



The terms |Hab and |Harogu refer to the roots and the fruits of this plant. Both the roots (|Hab) and the fruits (|Harogu) are eaten. The root is available throughout the year. The young fruits are green with whitish to yellow markings and become orange-reddish when ripe usually in April after the rain. They have a fresh tomato-like taste.



The ꞤGubun is found throughout the Etosha Pan area and was an important food source in former times. The twining plant has large white tuberous roots that are roasted and eaten throughout the year. The fruit of the ꞤGubun becomes orangeish-red when ripe and is collected and eaten from March to April.



The |Horob is in the cucumber or gourd family and has a tuberous rootstock and heart shaped leaves. The roots that are slightly bitter are roasted and eaten. They are also collected for medicinal purposes and can be used to ease a cough. An old |Horob plant is also called Tabatadiro by some Hai||om.



Walleria nutans
Bush potato
Buschkartoffel

The tubers of ||Nun can be eaten throughout the whole year. They are white and resemble small potatoes. The young roots that are found at the onset of the rainy season are very tasty. In the dry season the Hai||om need experience to find the tubers since the above ground part of the plant called ||Nun||Oaba is very difficult to locate.



Vigna dinteri

The |Arue is found primarily in the sandveld and is not common in the other parts of the Etosha Pan area. The roots are available throughout the year and are roasted and eaten.



Termitomyces sp.
Termite mushroom

The ||Naue is a very large white to gray mushroom, about 20cm in length. It occurs throughout the Etosha Pan area and in fact, is common to much of Namibia. Its specific and location is, however unique, in that it grows on the termite hills immediately after the first rains. When roasted it becomes a real delicacy.



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 rely 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.

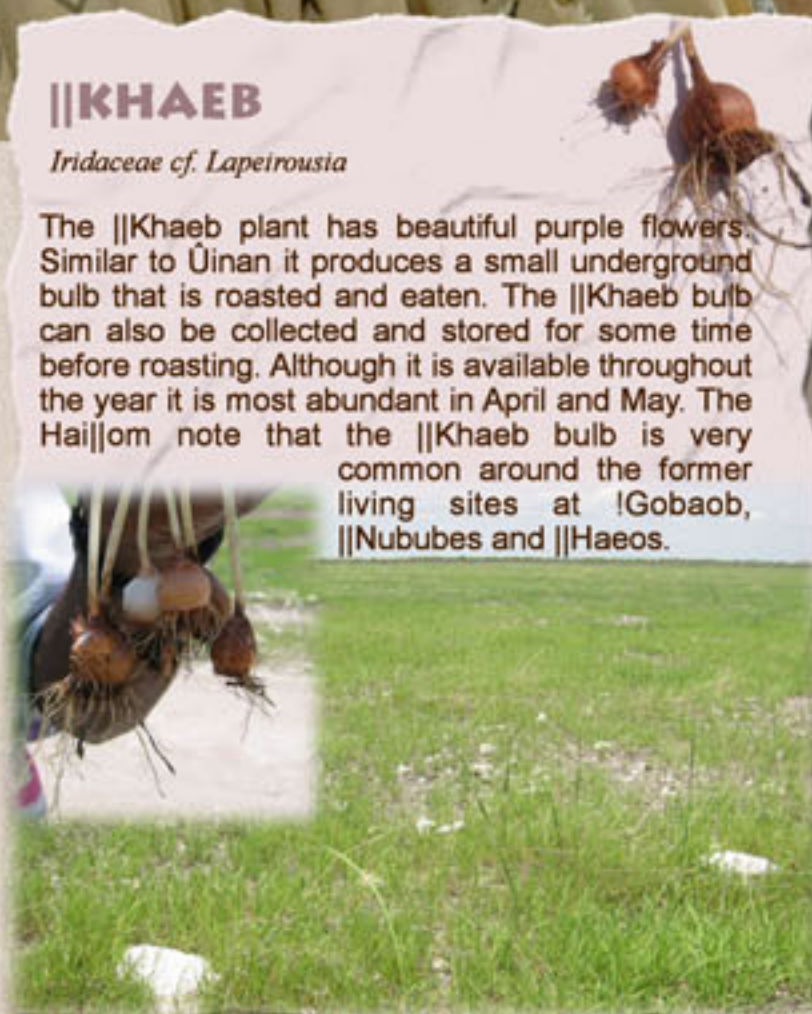
Many Hai||om elders still have knowledge of the plants and their use and even though the collection of plants is prohibited in Etosha Park important plants are still collected on the farms or on open lands around small communities such as Oshivelo where many Hai||om now work and live. The problem is 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.

[illegible]

This presentation illustrates the importance and use of plants that are collected for its underground roots or bulbs or for its leaves. It also includes a mushroom and a leafless ground plant. If you examine the seasonal availability of the roots and bulbs you will find that although they are more available towards the end of the rainy season and beginning of the colder dry season, they can be collected through out the year. When the plant characteristics and availability of all of the plants used by the Ha||om are compared, it becomes possible to understand a bit more about their seasonal mobility which was dependent on the availability of both plants and animals.

Iridaceae cf. *Lapeirousia*

The ||Khaeb plant has beautiful purple flowers. Similar to Ulian it produces a small underground bulb that is roasted and eaten. The ||Khaeb bulb can also be collected and stored for some time before roasting. Although it is available throughout the year it is most abundant in April and May. The Hai||om note that the ||Khaeb bulb is very common around the former living sites at ||Gobaob, ||Nububes and ||Haeos.



UINAN

The Unian is widely distributed in the Etosha Pan area. The Unian requires soft ground and is found in large numbers at those places. A major area for the Unian is located near †Kharos, Gemboksvakhte. The white bulbs of the Unian are most often collected in the rainy season when they are much tastier. The bulbs are dug out of the ground and roasted or boiled but they can also be stored for some time. The bulbs can be eaten throughout the year but they get somewhat bitter after April and May. It is difficult to find Unian during the dry season, when the above ground parts have disappeared.



Bulbs and Corms

Cyperus fulgens
Yellow nut-grass
Uintjie

The !Han is available throughout the year is an important staple that is found throughout the Etosha pan area. Unlike Uinan the !Han bulbs do not become bitter in the dry season but they are usually a bit smaller. The young bulbs can be eaten raw, and the older ones are roasted. Guinea Fowls and Warthog also like !Han.



Mushrooms and Ground Plants

Hydnora africana
Jakkalskos

The Gunub is an unusual Crawling or flat plant without leaves and is only found at specific places in the Etosha Pan area. The fleshy edible fruit is eaten raw and has a sweet taste. It becomes ripe from June to the end of August. Elephants, jackals and other animals also enjoy the sweet characteristic taste of Gunub.



This map shows an example of where some of the plants occur in Etosha. The information is based on a limited number of interviews and does not represent a comprehensive distribution map of particular plants.