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An inventory and analysis of the food plants of southern Africa

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ABSTRACT

The food plants of southern Africa have not yet been been systematically recorded and the main patterns of plant use have therefore never been studied. The book by Fox and Norwood Young (1982) entitled "Food from the Veld" has been the most comprehensive to date and has become the standard reference work on the subject. However, this publication has become outdated and it is evident that many species were not included. We present here, for the first time, a comprehensive inventory and checklist of the edible plants of southern Africa, i.e., the Flora of Southern Africa (FSA) region. Seventy-four literature sources, including books, journal articles, checklists, grey literature and published ethnobotanical surveys were used to compile the inventory, which includes 1740 species (more than double the number listed by Fox and Norwood Young). All edible plants were marked-off in an Excel spreadsheet of all southern African plant species, made available by the South African National Biodiversity Institute (SANBI). Using the Excel format, it was possible to easily explore the main patterns relating to the frequency of citation of the species, the number of species at different taxonomic ranks (families, genera and species), the plant parts that are used and the use categories within the region. For a selection of 13 indigenous cultural/language groups (for which adequate information was available), we quantified the local preferences (for the most species-rich families, the most commonly used plant parts and the most frequent categories of use. The food plant data for southern Africa were also compared to sub-Saharan Africa and the entire world. Surprisingly, it was found that the Apocynaceae was the most species-rich family of southern Africa food plants, with a total of 137 species, followed by the Fabaceae (135 species), Asteraceae (94 species) and Poaceae (73 species). A similar pattern was found in sub-Saharan Africa, but with Fabaceae in the first position, followed by Apocynaceae. The family-level pattern for the entire world is different, where the Apocynaceae is unimportant, being replaced by Rosaceae (the last-mentioned is of very low significance in Africa). The most species-rich food plant genus in southern Africa is *Searsia,* while *Solanum nigrum* and *Sclerocarya birrea* have the highest frequency of citation in the literature. The most popular plant part used as a food in southern Africa, as well as in the entire world, are fruits, followed by leaves and then underground storage organs. The most species-rich category of food plant use is those consumed raw (and mostly in situ) as snacks, followed by those which are cooked as vegetables. The Apocynaceae have mostly edible underground storage organs as the edible parts, while Fabaceae is more diverse. Fruits and leaves have been determined as the most important plant parts used as food for most of the cultural groups except for the Khoekhoe group, where underground parts are the most important. For all of the cultural groups, plants used for snacks were the most important. A chronological list of publications shows that there were seven major contributions since the first survey by Van der Stel in 1685. The comprehensive inventory provides profound new insights into foraging and human food ecology and may also have value in interpreting and reconstructing the availability of food plants during the evolution of early humans in southern Africa.

1. Introduction

The rich botanical and cultural diversity of southern Africa have been documented since the early colonial times by missionaries, explorers, botanists, doctors and anthropologists. It is no surprise that this information is scattered throughout publications (articles, books and journals), unpublished manuscripts, as well as museum and herbarium documents and databases (Liengme, 1983). The ethnobotanical reviews by Liengme (1983) and Van Wyk (2002), as well as the comprehensive work done on the common names of the trees of southern Africa by Van Wyk et al. (2011), have highlighted most of the available literature on the ethnobotany of southern Africa and its rich diversity of language groups. According to the language maps and the review provided by Van Wyk et al. (2011), there are 22 languages in the FSA region. These are the Bantu (Herero, Kalanga, Kwangali, Lozi, Manyo, Mbukushu,

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southern Ndebela, Ronga, Northern Sotho, Southern Sotho, Swati, Tsonga, Tswana, Venda, Wambo, Xhosa and Zulu) and Khoesaan (Ju|'hoan, Khoekhoe, Kxoe, !Xóõ). Other relevant publications are the review of botanical collectors and their collections by Glen and Germishuizen (2010) and the verbatim journal records of botanical observations of the early travellers compiled by Skead (2009). Following suit of these works, the need to produce comprehensive inventories of the useful plants for the various regions and language/cultural groups seems long overdue. Such inventories could be useful beyond the scope of ethnobotany, not only by providing a bird's eye view, a historical perspective and a valuable reference list, but also the primary data that are needed for analyses to answer many scientific questions.

The first systematic recording of useful plants was done by Van der Stel in 1685 on his journey to Namaqualand. Since then, many authors have recorded useful plants, either for a specific region, a specific cultural group or a particular plant use category (Liengme, 1983; Van Wyk, 2002). The need for "a comprehensive and systematic reference source on indigenous plant use" has been stressed by Van Wyk (2002) as an "urgent priority", and the Shenzhen Declaration (Crane et al., 2017) highlights the need "to value, document, and protect indigenous, traditional, and local knowledge about plants and nature". There is no inventory for the edible plants of southern Africa – the most comprehensive work available on this topic is the book entitled "Food from the veld", compiled by Fox and Norwood Young (1982). This standard reference work has become outdated, both in terms of incomplete coverage and botanical nomenclature. Some of the important older literature that was not included is Smith (1966), who documented plant use data alongside the common names of South African plants. A further complication is that Fox and Norwood Young (1982) included data from other southern African countries such as Zimbabwe, Zambia, Mozambique and Malawi, so that the data are not representative of the southern African flora alone. Other than "Food from the veld", there has been no other inventory of the edible plants of southern Africa and therefore no clarity as to how many of the southern African plants are edible and what patterns of plant use are perhaps unique to the region. Without a comprehensive primary database, plant use patterns can only be assumed and the gaps in our knowledge cannot be determined. Accurate data on the food plants of southern Africa and wild relatives of food plants are necessary to achieve Target 9 of the National Conservation Strategy (Raimondo, 2015), namely "The genetic diversity of crops, including their wild relatives, and indigenous edible plant species conserved while respecting, preserving and maintaining associated indigenous and local knowledge." Such information underpins food safety and food security, and may play a role in mitigating the predicted impact of climate change (Raimondo, 2015). Van Wyk (2011) highlighted the potential of indigenous food plants in new crop and product development but also indicated that success will depend on basic research in botany, horticulture and food science, as well as marketing.

The aims of this paper are to provide an inventory of the food plants of southern Africa and to determine the salient patterns of species richness in plant families and genera when compared to the rest of Africa and the world. We also wished to compare food use patterns amongst language groups, in order to gain a better understanding of human food ecology in a region of extreme cultural diversity that is also home to the most ancient of human lineages. The inventory is used to demonstrate the frequency of citation of edible plants species, the plant parts that are used and the categories of use (e.g., fruit, vegetable, beverage, etc.) for a selection of 13 indigenous cultural groups for which adequate data are available.

2. Materials and methods

An inventory of all edible plants was compiled for the Flora of southern Africa region (FSA, here also referred to as southern Africa). This region includes South Africa, Lesotho, Swaziland, Namibia and Botswana (Fig. 1). The literature listed in the ethnobotanical reviews by Liengme (1983) and Van Wyk (2002), as well as those sources given for each of the southern African language groups by Van Wyk et al. (2011) were used in combination with literature downloaded from databases. The databases used include Google Scholar, ScienceDirect, Springerlink, JSTOR, the African Journal Archive (Sabinet), ResearchGate, the Biodiversity Heritage Library and the Internet Archive. The following keywords, along with others, were used in different combinations: ethnobotany, ethnobotanical survey, food plants, edible plants, useful plants and southern Africa.

For each literature source, the synonyms used were noted and the edible use information was summarised into plant part(s) used and the actual use(s). Current names and synonyms were verified using a checklist of all southern African plant species provided by the South African National Biodiversity Institute (SANBI). This checklist also includes distribution information, which was used to distinguish between indigenous, naturalised and cultivated species. In cases where more than one infraspecific taxon within a species are listed, only the species level is considered for statistical purposes. Author citations are given in the inventory for all accepted names and synonyms and are not repeated elsewhere. The checklist is in Excel format, which allows for the edible plant species, their categories of use, as well as their literature references to be marked with "1" and counted or sorted using the COUNTIF formulae. In this way, the main patterns of edible plant use within the region can easily be determined, such as the main plant families and the use preferences of those cultural groups for which adequate ethnobotanical data is available. In cases where the edible plant has been identified to genus level only, the literature reference is not indicated. This does not have much impact because the relevant edible species have almost invariably been given by other sources as well.

3. Results and discussion

Presented in Table 1 is a comprehensive inventory of the edible plants of the FSA region, which has been compiled using records from 74 literature sources. This inventory comprises 1740 species, which is 7.6% of the ±23,000 species found in the FSA region (Koekemoer et al., 2014). Similar figures have been reported for the Iberian and Balearic Spanish flora by Tardío and Pardo-de-Santayana (2016), namely 514 out of 6152 species (8.4%) and by Di Venere et al. (2016) for Italy (1078 species, 14% of the vascular flora). The total of 1740 species comes close to the number of 1400 edible species predicted (as an estimate) by Wehmeyer (1986) – he did not provide a list other than those 300 species for which nutritional analyses were presented. According to the checklist provided by Peters et al. (1992), there are 1727 edible plant species in the whole of sub-Saharan Africa, which

Fig. 1. Map of the Flora of Southern Africa region (study area).

Table 1
A checklist of the 1740 edible plant species of the Flora of southern Africa region. The accepted names are arranged alphabetically according to families. Synonyms used in the ethnobotanical literature appear after the accepted names where relevant. The plant parts used and uses are recorded alongside each species (unk = unknown plant part; who = whole plant; und = underground storage organs; ste = stems; le = leaves; fl = flower; fr = fruit; se = seeds/nuts). The references are coded according to the first letter of the first author's surname and then numerically (see footnote). * = exotic species; ** = cultivated exotic species.

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
Acanthaceae	*Asystasia gangetica* (L.) T.Anderson	le: vegetable	B4, O2, P1
Acanthaceae	*Asystasia mysorensis* (Roth) T.Anderson = *Asystasia schimperi* T.Anderson	le: vegetable	F3, G1, P1
Acanthaceae	*Avicennia marina* (Forssk.) Vierh.	fr: snack	S3
Acanthaceae	*Crabbea nana* Nees	le: snack, flavourant	F3, R3
Acanthaceae	*Dicliptera cernua* (Hook.f. ex Nees) J.C.Manning & Goldblatt = *Peristrophe cernua* Hook. ex Nees	le: vegetable	R3
Acanthaceae	*Dicliptera clinopodia* Nees	le: vegetable	F3, M10
Acanthaceae	*Hygrophila auriculata* (Schumach.) Heine	unk: unknown	F3
Acanthaceae	*Hypoestes aristata* (Vahl) Sol. ex Roem. & Schult. = *Hypoestes verticillaris* (L.f.) Sol. ex Roem. & Schult.	le: vegetable [famine food]	F3, J2, M4, R3
Acanthaceae	*Hypoestes forskaolii* (Vahl) R.Br.	le: vegetable	M10
Acanthaceae	*Justicia divaricata* Licht. ex Roem. & Schult. = *Monechma divaricatum* (Nees) C.B.Clarke	fr: snack	P1, R4
Acanthaceae	*Justicia flava* (Vahl) Vahl	le: vegetable	B4, O2
Acanthaceae	*Justicia petiolaris* (Nees) T.Anderson	le: unknown	S4
Acanthaceae	*Ruellia diversifolia* S.Moore	nec: snack	V3
Acanthaceae	*Thunbergia capensis* Retz.	le: flavourant, preservative	A7
Achariaceae	*Rawsonia lucida* Harv. & Sond.	fr: snack	F3, N1
Agapanthaceae	*Agapanthus praecox* Willd.	und: vegetable	F3
Agavaceae	**Agave americana* L.	und: vegetable; ste (petiole): vegetable; fl: snack, vegetable; nec: snack	J1, M9, R5, V5
Agavaceae	*Chlorophytum fasciculatum* (Baker) Kativu = *Anthericum fasciculatum* Baker	und: snack	J1, M5
Aizoaceae	*Aizoon canariense* L.	le: vegetable	F3
Aizoaceae	*Aizoon glinoides* L.f.	le: vegetable [stored]	F1, R3
Aizoaceae	*Carpanthea pomeridiana* (L.) N.E.Br.	who: snack, vegetable; le: vegetable; fr: vegetable	C2, R5, S3, V5, V7, V9
Aizoaceae	*Carpobrotus acinaciformis* (L.) L.Bolus	fr: snack [stored, sold], sweet preserve	A5, C1, C2, D5, F3, P1, R5, S3, V5
Aizoaceae	*Carpobrotus deliciosus* (L.Bolus) L.Bolus = *Carpobrotus dulcis* L.Bolus	fr: snack [stored], milk flavourant, sweet preserve	C2, P1, R5, S3, V5
Aizoaceae	*Carpobrotus edulis* (L.) L.Bolus	le: flavourant, preservative; fr: snack [stored, sold], sweet preserve, flavourant, preservative	A5, A7, C1, C2, D4, D5, F3, P1, R5, S3, S5, V5, V7, V9, W4
Aizoaceae	*Carpobrotus mellei* (L.Bolus) L.Bolus	fr: snack	C2
Aizoaceae	*Carpobrotus muirii* (L.Bolus) L.Bolus	fr: snack [stored, sold], sweet preserve	C2, D5, S3
Aizoaceae	*Carpobrotus quadrifidus* L.Bolus = *Carpobrotus sauerae* Schwantes	fr: snack [stored]	C2, R5
Aizoaceae	*Cleretum papulosum* (L.f.) L.Bolus = *Mesembryanthemum papulosum* L.f.	le: snack, flavourant	A3, C2
Aizoaceae	*Conicosia pugioniformis* (L.) N.E.Br.	und: snack, vegetable; fr: vegetable	R5, V5, V7, V9, W4
Aizoaceae	*Conophytum truncatum* (Thunb.) N.E.Br. = *Conophytum truncatellum* N.E.Br.	le: snack	M3
Aizoaceae	*Delosperma mahonii* (N.E.Br.) N.E.Br.	und: yeast	F3
Aizoaceae	*Galenia africana* L.	fr: unknown	Y1
Aizoaceae	*Glottiphyllum linguiforme* (L.) N.E.Br.	und: yeast	F3
Aizoaceae	*Khadia acutipetala* (N.E.Br.) N.E.Br.	und: yeast	F3, S3, V5
Aizoaceae	*Khadia alticola* Chess. & H.E.K.Hartmann	und: yeast	V5
Aizoaceae	*Lithops hookeri* (A.Berger) Schwantes = *Lithops turbiniformis* auct.	who: snack	S3
Aizoaceae	*Mesembryanthemum aitonis* Jacq.	le: unknown	W4
Aizoaceae	*Mesembryanthemum crystallinum* L.	le: snack	S3
Aizoaceae	*Mesembryanthemum emarcidum* Thunb. = *Sceletium emarcidum* (Thunb.) L.Bolus ex H.Jacobsen, *Sceletium anatomicum* (Haw.) L.Bolus	who: quencher; und: moisture	S3, S5, V9
Aizoaceae	*Mesembryanthemum tortuosum* L. = *Sceletium tortuosum* (L.) N.E.Br.	who: quencher	C2, V9
Aizoaceae	*Mestoklema tuberosum* (L.) N.E.Br. ex Glen	und: yeast; ste: yeast	F3, R5, V5
Aizoaceae	*Nananthus aloides* (Haw.) Schwantes	und: unknown [famine food]	S5
Aizoaceae	*Pleiospilos nelii* Schwantes	who: snack	F3
Aizoaceae	*Ruschia rigens* L.Bolus	und: unknown	W4
Aizoaceae	*Sesuvium sesuvioides* (Fenzl) Verdc.	who: vegetable	P1, R4, V4
Aizoaceae	*Tetragonia decumbens* Mill.	ste (tops): vegetable; le: vegetable	C2, R5, V5, V7, V9
Aizoaceae	*Tetragonia fruticosa* L.	le: snack	S5
Aizoaceae	*Tetragonia tetragonioides* (Pall.) Kuntze = *Tetragonia expansa* Murray	le: vegetable	F3, R5, V5
Aizoaceae	*Trichodiadema barbatum* (L.) Schwantes = *Trichodiadema stellatum* (Mill.) Schwantes	und: yeast; ste: yeast	R5, S3, V5
Aizoaceae	*Trichodiadema pomeridianum* L.Bolus	und: snack	S3
Alismataceae	*Limnophyton angolense* Buchenau	ash: flavourant	E2
Alliaceae	***Allium cepa* L.	und: snack, vegetable, flavourant, preservative; le: flavourant, preservative	A2, A7, M5, M10, S3
Alliaceae	***Allium sativum* L.	und: flavourant, preservative; le: snack, vegetable, flavourant, preservative	A7, K3, M10

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
Alliaceae	*Allium synnotii* G.Don = *Allium dregeanum* Kunth	und: snack, vegetable; ste: flavourant; le: vegetable, flavourant	C2, M3, S5, V5, V7, V9, W4
Alliaceae	*Tulbaghia acutiloba* Harv.	who: vegetable; und: flavourant, preservative; le: flavourant, preservative	A7, D2, F3, J1, M5, M9, O1, P1
Alliaceae	*Tulbaghia alliacea* L.f.	who: vegetable; und: vegetable, flavourant, preservative; ste: vegetable; le: snack, vegetable, flavourant, preservative; fl: vegetable	A7, C2, F3, G1, J1, K3, M5, M9, P1, S5, V5, V7, V9
Alliaceae	*Tulbaghia capensis* L.	und: vegetable; le: vegetable, flavourant, preservative	S5, V7, V9
Alliaceae	*Tulbaghia leucantha* Baker = *Tulbaghia dieterlenii* E. Phillips	who: vegetable; le: vegetable; fl: vegetable	J1, M5, M9, M10, P1
Alliaceae	*Tulbaghia ludwigiana* Harv.	le: unknown; fl: unknown	D2, O1
Alliaceae	*Tulbaghia violacea* Harv.	und: vegetable, flavourant, preservative; le: vegetable, flavourant, preservative; fl: vegetable	A7, B3, B4, D5, F3, V7, V9
Amaranthaceae	**Achyranthes aspera* L.	ash: flavourant; le: vegetable; fr: potash	F3, H1, E2, M10, P1, R3, R7
Amaranthaceae	**Achyranthes robusta* C.H.Wright	le: unknown	S4
Amaranthaceae	*Aerva leucura* Moq.	le: vegetable	E2, F3, H1, L2, P1, R7, V4, W4
Amaranthaceae	**Alternanthera nodiflora* R.Br.	le: unknown	S4
Amaranthaceae	**Alternanthera pungens* Kunth	le: vegetable	R3
Amaranthaceae	**Alternanthera sessilis* (L.) DC.	who: vegetable; le: vegetable	D2, E2, M10, O1, S4
Amaranthaceae	**Amaranthus blitoides* S.Watson	le: vegetable	B3, B4
Amaranthaceae	**Amaranthus blitum* L.	who: vegetable; le: vegetable	B3, B4, R3, W3
Amaranthaceae	*Amaranthus capensis* Thell.	le: vegetable	M10
Amaranthaceae	**Amaranthus caudatus* L.	who: vegetable; le: vegetable	A7, D2, O1, V5, W4
Amaranthaceae	**Amaranthus deflexus* L.	who: vegetable	M5, V5
Amaranthaceae	*Amaranthus dinteri* Schinz	who: vegetable; ste: vegetable; le: vegetable	V3, V4
Amaranthaceae	**Amaranthus dubius* Mart. ex Thell.	ste: vegetable; le: vegetable	B4, J2, K3, M8, M10, O2
Amaranthaceae	**Amaranthus graecizans* L.	le: vegetable	B4, H1, M10, W4
Amaranthaceae	**Amaranthus hybridus* L. = *Amaranthus cruentus* L., *Amaranthus paniculatus* L.	who: vegetable; le: vegetable [stored]	A2, A7, B1, B3, B4, D2, F1, F2, F3, G1, H1, J1, J2, K2, M4, M5, M8, M9, M10, O1, O2, R3, R5, S3, S4, V4, V5, V7, W3, W4
Amaranthaceae	*Amaranthus praetermissus* Brenan	who: snack; le: vegetable	M10, R5, V4
Amaranthaceae	**Amaranthus spinosus* L.	who: vegetable; le: vegetable [stored; famine food]	D2, F3, G1, M8, M10, O1, O2, Q1, S3, S4, V5, W4
Amaranthaceae	**Amaranthus standleyanus* Parodi ex Covas	le: vegetable	B4, M10
Amaranthaceae	*Amaranthus thunbergii* Moq.	who: vegetable; ste: vegetable; le: vegetable [traded]	B1, B4, D2, F3, G1, J1, L1, M1, M5, M10, O1, P1, Q1, R3, R4, R5, S3, S4, V5, W3, W4
Amaranthaceae	**Amaranthus tricolor* L.	le: vegetable	B4, M10
Amaranthaceae	**Amaranthus viridis* L. = *Amaranthus gracilis* Desf.	le: vegetable	B4, M10, W4
Amaranthaceae	**Beta vulgaris* L.	und: unknown; le: vegetable	A2, A7, M5, M10
Amaranthaceae	*Celosia trigyna* L.	unk: vegetable	F3
Amaranthaceae	**Chenopodium album* L.	who: vegetable; ste: vegetable; le: vegetable [stored]; se: meal	A2, A5, A7, B2, B3, B4, F1, F3, G1, J1, J2, K2, K3, M4, M5, M9, M10, O1, O2, P1, R2, R3, R5, S3, S4, V5, W3, W4
Amaranthaceae	**Chenopodium botryodes* Sm.	unk: vegetable	F3
Amaranthaceae	**Chenopodium botrys* L.	unk: vegetable	G1
Amaranthaceae	**Chenopodium foliosum* Asch.	le: unknown	W4
Amaranthaceae	**Chenopodium glaucum* L.	ste: vegetable; le: vegetable [stored]	F3, R3, S3, V5
Amaranthaceae	**Chenopodium murale* L.	who: vegetable; ste: vegetable; le: vegetable [stored]	B3, B4, F3, G1, M9, M10, P1, Q1, R3, R5, S3, V5, W4
Amaranthaceae	*Cyathula uncinulata* (Schrad.) Schinz = *Cyathula globulifera* Moq.	le: vegetable	R3
Amaranthaceae	**Gomphrena celosioides* Mart.	le: vegetable [stored]	R4
Amaranthaceae	**Guilleminea densa* (Willd. ex Roem. & Schult.) Moq. = *Brayulinea densa* (Willd.) Small	le: vegetable	F3, R3
Amaranthaceae	*Hermbstaedtia argenteiformis* Schinz = *Celosia argenteiformis* (Schinz) Schinz	le: vegetable [stored]	P1, R4
Amaranthaceae	*Hermbstaedtia glauca* (J.C.Wendl.) Rchb. ex Steud.	und: non-alcoholic beverage	A4
Amaranthaceae	*Hermbstaedtia odorata* (Burch.) T.Cooke	le: vegetable	S4
Amaranthaceae	*Manochlamys albicans* (Aiton) Aellen	le: unknown; se: unknown	A4
Amaranthaceae	*Salsola aphylla* L.f.	fr: snack	S5
Amaranthaceae	*Sarcocornia natalensis* (Bunge ex Ung.-Sternb.) A.J. Scott = *Arthrocnemum africanum* Moss	le: snack	R5, S3
Amaranthaceae	***Spinacia oleracea* L.	le: flavourant, preservative	A7, M5
Amaryllidaceae	*Cyrtanthus bicolor* R.A.Dyer	fl: unknown	D2, O1, P1
Amaryllidaceae	*Cyrtanthus breviflorus* Harv.	fl: unknown	D2, O1, P1
Amaryllidaceae	*Cyrtanthus galpinii* Baker	fl: unknown	D2, O1, P1
Amaryllidaceae	*Cyrtanthus stenanthus* Baker	und: unknown; fl: unknown	D2, J1, M5, M9, O1, P1
Amaryllidaceae	*Cyrtanthus tuckii* Baker	fl: unknown	D2, O1, P1
Amaryllidaceae	*Gethyllis afra* L.	fr: snack	C2, F3, S3, V5, V9
Amaryllidaceae	*Gethyllis ciliaris* (Thunb.) Thunb. = *Gethyllis undulata* Herb.	fr: snack	F3, S3, S5, W4
Amaryllidaceae	*Gethyllis longistyla* Bolus	fr: snack	S3
Amaryllidaceae	*Gethyllis spiralis* (Thunb.) Thunb.	fr: snack	S3
Amaryllidaceae	*Gethyllis verticillata* R.Br. ex Herb.	fr: snack	S3

(*continued on next page*)

