



!AUN

Grewia sp.
Raisin bush

The !Aun occurs as a bush or small tree and is common in the area south of the Etosha Pan. Its berries, described by the Hai||om as being good to eat, become available after the wet season and are most plentiful from mid April to mid June. In addition to its edible berries, the wood of the !Aun is flexible and strong and the branches are still used to make baskets. In former times its wood was used to make bows and arrows.






SABIRON

Grewia villosa
Rough-leaved raisin
Skurweb!aarointsjic



!AROS

Ziziphus mucronata
Buffalo thorn
Wag-n-bietjie



!|NARAKA||NAEN

Grewia tenax
Crossberry
Kruisbessie





!|Naraka||Naen has distinctive four-globed berries that like the !Aun and Sabiron can be eaten immediately or stored for a long period. The shoots of the !|Naraka !|Naen are strong and straight and the best ones are selected for use as arrow shafts.




!IROS

Ximenia Americana
Sour plum
Suurnruim



The !Iros is spiny shrub that occurs as a single plant and does not occur in large numbers in the Hai||om area of Etosha Park. The Hai||om describe the fruit as having a sour yet very refreshing taste a fact that is reflected in its English and Afrikaans name. The fruit starts to appear in early March and can be collected until June. It is most plentiful in April and early May. In earlier times, the kernels of the !Irun were roasted, crushed and then mixed with animal fat to serve as skincare and to cure skin irritations and small wounds.



!HUIN

Berchemia discolor
Bird plum
Voelprium



The !Huin tree produces a berry that is sought after by Hai||om as well as by animals. From early February until late April the !Huin tree bears a sweet berry that has recently been found to be rich in vitamin C. The berry is most plentiful in March. When dried the sweetness intensifies and the dried berries can be stored for many months. The !Huin tree occurs as a single tree scattered throughout the Etosha Pan. The location of the trees are often well known by the Hai||om.



Traditional Plant resources in Etosha

The Hai||om have relied for generations on the gathering and use of plants. The wood, roots, bark, berries leaves and fruit of different types of plants can all have a very specific purpose. Plants are essential for food, medicines the manufacturing of bows and arrows and other items used in everyday life, the construction of shelters and protective fencing, firewood and even for perfume and skin care. In spite of dislocations from traditional gathering areas and changes in their way of life, the Hai||om continue to relay on the seasonal collection of plants based on their knowledge of the specific properties of the plant resources found in the area of the Etosha Pan.

Many Hai||om elders still have knowledge of the plants and their use and even though the collection of plants is prohibited in Etosha Park, important plants are still collected on the farms or on open lands around small communities such as Oshivelo where many Hai||om now work and live. The problem is how to make sure that the Hai||om elders knowledge of plants is passed onto the next generation especially young Hai||om living in towns who no longer have a direct relationship with the land and its diversity of plant resources.



		SEASONAL AVAILABILITY OF BUSHFOOD											
		January !Khanab	February !Khan!Khaob	March !Hot!Gae	April !Ka!Khaob	May Gama!Ab	June Aore!Khumu Tara!Khumu !Khaob	July !Khaob	August !Khaob	September !Khaob	October !Khaob	November !Khaob	December !Khaob
		Rainy Season !Haogamas			Dry Cold Season !Saugamas				Hot with Occasional Rain !Soregamas				
Berries	!Aros												
	Sabiron												
	!Aun												
	! Naraka Naen												
	!Iros												
Fruit and Leaves	!Gauben												
	!Gabiron												
Reeds and Trees	Goaros												
	!Gub												
	!Gaib												

This presentation illustrates the importance and use of selected plants, including those known for their berries, fruit and leaves. It also includes an example of several other types of plants to illustrate the diversity of plant resources and their uses by the Hai||om.

Reeds and Trees

!GUB

Typha capensis
Bulrush



The !Gub is a reed that grows along the edge of certain waterholes. Presently! Gub can only be found in a few waterholes within the Etosha National Park, such as !Homob !|Kho!axas (Koinagas). In earlier times, the part of the plant that was actually under water was cut. When dry it was crushed and ground to powder, which was used to prepare "Hai||om bread".

!GAIB



Colophospermum mopane
Mopane
Mopanie



The !|Gaib is a very common tree in Etosha and is a dominant part of the mopane woodland. Its wood is used in construction and also provides a valuable source of fuel. Even the bark is useful since it can be used to make rope. During the wet season the tree is used by large numbers of the very nutritious !Irun which is the larvae of the Mopane Emperor Moth, Imbrasia belina. The Hai||om collect the larva which they use for food. The !|Gaib also excretes a sweet and aromatic resin from the leaves and petioles called Namen, which is considered a delicacy and is eaten directly from the plant and can be collected and stored. The Hai||om also crush the kidney-shaped seed inside the pod with its numerous resin glands, to extract an aromatic powder which is used as Sâ or perfume.

GOAROS



Sclerocarya birrea ssp. caffra
Marula
Maroela



The Goaros is a large tree that produces a large number of fruit that can be collected after the wet season in April and May. The fruit is about 4 cm in size and ripens to a pale yellow colour. The fruit is collected after it falls from the tree and accumulates in large numbers under the branches. Marula fruit pulp is delicious and is considered to be an important food. The pulp is highly nutritious, with a vitamin C content of between two and four times that of orange juice. Elephants, eland and kudus feed from the fruit of the Goaros tree as well.

!GAUBEN

Amaranthus
Pigweed





The !|Gauben plant is a low lying small bush that has edible leaves that can be harvested and processed for food during January and February in the rainy season or what is called !|Haugamas which refers to the time of the year when the leaves are green because of the rain. The leaves of the !|Gauben plant must be boiled to make a soup or sauce. The leaves can also be picked and dried for later use when the must be boiled. It is now known that the !|Gauben leaves are a valuable source of protein and vitamin A.

Fruit and Leaves

!GABIRON !GOBI

Asclepiadaceae cf. Plentarrhinum insipidum



The !Gabiron!Gobi is used by the Hai||om for both its fruits and its leaves. The fruit is green when it becomes ripe in February and is harvested until the end of March or early April. The fruit can reach 10 cm in size and is cooked. When young, the cooked fruit gets soft quickly and when old it can get a bit bitter. The leaves become available for use immediately after the rains and they can be collected until the end of April. The leaves are cooked and are like spinach.