

||NARAKA||NAEN

|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.

The ‡Aun, Sabiron and ||Naraka Naen are all members of the same plant family and share several characteristics for their use by Haillom. They are fairly common throughout the region the berries have a "pleasantly weet and refreshing taste" and can be eaten immediately or stored for a year. The stored perries were important when food was often scarce in late winter.







The ‡liros is spiny shrub that occurs as a single plant and does not occur in large numbers in the Hailliom area of Etosha Park. The Haillom 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.



This map shows an examplee of where some of the plants occur in Etosha. The information is based on a limited number of interviews and does no represent a comprehensive distribution map of particular plants.



#HUIN

Berchemia discolor

known by the Haillom.

Etosha

National Park



The Sabiron is widely distributed throughout the area south of the Etosha Pan but it is especially common in the tree and shrub savannah and on dolomite hills. It has sweet yellow/orange berries which, like those from the ‡Âun and ||Naraka||Naen are eaten fresh and can be stored. Its berries are most plentiful from late April to early July but can be collected until early September. The Sabiron berries are a favourite food of the guinea fowls, bosvark and similar small animals.

> The #Huin tree produces a berry that is sought after by Haillom 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

Berries

‡AROS

Ziziphus mucronata Buffalo thom Wag-n-bietjie

The ‡Aros occurs as a large bush or tree and is famous for its characteristic for sharp thorns that can be either straight or curved. It usually occurs as a single plant but is found throughout the whole Etosha Pan area. The berries, which are available usually from May to September, along with the leaves, the bark and the root, are all used as a remedy against colds and coughs. The berries are slightly bitter unless cooked. A Haillom proverb would say: "Marriage is not like eating ‡Aun (with its sweet berries], but like eating ‡Arun". The wood, strong but flexible, is used to make bows.

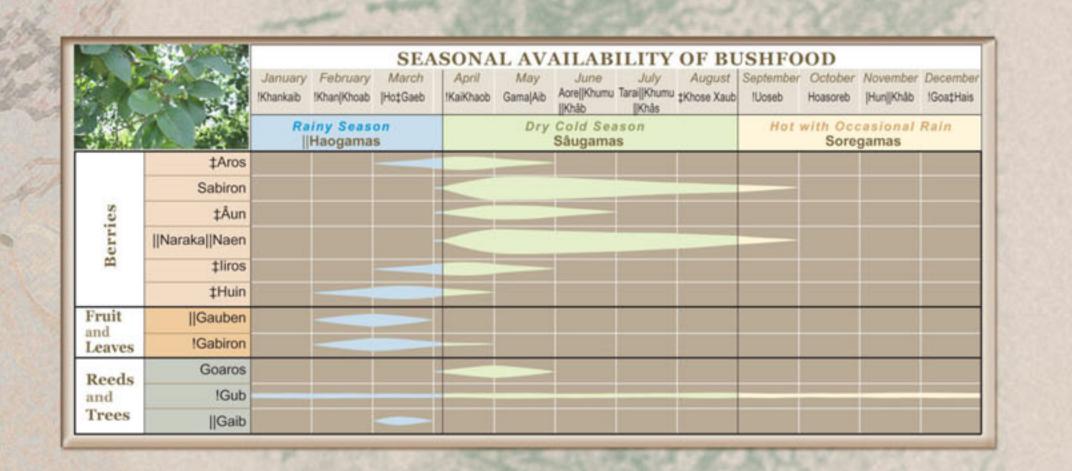


Traditional

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 Hailliom 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 Hailliom living in towns who no longer have a direct relationship with the land and its diversity of plant resources.



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 Haillom.

Reeds and Trees

Colophospermum mopane

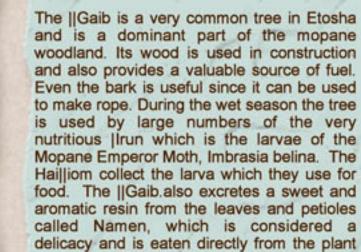
!GUB

Typha capensis

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 "Haillom bread".







and stored. The Haillom also crush the kidney-shaped seed inside the pod with its numerous resin glands, to extract an aromatic powder which is used as Så or perfume.

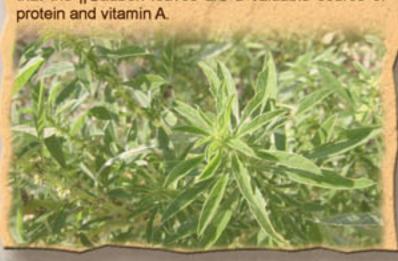
and can be collected

||GAIB





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



rruit and Leaves

!GABIRON !GOBI

Ascplepiadaceae cf. Plentarrhinum insipidum

The !Gabiron!Gobi used by the Hailliom 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



GOAROS

Sclerocarya birrea ssp. caffra 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.