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
Amaryllidaceae	*Gethyllis villosa* (Thunb.) Thunb.	fr: snack	S3
Amaryllidaceae	*Nerine laticoma* (Ker Gawl.) T.Durand & Schinz	und: unknown	W4
Amaryllidaceae	*Scadoxus puniceus* (L.) Friis & Nordal	fr: snack	P1
Anacampserotaceae	*Anacampseros filamentosa* (Haw.) Sims = *Anacampseros tomentosa* A.Berger	who: snack, yeast	F3, S3
Anacampserotaceae	*Anacampseros quinaria* E.Mey. ex Fenzl = *Anacampseros alstonii* Schönland, *Avonia quinaria* (E. Mey. ex Fenzl) G.D.Rowley	who: yeast	S3, V5
Anacampserotaceae	*Anacampseros rufescens* (Haw.) Sweet	who: snack	S3
Anacampserotaceae	*Avonia papyracea* (E.Mey. ex Fenzl) G.D.Rowley = *Anacampseros papyracea* E.Mey. ex Fenzl	und: yeast; ste: yeast	A4, C2, F3, R5, S3, V5, W4
Anacampserotaceae	*Avonia rhodesica* (N.E.Br.) G.D.Rowley = *Anacampseros rhodesica* N.E.Br.	who: yeast	F3, S3, V5
Anacampserotaceae	*Avonia ustulata* (E.Mey. ex Fenzl) G.D.Rowley = *Anacampseros ustulata* E.Mey. ex Fenzl	und: yeast; ste: yeast	S3, V5, Y1
Anacardiaceae	**Anacardium occidentale* L.	ste (fr stem): unknown; gum: unknown; fr: snack, moisture, alcoholic beverage, sweet preserve, savoury preserve; se: roasted snack	A5, F3, S3, V5
Anacardiaceae	*Harpephyllum caffrum*Bernh. ex Krauss	fr: snack, non-alcoholic beverage, alcoholic beverage, sweet preserve	A5, D2, D3, F3, G1, O1, P1, R3, R5, S3, S5, V2, V5, V7, W4
Anacardiaceae	*Lannea discolor* (Sond.) Engl.	fr: snack	A5, D2, F3, L1, M7, M10, O1, P1, R5, S3, V2, V4, V5, W4
Anacardiaceae	*Lannea edulis* (Sond.) Engl.	und: vegetable; fr: snack, sweet preserve	D2, F3, L1, M2, M10, O1, P1, R5, S2, V2, V4, V5, V7
Anacardiaceae	*Lannea schweinfurthii* (Engl.) Engl. = *Lannea kirkii* Burtt Davy, *Lannea stuhlmannii* (Engl.) Engl.	fr: snack	A5, F3, L1, M7, M10, P1, S3, V2, V5, W4
Anacardiaceae	*Lannea zastrowiana* Engl. & Brehmer	fr: snack	V4
Anacardiaceae	**Mangifera indica* L.	fr: snack	M10
Anacardiaceae	*Ozoroa dispar* (C.Presl) R.Fern. & A.Fern.	fr: snack	A4, W4
Anacardiaceae	*Ozoroa insignis* Delile = *Ozoroa reticulata* (Baker f.) R. Fern. & A.Fern.	fr: snack	A5, F3
Anacardiaceae	*Ozoroa mucronata* (Bernh.) R.Fern. & A.Fern.	und: snack; fr: snack	F3, R3
Anacardiaceae	**Schinus molle* L.	fr: vegetable, flavourant, preservative; se: flavourant, preservative	A7, B4
Anacardiaceae	*Sclerocarya birrea* (A.Rich.) Hochst. = *Sclerocarya caffra* Sond., *Sclerocarya schweinfurthiana* Schinz	und: moisture; le: vegetable; fr: snack [stored], non-alcoholic beverage; alcoholic beverage; sweet preserve; savoury preserve; se: snack, meal; se oil: preservative, cooking oil	A5, A6, B1, C3, D2, E1, E2, F3, G1, L1, M1, M4, M6, M7, M10, O1, P1, Q1, R4, R5, R6, S1, S2, S3, S5, V2, V4, V5, V7, W1, W4
Anacardiaceae	*Searsia burchellii* (Sond. ex Engl.) Moffett = *Rhus burchellii* Sond. ex Engl., *Rhus undulata* Jacq. var. *tricrenata* (Engl.) R.Fern., *Rhus undulata* Jacq. var. *burchellii* (Sond.) Schönland	fr: snack [stored], vegetable, yeast, milk curdles	A4, F3, S3, V5
Anacardiaceae	*Searsia chirindensis* (Baker f.) Moffett = *Rhus chirindensis* Baker f., *Rhus legatii* Schönland	fr: snack	D2, F3, M4, M10, O1, P1, R3, S3
Anacardiaceae	*Searsia ciliata* (Licht. ex Schult.) A.J.Mill. = *Rhus ciliata* Licht. ex Schult.	fr: snack, meal	M7, S3, V4
Anacardiaceae	*Searsia crenata* (Thunb.) Moffett = *Rhus crenata* Thunb.	fr: snack	S3
Anacardiaceae	*Searsia dentata* (Thunb.) F.A.Barkley = *Rhus dentata* Thunb., *Rhus sonderi* Engl.	fr: snack, milk curdles [famine food]	D2, F3, G1, J1, M2, M5, M9, O1, P1, R3
Anacardiaceae	*Searsia discolor* (E.Mey. ex Sond.) Moffett = *Rhus discolor* E.Mey. ex Sond.	fr: snack	D2, G1, J1, M5, M9, O1, P1
Anacardiaceae	*Searsia dissecta* (Thunb.) Moffett = *Rhus dissecta* Thunb.	fr: snack	S3
Anacardiaceae	*Searsia dregeana* (Sond.) Moffett = *Rhus dregeana* Sond.	fr: snack, meal, sweet preserve	S3
Anacardiaceae	*Searsia engleri* (Britten) Moffett = *Rhus engleri* Britten	fr: snack	F3
Anacardiaceae	*Searsia erosa* (Thunb.) Moffett = *Rhus erosa* Thunb.	fr: snack, meal	S3
Anacardiaceae	*Searsia gerrardii* (Harv. ex Engl.) Moffett = *Rhus montana* Diels var. *gerrardii* (Harv. ex Engl.) R.Fern., *Rhus gerrardii* (Harv. ex Engl.) Diels	fr: snack	O1, P1
Anacardiaceae	*Searsia glauca* (Thunb.) Moffett = *Rhus glauca* Thunb.	fr: snack	D5, S3
Anacardiaceae	*Searsia gueinzii* (Sond.) F.A.Barkley = *Rhus gueinzii* Sond. var. *spinescens* (Diels) R.Fern. & A.Fern.	fr: snack	D2, O1, P1
Anacardiaceae	*Searsia horrida* (Eckl. & Zeyh.) Moffett = *Rhus horrida* Eckl. & Zeyh.	fr: snack, milk curdles	A3, S3
Anacardiaceae	*Searsia incisa* (L.f.) F.A.Barkley = *Rhus incisa* L.f.	fr: snack	S3
Anacardiaceae	*Searsia laevigata* (L.) F.A.Barkley = *Rhus laevigata* L., *Rhus mucronata* Thunb., *Rhus viminalis* Vahl	fr: snack [stored], meal, yeast, milk curdle	A4, C2, F3, S3, V5, W4
Anacardiaceae	*Searsia lancea* (L.f.) F.A.Barkley = *Rhus lancea* L.f.	le: unknown; fr: snack, yeast, milk curdles	A5, D4, F3, M4, M7, M10, P1, S3, V4, V5, V7, V9, W4
Anacardiaceae	*Searsia leptodictya* (Diels) T.S.Yi, A.J.Mill. & J.Wen = *Rhus amerina* Meikle, *Rhus leptodictya* Diels	fr: snack, yeast	D2, F3, O1, P1, S3
Anacardiaceae	*Searsia lucida* (L.) F.A.Barkley = *Rhus lucida* L.	fr: snack, milk curdles	D5, M4, R3, S3
Anacardiaceae	*Searsia magalismontana* (Sond.) Moffett = *Rhus magalismontana* Sond.	fr: snack	M2, M10, P1, S3

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
Anacardiaceae	*Searsia marlothii* (Engl.) Moffett = *Rhus marlothii* Engl.	fr: snack, quencher	M7, V4
Anacardiaceae	*Searsia montana* (Diels) Moffett = *Rhus montana* Diels	fr: snack	D2
Anacardiaceae	*Searsia natalensis* (Bernh. ex C.Krauss) F.A.Barkley = *Rhus natalensis* Bernh. ex C.Krauss	fr: snack	D2, O1, P1
Anacardiaceae	*Searsia pendulina* (Jacq.) Moffett = *Rhus pendulina* Jacq.	fr: snack, yeast, milk curdles	M7, V5
Anacardiaceae	*Searsia pentheri* (Zahlbr.) Moffett = *Rhus pentheri* Zahlbr.	fr: snack	D2, F3, M5, O1, P1
Anacardiaceae	*Searsia populifolia* (E.Mey. ex Sond.) Moffett = *Rhus populifolia* E.Mey. ex Sond.	fr: snack	A4
Anacardiaceae	*Searsia pyroides* (Burch.) Moffett = *Rhus pyroides* Burch., *Rhus fraseri* Schönland; *Rhus baurii* Schönland; *Rhus intermedia* Schönland	fr: snack	D2, F3, M2, M9, M10, O1, P1, R3
Anacardiaceae	*Searsia quartiniana* (A.Rich.) A.J.Mill. = *Rhus quartiniana* A.Rich.	fr: snack	E2
Anacardiaceae	*Searsia refracta* (Eckl. & Zeyh.) Moffett = *Rhus refracta* Eckl. & Zeyh.	fr: snack	F3
Anacardiaceae	*Searsia rehmanniana* (Engl.) Moffett = *Rhus macowanii* Schönland, *Rhus rehmanniana* Engl.	fr: snack	D2, F3, K3, O1, P1, R3, W4
Anacardiaceae	*Searsia rigida* (Mill.) F.A.Barkley = *Rhus eckloniana* Sond.	fr: snack	D2, M2, O1, P1
Anacardiaceae	*Searsia rogersii* (Schönland) Moffett = *Rhus rogersii* Schönland	fr: snack	D2, M4, M10, O1, P1
Anacardiaceae	*Searsia tenuinervis* (Engl.) Moffett = *Rhus commiphoroides* Engl. & Gilg, *Rhus tenuinervis* Engl.	le: flavourant; fr: snack, yeast	A5, E2, F3, H1, L2, M7, P1, S2, V4
Anacardiaceae	*Searsia tomentosa* (L.) F.A.Barkley = *Rhus tomentosa* L.	fr: snack	S3
Anacardiaceae	*Searsia transvaalensis* (Engl.) Moffett = *Rhus transvaalensis* Engl.	fr: snack	D2, O1, P1
Anacardiaceae	*Searsia tumulicola* (S.Moore) Moffett = *Rhus dura* Schönland, *Rhus ernestii* Schönland, *Rhus tumulicola* S. Moore	fr: snack	D2, O1, P1
Anacardiaceae	*Searsia undulata* (Jacq.) T.S.Yi, A.J.Mill. & J.Wen = *Rhus undulata* Jacq.	fr: snack, yeast, milk curdles	A4, R5, V4, V5, V7, V9, W4
Anacardiaceae	*Searsia zeyheri* (Sond.) Moffett = *Rhus zeyheri* Sond.	fr: snack, meal	S3
Anacardiaceae	*Smodingium argutum* E.Mey. ex Sond.	le: snack, vegetable	B2
Annonaceae	*Annona senegalensis* Pers.	fr: snack	A5, C3, D2, F3, L1, L2, M4, M10, O1, P1, S1, S3, V2, V5, V7, W4
Annonaceae	****Annona squamosa*** L.	fr: snack	S3
Annonaceae	*Annona stenophylla* Engl. & Diels	fr: snack, vegetable	F3, P1, V4
Annonaceae	*Artabotrys brachypetalus* Benth.	fr: snack	A5, F3, L1, M4, M10, P1, V2, W4
Annonaceae	*Artabotrys monteiroae* Oliv.	fr: snack	A5, M4
Annonaceae	*Friesodielsia obovata* (Benth.) Verdc.	fr: snack, alcoholic beverage, sweet preserve	A5, F3, H1, M7, P1
Annonaceae	*Hexalobus monopetalus* (A.Rich.) Engl. & Diels = *Hexalobus glabrescens* Hutch. & Dalziel ex Burtt Davy	fr: snack, sweet preserve	A5, F3, L1, M4, M7, M10, P1, S3, V2, V4, V5, V7
Annonaceae	*Monanthotaxis caffra* (Sond.) Verdc.	fr: snack, sweet preserve	A5, F3, P1, V5, V7
Annonaceae	*Monodora junodii* Engl. & Diels	fr: snack	A5, F3, P1
Annonaceae	*Uvaria lucida* Benth.	fr: snack, sweet preserve	P1, V7
Apiaceae	*Afrosciadium magalismontanum* (Sond.) P.J.D.Winter = *Peucedanum magalismontanum* Sond.	who: vegetable; le: vegetable	F3, M5, O1, P1, V5
Apiaceae	*Alepidea amatymbica* Eckl. & Zeyh.	und: food flavourant, preservative	A7
Apiaceae	*Alepidea peduncularis* Steud. ex A.Rich. = *Alepidea longifolia* E.Mey. ex Dummer	le: vegetable	F3, G1, V5
Apiaceae	****Anethum graveolens*** L.	le: flavourant, preservative; se: flavourant, preservative	A7
Apiaceae	*Annesorhiza altiscapa* Schltr.	und: vegetable, yeast	A4, S3
Apiaceae	*Annesorhiza flagellifolia* Burtt Davy	who: vegetable; le: vegetable	D2, O1, P1
Apiaceae	*Annesorhiza grandiflora* (Thunb.) M.Hiroe = *Annesorhiza hirsuta* Eckl. & Zeyh., *Annesorhiza villosa* (Thunb.) Sond.	und: vegetable	S3
Apiaceae	*Annesorhiza macrocarpa* Eckl. & Zeyh.	who: vegetable; und: vegetable; le: vegetable	C2, D2, O1, P1, S3, S5, V5
Apiaceae	*Annesorhiza nuda* (Aiton) B.L.Burtt = *Annesorhiza capensis* Cham. & Schltdl., *Annesorhiza montana* Eckl. & Zeyh.	und: vegetable [sold]; le: snack	D5, F3, S3, S5, V5, V7, V9, W4
Apiaceae	*Apium decumbens* Eckl. & Zeyh.	unk: vegetable	D4
Apiaceae	***Apium graveolens*** L.	le: snack, vegetable	D4, F3, R3
Apiaceae	*Berula thunbergii* (DC.) H.Wolff	le: vegetable	R3
Apiaceae	*Centella asiatica* (L.) Urb.	le: vegetable [stored], snack	B4, F1, F3, K2, M5, M10, O2, S4, V5, V6, V7, W4
Apiaceae	*Centella coriacea* Nannf.	le: snack, vegetable	B2, B3, B4, J2, R3, S3, W3
Apiaceae	*Chamarea capensis* (Thunb.) Eckl. & Zeyh.	und: snack, vegetable; le: flavourant	C2, F3, R5, S3, S5, V5, V7, V9, W4, Y1
Apiaceae	*Chamarea longipedicellata* B.L.Burtt	und: unknown	D4
Apiaceae	*Cynorhiza typica* Eckl. & Zeyh. = *Peucedanum sulcatum* Eckl. & Zeyh. ex Sond.	und: yeast	C2, V5
Apiaceae	***Daucus carota*** L.	und: snack, vegetable, fr: flavourant, preservative	A2, A7, M5, M9, M10
Apiaceae	***Foeniculum vulgare*** Mill.	und: vegetable; ste: snack, vegetable; le: flavourant,	A7, R5, S3, V5

(continued on next page)

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
		preservative; se: flavourant, preservative	
Apiaceae	*Glia decidua* B.-E.van Wyk	und: snack	V9
Apiaceae	*Glia prolifera* (Burm.f.) B.L.Burtt	und: yeast	V9
Apiaceae	*Heteromorpha arborescens* (Spreng.) Cham. & Schltdl. = *Heteromorpha trifoliata* (H.L.Wendl.) Eckl. & Zeyh.	und: flavourant	V4
Apiaceae	*Lichtensteinia interrupta* (Thunb.) Sond.	le: vegetable	F3, R3
Apiaceae	*Notobubon ferulaceum* (Thunb.) Magee = *Peucedanum ferulaceum* (Thunb.) Eckl. & Zeyh.	le: unknown	F3
Apiaceae	*Notobubon gummiferum* (L.) Magee = *Glia gummifera* (L.) Sond.; *Peucedanum gummiferum* (L.) Wijnands	und: yeast	F3, S3, S5, V5, Y1
Apiaceae	*Notobubon laevigatum* (Aiton) Magee = *Peucedanum capense* (Thunb.) Sond.	le: vegetable	F3
Apiaceae	**Petroselinum crispum* (Mill.) A.W.Hill	le: flavourant, preservative; se: flavourant, preservative	A7
Apiaceae	*Pimpinella caffra* (Eckl. & Zeyh.) D.Dietr.	le: vegetable	F3, M5
Apiaceae	*Polemanniopsis marlothii* (H.Wolff) B.L.Burtt	und: vegetable	A4
Apocynaceae	*Ancylobotrys capensis* (Oliv.) Pichon = *Landolphia capensis* Oliv.	fr: snack, vegetable, alcoholic beverage, sweet preserve, savoury preserve	A5, F3, M5, P1, R5, S3, V2, V5, V7, W1, W4
Apocynaceae	*Ancylobotrys petersiana* (Klotzsch) Pierre = *Landolphia petersiana* (Klotzsch) Dyer ex Hook.f.	fr: snack, alcoholic beverage	A5, F3, P1, V5, W4
Apocynaceae	**Araujia sericifera* Brot.	und: snack	F3
Apocynaceae	*Asclepias adscendens* (Schltr.) Schltr.	le: unknown	D2, O1, P1
Apocynaceae	*Asclepias albens* (E.Mey.) Schltr. = *Asclepias affinis* (Schltr.) Schltr.	ste: snack, vegetable; le: snack, vegetable; fl: snack, vegetable	D2, F3, G1, O1, P1
Apocynaceae	*Asclepias aurea* (Schltr.) Schltr. = *Gomphocarpus aureus* Schltr.	und: unknown	J1, M5, M9, P1
Apocynaceae	*Asclepias bicuspis*N.E.Br.	und: snack	G1
Apocynaceae	*Asclepias crispa* P.J.Bergius	le: unknown	D2, O1, P1, S3
Apocynaceae	*Asclepias densiflora*N.E.Br.	le: unknown	D2, O1, P1
Apocynaceae	*Asclepias eminens* (Harv.) Schltr. = *Stenostelma eminens* (Harv.) Bullock	who: snack, vegetable; und: meal	F3, J1, M9, P1
Apocynaceae	*Asclepias fallax* (Schltr.) Schltr.	le: vegetable	F3
Apocynaceae	*Asclepias gibba* (E.Mey.) Schltr.	und: snack, vegetable [famine food]; le: snack, vegetable; fl: snack	A2, F3, J1, M5, M9, P1
Apocynaceae	*Asclepias humilis* (E.Mey.) Schltr.	und: unknown	J1, M5, M9, P1
Apocynaceae	*Asclepias macropus* (Schltr.) Schltr.	unk: snack, vegetable	F3
Apocynaceae	*Asclepias multicaulis* (E.Mey.) Schltr. = *Gomphocarpus multicaulis* (E.Mey.) D.Dietr.	who: snack, vegetable; und: snack [famine food]; ste: snack, vegetable; le: snack, vegetable; fl: snack, vegetable; fr: snack, vegetable	F3, G1, J1, M5, M9, P1
Apocynaceae	*Asclepias navicularis* (E.Mey.) Schltr.	und: unk [famine food]	F3
Apocynaceae	*Asclepias stellifera* Schltr.	und: snack	M9
Apocynaceae	*Asclepias woodii* (Schltr.) Schltr.	fr: snack; unk: vegetable	A5, F3
Apocynaceae	*Aspidoglossum araneiferum* (Schltr.) Kupicha = *Schizoglossum araneiferum* Schltr.	und: snack	F3, J1, M5, M9, P1
Apocynaceae	*Aspidoglossum biflorum* E.Mey. = *Schizoglossum biflorum* (E.Mey.) Schltr., *Schizoglossum tubulosum* Schltr.	unk: vegetable	F3
Apocynaceae	*Aspidoglossum erubescens* (Schltr.) Bullock = *Schizoglossum pentheri* Schltr.	und: unknown	V4
Apocynaceae	*Aspidoglossum gracile* (E.Mey.) Kupicha = *Schizoglossum parvulum* Schltr.	und: snack; fr: snack	F3, M5
Apocynaceae	*Aspidoglossum interruptum* (E.Mey.) Bullock = *Schizoglossum interruptum* (E.Mey.) Schltr.	und: unknown	F3, M5
Apocynaceae	*Aspidoglossum lamellatum* (Schltr.) Kupicha = *Schizoglossum lamellatum* Schltr.	und: unknown	F3, M5
Apocynaceae	*Aspidoglossum woodii* (Schltr.) Kupicha = *Schizoglossum woodii* Schltr.	und: unknown	G1
Apocynaceae	*Astephanus triflorus* (L.f.) Schult. = *Astephanus neglectus* Schltr.	fr: snack	D5, S3
Apocynaceae	*Brachystelma arnotii* Baker	und: snack, vegetable	L2
Apocynaceae	*Brachystelma barberae* Harv. ex Hook.f.	und: snack, vegetable	M2, P1
Apocynaceae	*Brachystelma burchellii* (Decne.) Peckover = *Macropetalum burchellii* Decne.	und: unknown	F3, S3
Apocynaceae	*Brachystelma circinatum* E.Mey. = *Brachystelma filiforme* Harv.	und: snack, vegetable, sweet preserve	F3, L2, M2, M5, P1, S3, V4, W4
Apocynaceae	*Brachystelma cupulatum* R.A.Dyer	und: snack, vegetable	L2
Apocynaceae	*Brachystelma dinteri* Schltr.	und: snack, vegetable	F3, L2, P1, V4
Apocynaceae	*Brachystelma discoideum* R.A.Dyer	und: snack, vegetable	L2
Apocynaceae	*Brachystelma foetidum* Schltr.	und: snack, vegetable, meal, yeast	F3, J1, M5, M9, P1, S3
Apocynaceae	*Brachystelma gerrardii* Harv.	und: unknown	D2, O1, P1
Apocynaceae	*Brachystelma gymnopodum* (Schltr.) Bruyns = *Ceropegia pygmaea* Schinz	und: snack, vegetable	F3, L2, P1, V4
Apocynaceae	*Brachystelma schultzei* (Schltr.) Bruyns = *Tenaris schultzei* (Schltr.) E.Phillips	und: unknown	F3, W4
Apocynaceae	*Brachystelma thunbergii*N.E.Br.	und: snack, vegetable, meal, yeast, sweet preserve	S3, Y1
Apocynaceae	*Brachystelma tuberosum* (Meerb.) R.Br. ex Sims	und: unknown	F3

