULB**



Thyme (*Thymus* spp)



Watercress (*Nasturtium officinale*)



Viola cornuta & *odorata*



Yucca



Angelica archangelica (wild celery)



Bergamot (Monarda didyma)



Nepeta cataria (Catmint)



Chicory (Cichorium intybus)



Hollyhock (Alcea rosea)[stokroos]



Honeysuckle (Lonicera caprifolium)



Lemon (*Citrus limon*)



Lemon verbena (*Aloysia triphylla*)



Myrtle (*Myrtus communis*)



Orange (*Citrus sinensis*)



Phlox (*Phlox drummondii*)



Primrose (*Primula vulgaris*)



Yarrow (*Achillea milleforium*)



Zucchini (Curcubita pepo) (Pampoenblom)



Ander groentes waarvan die blomme nie eetbaar is nie

Tamatie



Aartappel



Eiervrug



Soetrissie



Aspersie (blom en Bessie)