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
Apocynaceae	*Carissa bispinosa* (L.) Desf. ex Brenan = *Carissa haematocarpa* (Eckl.) A.DC.	fr: snack, alcoholic beverage, flavourant, preservative	A4, A5, A7, C2, D2, D3, D5, F3, M4, M7, M10, O1, P1, R3, R5, S3, S5, V2, V5, V9, W4
Apocynaceae	*Carissa macrocarpa* (Eckl.) A.DC. = *Carissa grandiflora* (E.Mey.) A.DC.	fr: snack, sweet preserve	A5, A6, F3, P1, R5, S3, S5, V2, V5, V7, W1, W4
Apocynaceae	*Carissa spinarum* L. = *Carissa edulis* (Forssk.) Vahl	und: flavourant; fr: snack, non-alcoholic beverage, sweet preserve, savoury preserve	A5, E2, F3, L1, M4, M7, M10, P1, R4, V2, V4, V5
Apocynaceae	*Carissa tetramera* (Sacleux) Stapf	fr: snack, non-alcoholic beverage	C3, M10
Apocynaceae	*Ceropegia crassifolia* Schltr.	unk: vegetable	F3
Apocynaceae	*Ceropegia distincta*N.E.Br.	und: vegetable	F3
Apocynaceae	*Ceropegia filiformis* (Burch.) Schltr.	und: snack, vegetable	R5
Apocynaceae	*Ceropegia lugardae*N.E.Br.	und: vegetable	V4
Apocynaceae	*Ceropegia meyeri* Decne.	le: vegetable	F3
Apocynaceae	*Ceropegia multiflora* Baker = *Ceropegia tentaculata* N.E.Br.	und: snack, moisture, vegetable	F3, L2, P1, S2, V4, V5, W4
Apocynaceae	*Ceropegia nilotica* Kotschy	und: snack,vegetable	F3, L2, P1, R4, V4
Apocynaceae	*Ceropegia purpurascens* K.Schum.	und: vegetable	L2
Apocynaceae	*Ceropegia rendallii*N.E.Br.	und: snack, vegetable, moisture; le: unknown	F3, V5
Apocynaceae	*Ceropegia stenantha* K.Schum.	und: unknown	W4
Apocynaceae	*Ceropegia stenoloba* Hochst. ex Chiov.	und: snack, vegetable	L2
Apocynaceae	*Ceropegia turricula* E.A.Bruce	und: unknown	F3
Apocynaceae	*Cryptolepis obtusa*N.E.Br.	le: vegetable	M10
Apocynaceae	*Cynanchum obtusifolium* L.f.	fr: snack	D5
Apocynaceae	*Cynanchum viminale* (L.) Bassi = *Sarcostemma viminale* (L.) R.Br.	who: snack, vegetable; ste: snack, vegetable, moisture; fl: unknown; fr: snack, vegetable	A4, A5, C3, F3, G1, M5, O1, P1, S2, S3, V4
Apocynaceae	*Cynanchum virens* (E.Mey.) D.Dietr.	und: vegetable [famine food]; le: vegetable	A2, F3, J1, M5, M9, P1
Apocynaceae	*Cynanchum zeyheri* Schltr.	fr: unknown	F3, W4
Apocynaceae	*Duvalia caespitosa* (Masson) Haw. = *Duvalia reclinata* (Masson) Haw.	ste: snack	S3
Apocynaceae	*Duvalia polita*N.E.Br.	who: vegetable; und: snack,vegetable, moisture; ste: snack, vegetable, moisture	F3, H1, L2, P1, S2, V4
Apocynaceae	*Fockea angustifolia* K.Schum. = *Fockea dammarana* Schltr., *Fockea lugardii* N.E.Br.	und: snack, vegetable, moisture, sweet preserve	A3, C2, F3, L2, P1, S3, V3, V4, V5, V7, W4, Y1
Apocynaceae	*Fockea capensis* Endl. = *Fockea crispa* (Jacq.) K.Schum.	und: snack, vegetable, moisture, sweet preserve	C2, R5, S3, V5, Y1
Apocynaceae	*Fockea comaru* (E.Mey.) N.E.Br. = *Fockea gracilis* R.A. Dyer	und: snack, vegetable, moisture, sweet preserve	A4, C2, M3, R5, S3, S5, V5, V9
Apocynaceae	*Fockea edulis* (Thunb.) K.Schum.	und: snack, moisture, vegetable, meal, sweet preserve	C2, F3, P1, R5, S3, S5, V5, V6, V9, Y1
Apocynaceae	*Fockea sinuata* (E.Mey.) Druce	und: snack, sweet preserve	F3, S3
Apocynaceae	*Gomphocarpus fruticosus* (L.) Aiton f. = *Asclepias fruticosa* L.	und: vegetable	J1, M5, M9, P1
Apocynaceae	*Gomphocarpus glaucophyllus* Schltr. = *Asclepias glaucophylla* (Schltr.) Schltr.	le: vegetable	F3
Apocynaceae	*Hoodia alstonii* (N.E.Br.) Plowes = *Trichocaulon alstonii* N.E.Br.	ste: snack	A4, W4
Apocynaceae	*Hoodia currorii* (Hook.) Decne.	ste: snack, appetite suppressant, non-alcoholic beverage	V3, V5
Apocynaceae	*Hoodia flava* (N.E.Br.) Plowes = *Trichocaulon flavum* N.E.Br.	ste: snack, appetite suppressant, sweet preserve	S3, V5
Apocynaceae	*Hoodia gordonii* (Masson) Sweet ex Decne.	ste: snack, appetite suppresant, moisture	C2, D4, S5, V5, V7, V9
Apocynaceae	*Hoodia grandis* (N.E.Br.) Plowes = *Trichocaulon pillansii* N.E.Br.	ste: snack, sweet preserve	F3, S3
Apocynaceae	*Hoodia officinalis* (N.E.Br.) Plowes = *Trichocaulon officinale* N.E.Br.	ste: snack, sweet preserve	S3, W4
Apocynaceae	*Hoodia pedicellata* (Schinz) Plowes = *Trichocaulon pedicellatum* Schinz	ste: snack, non-alcoholic beverage	V3
Apocynaceae	*Hoodia pilifera* (L.f.) Plowes = *Trichocaulon annulatum* N.E.Br., *Trichocaulon piliferum* (L.f.) N.E.Br.	ste: snack, moisture, appetite and thirst suppressant, sweet preserve	F3, S3, V5, V6
Apocynaceae	*Huernia longituba*N.E.Br.	ste: snack	S3
Apocynaceae	*Huernia namaquensis* Pillans	ste: unknown	W4
Apocynaceae	*Landolphia kirkii* Dyer ex Hook.f.	fr: snack	A5, C3, F3, L1, M4, M10, P1, W4
Apocynaceae	*Microloma armatum* (Thunb.) Schltr. = *Microloma burchellii* N.E.Br., *Microloma massonii* (Schult.) Schltr.	fr: snack	S3
Apocynaceae	*Microloma calycinum* E.Mey.	fr: snack	A4
Apocynaceae	*Microloma namaquense* Bolus	fr: snack	C2
Apocynaceae	*Microloma sagittatum* (L.) R.Br.	fr: snack	A3, A4, D4, D5, S3, V9, W4
Apocynaceae	*Microloma tenuifolium* (L.) K.Schum.	fr: snack; nec: snack	S3, V9
Apocynaceae	*Miraglossum pulchellum* (Schltr.) Kupicha = *Schizoglossum pulchellum* Schltr.	und: unknown	F3, M5
Apocynaceae	*Mondia whitei* (Hook.f.) Skeels	und: non-alcoholic beverage, alcoholic beverage, flavourant; se: flavourant, preservative	A7, F3, V5, V7
Apocynaceae	*Orbea carnosa* (Stent) Bruyns = *Pachycymbium keithii* (R.A.Dyer) L.C.Leach	who: snack, vegetable; und: snack, moisture; ste: snack, vegetable	F3
Apocynaceae	*Orbea huillensis* (Hiern) Bruyns	und: vegetable; ste: vegetable	L2
Apocynaceae	*Orbea knobelii* (E.Phillips) Bruyns = *Caralluma knobelii* (E.Phillips) E.Phillips, *Orbeopsis knobelii* (E.Phillips) L.	who: snack, moisture, vegetable; und: snack, moisture	P1, S2

(*continued on next page*)

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
	C.Leach		
Apocynaceae	*Orbea lutea* (N.E.Br.) Bruyns = *Caralluma lutea* N.E.Br., *Orbeopsis lutea* (N.E.Br.) L.C.Leach	und: snack; ste: snack	P1, S3
Apocynaceae	*Orbea namaquensis* (N.E.Br.) L.C.Leach	ste: snack; fl: snack; fr: unknown	A4, W4
Apocynaceae	*Orbea rogersii* (L.Bolus) Bruyns = *Caralluma rogersii* (L. Bolus) E.A.Bruce & R.A.Dyer	ste: snack	F3
Apocynaceae	*Orbea variegata* (L.) Haw. = *Stapelia variegata* L.	ste: snack; fr: snack	C2, S3
Apocynaceae	*Orthanthera albida* Schinz	fr: snack	V3
Apocynaceae	*Orthanthera jasminiflora* (Decne.) Schinz	le: vegetable; fr: snack, vegetable; se: snack	A5, F3, H1, P1, R4, V4, V5, V7
Apocynaceae	*Pachycarpus asperifolius* Meisn. = *Pachycarpus validus* (Schltr.) N.E.Br.	le: vegetable	F3
Apocynaceae	*Pachycarpus campanulatus* (Harv.) N.E.Br.	und: unknown [famine food]	F3
Apocynaceae	*Pachycarpus concolor* E.Mey.	le: vegetable	R2
Apocynaceae	*Pachycarpus rigidus* E.Mey.	und: unknown; ste: vegetable; le: vegetable	F3, J1, M5, M9, P1
Apocynaceae	*Pachycarpus vexillaris* E.Mey.	und: unknown; le: unknown	J1, M5, M9, P1
Apocynaceae	*Pachypodium bispinosum* (L.f.) A.DC.	und: snack, vegetable, yeast, sweet preserve	S3, Y1
Apocynaceae	*Pachypodium succulentum* (Jacq.) Sweet	und: snack, vegetable, yeast, sweet preserve	R5, S3, Y1
Apocynaceae	*Parapodium costatum* E.Mey.	le: vegetable	F3, J1, M5, M9, P1
Apocynaceae	*Pectinaria articulata* (Aiton) Haw. = *Pectinaria asperiflora* N.E.Br.	ste: snack, savoury preserve	F3, S3, S5
Apocynaceae	*Pectinaria maughanii* (R.A.Dyer) Bruyns	ste: snack, appetite suppressant	V5
Apocynaceae	*Pentarrhinum insipidum* E.Mey.	ste: snack, vegetable; le: snack, vegetable, flavourant; fr: snack, vegetable	A5, B4, F3, L2, M4, M8, M10, O1, P1, Q1, S2, V4, V5, V7, W4
Apocynaceae	*Pergularia daemia* (Forssk.) Chiov. = *Pergularia extensa* (Jacq.) N.E.Br.	who: vegetable; ste: vegetable; le: vegetable	B4, F3, H1, O1, P1, Q1, V3, V5, V7
Apocynaceae	*Periglossum angustifolium* Decne.	und: snack	J1, M5, M9, P1
Apocynaceae	*Piaranthus decipiens* (N.E.Br.) Bruyns = *Huerniopsis decipiens* N.E.Br.	ste: unknown; fr: snack, savoury preserve	F3, P1, R5
Apocynaceae	*Quaqua armata* (N.E.Br.) Bruyns = *Caralluma armata* N.E.Br.	ste: snack; fr: snack	F3, S3
Apocynaceae	*Quaqua incarnata* (L.f.) Bruyns = *Caralluma incarnata* (L.f.) N.E.Br.	ste: snack, thirst suppresant	D4, R5, S3, S5, V5, V7, V9
Apocynaceae	*Quaqua mammillaris* (L.) Bruyns = *Caralluma mammillaris* (L.) N.E.Br.	ste: snack, appetite and thirst suppresant; fl: snack; fr: snack	A3, A4, C2, D5, F3, M3, S3, V5, V7, V9, W4
Apocynaceae	*Raphionacme galpinii* Schltr. = *Raphionacme elata* N.E.Br.	fr: snack	D2, F3, O1, P1, S4
Apocynaceae	*Raphionacme hirsuta* (E.Mey.) R.A.Dyer	und: yeast; fr: snack	D2, F3, J1, M2, M9, O1, P1, S3, V5, W4
Apocynaceae	*Raphionacme lanceolata* Schinz	und: moisture	F3, L2, V4
Apocynaceae	*Raphionacme procumbens* Schltr.	fr: snack	D2, O1, P1
Apocynaceae	*Raphionacme velutina* Schltr. = *Raphionacme burkei* N.E.Br.	und: moisture	F3, L2, P1, S2, V5, W4
Apocynaceae	*Riocreuxia picta* Schltr.	le: vegetable	F3, M10, O1, P1
Apocynaceae	*Riocreuxia polyantha* Schltr. = *Riocreuxia burchellii* K. Schum.	who: vegetable; le: vegetable	F3, J1, O1, P1
Apocynaceae	*Riocreuxia torulosa* Decne.	le: vegetable	F3, G1, J1, M5, M9, M10, P1
Apocynaceae	*Schizoglossum atropurpureum* E.Mey.	und: snack	F3, J1, M5, M9, P1, S3
Apocynaceae	*Schizoglossum cordifolium* E.Mey.	und: snack	F3, O1, P1, R3
Apocynaceae	*Schizoglossum linifolium* Schltr.	und: snack	F3, M5
Apocynaceae	*Schizoglossum robustum* Schltr.	und: unknown	G1
Apocynaceae	*Stapelia gettliffei* R.Pott	ste: unknown	W4
Apocynaceae	*Stapelia kwebensis*N.E.Br.	und: vegetable; ste: snack, vegetable	L2, P1, S2
Apocynaceae	*Stapelia olivacea*N.E.Br.	ste: appetite suppressant	V6
Apocynaceae	*Stenostelma capense* Schltr. = *Schizoglossum capense* (Schltr.) H.Huber	und: vegetable	L2, F3, V4, W4
Apocynaceae	*Stomatostemma monteiroae* (Oliv.) N.E.Br.	fr: vegetable	M6
Apocynaceae	*Tabernaemontana elegans* Stapf	le: milk curdles; fr: snack, potash, flavourant, milk curdles	A5, C3, F3, L1, M4, M10, P1, W4
Apocynaceae	*Telosma africana* (N.E.Br.) N.E.Br.	le: vegetable	M10
Apocynaceae	*Tridentea marientalensis* (Nel) L.C.Leach	who: unknown	P1
Apocynaceae	*Voacanga thouarsii* Roem. & Schult.	fr: snack	A5, F3, P1
Apocynaceae	*Xysmalobium acerateoides* (Schltr.) N.E.Br.	le: unknown	D2, O1, P1
Apocynaceae	*Xysmalobium asperum*N.E.Br.	le: unknown	D2, O1, P1
Apocynaceae	*Xysmalobium undulatum* (L.) Aiton f. = *Xysmalobium lapathifolium* K.Schum.	le: snack, vegetable	A2, F3, J1, M5, M9, O1, P1
Aponogetonaceae	*Aponogeton distachyos* L.f.	und: vegetable; ste: vegetable; le: vegetable; fl: snack, vegetable, savoury preserve [sold]; fr: vegetable	C1, C2, D5, F3, R5, S3, S5, V5, V7, V9
Aponogetonaceae	*Aponogeton junceus* Lehm.	und: snack; le: unknown; fl: unknown	P1, M9
Aponogetonaceae	*Aponogeton rehmannii* Oliv.	und: snack, vegetable	R4, V4
Aquifoliaceae	*Ilex mitis* (L.) Radlk.	le: flavourant, preservative; fr: snack	A5, A7, F3, P1
Araceae	**Colocasia esculenta* (L.) Schott = *Arum esculentum* L., *Colocasia antiquorum* Schott	who: vegetable; und: vegetable, meal, yeast [sold]; ste: vegetable; le: vegetable	A6, B1, B2, B4, F3, G1, K3, L1, M8, M10, O1, R2, R3, R5, S3, V5, W4
Araceae	*Stylochaeton natalensis* Schott	und: unknown [famine food]	G1
Araceae	*Zantedeschia aethiopica* (L.) Spreng.	und: vegetable, meal; ste: vegetable; le: vegetable; fr: vegetable [famine food]	B2, F3, G1, J1, J2, K3, M5, M9, P1, R3, R5, S3, V5
Araceae	*Zantedeschia albomaculata* (Hook.) Baill. = *Zantedeschia oculata* (Lindl.) Engl.	le: vegetable	F3, J1, M5, M9, P1

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
Araliaceae	*Cussonia paniculata* Eckl. & Zeyh.	und: snack, moisture; le: unknown; fr: unknown	A5, F3, M2, P1, V5
Araliaceae	*Cussonia spicata* Thunb.	und: snack, moisture [famine food]	D3, F3, P1, R3, S3, S5, V5
Araliaceae	*Cussonia thyrsiflora* Thunb.	und: snack, moisture [famine food]	F3, S3, V5
Arecaceae	*Borassus aethiopium* Mart.	who: vegetable; ste: non-alcoholic beverage, alcoholic beverage; fr: snack, alcoholic beverage	A5, F3, V5
Arecaceae	****Cocos nucifera*** L.	ste: vegetable, non-alcoholic beverage, sweet preserve, savoury preserve; fr: snack, non-alcoholic beverage, cooking oil	S3, V5, R5
Arecaceae	*Hyphaene coriacea* Gaertn. = *Hyphaene natalensis* Kunze	who: vegetable; ste: non-alcoholic beverage, alcoholic beverage; le: vegetable; fr: snack, non-alcoholic beverage	A5, F3, M4, M10, P1, S1, V5, V7, W4
Arecaceae	*Hyphaene crinita* Gaertn.	ste: non-alcoholic beverage, alcoholic beverage; le: vegetable; fr: snack	G1, S3
Arecaceae	*Hyphaene petersiana* Klotzsch ex Mart. = *Hyphaene ventricosa* J.Kirk	who: vegetable; und: unknown; ste: non-alcoholic beverage, alcoholic beverage, vegetable [sold]; le: snack, vegetable; nectar: snack, alcoholic beverage; fr: snack, vegetable, non-alcoholic beverage, alcoholic beverage	A5, E2, F3, H1, L2, M1, M7, M10, P1, R4, R6, S2, S5, V3, V4, V5, W4
Arecaceae	****Phoenix dactylifera*** L.	ste: non-alcoholic beverage, alcoholic beverage; le: vegetable; fr: snack [stored]	F3, V3, V5
Arecaceae	*Phoenix reclinata* Jacq.	ste: vegetable, non-alcoholic beverage, alcoholic beverage [sold]; le: unknown; nectar: non-alcoholic beverage, alcoholic beverage; fr: snack, flavourant, alcoholic beverage, milk curdles [sold]; se: coffee	A5, B1, D2, E2, F3, H1, L1, M4, M7, M10, O1, P1, R3, R4, R5, R6, S1, S3, S5, V5, V7, W4
Asparagaceae	*Asparagus aethiopicus* L.	who: vegetable	V5
Asparagaceae	*Asparagus africanus* Lam. = *Protasparagus africanus* (Lam.) Oberm.	who: vegetable; le: vegetable	A7, F3, H1, J1, K3, M5, M9, P1, R7, S3, V5
Asparagaceae	*Asparagus burchellii* Baker	who: vegetable	S3, Y1
Asparagaceae	*Asparagus capensis* L.	who: vegetable; fr: snack	D5, F3, S3, V5
Asparagaceae	*Asparagus cooperi* Baker = *Protasparagus cooperi* (Baker) Oberm.	who: vegetable; und: snack	S3, V4
Asparagaceae	*Asparagus exuvialis* Burch.	who: vegetable	S3
Asparagaceae	*Asparagus laricinus* Burch. = *Protasparagus laricinus* (Burch.) Oberm.	who: snack, vegetable; ste: vegetable; fr: snack	C2, F3, M2, S3, V4, V5, V7, V9
Asparagaceae	*Asparagus nelsii* Schinz	who: vegetable	H1
Asparagaceae	****Asparagus officinalis*** L.	who: vegetable	S3
Asparagaceae	*Asparagus retrofractus* L.	fr: snack	V6
Asparagaceae	*Asparagus setaceus* (Kunth) Jessop	who: vegetable	F3, M5, V5
Asparagaceae	*Asparagus suaveolens* Burch. = *Protasparagus suaveolens* (Burch.) Oberm.	who: vegetable	F3, P1, S3, V5
Asparagaceae	*Asparagus subulatus* Thunb.	who: vegetable	S3
Asphodelaceae	*Aloe affinis* A.Berger	le: potash	O1
Asphodelaceae	*Aloe ammophila* Reynolds	le: unknown	W4
Asphodelaceae	*Aloe angolensis* Baker	fl: vegetable	L2
Asphodelaceae	*Aloe arborescens* Mill.	fr: snack	R3, V7
Asphodelaceae	*Aloe chabaudii* Schönland	le: potash	O1
Asphodelaceae	*Aloe cooperi* Baker	le: vegetable	D2, O1, P1
Asphodelaceae	*Aloe cryptopoda* Baker	le: potash	O1
Asphodelaceae	*Aloe dewetii* Reynolds	le: potash	O1
Asphodelaceae	*Aloe ecklonis* Salm-Dyck = *Aloe boylei* Baker, *Aloe hlangapies* Groenew	le: vegetable; fl: vegetable	D2, F3, O1, P1
Asphodelaceae	*Aloe esculenta* L.C.Leach	fl: vegetable [stored]	P1, R4
Asphodelaceae	*Aloe ferox* Mill. = *Aloe candelabrum* A.Berger	ste: unknown; le: flavourant, preservative, sweet preserve; nectar: snack, non-alcoholic beverage; fr: snack	A7, C2, F3, P1, R3, R5, S3, S5, V7
Asphodelaceae	*Aloe grandidentata* Salm-Dyck	ste: vegetable	S5
Asphodelaceae	*Aloe integra* Reynolds	le: vegetable	D2, O1, P1
Asphodelaceae	*Aloe littoralis* Baker = *Aloe rubrolutea* Schinz	le: snack, moisture, vegetable; fl: vegetable; nectar: snack	F3, P1, S2
Asphodelaceae	*Aloe maculata* All. = *Aloe saponaria* (Aiton) Haw.	ste: vegetable [famine food]; le: vegetable	D2, F3, O1, P1
Asphodelaceae	*Aloe marlothii* A.Berger	le: potash; nectar: snack	F3, O1, P1, V7
Asphodelaceae	*Aloe parvibracteata* Schönland = *Aloe keithii* Reynolds	le: potash, unknown [famine food]	F3, O1
Asphodelaceae	*Aloe rupestris* Baker	le: potash	O1
Asphodelaceae	*Aloe spicata* L.f. = *Aloe sessiliflora* Pole-Evans	le: potash	O1
Asphodelaceae	*Aloe suprafoliata* Pole-Evans	le: potash	O1
Asphodelaceae	*Aloe vanbalenii* Pillans	ste: unknown; le: vegetable	D2, O1, P1
Asphodelaceae	*Aloe vossii* Reynolds	le: vegetable	M10
Asphodelaceae	*Aloe vryheidensis* Groenew. = *Aloe dolomitica* Groenew.	nectar: snack	P1
Asphodelaceae	*Aloe zebrina* Baker	ste: moisture; le: moisture; fl: vegetable [stored]; nectar: snack	F3, L2, P1, R4, S2
Asphodelaceae	*Aloidendron barberae* (Dyer) Klopper & Gideon F.Sm.	le: potash	O1
Asphodelaceae	*Aloidendron dichotomum* (Masson) Klopper & Gideon F.Sm. = *Aloe dichotoma* Masson	nectar: snack	A4, C2
Asphodelaceae	*Bulbine angustifolia* Poelln.	und: unknown	P1

(continued on next page)

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
Asphodelaceae	*Bulbine asphodeloides* (L.) Spreng.	und: unknwon; le: vegetable	F3, R3
Asphodelaceae	*Bulbine frutescens* (L.) Willd.	ste: vegetable; le: vegetable	F3, V7
Asphodelaceae	*Bulbine mesembryanthoides* Haw.	who: snack	C2, F3
Asphodelaceae	*Bulbine praemorsa* (Jacq.) Spreng.	le: snack	A4
Asphodelaceae	*Gasteria brachyphylla* (Salm-Dyck) Van Jaarsv.	fl: vegetable	A4
Asphodelaceae	*Gasteria disticha* (L.) Haw. = *Gasteria nigricans* (Haw.) Duval	fl: vegetable	R5, S3
Asphodelaceae	*Gasteria pillansii* Kensit	fl: snack, vegetable	A4
Asphodelaceae	*Trachyandra ciliata* (L.f.) Kunth	le: vegetable; fl: vegetable	A3, C1, C2, D5, F3, R5, S3, V5
Asphodelaceae	*Trachyandra divaricata* (Jacq.) Kunth	fl: vegetable	D5, R5, V5, V7, V9
Asphodelaceae	*Trachyandra falcata* (L.f.) Kunth	fl: vegetable	A4, F3, R5, V5, V7, V9, W4
Asphodelaceae	*Trachyandra hirsuta* (Thunb.) Kunth	fl: vegetable	V5
Asphodelaceae	*Trachyandra hispida* (L.) Kunth	who: vegetable; fl: vegetable	F3, S3, V5
Asphodelaceae	*Trachyandra revoluta* (L.) Kunth	fl: vegetable	F3, S3
Asteraceae	*Arctotheca calendula* (L.) Levyns	ste: moisture; le: snack, vegetable	A3, K3, R3, Y1
Asteraceae	*Arctotis arctotoides* (L.f.) O.Hoffm.	le: vegetable, flavourant, preservative	A7, D3
Asteraceae	*Artemisia afra* Jacq. ex Willd.	le: vegetable, flavourant, preservative	A7, R3, W4
Asteraceae	*Aspilia eenii* S.Moore	und: flavourant, milk curdles	V3
Asteraceae	*Athrixia angustissima* DC.	le: tea	F3, J1, M5, M9
Asteraceae	*Athrixia elata* Sond.	ste: tea; le: tea	F3, J1, M5, M9, O1, V5, S3
Asteraceae	*Athrixia heterophylla* (Thunb.) Less.	le: tea	S3
Asteraceae	*Athrixia phylicoides* DC.	ste: tea; le: tea	D2, F3, L1, M4, M5, M10, N1, O1, S3, V5, V7
Asteraceae	*Berkheya discolor* (DC.) O.Hoffm. & Muschl.	le: vegetable	F3, J1, M5, M9, P1
Asteraceae	*Berkheya radula* (Harv.) De Wild.	ste: snack	S3
Asteraceae	*Berkheya setifera* DC.	le: vegetable	F3
Asteraceae	**Bidens bipinnata* L.	who: vegetable [stored]; le: vegetable [stored], flavourant	B4, F3, J2, O1, R3, M8, M10, P1, Q1, S4, V4, V5
Asteraceae	**Bidens pilosa* L.	who: vegetable; le: vegetable [stored]	A6, A7, B2, B3, B4, D2, F1, F3, G1, H1, J2, K2, K3, L1, M4, M8, M10, O1, O2, P1, R2, R3, R7, S4, V4, V5, W4
Asteraceae	**Cichorium intybus* L.	und: vegetable, coffee; le: vegetable	R5, S3, V5
Asteraceae	**Conyza bonariensis* (L.) Cronquist = *Erigeron bonariensis* L.	le: vegetable	F3, J2, R3, W3, W4
Asteraceae	**Conyza canadensis* (L.) Cronquist = *Erigeron canadensis* L.	le: vegetable [stored]	F3, R2, R3
Asteraceae	*Conyza scabrida* DC.	unk: vegetable	V4
Asteraceae	**Conyza sumatrensis* (Retz.) E.Walker = *Conyza floribunda* Kunth	unk: vegetable	K2
Asteraceae	*Cotula anthemoides* L.	le: vegetable	F3, R3
Asteraceae	*Cotula heterocarpa* DC.	ste: vegetable; le: vegetable	B3, B4, F3, R3
Asteraceae	*Curio radicans* (L.) P.V.Heath = *Senecio radicans* (L.) Sch.Bip.	le: snack	C2
Asteraceae	**Cyanthillium cinereum* (L.) H.Rob. = *Vernonia cinerea* (L.) Less.	unk: unknown	F3
Asteraceae	***Cynara cardunculus* L. = *Cynara scolymus* L.	fl: vegetable	S3
Asteraceae	*Dicoma anomala* Sond.	le: tea	F3, M5
Asteraceae	*Dicoma capensis* Less.	le: vegetable	A4, F3
Asteraceae	*Didelta spinosa* (L.f.) Aiton	le: snack	M7, S3
Asteraceae	*Emilia marlothiana* (O.Hoffm.) C.Jeffrey = *Senecio marlothianus* O.Hoffm.	und: flavourant, yeast	V3
Asteraceae	*Eriocephalus africanus* L.	le: vegetable	C2
Asteraceae	**Galinsoga parviflora* Cav.	who: vegetable; le: vegetable	B3, B4, J2, M10, O1, O2, R2, R3, S4, W3, W4
Asteraceae	*Garuleum schinzii* O.Hoffm.	und: flavourant; ste: flavourant	V4
Asteraceae	*Gazania krebsiana* Less.	und: snack; le: snack; fl: snack	A3, D3, J1, M5, M9, P1
Asteraceae	*Gazania linearis* (Thunb.) Druce	fl: snack	J1, M9, P1
Asteraceae	*Geigeria schinzii* O.Hoffm.	nectar: snack	H1
Asteraceae	*Gerbera ambigua* (Cass.) Sch.Bip. = *Gerbera kraussii* Sch.Bip.	le: snack, vegetable, flavourant	B2, M4, M10
Asteraceae	*Gymnanthemum amygdalinum* (Delile) Sch.Bip. ex Walp. = *Vernonia amygdalina* Delile	le: vegetable	E2, F3
Asteraceae	*Gymnanthemum capensis* (A.Spreng.) J.C.Manning & Swelankomo = *Vernonia mespilifolia* Less.	le: vegetable	F3, R3
Asteraceae	**Helianthus annuus* L.	se: snack; seoil: cooking oil	M5, M10, V5
Asteraceae	***Helianthus tuberosus* L.	und: vegetable	S3
Asteraceae	*Helichrysum candolleanum* H.Buek = *Helichrysum leptolepis* DC.	ste: snack; le: snack	P1, R4
Asteraceae	*Helichrysum cochleariforme* DC. = *Helichrysum imbricatum* (L.) Less.	le: tea	F3, V9
Asteraceae	*Helichrysum gymnocomum* DC.	le: vegetable	A7
Asteraceae	*Helichrysum nudifolium* (L.) Less. = *Helichrysum coriaceum* Harv., *Helichrysum pilosellum* (L.f.) Less.	le: vegetable, tea	F3, J1, M5, M9, O1, P1, R3, R5, S3, V9, W4
Asteraceae	*Helichrysum odoratissimum* (L.) Sweet	le: beverage	V9
Asteraceae	*Helichrysum panduratum* O.Hoffm.	le: tea	F3
Asteraceae	*Helichrysum pandurifolium* Schrank	le: tea	V9

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
Asteraceae	*Helichrysum platypterum* DC.	und: moisture	J1, M5, M9, P1
Asteraceae	*Helichrysum stenopterum* DC.	le: tea	S3
Asteraceae	*Helichrysum zeyheri* Less.	le: unknown	W4
Asteraceae	**Helminthotheca echioides* (L.) Holub = *Picris echioides* L.	le: vegetable	F3, R3
Asteraceae	*Hilliardiella oligocephala* (DC.) H.Rob. = *Vernonia oligocephala* (DC.) Sch.Bip. ex Walp.	le: vegetable, tea	F3, M9, R3, V4
Asteraceae	**Hypochaeris radicata* L.	who: vegetable; le: vegetable; fl: snack, vegetable	B3, B4, F3, K3, R3
Asteraceae	**Lactuca indica* L.	le: vegetable	J2
Asteraceae	*Lactuca inermis* Forssk. = *Lactuca capensis* Thunb.	who: vegetable; le: vegetable	F3, G1, J1, M9, P1
Asteraceae	*Lasiospermum bipinnatum* (Thunb.) Druce	le: vegetable	F3, R3
Asteraceae	*Leysera gnaphalodes* (L.) L.	ste: tea; le: tea	F3, S3, V4, V5, V7, V9
Asteraceae	*Leysera tenella* DC.	le: tea	S3, V9
Asteraceae	*Metalasia densa* (Lam.) P.O.Karis	ste: tea; le: tea	M9
Asteraceae	*Metalasia muricata* (L.) D.Don	ste: tea; le: tea	F3, J1, M5, M9, P1
Asteraceae	**Mikania cordata* (Burm.f.) B.L.Rob.	le: vegetable	R3
Asteraceae	*Osmitopsis dentata* (Thunb.) K.Bremer = *Osmites dentata* Thunb.	le: snack, flavourant	S3
Asteraceae	*Osmitopsis osmitoides* (Less.) K.Bremer = *Osmites bellidiastrum* auct.	le: snack, flavourant	S3
Asteraceae	*Osteospermum moniliferum* L. = *Chrysanthemoides monilifera* (L.) Norl.	fr: snack, sweet preserve	A5, C1, C2, D5, F3, P1, S3, V5, V7, V9
Asteraceae	*Othonna auriculifolia* Licht. ex Less.	und: vegetable	R5
Asteraceae	*Parapolydora fastigiata* = *Vernonia fastigiata* Oliv. & Hiern	le: vegetable	B4, F2, F3, M10, P1, Q1
Asteraceae	*Plecostachys serpyllifolia* (P.J.Bergius) Hilliard & B.L. Burtt = *Helichrysum orbiculare* (Thunb.) Druce, *Helichrysum serpyllifolium* (P.J.Bergius) Pers.	le: tea	F3, S3, V5, V9
Asteraceae	**Pseudognaphalium luteoalbum* (L.) Hilliard & B.L.Burtt = *Gnaphalium luteo-album* L.	le: vegetable	F3, P1
Asteraceae	**Schkuhria pinnata* (Lam.) Kuntze ex Thell.	le: vegetable [stored]	F3, R3
Asteraceae	*Senecio albanensis* DC.	le: vegetable	F3, R1, R3, W3
Asteraceae	*Senecio angulatus* L.f.	le: vegetable	F3, R1, R3
Asteraceae	*Senecio burchellii* DC.	le: vegetable	F3, R1, R3
Asteraceae	*Senecio coronatus* (Thunb.) Harv.	le: vegetable	F3, R1
Asteraceae	*Senecio deltoideus* Less.	le: vegetable	R1, R3
Asteraceae	*Senecio elegans* L.	le: vegetable	F3, R1
Asteraceae	*Senecio erubescens* Aiton	le: vegetable	F3, R1, R3
Asteraceae	*Senecio inaequidens* DC.	le: vegetable	F3, R1, R3
Asteraceae	*Senecio madagascariensis* Poir.	le: vegetable	K2
Asteraceae	*Senecio pterophorus* DC.	le: vegetable	F3, R1, R3
Asteraceae	*Senecio purpureus* L.	le: vegetable	F3, R1
Asteraceae	*Senecio quinquelobus* (Thunb.) DC.	le: vegetable	F3, R1
Asteraceae	*Senecio retrorsus* DC. = *Senecio barbellatus* DC.	le: vegetable	F3
Asteraceae	*Senecio subcoriaceus* Schltr.	le: vegetable	F3, R1, R3
Asteraceae	*Senecio venosus* Harv.	ste: tea; le: tea	F3
Asteraceae	**Sonchus asper* (L.) Hill	le: snack, vegetable	B2, B4, D3, J2, M8, M10, R3, W3, W4
Asteraceae	*Sonchus dregeanus* DC. = *Sonchus ecklonianus* DC.	le: vegetable	F3, J1, K3, M5, M9, P1, R3
Asteraceae	*Sonchus integrifolius* Harv.	le: snack, vegetable	F3, G1, J1, M5, M9, P1
Asteraceae	*Sonchus nanus* Sond. ex Harv.	who: vegetable; le: vegetable	F3, G1, J1, M2, M5, M9, M10, P1
Asteraceae	**Sonchus oleraceus* L.	le: snack, vegetable [stored]	B3, B4, C2, F1, F3, G1, J1, K3, M2, M4, M5, M9, M10, O1, Q1, R3, R5, S4, V4, W4
Asteraceae	*Sonchus wilmsii*R.E.Fr.	le: unknown	W4
Asteraceae	**Tagetes minuta* L.	esoil: flavourant	V3, V5
Asteraceae	**Taraxacum officinale* Weber	und: coffee; le: snack, vegetable	B3, B4, D3, F3, J2, K3, M2, M9, O1, R3
Asteraceae	*Tarchonanthus camphoratus* L.	le: snack, flavourant	S5
Asteraceae	*Tolpis capensis* (L.) Sch.Bip.	who: vegetable; le: vegetable	F3, J1, M5, M9, P1, R3
Asteraceae	**Tragopogon porrifolius* L.	who: vegetable; und: vegetable; le: snack, vegetable	A2, F3, J1, M5, M9, R3, R5
Asteraceae	**Xanthium strumarium* L.	le: vegetable	B2
Begoniaceae	*Begonia dregei* Otto & A.Dietr.	unknown: snack	G1
Begoniaceae	*Begonia sutherlandii* Hook.f.	fr: snack	R3
Bignoniaceae	*Kigelia africana* (Lam.) Benth. = *Kigelia pinnata* (Jacq.) DC.	fr: meal, flavourant, yeast [famine food]; se: roasted snack [famine food]	A5, E2, L1, M7, M10, P1, R6, S3
Bignoniaceae	*Markhamia zanzibarica* (Bojer ex DC.) K.Schum. = *Markhamia acuminata* (Klotzsch) K.Schum.	und: non-alcoholic beverage [famine food]	F3, V4
Bignoniaceae	*Rhigozum obovatum* Burch.	fl: vegetable	M10
Bignoniaceae	*Tecomaria capensis* (Thunb.) Spach	nectar: snack	C3, P1
Boraginaceae	*Anchusa capensis* Thunb.	who: vegetable; le: vegetable	F3, J1, M5, M9, P1
Boraginaceae	***Borago officinalis* L.	fl: snack, yeast	R5
Boraginaceae	*Codon royenii* L.	nectar: snack	A4, C2
Boraginaceae	*Cordia caffra* Sond.	fr: snack	F3, G1, P1
Boraginaceae	*Cordia ovalis* R.Br. ex A.DC.	fr: snack	F3, L1
Boraginaceae	*Cordia sinensis* Lam. = *Cordia gharaf* Ehrenb. ex Asch.	fr: snack	M1, M7, V3, V4, V5

(*continued on next page*)

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
Boraginaceae	*Ehretia alba* Retief & A.E.van Wyk	fr: snack	L2, M7
Boraginaceae	*Ehretia amoena* Klotzsch	fr: snack	F3, E2, O1, P1
Boraginaceae	*Ehretia rigida* (Thunb.) Druce = *Ehretia hottentotica* Burch.	le: non-alcoholic beverage; fr: snack, vegetable	A5, D3, F3, G1, M4, M10, O1, P1, S2, S3, V4, W4
Boraginaceae	*Heliotropium hereroense* Schinz	fr: snack	M1, P1
Boraginaceae	*Heliotropium steudneri* Vatke	le: vegetable	B4
Boraginaceae	*Lithospermum cinereum* A.DC.	who: vegetable; le: vegetable	J1, M5, M9, P1
Boraginaceae	***Symphytum officinale* L.	le: vegetable, tea	V5, R5
Boraginaceae	*Trichodesma zeylanicum* (Burm.f.) R.Br.	le: yeast	F3
Brassicaceae	***Brassica carinata* A.Br.	le: vegetable	B4
Brassicaceae	***Brassica napus* L.	le: unknown	M5
Brassicaceae	***Brassica oleracea* L.	und: flavourant, preservative; le: vegetable, flavourant, preservative	A7, G1, M5, M9, M10
Brassicaceae	**Brassica rapa* L.	und: vegetable; ste: vegetable; le: vegetable	B4, F3, M5, M10
Brassicaceae	**Capsella bursa-pastoris* (L.) Medik.	le: vegetable	R3, S5
Brassicaceae	***Cochlearia officinalis* L.	unk: vegetable	F3
Brassicaceae	**Coronopus didymus* (L.) Sm.	le: snack, vegetable	F3, G1, R3
Brassicaceae	**Eruca sativa* Mill.	le: vegetable	K3
Brassicaceae	*Erucastrum austroafricanum* Al-Shehbaz & Warwick = *Brassica pachypoda* Thell., *Sisymbrium thellungii* O.E. Schulz	who: vegetable; le: vegetable	B3, B4, F3, G1, J1, M5, M9, P1, R3, V5, W4
Brassicaceae	*Heliophila rigidiuscula* Sond.	unk: vegetable	M9
Brassicaceae	*Lepidium africanum* (Burm.f.) DC.	le: vegetable	R3, V4
Brassicaceae	**Lepidium bonariense* L.	le: vegetable	M9
Brassicaceae	*Lepidium capense* Thunb.	le: vegetable	A2, F3, J1, M5, M9, V5
Brassicaceae	*Lepidium myriocarpum* Sond.	le: vegetable	A2, F3, J1, M5, M9, P1, V5
Brassicaceae	*Lepidium pinnatum* Thunb.	le: vegetable	G1
Brassicaceae	*Lepidium schinzii* Thell.	le: vegetable [stored]	A2, F3, J1, M5, M9, P1, V5
Brassicaceae	*Lepidium transvaalense* Marais	le: unknown	P1
Brassicaceae	**Nasturtium officinale* R.Br. = *Rorippa nasturtium-aquaticum* (L.) Hayek	who: snack, vegetable, flavourant; se: flavourant	F3, J1, M5, M9, R3, S3, S5
Brassicaceae	**Raphanus raphanistrum* L.	le: vegetable	F3, J2, R2, R3, W3, W4
Brassicaceae	***Raphanus sativus* L.	und: snack, vegetable; le: vegetable	F3, M5
Brassicaceae	**Rapistrum rugosum* (L.) All.	le: vegetable	F3
Brassicaceae	*Rorippa fluviatilis* (E.Mey. ex Sond.) Thell.	who: vegetable; le: vegetable	F3, J1, M9, P1, R3
Brassicaceae	*Rorippa nudiuscula* Thell.	who: vegetable	F3, P1, W4
Brassicaceae	*Sisymbrium capense* Thunb.	who: vegetable; ste: vegetable; le: vegetable [stored]	A2, B2, F1, F3, J1, M5, M9, P1, V5
Brassicaceae	*Sisymbrium turczaninowii* Sond.	le: vegetable, meal	F3, J1, M5, M9, P1, V5
Brassicaceae	**Turritis glabra* L.	le: vegetable	J1, M5, M9, P1
Bromeliaceae	***Ananas comosus* (L.) Merr.	fr: snack	M5, M10
Burseraceae	*Commiphora africana* (A.Rich.) Engl.	und: moisture; gum: snack	F3, M1, M7, P1, R4, V4, V5
Burseraceae	*Commiphora angolensis* Engl.	und: snack, moisture	F3, P1, R4, V4, V5, W4
Burseraceae	*Commiphora capensis* (Sond.) Engl.	fr: snack	A4
Burseraceae	*Commiphora edulis* (Klotzsch) Engl.	fr: snack	F3
Burseraceae	*Commiphora glaucescens* Engl.	ste: moisture; fr: snack	M1, M7, P1, R4
Burseraceae	*Commiphora harveyi* (Engl.) Engl.	ste: unknown [famine food]	F3, P1
Burseraceae	*Commiphora kraeuseliana* Heine	se: snack	M7
Burseraceae	*Commiphora marlothii* Engl.	und: moisture; fr: snack [famine food]	M10, P1, R3
Burseraceae	*Commiphora neglecta* I.Verd.	und: moisture	C3, F3, P1, V5
Burseraceae	*Commiphora pyracanthoides* Engl.	und: snack, moisture, vegetable; gum: snack	F3, M1, M7, P1, R4, S2, V4, V5, W4
Burseraceae	*Commiphora saxicola* Engl.	und: moisture; ste: moisture; fr: snack	D1, M7
Burseraceae	*Commiphora schimperi* (O.Berg) Engl.	unk: unknown	F3
Burseraceae	*Commiphora woodii* Engl. = *Commiphora caryaefolia* Oliv.	ste: unknown [famine food]; fr: snack	G1, R3
Cactaceae	**Opuntia elata* Salm-Dyck	fr: snack	S3
Cactaceae	***Opuntia ficus-indica* (L.) Mill.	le: vegetable; fr: snack, alcoholic beverage, flavourant, sweet preserve, savoury preserve [sold]	D3, F3, L1, M4, M5, M7, M10, R4, R5, S3, V4, V5, W4
Cactaceae	**Opuntia megacantha* Salm-Dyck	fr: snack	Q1, R3, R5, S3
Cactaceae	***Opuntia schumannii* Weber	fr: snack, syrup	R5
Cactaceae	***Opuntia spinulifera* Salm-Dyck	fr: snack	S3
Cactaceae	***Opuntia streptacantha* Lem.	fr: snack	S3
Cactaceae	***Opuntia vulgaris* Mill.	fr: syrup	F3
Cactaceae	**Pereskia aculeata* Mill.	unk: vegetable	R5
Cactaceae	*Rhipsalis baccifera* (J.S.Mill.) Stearn	fr: snack	O1
Campanulaceae	*Wahlenbergia androsacea* A.DC.	who: vegetable; le: vegetable	F3, J1, M5, M9, P1
Campanulaceae	*Wahlenbergia denudata* A.DC.	who: unknown	M5
Campanulaceae	*Wahlenbergia krebsii* Cham. = *Wahlenbergia zeyheri* H. Buek	who: vegetable	J1, M5, M9, P1
Campanulaceae	*Wahlenbergia undulata* (L.f.) A.DC. = *Wahlenbergia caledonica* Sond.	who: vegetable; le: vegetable	B4, F3, J1, M5, M9, O2, P1
Canellaceae	*Warburgia salutaris* (G.Bertol.) Chiov.	le: flavourant	C3, P1, V7
Capparaceae	*Boscia albitrunca* (Burch.) Gilg & Gilg-Ben.	und: moisture, meal, coffee, preservative, yeast, milk curdles, syrup [famine food]; ste: moisture; fl: savoury preserve; fr: snack, non-alcoholic beverage	A4, A5, C2, E2, F3, H1, L2, M1, M4, M5, M6, M7, M10, P1, R4, R5, R6, S2, S3, S5, V3, V4, V5, W4
Capparaceae	*Boscia foetida* Schinz = *Boscia rehmanniana* Pestal.	und: meal, coffee, yeast, milk curdles [famine food]; fl: savoury preserve; fr: snack, non-alcoholic beverage	A5, D1, F3, M1, M5, P1, S3, S5, V3, V4
Capparaceae	*Boscia oleoides* (Burch. ex DC.) Toelken	und: vegetable, coffee, syrup [famine food]; fl: savoury	F3, P1

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
		preserve	
Capparaceae	*Capparis fascicularis* DC.	fr: snack	D3
Capparaceae	*Capparis hereroensis* Schinz	fr: snack	V3
Capparaceae	*Capparis sepiaria* L. = *Capparis citrifolia* Lam.	fl: savoury pickle	S3
Capparaceae	*Capparis tomentosa* Lam.	fr: snack	E2, F3, P1
Capparaceae	*Maerua angolensis* DC.	le: unknown; fr: snack	P1
Capparaceae	*Maerua cafra* (DC.) Pax	und: coffee; fr: snack	F3, P1
Capparaceae	*Maerua edulis* (Gilg & Gilg-Ben.) DeWolf	fr: vegetable	A5, F3
Capparaceae	*Maerua juncea* Pax	fr: snack	M7, V4
Capparaceae	*Maerua nervosa* (Hochst.) Oliv.	unk: unknown	F3
Capparaceae	*Maerua parvifolia* Pax	und: coffee; fr: snack	F3, M7, V4
Capparaceae	*Maerua racemulosa* (A.DC.) Gilg & Gilg-Ben.	und: vegetable, meal, coffee [famine food]	F3, P1, S3
Capparaceae	*Maerua schinzii* Pax	fr: meal, non-alcoholic beverage	M7, V4
Caricaceae	****Carica papaya*** L.	fr: vegetable; se: vegetable	M10
Caryophyllaceae	*Cerastium capense* Sond.	who: vegetable	J1, M5, M9, P1
Caryophyllaceae	***Dysphania ambrosioides*** (L.) Mosyakin = *Chenopodium ambrosioides* L.	le: vegetable	R3
Caryophyllaceae	*Pollichia campestris* Aiton	fl: snack; fr: snack	A5, F3, H1, J1, M5, M9, P1, S2, S3, V4, V5
Caryophyllaceae	***Stellaria media*** (L.) Vill.	ste: vegetable; le: vegetable; fl: vegetable	B3, B4, R3, W4
Celastraceae	*Cassine peragua* L. = *Cassine kraussiana* Bernh.	fr: snack	D5, S3, W4
Celastraceae	*Cassine schinoides* (Spreng.) R.H.Archer = *Hartogia schinoides* C.A.Sm.	le: thirst and appetite suppresant	F3
Celastraceae	*Catha edulis* (Vahl) Forssk. ex Endl.	who: thirst and appetite suppressant; ste: thirst and appetite suppressant, tea; le: vegetable, thirst and appetite suppressant, tea	B2, F3, J2, M10, R5, S3, V5, V9
Celastraceae	*Elaeodendron croceum* (Thunb.) DC. = *Cassine papillosa* (Hochst.) Kuntze	fr: snack	W4
Celastraceae	*Elaeodendron matabelicum* Loes. = *Cassine matabelicum* (Loes.) Steedman	fr: snack	W4
Celastraceae	*Elaeodendron transvaalense* (Burtt Davy) R.H.Archer = *Cassine transvaalensis* (Burtt Davy) Codd	le: snack; fr: snack	A5, E2, F3, M4, M10, P1
Celastraceae	*Gymnosporia rubra* (Harv.) Loes. = *Maytenus mossambicensis* (Klotzsch) Blakelock	fr: snack	O1, P1
Celastraceae	*Lauridia tetragona* (L.f.) R.H.Archer = *Cassine tetragona* (L.f.) Loes.	fr: snack	D5, F3, P1, S3
Celastraceae	*Maurocenia frangula* Mill. = *Maurocenia frangularia* Willd.	fr: snack	A5, F3, P1, S3
Celastraceae	*Maytenus undata* (Thunb.) Blakelock	fr: snack	A5, F3, W4
Celastraceae	*Mystroxylon aethiopicum* (Thunb.) Loes. = *Cassine aethiopica* Thunb.; *Cassine schlechteri* (Loes.) Davison	fr: snack	A5, E2, F3, M4, M7, M10, P1, V2, W4
Celastraceae	*Salacia gerrardii* Harv. ex Sprague	fr: snack	A5, F3, V5
Celastraceae	*Salacia kraussii* (Harv.) Harv. = *Salacia alternifolia* Hochst.	fr: snack	A5, F3, G1, P1, S5, V5, V7, W4
Celastraceae	*Salacia luebbertii* Loes.	fr: snack	A5, F3, L2, P1, R4, V4, V5
Celastraceae	*Salacia rehmannii* Schinz	fr: snack	A5, F3, V2, V5
Chrysobalanaceae	*Parinari capensis* Harv.	fr: snack, non-alcoholic beverage, alcoholic beverage, sweet preserve [stored]; se: snack; seoil: unknown	A5, D2, F3, L2, M2, M10, O1, P1, V2, V4, V5, V7, W4
Chrysobalanaceae	*Parinari curatellifolia* Planch. ex Benth. = *Parinari mobola* Oliv.	fr: snack, non-alcoholic beverage, alcoholic beverage, syrup [stored]; se: snack, oil	A5, A6, D2, F3, G1, L1, M4, M7, M10, O1, P1, R5, S1, S3, S5, V2, V4, V5, V7, W4
Cleomaceae	*Cleome gynandra* L. = *Gynandropsis gynandra* (L.) Briq., *Gynandropsis pentaphylla* (L.) DC.	who: vegetable; ste: vegetable; le: vegetable [stored]; fl: vegetable	A6, B4, F2, F3, H1, M1, M4, M8, M10, P1, Q1, R4, R5, R7, S3, S4, V4, V5, V7, W4
Cleomaceae	*Cleome hirta* (Klotzsch) Oliv.	le: flavourant	R7
Cleomaceae	*Cleome monophylla* L.	who: vegetable; le: vegetable [stored]; se: flavourant	B4, F3, H1, M4, M8, M10, O2, P1, Q1, R5, S4, V5, V7
Clusiaceae	*Garcinia gerrardii* Harv. ex Sim	fr: snack	F3, P1, R5
Clusiaceae	*Garcinia livingstonei* T.Anderson	gum: snack; fr: snack, alcoholic beverage, milk curdles, sweet preserve	A5, E2, F3, G1, H1, L1, M4, M7, M10, P1, R6, S3, S5, V2, V4, V5, V7, W4
Colchicaceae	*Camptorrhiza strumosa* (Baker) Oberm.	und: unknown	L2
Combretaceae	*Combretum apiculatum* Sond.	gum: snack; le: tea	F3, L2, M7, P1, S2, V5
Combretaceae	*Combretum collinum* Fresen.	gum: snack	F3, L2, M7, P1
Combretaceae	*Combretum engleri* Schinz	gum: snack	L2
Combretaceae	*Combretum erythrophyllum* (Burch.) Sond.	gum: snack	P1
Combretaceae	*Combretum hereroense* Schinz	gum: snack; le: vegetable, tea; fr: snack, tea	A5, E2, F3, H1, L2, P1, M7, R6
Combretaceae	*Combretum imberbe* Wawra	gum: snack	E2, F3, L2, M7, P1, R4, R6, S2, V3, V4, W4
Combretaceae	*Combretum microphyllum* Klotzsch = *Combretum paniculatum* Vent. subsp. *microphyllum* (Klotzsch) Wickens	nectar: snack	L1, M10
Combretaceae	*Combretum psidioides* Welw.	bark: flavourant; gum: snack; fr: flavourant	F3, L2, M7, P1, R4
Combretaceae	*Combretum zeyheri* Sond.	gum: snack	P1, R4
Combretaceae	*Terminalia prunioides* M.A.Lawson	gum: snack; ste: flavourant, tea; le: tea; fr: tea	E2, L2, M1, M10, P1, R6, V3
Combretaceae	*Terminalia sericea* Burch. ex DC.	gum: snack; le: snack, flavourant	F3, L2, P1, R4, R6, S2, V4, V5, W4
Commelinaceae	*Aneilema aequinoctiale* (P.Beauv.) Loudon	und: snack, vegetable; le: vegetable	F3
Commelinaceae	*Commelina africana* L.	who: vegetable; le: unknown	O1, P1

(*continued on next page*)

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
Commelinaceae	*Commelina benghalensis* L.	who: vegetable [famine food]; le: vegetable	F3, G1, M10, P1
Commelinaceae	*Commelina erecta* L.	le: vegetable	M10
Commelinaceae	*Commelina modesta* Oberm.	le: unknown	O1, P1
Commelinaceae	*Cyanotis speciosa* (L.f.) Hassk.	unk: snack, vegetable	F3
Connaraceae	*Rourea orientalis* Baill.	le: vegetable	M7
Convolvulaceae	**Convolvulus arvensis* L.	le: vegetable	B2, J2
Convolvulaceae	*Convolvulus farinosus* L.	le: vegetable	B4, R3
Convolvulaceae	*Ipomoea adenioides* Schinz	und: snack, moisture	F3, M7, P1, R4, V4
Convolvulaceae	*Ipomoea albivenia* (Lindl.) Sweet	und: unknown [famine food]	F3, G1
Convolvulaceae	***Ipomoea batatas* (L.) Lam.	und: snack, vegetable; le: vegetable	B1, B3, B4, F3, L1, M5, M8, M10, R3, R4, S3, V5
Convolvulaceae	*Ipomoea bolusiana* Schinz	und: snack, moisture, vegetable	J1, M1, M5, M9, P1, R7, S5, V4
Convolvulaceae	*Ipomoea coscinosperma* Hochst. ex Choisy	who: unknown; le: unknown	O1, P1
Convolvulaceae	*Ipomoea crassipes* Hook.	und: snack [famine food]	F3, G1, J1, M5, P1
Convolvulaceae	*Ipomoea dichroa* Choisy	le: vegetable	M10
Convolvulaceae	*Ipomoea magnusiana* Schinz = *Ipomoea lugardi* N.E.Br.	le: vegetable	P1, Q1
Convolvulaceae	*Ipomoea oblongata* E.Mey. ex Choisy = *Turbina oblongata* (E.Mey. ex Choisy) A.Meeuse	und: moisture, vegetable, meal [famine food]	F3, J1, M5, M9, P1, V4
Convolvulaceae	*Ipomoea obscura* (L.) Ker Gawl.	und: vegetable; le: vegetable [stored]	B4, F3, M4, M8, M10, O1, P1, R3, W4
Convolvulaceae	*Ipomoea oenotherae* (Vatke) Hallier f.	und: snack, moisture, vegetable	V4
Convolvulaceae	*Ipomoea oenotheroides* (L.f.) Raf. ex Hallier f. = *Turbina oenotheroides* (L.f.) A.Meeuse	und: snack, vegetable	S3
Convolvulaceae	*Ipomoea ommanneyi* Rendle	und: meal [famine food]	F3, P1
Convolvulaceae	*Ipomoea papilio* Hallier f.	le: vegetable	F3
Convolvulaceae	*Ipomoea pellita* Hallier f. = *Ipomoea ovata* E.Mey. ex Rendle	und: snack [famine food]	F3, G1
Convolvulaceae	*Ipomoea plebeia* R.Br.	who: vegetable; le: vegetable	M10, O1, P1
Convolvulaceae	**Ipomoea purpurea* (L.) Roth	und: snack [famine food]; le: vegetable	F3, G1, R3, V5
Convolvulaceae	*Ipomoea shirambensis* Baker	und: snack, vegetable	H1
Convolvulaceae	*Ipomoea simplex* Thunb.	und: snack	F3, G1, M5, M9, R3
Convolvulaceae	*Ipomoea sinensis* (Desr.) Choisy	who: vegetable; und: vegetable; le: vegetable	H1, O1, P1
Convolvulaceae	*Ipomoea transvaalensis* A.Meeuse	und: snack	P1
Convolvulaceae	*Ipomoea verbascoidea* Choisy	und: snack, moisture; fr: snack	F3, L2, P1, R4, S2, V4
Convolvulaceae	*Ipomoea welwitschii* Vatke ex Hallier f.	und: unknown	W4
Convolvulaceae	*Jacquemontia tamnifolia* (L.) Griseb.	le: vegetable	M10
Convolvulaceae	*Merremia verecunda* Rendle	le: vegetable	L2
Convolvulaceae	*Xenostegia tridentata* (L.) D.F.Austin & Staples	le: vegetable	H1
Corbichoniaceae	*Corbichonia decumbens* (Forssk.) Exell	le: vegetable	F3, S4
Crassulaceae	*Cotyledon orbiculata* L.	unk: unknown	D3
Crassulaceae	*Crassula alpestris* Thunb.	ste: snack	M3
Crassulaceae	*Crassula arborescens* (Mill.) Willd.	und: unknown	F3, P1, S3
Crassulaceae	*Crassula atropurpurea* (Haw.) D.Dietr.	le: milk curdles	A4, C2
Crassulaceae	*Crassula capitella* Thunb.	unk: snack	M9
Crassulaceae	*Crassula columnaris* Thunb.	who: snack	A4, F3, S3
Crassulaceae	*Crassula elegans* Schönland & Baker f.	und: yeast	A4
Crassulaceae	*Crassula ovata* (Mill.) Druce = *Crassula portulacea* Lam.	und: vegetable	F3, P1, S3
Crassulaceae	*Crassula pellucida* L.	le: snack, moisture	K3, S4
Crassulaceae	*Crassula spathulata* Thunb.	le: snack, flavourant	F3, R3
Crassulaceae	*Crassula vaginata* Eckl. & Zeyh.	und: meal	F3
Crassulaceae	*Kalanchoe crenata* (Andrews) Haw.	le: snack, flavourant	F3, R3
Crassulaceae	*Tylecodon paniculatus* (L.f.) Toelken = *Cotyledon paniculata* L.f.	unk: unknown	S3
Cucurbitaceae	*Acanthosicyos horridus* Welw. ex Hook.f.	fr: snack, moisture, vegetable, non-alcoholic beverage, alcoholic beverage, milk curdles, sweet preserve [stored]; se: snack [sold]; seoil: unknown	A5, C2, D1, F3, M7, R5, S3, S5, V3, V4, V5, W4
Cucurbitaceae	*Acanthosicyos naudinianus* (Sond.) C.Jeffrey = *Citrullus naudinianus* (Sond.) Hook.f.	fr: snack, moisture, vegetable, alcoholic beverage, milk curldes, sweet preserve; se: snack, meal [sold]	A5, C2, F3, H1, L2, M10, P1, R4, S2, S5, V4, V5, W4
Cucurbitaceae	*Citrullus ecirrhosus* Cogn.	se: snack	F3, S3, V3
Cucurbitaceae	*Citrullus lanatus* (Thunb.) Matsum. & Nakai = *Citrullus vulgaris* Eckl. & Zeyh.	le: vegetable; fr: moisture, vegetable, non-alcoholic beverage, alcoholic beverage, sweet preserve, savoury preserve; se: snack, meal	A2, A5, B1, B4, C2, F2, F3, G1, H1, J1, L2, M5, M9, M10, P1, Q1, R3, R4, R5, S2, S3, S5, V4, V5, V7, V9, W4, Y1
Cucurbitaceae	*Coccinia adoensis* (A.Rich.) Cogn.	und: vegetable; le: vegetable; fr: snack	A5, F3, L2, P1, V4, W4
Cucurbitaceae	*Coccinia hirtella* Cogn.	le: unknown	P1
Cucurbitaceae	*Coccinia mackenii* Naudin ex C.Huber = *Coccinia palmata* (Sond.) Cogn.	le: vegetable; fr: unknown	F3, S4
Cucurbitaceae	*Coccinia quinqueloba* (Thunb.) Cogn.	le: vegetable; fr: unknown	F3, R3, W4
Cucurbitaceae	*Coccinia rehmannii* Cogn.	und: moisture, vegetable [stored]; ste: vegetable; le: vegetable; fr: snack	A5, F3, L2, M10, P1, Q1, S2, S5, V4, V5, W4
Cucurbitaceae	*Coccinia sessilifolia* (Sond.) Cogn.	und: moisture, vegetable, yeast; fr: snack, vegetable; le: vegetable	A5, F3, L2, M1, M5, P1, R3, S2, S3, V4, V5, W1, W4
Cucurbitaceae	*Corallocarpus bainesii* (Hook.f.) A.Meeuse = *Corallocarpus sphaerocarpus* Cogn.	ste: vegetable; le: vegetable; fr: snack	A5, F3, E2, H1, L2, P1, S2, W4
Cucurbitaceae	*Corallocarpus triangularis* Cogn.	und: vegetable	L2
Cucurbitaceae	*Corallocarpus welwitschii* (Naudin) Hook.f. ex Welw.	und: vegetable; ste: vegetable; le: vegetable; fr: snack	F3, L2, M1, S2, V4, W4
Cucurbitaceae	*Cucumis africanus* L.f. = *Cucumis hookeri* Naudin	le: vegetable [famine food]; fr: snack, vegetable [famine food], sweet preserve, savoury preserve	A5, C2, F3, G1, L2, M4, M8, M10, P1, Q1, R4, R5, S2, S3, V4, V5, V6, W4
Cucurbitaceae	*Cucumis anguria* L.	le: vegetable [stored]; fr: snack, vegetable, sweet preserve, savoury preserve	F3, H1, L2, M10, P1, R4, S3, V5

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
Cucurbitaceae	*Cucumis hirsutus* Sond.	fr: snack	F3
Cucurbitaceae	*Cucumis humifructus* Stent	fr: snack	V4
Cucurbitaceae	*Cucumis kalahariensis* A.Meeuse	und: snack, moisture, vegetable	F3, L2, P1, V4, V5, W4
Cucurbitaceae	*Cucumis maderaspatanus* L. = *Mukia maderaspatana* (L.) M.Roem.	le: unknown	P1
Cucurbitaceae	*Cucumis melo* L.	le: vegetable; fr: vegetable	B4, L1, Q1
Cucurbitaceae	*Cucumis metuliferus* E.Mey. ex Naudin	le: vegetable; fr: snack, vegetable, sweet preserve, savoury preserve [famine food]	A5, B4, C2, F3, H1, L2, M10, O2, P1, R5, R7, S2, S3, V4, V5, V7, W4
Cucurbitaceae	*Cucumis myriocarpus* Naudin	le: vegetable; fr: snack, savoury preserve	A4, A5, F3, M5, M10, P1, S3
Cucurbitaceae	****Cucumis prophetarum** L.	fr: snack	A5
Cucurbitaceae	*Cucumis zeyheri* Sond.	le: vegetable; fr: vegetable	B4, F3, M10, S4, V5, V7
Cucurbitaceae	****Cucurbita ficifolia** Bouché	le: vegetable; fl: vegetable	M10
Cucurbitaceae	****Cucurbita maxima** Duchesne ex Lam.	le: vegetable; fr: vegetable	B4, L1, M10, R3
Cucurbitaceae	****Cucurbita moschata** (Duch. ex Lam.) Duch. ex Poir.	le: vegetable; fr: vegetable	B4, M10, R4
Cucurbitaceae	****Cucurbita pepo** L.	ste: vegetable; le: vegetable [stored]; fl: vegetable [stored]; fr: vegetable [stored]; se: snack	A1, A2, A7, B1, B2, B3, B4, F1, F3, G1, J1, L1, M5, M8, M9, M10, P1, R3, V5
Cucurbitaceae	*Kedrostis africana* (L.) Cogn.	und: unknown	W4
Cucurbitaceae	*Kedrostis foetidissima* (Jacq.) Cogn.	le: snack, vegetable	F3, L2, P1, V5
Cucurbitaceae	*Kedrostis leloja* (Forssk.) C.Jeffrey = *Kedrostis hirtella* (Naudin) Cogn.	und: unknowns; fr: snack	L2, P1, R4, W4
Cucurbitaceae	*Kedrostis nana* (Lam.) Cogn.	und: unknown	W4
Cucurbitaceae	*Lagenaria siceraria* (Molina) Standl.	ste: vegetable; le: vegetable [stored]; fr: vegetable [stored]	A2, B1, B4, F2, F3, L1, M5, M10, P1, R4, R5, S3, V5, V7, W4
Cucurbitaceae	****Luffa aegyptiaca** Mill. = *Luffa cylindrica* (L.) M.Roem.	le: vegetable; fr: vegetable	M10, V5
Cucurbitaceae	*Momordica balsamina* L. = *Momordica involucrata* E. Mey. ex Sond.	le: vegetable; fr: vegetable, se: snack	A5, B4, D2, F2, F3, G1, H1, M4, M5, M8, M10, O1, O2, P1, Q1, R4, R7, S2, S4, V5, V7, W4
Cucurbitaceae	*Momordica boivinii* Baill.	le: vegetable, flavourant	M4
Cucurbitaceae	*Momordica cardiospermoides* Klotzsch = *Momordica clematidea* Sond.	le: unknown	D2, O1, P1
Cucurbitaceae	***Momordica charantia** L.	le: vegetable	B4, M8, M10
Cucurbitaceae	*Momordica foetida* Schumach.	le: vegetable, flavourant [stored]; fr: snack	A5, B4, D2, F3, M4, M8, M10, O1, P1, V5
Cucurbitaceae	*Pilogyne scabra* (L.f.) W.J.de Wilde & Duyfjes = *Zehneria scabra* (L.f.) Sond.	fr: snack	F3, R3
Cucurbitaceae	****Sechium edule** (Jacq.) Sw.	fr: vegetable	V5
Cucurbitaceae	****Telfairia pedata** (Sims) Hook.	se: unknown	W4
Cucurbitaceae	*Trochomeria debilis* (Sond.) Hook.f.	und	F3, P1, V4
Cucurbitaceae	*Trochomeria macrocarpa* (Sond.) Hook.f.	und: vegetable; ste: vegetable; le: vegetable; fr: snack, vegetable	F3, L2, M1, P1
Cunoniaceae	*Cunonia capensis* L.	fl: snack	S3
Curtisiaceae	*Curtisia dentata* (Burm.f.) C.A.Sm.	fr: snack	A5, F3, W4
Cyperaceae	*Cyperus capensis* (Steud.) Endl. = *Mariscus capensis* (Steud.) Schrad.	und: vegetable, meal	S3
Cyperaceae	*Cyperus congestus* Vahl = *Mariscus congestus* (Vahl) C. B.Clarke	und: snack, vegetable; le: vegetable	B2, F3, J2, P1, S2
Cyperaceae	*Cyperus esculentus* L.	und: snack, vegetable, coffee	A4, F3, J1, H1, M4, M5, M9, M10, P1, R5, S3, V4, V5, W4, Y1
Cyperaceae	*Cyperus fulgens* C.B.Clarke = *Mariscus fulgens* (C.B. Clarke) Vorster	und: snack, vegetable [stored]	F3, L2, M1, P1, V4, V5, V7, W4, Y1
Cyperaceae	*Cyperus indecorus* Kunt = *Mariscus indecorus* (Kunth) Podlech	und: unknown	W4
Cyperaceae	*Cyperus longus* L.	und: snack	A4
Cyperaceae	*Cyperus marginatus* Thunb.	ste: snack	S3
Cyperaceae	*Cyperus papyrus* L.	ste: snack	E2, H1
Cyperaceae	*Cyperus rotundus* L.	und: snack	P1, V3, W4
Cyperaceae	*Cyperus sexangularis* Nees	ste: snack	S3
Cyperaceae	*Cyperus sphaerospermus* Schrad.	ste: snack	S3
Cyperaceae	*Cyperus textilis* Thunb.	und: snack; ste: snack	D5, S3
Cyperaceae	*Cyperus usitatus* Burch.	und: snack, vegetable, meal [famine food]	A2, F3, J1, M5, M9, P1, R5, S3, S5, V4, V5, Y1
Cyperaceae	*Kyllinga alba* Nees	und: flavourant, preservative	V5
Dichapetalaceae	*Dichapetalum cymosum* (Hook.) Engl.	fr: snack, vegetable	A5, F3, L2, P1, S2
Dichapetalaceae	*Dichapetalum rhodesicum* Sprague & Hutch.	fr: snack	P1
Didiereaceae	*Portulacaria afra* Jacq.	ste: thirst suppresant; le: snack, thirst suppersant [famine food]	C2, D3, F3, P1, S5, V5, W4
Dioscoreaceae	****Dioscorea bulbifera** L.	fr: unknown	W4
Dioscoreaceae	*Dioscorea dregeana* (Kunth) T.Durand & Schinz	und: vegetable, yeast [famine food]	F3, G1, N1, V5
Dioscoreaceae	***Dioscorea dumetorum** (Kunth) Pax	und: vegetable [famine food]	F3, V5, W4
Dioscoreaceae	*Dioscorea elephantipes* (L'Hér.) Engl.	und: vegetable, meal	C2, F3, M3, R5, S3, S5, V5, W4
Dioscoreaceae	*Dioscorea quartiniana* A.Rich.	und: vegetable [famine food]	L2, R4
Dioscoreaceae	*Dioscorea rupicola* Kunth	und: vegetable [famine food]	F3, G1, V5
Dipsacaceae	*Scabiosa columbaria* L.	le: unknown	P1
Ebenaceae	*Diospyros austro-africana* De Winter	le: tea; fr: snack	J1, M5, M9, P1, S3, Y1

(*continued on next page*)

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
Ebenaceae	*Diospyros batocana* Hiern	fr: snack, vegetable [famine food]	A5, F3
Ebenaceae	*Diospyros chamaethamnus* Dinter ex Mildbr.	fr: snack, meal	F3, L2, M7, P1, R4, W4
Ebenaceae	*Diospyros dichrophylla* (Gand.) De Winter	fr: snack; se: coffee	D2, D5, O1, P1, S3, W3, W4
Ebenaceae	*Diospyros galpinii* (Hiern) De Winter	fr: snack	D2, F3
Ebenaceae	*Diospyros glabra* (L.) De Winter	fr: snack	C1, S3
Ebenaceae	*Diospyros lycioides* Desf. = *Royena sericea* Bernh.	fr: snack, alcoholic beverage [famine food]; se: coffee	A5, D2, F3, H1, L2, M2, M7, M10, O1, P1, R3, R4, S2, S3, V5, W4, Y1
Ebenaceae	*Diospyros mespiliformis* Hochst. ex A.DC.	fr: snack, meal, alcoholic beverage, sweet preserve, savoury preserve [stored]	A5, E2, F3, H1, L1, M1, M4, M7, M10, P1, R4, R5, R6, S1, S3, S5, V2, V4, V5, V7, W4
Ebenaceae	*Diospyros natalensis* (Harv.) Brenan	fr: snack	F3, L1, W4
Ebenaceae	*Diospyros pallens* (Thunb.) F.White	fr: snack	F3, R3
Ebenaceae	*Diospyros ramulosa* (E.Mey. ex A.DC.) De Winter	fr: snack	A3, A4, M3, V5, V7, V9, W4
Ebenaceae	*Diospyros rotundifolia* Hiern	fr: snack	F3
Ebenaceae	*Diospyros scabrida* (Harv. ex Hiern) De Winter	fr: unknown	W4
Ebenaceae	*Diospyros villosa* (L.) De Winter	fr: snack	F3
Ebenaceae	*Diospyros whyteana* (Hiern) F.White	fr: snack; se: coffee	F3, S3
Ebenaceae	*Euclea coriacea* A.DC.	fr: snack	M9
Ebenaceae	*Euclea crispa* (Thunb.) Gürke	fr: snack	A5, F3, J1, M5, M10, O1, P1, S3, S5, W4
Ebenaceae	*Euclea divinorum* Hiern	fr: snack, non-alcoholic beverage, alcoholic beverage, savoury preserve	A5, E2, F3, H1, L1, M4, M7, M10, O1, P1, R4, V4, W4
Ebenaceae	*Euclea linearis* Zeyh. ex Hiern	fr: snack	F3, M4
Ebenaceae	*Euclea natalensis* A.DC.	fr: snack	A5, F3, M10, P1, R3, W4
Ebenaceae	*Euclea pseudebenus* E.Mey. ex A.DC.	fr: snack	A4, F3, M7, P1, S3, V2, V3, W4
Ebenaceae	*Euclea racemosa* Murray = *Euclea macrophylla* E.Mey. ex A.DC.	fr: snack	D5, G1, P1, S3
Ebenaceae	*Euclea schimperi* (A.DC.) Dandy	fr: snack	F3, O1
Ebenaceae	*Euclea tomentosa* E.Mey. ex A.DC.	fr: snack	C1, W4
Ebenaceae	*Euclea undulata* Thunb.	fr: snack, alcoholic beverage, savoury preserve	A5, D5, F3, M7, P1, S3, S5, V4, V9
Ericaceae	*Erica cerinthoides* L.	nec: snack	J1, P1, M9
Ericaceae	*Vaccinium exul* Bolus	fr: snack, sweet preserve	A5, F3, R5
Erythroxylaceae	*Erythroxylum delagoense* Schinz	fr: snack	A5, F3
Erythroxylaceae	*Erythroxylum pictum* E.Mey. ex Sond.	le: vegetable; fr: snack	A5, F3, G1
Euphorbiaceae	*Acalypha glabrata* Thunb.	ste: vegetable	F3, P1
Euphorbiaceae	*Acalypha peduncularis* E.Mey. ex Meisn.	und: snack; le: vegetable	F3, R3
Euphorbiaceae	*Cephalocroton mollis* Klotzsch	und: unknown; fr: unknown; se: snack	F3, L2, P1
Euphorbiaceae	*Clutia pulchella* L.	who: milk curdles; fr: milk curdles	F3, J1, M9, P1
Euphorbiaceae	*Croton leuconeurus* Pax	fr: snack	M7
Euphorbiaceae	*Erythrococca menyharthii* (Pax) Prain	le: vegetable; fr: snack	A5, F3, L2, M7, M10
Euphorbiaceae	*Erythrococca natalensis* Prain	unk: snack, vegetable	F3
Euphorbiaceae	*Euphorbia austro-occidentalis* Thell. = *Euphorbia forskalii* J.Gay	ste: vegetable; le: vegetable	P1, R4
Euphorbiaceae	*Euphorbia clavarioides* Boiss.	exudate: snack	F3, J1, M5, M9, P1
Euphorbiaceae	*Euphorbia esculenta* Marloth	unk: unknown	S3
Euphorbiaceae	**Euphorbia hypericifolia* L.	le: flavourant, preservative	A7
Euphorbiaceae	*Euphorbia inermis* Mill.	und: snack, vegetable	S5
Euphorbiaceae	*Euphorbia monteiroi* Hook.f.	und: milk curdlers	R4
Euphorbiaceae	*Euphorbia rhombifolia* Boiss. = *Euphorbia brachiata* E. Mey. ex Boiss., *Euphorbia decussata* E.Mey. ex Boiss.	exudate: snack, thirst suppresant; und: yeast; fl: snack	A3, A4, C2, F3, R5, S3, V5, W4
Euphorbiaceae	*Euphorbia striata* Thunb.	und: flavourant, milk curdles	F3, J1, M5, M9, P1
Euphorbiaceae	*Euphorbia triangularis* Desf. ex A.Berger	exudate: snack	F3
Euphorbiaceae	*Jatropha erythropoda* Pax & K.Hoffm.	und: unknown	W4
Euphorbiaceae	*Jatropha zeyheri* Sond.	le: tea	F3, P1, W4
Euphorbiaceae	***Manihot esculenta* Crantz = *Manihot utilissima* Pohl	who: vegetable; und: snack, vegetable, meal, preservative, yeast [stored, famine food]; le: vegetable [stored]	A6, F3, G1, L1, M4, M10, R4, R5, S3, S4, V5, W4
Euphorbiaceae	***Manihot leptopoda* (Müll.Arg.) D.J.Rogers & Appan = *Manihot palmata* (Vell.) Müll.Arg.	unk: vegetable	F3
Euphorbiaceae	*Schinziophyton rautanenii* (Schinz) Radcl.-Sm. = *Ricinodendron rautanenii* Schinz	fr: snack, vegetable [kept]; se: snack, meal; seoil: cooking oil	A5, E1, F3, H1, L2, M7, P1, R4, S2, S5, V4, V5, W2, W4
Euphorbiaceae	*Sclerocroton integerrimus* Hochst. = *Sapium integerrimum* (Hochst.) J.Léonard	fr: snack	O1
Euphorbiaceae	*Tragia dioica* Sond.	le: vegetable	M10
Euphorbiaceae	*Tragia rupestris* Sond.	who: vegetable	R5
Fabaceae	*Acacia fleckii* Schinz	gum: snack	E2, F3, L2, M7, P1, S2
Fabaceae	*Afzelia quanzensis* Welw.	bark: potash	M10
Fabaceae	*Albizia adianthifolia* (Schumach.) W.Wight	fr: unknown	A5
Fabaceae	*Albizia anthelmintica* (A.Rich.) Brongn.	bark: milk curdles	M7
Fabaceae	*Albizia harveyi* E.Fourn.	gum: snack	E2, R6
Fabaceae	**Arachis hypogaea* L.	se: snack, flavourant; seoil: cooking oil	B1, F3, L1, M5, M10, R3, R4, S3, V5
Fabaceae	*Argyrolobium argenteum* Eckl. & Zeyh.	le: flavourant, preservative	A7
Fabaceae	*Argyrolobium baptisioides* (E.Mey.) Walp. = *Argyrolobium speciosum* Eckl. & Zeyh.	und: unknown	S3
Fabaceae	*Argyrolobium harveyanum* Oliv.	und: snack	M9
Fabaceae	*Argyrolobium marginatum* Bolus	und: snack [famine food]	F3

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
Fabaceae	*Argyrolobium tuberosum* Eckl. & Zeyh.	und: snack	F3, J1, M5, M9, P1
Fabaceae	*Aspalathus alpestris* (Benth.) R.Dahlgren	le: tea	V9
Fabaceae	*Aspalathus angustifolia* (Lam.) R.Dahlgren	le: tea	V9
Fabaceae	*Aspalathus cordata* (L.) R.Dahlgren	le: tea	V9
Fabaceae	*Aspalathus crenata* (L.) R.Dahlgren = *Borbonia parviflora* Lam.	le: tea	S3, V9
Fabaceae	*Aspalathus linearis* (Burm.f.) R.Dahlgren = A*spalathus tenuifolia* DC.	ste: tea, flavourant; le: tea, flavourant; f;" tea, flavourant	C2, F3, R5, S3, V5, V7, V9, W4
Fabaceae	*Aspalathus pendula* R.Dahlgren	ste: tea; le: tea	V7, V9
Fabaceae	*Baphia massaiensis* Taub.	und: tea	M7, R4
Fabaceae	*Bauhinia petersiana* Bolle = *Bauhinia macrantha* Oliv.	und: vegetable; nectar: snack; se: cooked, meal, coffee	A5, F3, H1, L2, M7, P1, R4, R5, S2, V4, V5, W4
Fabaceae	*Burkea africana* Hook.	bark: flavourant, yeast; gum: snack; le: yeast	F3, L2, M7, P1, R4, S2
Fabaceae	**Caesalpinia decapetala* (Roth) Alston	ste: snack; fr: snack	R3
Fabaceae	**Caesalpinia pulcherrima* (L.) Sw.	fr: snack	R3
Fabaceae	***Cajanus cajan* (L.) Millsp.	who: vegetable; fr: vegetable; se: vegetable	F3, L1, M10, S3, V5
Fabaceae	*Canavalia ensiformis* (L.) DC. = Canavalia ensifolia	le: vegetable; fr: vegetable; se: vegetable, coffee	F3, V5
Fabaceae	**Canavalia gladiata* (Jacq.) DC.	le: vegetable; fr: vegetable; se: vegetable	F3, S3
Fabaceae	*Canavalia virosa* (Roxb.) Wight & Arn.	se: coffee	F3, V5
Fabaceae	***Ceratonia siliqua* L.	fr: snack, meal, non-alcoholic beverage, alcoholic beverage [sold]	R5, V5
Fabaceae	*Chamaecrista biensis* (Steyaert) Lock	und	P1, S3
Fabaceae	*Chamaecrista mimosoides* (L.) Greene = *Cassia mimosoides* L.	ste: tea; le: tea	S3
Fabaceae	*Cordyla africana* Lour.	fr: snack, vegetable	A5, F3, O1, P1, V2, V5
Fabaceae	*Crotalaria burkeana* Benth.	le: vegetable	B4
Fabaceae	*Cullen tomentosum* (Thunb.) J.W.Grimes = *Cullen obtusifolia* (DC.) C.H.Stirt.	who: flavourant; le: flavourant; und: flavourant, milk curdles	V3
Fabaceae	*Cyclopia bowieana* Harv.	ste: tea; le: tea; fl: tea	S3, V9
Fabaceae	*Cyclopia burtonii* Hofmeyr & E.Phillips	ste: tea; le: tea; fl: tea	S3, V9
Fabaceae	*Cyclopia buxifolia* (Burm.f.) Kies	le: tea	F3, V9
Fabaceae	*Cyclopia falcata* (Harv.) Kies	ste: tea; le: tea; fl: tea	S3, V9
Fabaceae	*Cyclopia genistoides* (L.) R.Br.	ste: tea; le: tea; fl: tea	D5, F3, S3, V5, V7, V9, W4
Fabaceae	*Cyclopia intermedia* E.Mey.	ste: tea; le: tea; fl: tea	S3, V5, V9
Fabaceae	*Cyclopia longifolia* Vogel	ste: tea; le: tea; fl: tea	S3, V9
Fabaceae	*Cyclopia maculata* (Andrews) Kies = *Cyclopia tenuifolia* Lehm.	who: tea	M9, S3, V9
Fabaceae	*Cyclopia meyeriana* Walp.	le: tea	V9
Fabaceae	*Cyclopia sessiliflora* Eckl. & Zeyh.	ste: tea; le: tea; fl: tea	V5, V9
Fabaceae	*Cyclopia subternata* Vogel	ste: tea; le: tea; fl: tea	F3, S3, V5, V9
Fabaceae	*Dialium englerianum* Henriq.	fr: snack, non-alcoholic beverage, flavourant; se: snack, vegetable	A5, F3, L2, M7, P1, R4, V4
Fabaceae	*Dialium schlechteri* Harms	fr: snack, non-alcoholic beverage	A5, C3, F3, P1, W4
Fabaceae	*Dichrostachys cinerea* (L.) Wight & Arn.	gum: snack; le: unknown	L2, P1
Fabaceae	*Dipogon lignosus* (L.) Verdc. = *Dolichos gibbosus* Thunb.	fr: vegetable	S3
Fabaceae	*Dolichos angustifolius* Eckl. & Zeyh.	und: snack, moisture; le: unknown	F3, J1, M5, M9, P1
Fabaceae	*Elephantorrhiza elephantina* (Burch.) Skeels	und: unknown; se: coffee	F3, J1, M5, M9, P1, R3, S3, W4
Fabaceae	*Eriosema cordatum* E.Mey.	und: unknown	F3, P1
Fabaceae	*Eriosema ellipticifolium* Schinz	fr: snack, vegetable	M4
Fabaceae	*Eriosema nutans* Schinz	und: snack	F3
Fabaceae	*Eriosema psoraleoides* (Lam.) G.Don	fr: vegetable	F3
Fabaceae	*Eriosema salignum* E.Mey.	unk: unknown	F3
Fabaceae	*Faidherbia albida* (Delile) A.Chev. = *Acacia albida* Delile	gum: snack; fr: meal; se: vegetable, coffee [famine food]	M7, P1, V3, V4, W4
Fabaceae	**Gleditsia triacanthos* L.	fr: snack; se: coffee	F3, J1, M5, M9
Fabaceae	***Glycine max* (L.) Merr.	se: vegetable, meal	F3
Fabaceae	**Glycyrrhiza glabra* L.	und: flavourant	R5, V5
Fabaceae	*Guibourtia coleosperma* (Benth.) J.Léonard	fr: vegetable, meal; se: snack, meal; seoil: cooking oil [famine food]	A5, F3, H1, L2, M7, P1, R4, V4, V5, W4
Fabaceae	*Indigofera alternans* DC.	und: snack	F3
Fabaceae	*Indigofera hilaris* Eckl. & Zeyh. = *Indigofera compacta* N.E.Br.	und: snack; le: tea	F3
Fabaceae	*Lablab purpureus* (L.) Sweet = *Dolichos lablab* L.; *Lablab vulgaris* Savi	le: cooked; fr: vegetable; se: vegetable	F3, S3, V4, V5, W4
Fabaceae	***Lens culinaris* Medik.	se: vegetable	A2, M5
Fabaceae	*Lessertia canescens* Goldblatt & J.C.Manning	le: tea	V9
Fabaceae	*Lessertia frutescens* (L.) Goldblatt & J.C.Manning = *Sutherlandia frutescens* (L.) R.Br.	le: tea; se: snack	D5, V7, V9
Fabaceae	**Medicago sativa* L.	who: vegetable [famine food]	F3
Fabaceae	*Neorautanenia mitis* (A.Rich.) Verdc. = *Neorautanenia amboensis* Schinz, *Neorautanenia coriacea* C.A.Sm.; *Neorautanenia edulis* C.A.Sm.	und: mosture; fr: vegetable	F3, S3, V4
Fabaceae	*Neptunia oleracea* Lour.	le: vegetable	H1
Fabaceae	*Ormocarpum trichocarpum* (Taub.) Engl.	le: vegetable	M4
Fabaceae	*Parkinsonia africana* Sond.	le: vegetable; fr: vegetable; se: flavourant, coffee	A4, A5, D1, M7, R5, V3

(*continued on next page*)

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
Fabaceae	*Peltophorum africanum* Sond.	gum: snack; le: unknown	P1
Fabaceae	**Phaseolus aureus* Roxb.	se: vegetable	F2, G1
Fabaceae	**Phaseolus vulgaris* L.	le: vegetable [stored]; fr: snack, vegetable; se: vegetable	A2, F3, M5, M9, M10, S3, V5
Fabaceae	*Philenoptera nelsii* (Schinz) Schrire = *Lonchocarpus nelsii* (Schinz) Schinz ex Heering & Grimme	bark: milk curdles	M1, M7, V4
Fabaceae	*Philenoptera violacea* (Klotzsch) Schrire = *Lonchocarpus capassa* Rolfe	le: vegetable [famine food]	R6
Fabaceae	*Piliostigma thonningii* (Schumach.) Milne-Redh. = *Bauhinia thonningii* Schumach.	le: quencher, vegetable; fl: vegetable; fr: moisture, vegetable, meal [famine food]; se: vegetable	A5, B4, F3, M7, M10, P1, V4, W4
Fabaceae	**Pisum sativum* L.	fr: snack, vegetable; se: unknown	A2, M5, M9, M10
Fabaceae	*Pomaria burchellii* (DC.) B.B.Simpson & G.P.Lewis = *Hoffmannseggia burchellii* (DC.) Benth. ex Oliv.	und: snack, vegetable	L2, P1, V4
Fabaceae	**Prosopis glandulosa* Torr.	fr: unknown; se: vegetable	F3, V3
Fabaceae	*Rafnia acuminata* (E.Mey.) G.J.Campbell & B.-E.van Wyk = *Rafnia perfoliata* E.Mey.	und: flavourant; le: tea	V5, V7, V9
Fabaceae	*Rafnia amplexicaulis* (L.) Thunb.	und: flavourant; le: tea	V5, V7, V9
Fabaceae	*Rafnia angulata* Thunb.	und: flavourant; le: tea	V5
Fabaceae	*Rafnia triflora* Thunb. = *Borbonia cordata* L.	le: tea	S3, S5
Fabaceae	*Rhynchosia caribaea* (Jacq.) DC.	und: flavourant	E2
Fabaceae	*Rhynchosia hirsuta* Eckl. & Zeyh.	und: snack	J1, M5, M9, P1
Fabaceae	*Rhynchosia totta* (Thunb.) DC.	und: snack, moisture, vegetable [famine food]	A2, F3, G1, J1, M5, M9, P1
Fabaceae	*Schotia afra* (L.) Thunb.	fr: vegetable; se: snack, meal	A4, A5, C2, F3, M7, P1, R3, S3, S5, V5, V9, W4
Fabaceae	*Schotia brachypetala* Sond.	nectar: snack; se: vegetable	A5, F3, M4, M10, O1, P1, S3, V5, V7
Fabaceae	*Schotia latifolia* Jacq.	fr: vegetable; se: vegetable	C2, F3, P1, S3, V5
Fabaceae	*Senegalia ataxacantha* (DC.) Kyal. & Boatwr. = *Acacia ataxacantha* DC.	gum: snack	L2, V4
Fabaceae	*Senegalia caffra* (Thunb.) P.J.H.Hurter & Mabb. = *Acacia caffra* (Thunb.) Willd.	le: unknown	F3
Fabaceae	*Senegalia erubescens* (Welw. ex Oliv.) Kyal. & Boatwr. = *Acacia erubescens* Welw. ex Oliv., *Acacia dulcis* Marloth & Engl.	bark: milk curdles; gum: snack	E2, F3, L2, M1, M7, M9, P1, S2, S3, V4
Fabaceae	*Senegalia mellifera* (Vahl) Seigler & Ebinger = *Acacia detinens* Burch., *Acacia mellifera* (Vahl) Benth.	und: flavourant, milk curdles; gum: snack; le: unknown; fr: unknown [famine food]	F3, L2, M1, M7, P1, R4, S2, V4
Fabaceae	*Senegalia nigrescens* (Oliv.) P.J.H.Hurter = *Acacia nigrescens* Oliv.	gum: snack; le: vegetable	P1, R6
Fabaceae	*Senegalia polyacantha* (Willd.) Seigler & Ebinger = *Acacia polyacantha* Willd.	gum: snack	M7
Fabaceae	*Senegalia senegal* (L.) Britton = *Acacia senegal* (L.) Willd.	gum: snack	F3, G1, P1
Fabaceae	**Senna occidentalis* (L.) Link = *Cassia occidentalis* L.	le: vegetable; fr: coffee; se: vegetable, coffee	B4, F3, L1, O2, V4
Fabaceae	*Senna petersiana* (Bolle) Lock = *Cassia petersiana* Bolle	fr: snack [famine food]	A5, F3, M4, M10, P1
Fabaceae	*Senna singueana* (Delile) Lock	le: vegetable; fr: snack	M7
Fabaceae	*Sesbania microphylla* Harms	unk: vegetable	V4
Fabaceae	*Sesbania pachycarpa* DC.	fl: snack [stored]; se: unknown	P1, R4
Fabaceae	*Sesbania sphaerosperma* Welw.	se: coffee	V3
Fabaceae	*Sphenostylis marginata* E.Mey.	unk: vegetable	F3
Fabaceae	**Tamarindus indica* L.	le: unknown; fl: unknown; fr: snack, vegetable, non-alcoholic beverage, savoury preserve; se: vegetable [famine food]	A5, F3, P1, R5, V5
Fabaceae	*Tephrosia dregeana* E.Mey.	und: snack, milk curdles	D1, V3
Fabaceae	*Trifolium africanum* Ser.	fl: snack	F3, J1, M5, M9, P1
Fabaceae	*Trifolium burchellianum* Ser.	fl: snack	J1, M5, M9, P1
Fabaceae	*Tylosema esculentum* (Burch.) A.Schreib. = *Bauhinia esculenta* Burch.	who: unknown; und: snack, moisture, vegetable; ste: vegetable; fr: vegetable; se: vegetable, meal, coffee, non-alcoholic beverage [sold]; seoil: cooking oil	A5, C2, E1, F3, L2, M1, P1, R5, S2, S3, S5, V4, V5, V7, W2, W4
Fabaceae	*Tylosema fassoglense* (Schweinf.) Torre & Hillc. = *Bauhinia kirkii* Oliv.	und: snack, moisture, vegetable [stored]; fr: snack, vegetable; se: vegetable, meal	A5, F3, L1, M1, P1, R5, S3, V4, V5, V7, W4
Fabaceae	*Vachellia erioloba* (E.Mey.) P.J.H.Hurter = *Acacia erioloba* E.Mey., *Acacia giraffae* Willd./auct.	gum: snack; fr: coffee [famine food]; se: coffee	A4, C2, D1, E2, F3, H1, M7, P1, R4, R5, R6, S2, S3, V3, V5, W4
Fabaceae	*Vachellia haematoxylon* (Willd.) Seigler & Ebinger = *Acacia haematoxylon* Willd.	gum: snack; fr: unknown	C2, M7, P1
Fabaceae	*Vachellia hebeclada* (DC.) Kyal. & Boatwr. = *Acacia hebeclada* DC.	gum: snack	E2, F3, M7, P1, R4
Fabaceae	*Vachellia karroo* (Hayne) Banfi & Gallaso = *Acacia karroo* Hayne	und: vegetable; bark: snack, quencher; gum: snack; le: coffee substitute; fr: unknown; se: vegetable, coffee substitute	A1, A3, A4, C2, D4, D5, E2, F3, K3, M4, M7, M10, P1, R5, S3, S5, V4, V5, V7, V9, W4
Fabaceae	*Vachellia kirkii* (Oliv.) Kyal. & Boatwr. = *Acacia kirkii* Oliv.	bark: milk curdles; gum: snack	L2, M1, M7
Fabaceae	*Vachellia luederitzii* (Engl.) Kyal. & Boatwr. = *Acacia luederitzii* Engl.	gum: snack; fr: snack; se: snack	F3, L2, P1
Fabaceae	*Vachellia nebrownii* (Burtt Davy) Seigler & Ebinger = *Acacia nebrownii* Burtt Davy	und: moisture; gum: snack	F3, P1
Fabaceae	*Vachellia nilotica* (L.) P.J.H.Hurter & Mabb. = *Acacia nilotica* (L.) Willd. ex Delile	bark: milk curdles; gum: snack	E2, M1, M7, M9, M10, P1, S3, S5, W4

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
Fabaceae	*Vachellia reficiens* (Wawra) Kyal. & Boatwr. = *Acacia reficiens* Wawra; *Acacia uncinata* Engl.	bark: milk curdles; gum: snack	M1, M7, S2
Fabaceae	*Vachellia robusta* (Burch.) Kyal. & Boatwr. = *Acacia robusta* Burch.	gum: snack	P1
Fabaceae	*Vachellia sieberiana* (DC.) Kyal. & Boatwr. = *Acacia sieberiana* DC.	gum: snack	E2, R6
Fabaceae	*Vachellia tortilis* (Forssk.) Gallaso & Banfi = *Acacia heteracantha* Burch., *Acacia tortilis* (Forssk.) Hayne	bark: snack, quencher; gum: snack; le: unknown; fr: meal	E2, F3, L2, M4, M7, M10, P1, R6, S2, V3
Fabaceae	****Vicia faba*** L.	se: vegetable	F3, M5, S3
Fabaceae	*Vigna frutescens* A.Rich. = *Vigna decipiens* Harv.	und: snack, vegetable	F3, S5, V4
Fabaceae	*Vigna luteola* (Jacq.) Benth.	und: unknown; se: unknown	A5, F3
Fabaceae	****Vigna mungo*** (L.) Hepper = *Phaseolus mungo* L.	se: vegetable	B1, G1
Fabaceae	*Vigna oblongifolia* A.Rich.	und: unknown	F3, P1
Fabaceae	****Vigna radiata*** (L.) R.Wilczek var. radiata	who: vegetable; se: vegetable, meal	A6, F3, V5
Fabaceae	****Vigna reticulata*** Hook.f.	und: snack, vegetable	F3
Fabaceae	****Vigna subterranea*** (L.) Verdc. = *Voandzeia subterranea* L.	fr; se: snack, vegetable, meal, coffee	A5, A6, B1, F2, F3, G1, S3, R4, V5, V7, W4
Fabaceae	****Vigna triloba*** (Thunb.) Walp.	und: vegetable	G1, S2
Fabaceae	*Vigna unguiculata* (L.) Walp. = *Vigna sinensis* (L.) Hassk.	who: veegtable; und: veegtable; le: vegetable [stored, sold]; fr: vegetable; se: vegetable	A5, A6, B1, B4, F2, F3, G1, H1, M8, M9, M10, P1, R4, S3, V4, V5, V7
Fabaceae	*Vigna vexillata* (L.) A.Rich. = *Vigna dinteri* Harms; *Vigna lobatifolia* Baker	und: snack, vegetable [famine food]; le: vegetable; fr: vegetable; se: snack	A5, F3, G1, L2, M4, M10, P1, R4, S2, V4, V5, V7, W2, W4
Fabaceae	*Virgilia oroboides* (P.J.Bergius) T.M.Salter	gum: snack	S3
Fabaceae	*Xanthocercis zambesiaca* (Baker) Dumaz-le-Grand	fr: snack, vegetable [famine food]; se: unknown	A5, F3, M10, P1, W4
Fabaceae	*Xeroderris stuhlmannii* (Taub.) Mendonça & E.C.Sousa	fr: unknown; se: unknown	A5
Fagaceae	***Quercus robur*** L.	fr: coffee	R3, S3
Gentianaceae	*Chironia baccifera* L.	fr: snack	D5
Gentianaceae	*Sebaea leiostyla* Gilg	le: unknown	P1
Geraniaceae	*Geranium incanum* Burm.f.	le: tea, milk thickener	F3, J1, M5, M9, S3, V9
Geraniaceae	*Geranium multisectum*N.E.Br.	le: tea	M5, P1
Geraniaceae	*Monsonia angustifolia* E.Mey. ex A.Rich.	se: snack, meal, alcoholic beverage	V4
Geraniaceae	*Monsonia senegalensis* Guill. & Perr.	le: flavourant; se: roasted snack, alcoholic beverage	D1
Geraniaceae	*Monsonia umbellata* Harv.	le: tea; fl: tea; se: meal, alcoholic beverage	F3, R5, V4
Geraniaceae	*Pelargonium acetosum* (L.) L'Hér.	le: snack; fl: snack	F3
Geraniaceae	*Pelargonium antidysentericum* (Eckl. & Zeyh.) Kostel.	und: snack, vegetable	R5, W4, Y1
Geraniaceae	*Pelargonium bifolium* (Burm.f.) Willd.	und: unknown	S3, V1
Geraniaceae	*Pelargonium bowkeri* Harv.	und: meal; le: snack	F3, J1, M5, M9, P1
Geraniaceae	*Pelargonium carnosum* (L.) L'Hér.	ste: snack, vegetable; le: snack	A3, A4, D4, V5, V9, W4
Geraniaceae	*Pelargonium fulgidum* (L.) L'Hér.	und: unknown; le: snack	C2, V5
Geraniaceae	*Pelargonium gibbosum* (L.) L'Hér.	ste: snack; le: snack	A4, V5
Geraniaceae	*Pelargonium graveolens* L'Hér.	esoil: flavourant	V7
Geraniaceae	*Pelargonium incrassatum* (Andrews) Sims	und: snack, vegetable	A3, R5, V5, V9, W4
Geraniaceae	*Pelargonium lobatum* (Burm.f.) L'Hér.	le: snack, flavourant; fl: snack	F3, R3
Geraniaceae	*Pelargonium luridum* (Andrews) Sweet	le: snack	F3, P1
Geraniaceae	*Pelargonium peltatum* (L.) L'Hér.	le: snack, flavourant; fl: snack	D5, F3, R3, S5
Geraniaceae	*Pelargonium pulchellum* Sims	und: vegetable	A3, V5
Geraniaceae	*Pelargonium rapaceum* (L.) L'Hér.	und: vegetable	A3, C2, F3, R5, S3, V5, W4
Geraniaceae	*Pelargonium sidoides* DC.	und: vegetable	Y1
Geraniaceae	*Pelargonium tenuicaule* R.Knuth	le: snack	A4
Geraniaceae	*Pelargonium triste* (L.) L'Hér.	und: vegetable; ste: unknown	A3, F3, V5, W4
Gisekiaceae	*Gisekia pharnacioides* L.	le: vegetable [stored]	P1, R4, S4
Gunneraceae	*Gunnera perpensa* L.	who: alcoholic beverage; und: snack; ste: snack, vegetable; le: snack, vegetable, alcoholic beverage; fl: snack, vegetable	F3, G1, J1, M4, M5, M9, M10, O1, P1, W4
Heteropyxidaceae	*Heteropyxis natalensis* Harv.	le: flavourant	V7
Hyacinthaceae	*Albuca amboensis* (Schinz) Oberm.	und: snack; le: snack	F3, P1
Hyacinthaceae	*Albuca canadensis* (L.) F.M.Leight. = *Albuca altissima* Dryand., *Albuca maxima* Burm.f.	und: snack, moisture; ste: snack, moisture; fr: unknown	A3, A4, C1, C2, F3, M5, R5, S3, S5, W4, Y1
Hyacinthaceae	*Dipcadi crispum* Baker	le: unknown	W4
Hyacinthaceae	*Dipcadi glaucum* (Burch. ex Ker Gawl.) Baker	und: vegetable; le: snack	F3, L2, P1
Hyacinthaceae	*Dipcadi longifolium* (Ker Gawl.) Baker	und: snack; le: snack	F3, P1, W4
Hyacinthaceae	*Dipcadi marlothii* Engl.	und: snack, vegetable	F3, M5, P1
Hyacinthaceae	*Dipcadi platyphyllum* Baker	le: unknown	W4
Hyacinthaceae	*Dipcadi rigidifolium* Baker	und: unknown; le: unknown	P1, W4
Hyacinthaceae	*Dipcadi viride* (L.) Moench = *Ornithogalum viride* (L.) J.C.Manning & Goldblatt	und: vegetable; le: vegetable	F3, J1, M5, M9, P1, V4, W4
Hyacinthaceae	*Drimia sanguinea* (Schinz) Jessop = *Urginea sanguinea* Schinz	le: unknown	P1
Hyacinthaceae	*Ledebouria luteola* Jessop	und: unknown	W4
Hyacinthaceae	*Ledebouria revoluta* (L.f.) Jessop	und: unknown	W4
Hyacinthaceae	*Massonia bifolia* (Jacq.) J.C.Manning & Goldblatt = *Whiteheadia bifolia* (Jacq.) Baker	und: unknown	A4
Hyacinthaceae	*Massonia depressa* Houtt.	nectar: snack	A3, D4
Hyacinthaceae	*Ornithogalum tenuifolium* F.Delaroche	und: vegetable	F3, M5
Hyacinthaceae	*Ornithogalum viridiflorum* (I.Verd.) J.C.Manning & Goldblatt = *Galtonia viridiflora* I.Verd.	und: vegetable	F3, J1

(*continued on next page*)

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
Hydnoraceae	*Hydnora africana* Thunb.	und: snack, vegetable; fr: snack, vegetable	A4, A5, C2, D4, F3, R5, S3, S5, V4, V5, V7, V9, W4
Hydnoraceae	*Hydnora triceps* Drège & E.Mey.	fr: unknown	S3
Hypoxidaceae	*Empodium plicatum* (Thunb.) Garside	und: snack	F3, J1, M5, M9, P1
Hypoxidaceae	*Hypoxis argentea* Harv. ex Baker	und: snack, vegetable [famine food]	F3, J1, M2, M5, M9, P1, S3
Hypoxidaceae	*Hypoxis filiformis* Baker	und: unknown	F3
Hypoxidaceae	*Hypoxis obtusa* Burch. ex Ker Gawl.	und: unknown	F3, P1
Hypoxidaceae	*Hypoxis rigidula* Baker	und: vegetable	F3, M2
Hypoxidaceae	*Hypoxis villosa* L.f.	und: unknown	F3
Hypoxidaceae	*Pauridia aquatica* (L.f.) Snijman & Kocyan = *Spiloxene aquatica* (L.f.) Salisb. ex Fourc.	und: unknown	W4
Icacinaceae	*Apodytes dimidiata* E.Mey. ex Arn.	le: vegetable	F3
Icacinaceae	*Cassinopsis ilicifolia* (Hochst.) Kuntze	fr: snack	A5, F3
Icacinaceae	*Pyrenacantha kaurabassana* Baill.	le: vegetable	M10
Iridaceae	*Babiana ambigua* (Roem. & Schult.) G.J.Lewis	und: snack, vegetable	A3, D5, V5
Iridaceae	*Babiana curviscapa* G.J.Lewis	und: unknown	W4
Iridaceae	*Babiana dregei* Baker	und: snack, vegetable	A3, V5, W4, Y1
Iridaceae	*Babiana fragrans* (Jacq.) Steud. = *Babiana disticha* Ker Gawl., *Babiana plicata* Ker Gawl.	und: snack, vegetable	R5, S3
Iridaceae	*Babiana hypogaea* Burch.	und: snack, vegetable	A3, F3, P1, R5, S3, S5, V4, V5, W4, Y1
Iridaceae	*Babiana mucronata* (Jacq.) Ker Gawl.	und: snack, vegetable	R5, W4
Iridaceae	*Babiana namaquensis* Baker	und: snack, vegetable	A3, V5
Iridaceae	*Babiana nana* (Andrews) Spreng.	und: snack, vegetable	R5, Y1
Iridaceae	*Babiana patula*N.E.Br.	und: snack	D5
Iridaceae	*Babiana pubescens* (Lam.) G.J.Lewis	und: unknown	W4
Iridaceae	*Babiana ringens* (L.) Ker Gawl. = *Antholyza ringens* L.	und: snack, vegetable	R5
Iridaceae	*Babiana sambucina* (Jacq.) Ker Gawl.	und: snack	V5
Iridaceae	*Babiana stricta* (Aiton) Ker Gawl.	und: snack, vegetable, meal	R5, S3
Iridaceae	*Chasmanthe aethiopica* (L.) N.E.Br.	und: snack, vegetable	R5
Iridaceae	*Dietes bicolor* (Steud.) Sweet ex Klatt	unk: unknown	Y1
Iridaceae	*Ferraria crispa* Burm.	und: unknown	V5
Iridaceae	*Ferraria divaricata* Sweet	und: snack, vegetable	V5, R5
Iridaceae	*Ferraria glutinosa* (Baker) Rendle	und: snack, vegetable	P1, R4, V4
Iridaceae	*Gladiolus cruentus* T.Moore	fl: snack, vegetable	F3, J1, M5, M9, P1
Iridaceae	*Gladiolus dalenii* Van Geel	und: unknown; le: unknown; nectar: snack; fl: snack, vegetable	F3, M5, M9, P1
Iridaceae	*Gladiolus ecklonii* Lehm.	fl: snack, vegetable	F3, J1, M5, M9, P1
Iridaceae	*Gladiolus magnificus* (Harms) Goldblatt = *Oenostachys zambesiacus* (Baker) Goldblatt	und: vegetable	F3, P1
Iridaceae	*Gladiolus orchidiflorus* Andrews	und: unknown	S3
Iridaceae	*Gladiolus permeabilis* D.Delaroche = *Gladiolus edulis* Burch. ex Ker Gawl.	und: snack, vegetable	F3, M2, P1, R5, S3, S5, V5
Iridaceae	*Gladiolus saundersii* Hook.f.	fl: snack, vegetable	M9
Iridaceae	*Hesperantha baurii* Baker	und: snack	F3, J1, M5, M9, P1
Iridaceae	*Hesperantha radiata* (Jacq.) Ker Gawl.	und: unknown	J1, M9, P1
Iridaceae	*Lapeirousia anceps* (L.f.) Ker Gawl.	und: snack, vegetable	R5, S3
Iridaceae	*Lapeirousia fabricii* (D.Delaroche) Ker Gawl.	und: unknown	C1
Iridaceae	*Lapeirousia odoratissima* Baker	und: unknown	H1, P1
Iridaceae	*Lapeirousia plicata* (Jacq.) Diels = *Lapeirousia galaxioides* Baker	und: snack, vegetable	R5, S3
Iridaceae	*Moraea bituminosa* (L.f.) Ker Gawl.	und: snack, vegetable	R5
Iridaceae	*Moraea fugax* (D.Delaroche) Jacq. = *Moraea edulis* (L. f.) Ker Gawl.	und: vegetable, meal	A4, F3, M3, R3, R5, S5, V5, V7, V9, W4
Iridaceae	*Moraea longifolia* (Jacq.) Pers. = *Hexaglottis longifolia* (Jacq.) Salisb.	und: snack, vegetable, meal	A3, R5, V5, W4
Iridaceae	*Moraea serpentina* Baker	und: unknown	W4
Iridaceae	*Moraea setifolia* (L.f.) Druce = *Gynandriris setifolia* (L. f.) R.C.Foster	und: snack	F3
Iridaceae	Moraea simulans Baker = Gynandriris simulans (Baker) R.C.Foster	und: unknown	J1, P1, M5, M9
Iridaceae	*Moraea spathulata* (L.f.) Klatt	und: unknown	S3
Iridaceae	*Moraea stricta* Baker = *Moraea trita* N.E.Br.	und: snack, vegetable	J1, M5, M9, P1
Iridaceae	*Moraea tricuspidata* (L.f.) G.J.Lewis	und: snack, vegetable	R5, S3
Iridaceae	*Moraea tripetala* (L.f.) Ker Gawl.	und: snack, vegetable	F3, R5
Iridaceae	*Moraea unguiculata* Ker Gawl.	und: unknown	W4
Iridaceae	*Moraea virgata* Jacq. = *Hexaglottis virgata* (Jacq.) Sweet	und: snack	M3
Iridaceae	*Moraea viscaria* (L.f.) Ker Gawl.	und: vegetable	A3, R5, V5
Iridaceae	*Psilosiphon bainesii* (Baker) Goldblatt & J.C.Manning = *Lapeirousia bainesii* Baker, *Lapeirousia vaupeliana* Dinter	und: snack, vegetable	L2, P1, R4
Iridaceae	*Psilosiphon coeruleaus* (Schinz) Goldblatt & J.C. Manning = *Lapeirousia coerulea* Schinz	und: snack, vegetable	L2, P1, R4, V4
Iridaceae	*Psilosiphon erythranthus* (Klotzsch ex Klatt) Goldblatt & J.C.Manning = *Lapeirousia erythrantha* (Klotzsch ex Klatt) Baker	und: vegetable, meal [stored]	F3

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
Iridaceae	*Psilosiphon sandersonii* (Baker) Goldblatt & J.C. Manning = *Lapeirousia sandersonii* Baker	und: unknown	S3, W4
Iridaceae	*Psilosiphon schimperi* (Klatt) Goldblatt & J.C.Manning = *Lapeirousia cyanescens* Baker; *Lapeirousia schimperi* (Asch. & Klatt) Milne-Redh.	und: snack, vegetable	H1, L2, P1, R4
Iridaceae	*Romulea minutiflora* Klatt	fr: snack	S3
Iridaceae	*Romulea rosea* (L.) Eckl.	fr: snack	C2, D5, F3, S3, V5, V9
Iridaceae	*Tritonia nelsonii* Baker	und: snack, vegetable	F3, M2, P1
Iridaceae	*Tritonia squalida* (Aiton) Ker Gawl.	und: unknown	D5
Iridaceae	*Tritoniopsis triticea* (Burm.f.) Goldblatt = *Anapalina triticea* (Burm.f.) N.E.Br.	und: snack, vegetable	R5, S3, Y1
Iridaceae	*Watsonia borbonica* (Pourr.) Goldblatt = *Watsonia pyramidata* (Andrews) Stapf	und: unknown	W4
Iridaceae	*Watsonia densiflora* Baker	und: unknown; le: unknown; nectar: snack	D2, M5, O1, P1
Iridaceae	*Watsonia latifolia*N.E.Br. ex Oberm.	und: unknown; le: unknown	D2, O1, P1
Iridaceae	*Watsonia lepida*N.E.Br.	nectar: snack	J1, M9
Iridaceae	*Watsonia watsonioides* (Baker) Oberm.	und: unknown; le: unknown	D2, O1, P1
Isoetaceae	*Isoetes schweinfurthii* A.Braun ex Baker	und: snack	P1
Juncaceae	*Juncus kraussii* Hochst.	und: snack	D5
Juncaceae	*Prionium serratum* (L.f.) Drège ex E.Mey. = *Prionium palmita* E.Mey.	und: snack, meal; fl: snack	D5, F3, S3
Kewaceae	*Kewa salsoloides* (Burch.) Christenh. = *Hypertelis salsoloides* (Burch.) Adamson	le: snack, vegetable	A4
Kirkiaceae	*Kirkia acuminata* Oliv.	und: moisture	E2, F3, M7, P1, V4
Kirkiaceae	*Kirkia wilmsii* Engl.	und: moisture	F3, P1
Lamiaceae	*Acrotome inflata* Benth.	nectar: snack	H1
Lamiaceae	*Ballota africana* (L.) Benth.	le: snack, vegetable, tea, flavourant	C2, R5
Lamiaceae	*Hoslundia opposita* Vahl	le: vegetable; fr: snack	A5, F3, H1, M10, O1, P1, V4
Lamiaceae	*Kalaharia uncinata* (Schinz) Moldenke = *Clerodendrum uncinatum* Schinz, *Rotheca uncinata* (Schinz) P.P.J.Herman & Retief	und: vegetable; fr: snack	F3, H1, L2, P1, R7, V4, W4
Lamiaceae	*Leonotis dubia* E.Mey. = *Leonotis mollis* Benth.	le: vegetable; nectar: snack	M4, R3
Lamiaceae	*Leonotis glabrata* (Vahl) J.C.Manning & Goldblatt = *Leucas glabrata* (Vahl) Sm.	unk: vegetable	F3
Lamiaceae	*Leonotis leonurus* (L.) R.Br.	le: vegetable; nectar: snack	D5, M10, R2, R3
Lamiaceae	*Leonotis martinicensis* (Jacq.) J.C.Manning & Goldblatt = *Leucas martinicensis* (Jacq.) R.Br.	le: vegetable	F3, R2, R3
Lamiaceae	*Leonotis nepetifolia* (L.) R.Br.	nectar: snack	E2, M1, P1, R7
Lamiaceae	*Leonotis ocymifolia* (Burm.f.) Iwarsson = *Leonotis leonitis* (L.) R.Br.	nectar: snack	D5, M10
Lamiaceae	**Marrubium vulgare* L.	le: spinach	D3
Lamiaceae	*Mentha aquatica* L.	le: vegetable, tea, flavourant, preservative	A7, F3, G1, K3, M5, M9, P1, R3, S3, V9
Lamiaceae	*Mentha longifolia* (L.) Huds.	le: tea, flavourant, preservative	A4, A7, C2, D4, D5, F3, J1, M5, M9, P1, S3, S5, V7, V9, W4
Lamiaceae	***Mentha piperita* L.	le: tea	F3
Lamiaceae	***Mentha spicata* L. = *Mentha viridis* (L.) L.	le: vegetable, flavourant, preservative	A7, R3, S3
Lamiaceae	*Ocimum americanum* L. = *Ocimum canum* Sims	ste: flavourant; le: tea, flavourant	F3, H1, L2, P1, R4, R7, V3
Lamiaceae	*Plectranthus esculentus*N.E.Br.	und: snack, vegetable [stored]	F3, G1, L1, V5, V7
Lamiaceae	*Plectranthus laxiflorus* Benth.	le: vegetable	F3, R3
Lamiaceae	*Premna mooiensis* (H.Pearson) W.Piep.	fr: snack	A5, F3, P1
Lamiaceae	***Rosmarinus officinalis* L.	le: vegetable, flavourant, preservative	A7, C2
Lamiaceae	*Rotheca myricoides* (Hochst.) Steane & Mabb. = *Clerodendrum myricoides* (Hochst.) Vatke	fr: snack	A5
Lamiaceae	*Salvia africana-lutea* L.	le: tea, flavourant; nectar: snack	C2, D5
Lamiaceae	*Salvia aurita* L.f. = *Salvia peglerae* Skan	und: vegetable	F3, R3
Lamiaceae	*Salvia disermas* L. = *Salvia rugosa* Aiton	le: tea	F3, S3
Lamiaceae	*Salvia scabra* L.f.	und: unknown	F3, R3
Lamiaceae	*Solenostemon rotundifolius* (Poir.) J.K.Morton	und: vegetable	F3, V5, V7
Lamiaceae	*Stachys aethiopica* L.	le: tea	V9
Lamiaceae	*Stachys aurea* Benth. = *Stachys integrifolia* Vahl ex Benth.	le: tea	S3, V9
Lamiaceae	*Stachys burchelliana* Launert	le: tea	V9
Lamiaceae	*Stachys flavescens* Benth.	le: tea	V9
Lamiaceae	*Stachys lamarckii* Benth.	le: tea	V9
Lamiaceae	*Stachys linearis* Burch. ex Benth.	le: tea	F3, V9
Lamiaceae	*Stachys rugosa* Aiton	le: tea	J1, M9, S3, V9
Lamiaceae	*Stachys spathulata* Burch. ex Benth.	le: tea	V9
Lamiaceae	*Stachys thunbergii* Benth.	le: tea	V9
Lamiaceae	*Syncolostemon bracteosus* (Benth.) D.F.Otieno = *Hemizygia bracteosa* (Benth.) Briq.	le: tea	R4, V4
Lamiaceae	*Teucrium kraussii* Codd = *Teucrium riparium* Hochst.	le: snack, vegetable, flavourant	F3, R3
Lamiaceae	*Teucrium trifidum* Retz. = *Teucrium capense* Thunb.	le: snack, vegetable, flavourant	R3
Lamiaceae	***Thymus vulgaris* L.	le: flavourant, preservative; se: flavourant, preservative	A7, F3
Lamiaceae	*Vitex ferruginea* Schumach. & Thonn.	fr: snack	M10
Lamiaceae	*Vitex harveyana* H.Pearson	fr: snack	A5, F3, P1

(*continued on next page*)

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
Lamiaceae	*Vitex mombassae* Vatke	fr: snack	A5, F3, M7, P1
Lamiaceae	**Vitex payos* (Lour.) Merr.	fr: unknown	W4
Lamiaceae	*Vitex pooara* Corbishley	fr: snack	F3, P1, Q1, S3, V2, W4
Lamiaceae	*Vitex zeyheri* Sond.	fr: snack	F3
Lamiaceae	*Volkameria glabra* (E.Mey.) Mabb. & Y.W.Yuan = *Clerodendrum glabrum* E.Mey.	fr: snack	F3, S3
Lauraceae	*Cryptocarya wyliei* Stapf	fr: snack, sweet preserve	A5, F3, R5, V5
Lauraceae	***Persea americana* Mill.	se: flavourant, preservative	A7, M10
Limeaceae	*Limeum sulcatum* (Klotzsch) Hutch.	und: unknown	H1
Limeaceae	*Limeum viscosum* (J.Gay) Fenzl = *Limeum glomeratum* Eckl. & Zeyh.	le: vegetable, milk thickener	M10, R3, R4, S4
Lobeliaceae	*Cyphia assimilis* Sond.	und: snack, moisture	F3, S3
Lobeliaceae	*Cyphia bolusii* E.Phillips	und: unknown	D2, O1, P1
Lobeliaceae	*Cyphia bulbosa* (L.) P.J.Bergius	und: snack, moisture	S3
Lobeliaceae	*Cyphia crenata* (Thunb.) C.Presl	und: snack	A4
Lobeliaceae	*Cyphia dentariifolia* C.Presl	und: snack, moisture	S3
Lobeliaceae	*Cyphia digitata* (Thunb.) Willd.	und: snack, moisture	A4, D5, F3, S3, S5
Lobeliaceae	*Cyphia elata* Harv.	und: unknown	F3, D2, G1, J1, M5, M9, O1, P1
Lobeliaceae	*Cyphia heterophylla* C.Presl ex Eckl. & Zeyh.	und: snack, moisture	S3
Lobeliaceae	*Cyphia incisa* (Thunb.) Willd.	und: snack, moisture	F3, S3
Lobeliaceae	*Cyphia linarioides* C.Presl ex Eckl. & Zeyh.	und: snack, moisture	S3
Lobeliaceae	*Cyphia longifolia*N.E.Br.	und: snack	P1
Lobeliaceae	*Cyphia persicifolia* C.Presl in E.Mey.	und: unknown	G1
Lobeliaceae	*Cyphia phyteuma* (L.) Willd.	und: snack, moisture	A4, S3
Lobeliaceae	*Cyphia stenopetala* Diels	und: unknown	P1
Lobeliaceae	*Cyphia sylvatica* Eckl.	und: snack, moisture	A3, S3, V5, V9, Y1
Lobeliaceae	*Cyphia triphylla* E.Phillips	und: snack, moisture	F3, S3
Lobeliaceae	*Cyphia undulata* Eckl.	und: snack, moisture	D5, F3, S3, V5, Y1
Lobeliaceae	*Cyphia volubilis* (Burm.f.) Willd.	und: snack, moisture, vegetable	A3, A4, F3, S3, V5
Lobeliaceae	*Cyphia zeyheriana* C.Presl ex Eckl. & Zeyh.	und: snack, moisture	S3
Lobeliaceae	*Lobelia erinus* L. = *Lobelia filiformis* Lam.	who: vegetable; le: vegetable	J1, M5, M9, P1, S4
Lobeliaceae	*Lobelia flaccida* (C.Presl) A.DC.	who: vegetable	M9
Lobeliaceae	*Lobelia preslii* A.DC.	who: vegetable	J1, M5, M9, P1
Lobeliaceae	*Monopsis decipiens* (Sond.) Thulin = *Lobelia decipiens* Sond.	who: vegetable	J1, M5, P1
Loganiaceae	*Strychnos cocculoides* Baker = *Strychnos schumanniana* Gilg	fr: snack, non-alcoholic beverage, alcoholic beverage [stored]	A5, F3, L2, M6, M7, M10, P1, R4, R5, S2, S3, V2, V4, V5, V7, W4
Loganiaceae	*Strychnos decussata* (Pappe) Gilg	fr: snack	F3, S5
Loganiaceae	*Strychnos gerrardii*N.E.Br. = *Strychnos innocua* Delile	fr: snack	Q1, S3, V2
Loganiaceae	*Strychnos henningsii* Gilg	fr: snack	C3
Loganiaceae	*Strychnos madagascariensis* Poir. = *Strychnos dysophylla* Benth.	fr: snack, meal, non-alcoholic beverage [stored]	A5, B1, C3, D2, F3, G1, L1, M4, M7, M6, O1, P1, S3, V5, W4
Loganiaceae	*Strychnos pungens* Soler.	fr: snack, meal [stored]	A5, F3, L2, M4, M7, M10, P1, Q1, R4, S1, S2, S3, V2, V4, V5, W1, W4
Loganiaceae	*Strychnos spinosa* Lam.	fr: snack, meal, non-alcoholic beverage, alcoholic beverage, sweet preserve [stored]; se: unknown [famine food]	A5, A6, B1, C3, D2, F3, G1, L1, M4, M7, M10, O1, P1, S1, S3, S5, V2, V4, V5, V7, W4
Lophiocarpaceae	*Lophiocarpus tenuissimus* Hook.f.	le: vegetable	M10
Loranthaceae	*Moquiniella rubra* (A.Spreng.) Balle	fr: snack	A3
Loranthaceae	*Phragmanthera glaucocarpa* (Peyr.) Balle = *Tapinanthus glaucocarpus* (Peyr.) Danser	fr: snack	A4
Loranthaceae	*Septulina glauca* (Thunb.) Tiegh.	fr: snack	D4
Loranthaceae	*Tapinanthus oleifolius* (J.C.Wendl.) Danser	ste: tea; le: tea	A4
Lythraceae	***Punica granatum* L.	fr: snack; se: snack	D4, S3
Lythraceae	*Trapa natans* L.	fr: snack; se: snack, vegetable	A5, E2, F3, S3, V4
Maesaceae	*Maesa lanceolata* Forssk.	fr: snack	M10, W4
Malvaceae	**Abelmoschus esculentus* (L.) Moench	le: vegetable; fr: vegetable, savoury preserve; se: coffee	B4, F3, M8, M10, V5
Malvaceae	*Abutilon angulatum* (Guill. & Perr.) Mast.	le: snack	E2
Malvaceae	*Adansonia digitata* L.	ash: flavourant; who: vegetable; und: moisture; gum: snack; le: vegetable; fr: snack, vegetable, meal, non-alcoholic beverage, flavourant, yeast, milk curdles [famine food]; se: snack, meal, coffee	A5, B4, E1, F3, H1, L2, E2, L1, M1, M4, M6, M7, M10, P1, R6, S2, S3, S5, V2, V4, V5, V7, W1, W4
Malvaceae	*Azanza garckeana* (F.Hoffm.) Exell & Hillc.	fr: snack	A5, F3, M6, M7, P1, V5, V7, W4
Malvaceae	*Corchorus asplenifolius* Burch. = *Corchorus serrifolius* Burch.	le: vegetable	B4, F3, G1, M10, V5
Malvaceae	*Corchorus confusus* Wild	le: vegetable	D2, L1, M10, O1, P1, S4, W4
Malvaceae	**Corchorus olitorius* L.	le: vegetable, meal, tea; fr: meal	A6, B3, B4, M10, V4, V5, W4
Malvaceae	**Corchorus tridens* L.	le: vegetable [stored]	B4, D2, F3, G1, H1, L1, L2, M4, M8, M10, O1, P1, S4, V4, V5, V7
Malvaceae	***Corchorus trilocularis* L.	le: vegetable	B4, M10, O1, P1, V5
Malvaceae	*Dombeya rotundifolia* (Hochst.) Planch.	fr: snack	F3, M2, S3
Malvaceae	*Gossypium herbaceum* L. = *Gossypium transvaalense* Watt	se: snack	G1
Malvaceae	*Grewia avellana* Hiern	fr: snack [stored]	F3, L2, M7, P1, S2, V4, W4

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
Malvaceae	*Grewia bicolor* Juss.	le: tea; fr: snack, non-alcoholic beverage, alcoholic beverage [stored]	A5, E2, F3, H1, L2, M1, M4, M7, M10, O1, P1, S3, V4, W4
Malvaceae	*Grewia caffra* Meisn.	le: unknown; fr: snack	C3, D2, F3, G1, O1, P1
Malvaceae	*Grewia falcistipula* K.Schum.	und: unknown; fr: snack, alcoholic beverage	L2, M7, P1, R4
Malvaceae	*Grewia flava* DC.	le: vegetable; fr: snack, meal, alcoholic beverage [stored]	A5, B4, C2, E2, F3, L2, M1, M2, M6, M7, O1, P1, R4, R5, S2, S3, S5, V4, V5, V7, W4
Malvaceae	*Grewia flavescens* Juss.	le: unknown; fr: snack, non-alcoholic beverage, alcoholic beverage [stored]	A5, D1, D2, E2, F3, H1, L1, L2, M1, M4, M6, M7, M10, O1, P1, R4, S2, V4, V5, W4
Malvaceae	*Grewia hexamita* Burret	fr: snack	F3, M4, M10, O1, P1
Malvaceae	*Grewia lasiocarpa* E.Mey. ex Harv.	fr: snack	F3, R3
Malvaceae	**Grewia micrantha* Bojer	fr: snack	A5, O1, P1
Malvaceae	*Grewia microthyrsa* K.Schum. ex Burret	fr: snack	M4, M10, P1, V5
Malvaceae	*Grewia monticola* Sond.	fr: snack	F3, M10, O1, P1, V5
Malvaceae	*Grewia occidentalis* L.	le: vegetable; fr: snack, non-alcoholic beverage, alcoholic beverage [stored]	A5, B4, D2, D3, D5, F3, G1, L1, M4, M8, M10, O1, P1, R3, R5, S3, S4, W4
Malvaceae	*Grewia olukondae* Schinz = *Grewia flavescens* Juss. var. *olukondae* (Schinz) Wild	fr: snack	L1
Malvaceae	*Grewia praecox* K.Schum.	fr: snack	P1
Malvaceae	*Grewia retinervis* Burret = *Grewia deserticola* Ulbr.	fr: snack, non-alcoholic beverage, alcoholic beverage [stored]	F3, L2, M7, P1, R4, S2, V4, W4
Malvaceae	*Grewia robusta* Burch.	fr: snack	A5, D3
Malvaceae	*Grewia schinzii* K.Schum.	fr: snack, non-alcoholic beverage	E2, M1, M7, P1, V4, V5, W4
Malvaceae	*Grewia subspathulata*N.E.Br.	fr: snack	O1, P1
Malvaceae	*Grewia sulcata* Mast.	fr: snack	A5
Malvaceae	*Grewia tenax* (Forssk.) Fiori	fr: snack, alcoholic beverage [stored]	M1, M7, P1, R4, V3, V4, V5, W4
Malvaceae	*Grewia vernicosa* Schinz	fr: snack	P1
Malvaceae	*Grewia villosa* Willd.	fr: snack, meal	A5, F3, L2, M1, M4, M7, M10, O1, P1, V5, W4
Malvaceae	*Hermannia hyssopifolia* L.	who: tea	F3
Malvaceae	*Hermannia macra* Schltr.	le: snack	A4
Malvaceae	*Hibiscus calyphyllus* Cav.	fl: vegetable	R7
Malvaceae	*Hibiscus cannabinus* L.	bark: snack; gum: snack; le: unknown; fl: unknown; fr: unknown	P1
Malvaceae	*Hibiscus diversifolius* Jacq.	fl: vegetable	E2
Malvaceae	*Hibiscus praeteritus* R.A.Dyer	le: vegetable	M10
Malvaceae	***Hibiscus rosa-sinensis* L.	le: unknown	W4
Malvaceae	**Hibiscus sabdariffa* L.	le: unknown; fl: non-alcoholic beverage	S3, W4
Malvaceae	**Hibiscus trionum* L.	le: vegetable	B4, M4, M8, M10, O1, P1, W4
Malvaceae	**Malva parviflora* L.	le: vegetable; fl: snack	B4, C2, M8, M10, R3
Malvaceae	**Malva sylvestris* L.	le: vegetable	B4, M8, M10
Malvaceae	*Melhania forbesii* Planch. ex Mast.	unk: unknown	H1
Malvaceae	*Sida acuta* Burm.f.	le: vegetable	M10
Malvaceae	*Sida cordifolia* L.	le: unknown	W4
Malvaceae	*Sida rhombifolia* L.	le: vegetable	B4, K2, M10, S4
Malvaceae	*Sparrmannia ricinocarpa* (Eckl. & Zeyh.) Kuntze	le: vegetable	D2, O1, P1
Malvaceae	*Sterculia africana* (Lour.) Fiori	se: vegetable	M7, P1
Malvaceae	*Sterculia alexandri* Harv.	se: snack	A5, F3, P1, W4
Malvaceae	*Sterculia murex* Hemsl.	se: unknown	A5, W4
Malvaceae	*Sterculia rogersii*N.E.Br.	se: unknown	A5, P1
Malvaceae	*Triumfetta annua* L.	le: vegetable	M10
Malvaceae	*Triumfetta rhomboidea* Jacq.	le: vegetable	M10
Malvaceae	*Waltheria indica* L.	le: vegetable	B4, H1
Marsileaceae	*Marsilea macrocarpa* C.Presl	ste: vegetable; le: vegetable	F3, J1, M10, P1
Melastomataceae	*Dissotis canescens* (E.Mey. ex R.A.Graham) Hook.f.	unk: unknown [famine food]	F3
Melastomataceae	*Dissotis princeps* (Kunth) Triana	unk: vegetable	F3
Meliaceae	*Ekebergia capensis* Sparrm.	fr: snack	A5, P1, S3, W4
Meliaceae	**Melia azedarach* L.	fr: unknown	M4
Meliaceae	*Nymania capensis* (Thunb.) Lindb.	und: milk curdles	M7, R4
Meliaceae	*Trichilia dregeana* Sond.	fr: snack, vegetable; seoil: cooking oil	F3, M4, P1, V7
Meliaceae	*Trichilia emetica* Vahl	fr: vegetable, non-alcoholic beverage, milk curdles; se: vegetable, meal, non-alcoholic beverage; seoil: cooking oil, preservative	A5, C3, E1, F3, G1, H1, L1, M4, M10, O1, P1, S1, S3, S5, V5, V7, W4
Melianthaceae	*Greyia sutherlandii* Hook. & Harv.	nectar: alcoholic beverage	S3
Melianthaceae	*Melianthus comosus* Vahl	nectar: snack	V6
Menispermaceae	*Albertisia delagoensis* (N.E.Br.) Forman = *Epinetrum delagoense* (N.E.Br.) Diels	fr: snack, non-alcoholic beverage	A5, F3, P1
Menispermaceae	*Cissampelos hirta* Klotzsch	le: vegetable; fr: snack	A5, F3
Menispermaceae	*Cissampelos mucronata* A.Rich.	unk: vegetable	H1
Menispermaceae	*Cissampelos torulosa* E.Mey. ex Harv.	le: vegetable	M4
Menispermaceae	**Cocculus hirsutus* (L.) Diels	le: vegetable; fr: snack, vegetable	A5, B4, F3, H1, L1, M10, S4
Menyanthaceae	*Nymphoides forbesiana* (Griseb.) Kuntze	und: vegetable	H1
Menyanthaceae	*Nymphoides indica* (L.) Kuntze	und: vegetable	H1
Molluginaceae	*Hypertelis cerviana* (L.) Thulin = *Mollugo cerviana* (L.) Ser. ex DC.	ste: vegetable; le: vegetable	P1, R4

(*continued on next page*)

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
Moraceae	*Ficus abutilifolia* (Miq.) Miq. = *Ficus soldanella* Warb.	fr: snack	A5, F3, L1, P1, W4
Moraceae	*Ficus burkei* (Miq.) Miq.	fr: snack, alcoholic beverage	F3, M4, M7, M10, O1
Moraceae	*Ficus burtt-davyi* Hutch.	fr: snack	F3, R3
Moraceae	*Ficus capreifolia* Delile	fr: snack	F3, D2, L1, O1, P1, R4
Moraceae	****Ficus carica** L.	fr: snack, sweet preserve	F3, M10, R3, R5, S3, V5
Moraceae	*Ficus cordata* Thunb. = *Ficus rupium* Dinter	fr: snack	A4, A5, F3, P1, S3
Moraceae	*Ficus glumosa* Delile = *Ficus sonderi* Miq.	le: unknown; fr: snack	A5, D2, F3, G1, L1, M10, O1, P1
Moraceae	*Ficus ilicina* (Sond.) Miq.	fr: snack	A4, M7, V4
Moraceae	*Ficus ingens* (Miq.) Miq.	fr: snack	A5, D2, F3, G1, M2, M4, M10, O1, P1, W4
Moraceae	*Ficus lutea* Vahl = *Ficus vogelii* (Miq.) Miq.	fr: snack	F3, W4
Moraceae	*Ficus natalensis* Hochst.	fr: snack	A5, F3, M10
Moraceae	*Ficus petersii* Warb.	fr: snack, alcoholic beverage	D2, R4
Moraceae	*Ficus pygmaea* Welw. ex Hiern	le: vegetable; fr: snack	M7
Moraceae	*Ficus salicifolia* Vahl = *Ficus pretoriae* Burtt Davy	fr: snack	D2, F3, O1, V2
Moraceae	*Ficus sansibarica* Warb.	fr: snack	D2, F3, M10, O1, P1
Moraceae	*Ficus stuhlmannii* Warb.	le: unknown; fr: snack	A5, D2, F3, L1, O1, P1
Moraceae	*Ficus sur* Forssk. = *Ficus capensis* Thunb.	le: unknown; fr: snack	A5, C2, D2, F3, G1, L1, M10, O1, P1, R3, R5, S5, V5, V7, W4
Moraceae	*Ficus sycomorus* L.	le: unknown; fr: snack, coffee, alcoholic beverage, sweet preserve	A5, D2, E2, F3, G1, L1, M1, M4, M7, M10, O1, P1, R4, R6, V2, V3, V4, V5, V7, W4
Moraceae	*Ficus thonningii* Blume	le: unknown; fr: snack	A5, M4, P1, R6, W4
Moraceae	****Ficus vallis-choudae** Delile	fr: snack	V5
Moraceae	*Ficus verruculosa* Warb.	fr: snack	E2, F3, R6
Moraceae	*Maclura africana* (Bureau) Corner	fr: snack	A5, F3, M10
Moraceae	***Morus alba** L.	le: vegetable; fr: snack	M10, R3
Moraceae	*Morus mesozygia* Stapf ex A.Chev.	fr: snack	A5, F3, P1
Moraceae	****Morus nigra** L.	fr: snack	R4
Moringaceae	****Moringa oleifera** Lam.	und: unknown; fr: unknown	M7
Moringaceae	*Moringa ovalifolia* Dinter & A.Berger	und: snack [famine food]; le: unknown; fr: snack	A5, F3, M1, M7, V4
Musaceae	*Ensete ventricosum* (Welw.) Cheesman = *Musa davyae* Stapf	ste: vegetable; le: yeast; fl: vegetable; fr: vegetable [famine food]	A5, F3, M10, P1, V2
Musaceae	****Musa paradisiaca** L.	ste: potash; fr: vegetable	G1, M4, M10, S3
Myricaceae	*Morella cordifolia* (L.) Killick = *Myrica cordifolia* L.	fr: snack (wax)	F3, P1, S5, V5
Myricaceae	*Morella serrata* (Lam.) Killick = *Myrica serrata* Lam.	fr: snack	A5, E2, F3, M5, P1
Myricaceae	*Myrica conifera* Burm.f.	fr: snack	A2
Myrothamnaceae	*Myrothamnus flabellifolius* Welw.	ste: tea, flavourant; le: tea, flavourant	M1, R5, V3, V5, V7, W4
Myrsinaceae	*Embelia ruminata* (E.Mey. ex A.DC.) Mez	le: snack	G1
Myrsinaceae	*Myrsine africana* L.	fr: snack	R3
Myrsinaceae	*Rapanea melanophloeos* (L.) Mez	fr: unknown	W4
Myrtaceae	*Eugenia albanensis* Sond.	fr: snack	G1, V5, W4
Myrtaceae	*Eugenia capensis* (Eckl. & Zeyh.) Sond. = *Eugenia mossambicensis* Engl.	fr: snack	A5, F3, G1, P1, M10, S3, W4
Myrtaceae	*Eugenia natalitia* Sond.	fr: snack	M10
Myrtaceae	*Eugenia zeyheri* (Harv.) Harv.	fr: snack	F3, G1, P1, R5
Myrtaceae	***Psidium guajava** L.	fr: snack [stored]	M5, M7, M10, O1, R3, R4, V5
Myrtaceae	*Syzygium cordatum* Hochst. ex C.Krauss	le: seasoning and preservative; fr: edible, alcoholic beverage	A5, A7, C3, D2, E2, F3, L1, M4, M10, O1, P1, R3, S3, V2, V4, V5, V7, W4
Myrtaceae	*Syzygium gerrardii* (Harv. ex Hook.f.) Burtt Davy	fr: snack	F3, M10, P1, S3, V5
Myrtaceae	*Syzygium guineense* (Willd.) DC.	fr: snack, non-alcoholic beverage, alcoholic beverage	A5, D2, F3, M4, M10, P1, R6, S3, V4, V5
Myrtaceae	***Syzygium jambos** (L.) Alston	fr: unknown	W4
Myrtaceae	*Syzygium legatii* Burtt Davy & Greenway	fr: snack	M4, M10
Neuradaceae	*Grielum grandiflorum* (L.) Druce	und: snack, vegetable, meal [stored]	A4
Neuradaceae	*Grielum humifusum* Thunb.	und: snack, moisture, meal [stored]	A3, A4, C2, D4, M3, V5
Nyctaginaceae	***Boerhavia diffusa** L.	und: snack, vegetable; le: vegetable	F3, V4
Nyctaginaceae	*Commicarpus pentandrus* (Burch.) Heimerl	und: vegetable	R5, Y1
Nymphaeaceae	*Nymphaea lotus* L.	und: snack, vegetable, meal; le: vegetable; fl: snack, vegetable; fr: snack; se: snack	A5, E2, P1, R5, V4
Nymphaeaceae	*Nymphaea nouchali* Burm.f. = *Nymphaea caerulea* Savigny, *Nymphaea capensis* Thunb., *Nymphaea petersiana* Klotzsch	und: snack, vegetable, meal [stored, famine food]; le: vegetable; fl: flavourant; fr: snack, meal; se: snack	A5, E2, F3, H1, L2, P1, R4, R5, R7, S3, S5, V4, V5, V7, W4
Ochnaceae	*Ochna pulchra* Hook.f.	fr: snack, vegetable; seoil: cooking oil	A5, F3, L2, M7, P1, R4, S2, S3, V4, W4
Olacaceae	*Olax dissitiflora* Oliv.	unk: vegetable	F3
Olacaceae	*Ximenia americana* L.	fr: snack, meal, non-alcoholic beverage, alcoholic beverage, sweet preserve, savoury preserve [stored]; seoil: unknown	A5, D2, E2, F3, G1, L1, L2, M1, M4, M6, M7, M10, O1, P1, R4, S2, S3, V2, V3, V4, V5, V7, W4
Olacaceae	*Ximenia caffra* Sond.	fr: snack, meal, non-alcoholic beverage, alcoholic beverage, sweet preserve, [stored]; seoil: preservative	A5, C3, D2, E2, F3, G1, L1, L2, M4, M6, M7, M10, O1, P1, Q1, R4, R5, S1, S2, S3, S5, V2, V4, V5, V7, W1, W4
Oleaceae	*Jasminum multipartitum* Hochst.	fr: unknown [famine food]	F3
Oleaceae	*Olea capensis* L. = *Olea laurifolia* Lam., *Olea macrocarpa* C.H.Wright	fr: snack	A5, F3, P1, S3

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
Oleaceae	*Olea europaea* L. = *Olea africana* Mill.	bark: yeast; le: tea; fr: snack, oil [famine food]	A4, A5, C2, D5, F3, M2, P1, S3, V2, V4, V7, V9, W4, Y1
Onagraceae	*Epilobium hirsutum* L.	le: snack; fl: snack	F3, J1, M5, P1
Onagraceae	**Ludwigia palustris* (L.) Elliott	unk: vegetable	F3
Onagraceae	**Oenothera tetraptera* Cav.	le: vegetable	R3
Ophioglossaceae	**Ophioglossum engelmanni* Prantl	le: vegetable	O1
Ophioglossaceae	**Ophioglossum ovatum* Bory = *Ophioglossum sarcophyllum* Desv.	le: snack, vegetable	S2
Ophioglossaceae	*Ophioglossum polyphyllum* A.Braun	le: snack, vegetable	F3, P1, V4
Ophioglossaceae	*Ophioglossum reticulatum* L.	ste: veegtable; le: vegetable	F3, G1, M10
Opiliaceae	*Opilia campestris* Engl.	und: yeast; fr: snack, alcoholic beverage	M1, P1
Orchidaceae	*Disa barbata* (L.f.) Sw. = *Herschelia barbata* (L.f.) Bolus	und: moisture	F3
Orchidaceae	*Disa hians* (L.f.) Spreng. = *Herschelia hians* (L.f.) A.V. Hall	und: moisture	F3
Orchidaceae	*Eulophia hereroensis* Schltr.	und: snack, vegetable; ste: snack, vegetable, meal [stored]	F3, L2, P1, V4, W4
Orchidaceae	*Eulophia hians* Spreng. = *Eulophia clavicornis* Lindl.	und: snack	F3, M5
Orchidaceae	*Eulophia speciosa* (R.Br. ex Lindl.) Bolus	und: snack	L2
Orchidaceae	*Habenaria epipactidea* Rchb.f. = *Habenaria foliosa* (Sw.) Rchb.f.	unk: unknown	G1
Orchidaceae	*Habenaria falcicornis* (Burch. ex Lindl.) Bolus = *Habenaria caffra* Schltr.	unk: unknown	G1
Orchidaceae	*Neobolusia tysonii* (Bolus) Schltr.	und: snack	J1, M5, M9
Orchidaceae	*Satyrium longicauda* Lindl.	unk: unknown	G1
Orchidaceae	*Satyrium macrophyllum* Lindl.	unk: unknown	G1
Orchidaceae	*Satyrium sphaerocarpum* Lindl.	unk: unknown	G1
Orobanchaceae	*Hyobanche sanguinea* L.	und: moisture	A3
Oxalidaceae	*Oxalis annae* F.Bolus	und: unknown	W4
Oxalidaceae	*Oxalis bifida* Thunb.	und: snack, vegetable	F3
Oxalidaceae	*Oxalis convexula* Jacq.	und: snack, vegetable; le: non-alcoholic beverage; fl: non-alcoholic beverage	A2, F3, M9, V5
Oxalidaceae	*Oxalis copiosa* F.Bolus	who: snack; ste: snack, flavourant; le: snack, thirst suppressant, vegetable, flavourant; fl: snack, flavourant	A3, A4, C2, V5
Oxalidaceae	**Oxalis corniculata* L.	who: snack; le: snack, vegetable, flavourant	F3, K3, M5, O1, P1, R3
Oxalidaceae	*Oxalis davyana* R.Knuth	le: snack, vegetable	D2, O1, P1
Oxalidaceae	*Oxalis flava* L. = *Oxalis fabifolia* Jacq.	who: snack; und: snack, vegetable; ste: snack, vegetable	M3, W4
Oxalidaceae	*Oxalis lawsonii* F.Bolus	ste: vegetable, flavourant; le: thirst suppresant, vegetable, flavourant	C2
Oxalidaceae	*Oxalis livida* Jacq.	und: snack	S3
Oxalidaceae	*Oxalis obliquifolia* Steud. ex A.Rich.	le: snack, vegetable	D2, O1, P1
Oxalidaceae	*Oxalis obtusa* Jacq.	who: snack; und: snack, vegetable; le: snack	A4
Oxalidaceae	*Oxalis pes-caprae* L.	und: snack, vegetable; ste: snack, vegetable, flavourant; le: snack, vegetable, flavourant; fl; snack	A4, C2, D5, F3, R5, S3, S5, V5, V7, V9, W4
Oxalidaceae	*Oxalis polyphylla* Jacq.	und: snack; ste: snack	D5
Oxalidaceae	*Oxalis purpurascens* T.M.Salter	und: vegetable; le: vegetable	V4, W4
Oxalidaceae	*Oxalis semiloba* Sond.	und: snack; le: snack	A1, A2, F3, G1, M5, P1, V5
Oxalidaceae	*Oxalis setosa* E.Mey. ex Sond.	le: snack	F3, M5
Oxalidaceae	*Oxalis smithiana* Eckl. & Zeyh. = *Oxalis smithii* Sond.	und: snack; le: snack	A2, D2, F3, G1, O1, P1, S3, V5
Papaveraceae	*Papaver aculeatum* Thunb.	who: vegetable	F3, J1, M5, M9, P1
Passifloraceae	*Adenia digitata* (Harv.) Engl.	le: vegetable; fr: vegetable, flavourant	B4, F3, M4, M8, M10
Passifloraceae	*Adenia glauca* Schinz	und: moisture; fr: snack	F3, S3
Passifloraceae	*Adenia gummifera* (Harv.) Harms	le: vegetable; fr: snack	A5, F3, M4, M10
Passifloraceae	*Adenia hastata* (Harv.) Schinz	fr: snack	F3, V2
Passifloraceae	**Passiflora caerulea* L.	fr: snack	S3
Passifloraceae	**Passiflora edulis* Sims	le: vegetable; fr: snack, non-alcoholic beverage	M10, O1, V5
Pedaliaceae	*Ceratotheca sesamoides* Endl.	seoil: cooking oil	H1
Pedaliaceae	*Ceratotheca triloba* (Bernh.) Hook.f.	le: vegetable	B4, O2
Pedaliaceae	*Dicerocaryum eriocarpum* (Decne.) Abels	le: vegetable	R7, S4
Pedaliaceae	*Dicerocaryum forbesii* (Decne.) A.E.van Wyk = *Dicerocaryum zanguebarium* (Lour.) Merr.	le: vegetable	B4, M8
Pedaliaceae	*Dicerocaryum senecioides* (Klotzsch) Abels	le: vegetable	B4, M10
Pedaliaceae	*Harpagophytum zeyheri* Decne.	nectar: snack	P1, R4
Pedaliaceae	*Pterodiscus speciosus* Hook.	und: yeast	R5, V5
Pedaliaceae	*Sesamum alatum* Thonn.	se: snack	D2
Pedaliaceae	*Sesamum calycinum* Welw.	le: snack, vegetable; se: snack	V4
Pedaliaceae	*Sesamum capense* Burm.f.	se: snack; seoil: cooking oil	A5, F3, V4, V5
Pedaliaceae	**Sesamum indicum* L.	se: snack; seoil: cooking oil	A5, F3, S3, V5
Pedaliaceae	*Sesamum triphyllum* Welw. ex Asch.	se: snack; seoil: cooking oil	H1, V5, V7
Phyllanthaceae	*Antidesma venosum* E.Mey. ex Tul.	fr: snack	D2, E2, F3, G1, L1, M7, M10, P1, R4, W4
Phyllanthaceae	*Bridelia cathartica* G.Bertol.	fr: snack	A5, F3, M7, P1
Phyllanthaceae	*Bridelia micrantha* (Hochst.) Baill.	fr: snack	A5, D2, F3, L1, M4, M10, O1, P1, V5, V7, W4
Phyllanthaceae	*Bridelia mollis* Hutch.	fr: snack, sweet preserve	A5, F3, L1, M4, M6, M10, P1, V5, V7
Phyllanthaceae	*Flueggea verrucosa* (Thunb.) G.L.Webster = *Phyllanthus verrucosus* Thunb.	fr: snack	L1

(*continued on next page*)

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
Phyllanthaceae	*Flueggea virosa* (Roxb. ex Willd.) Voigt = *Securinega virosa* (Roxb. ex Willd.) Pax & K.Hoffm.	fr: snack, non-alcoholic beverage	A5, E2, F3, L1, M4, M7, M10, P1, W4
Phyllanthaceae	*Hymenocardia ulmoides* Oliv.	fr: snack	M10
Phyllanthaceae	*Phyllanthus myrtaceus* Sond.	fr: snack	F3
Phyllanthaceae	*Phyllanthus reticulatus* Poir.	fr: snack	L1
Phyllanthaceae	*Pseudolachnostylis maprouneifolia* Pax = *Pseudolachnostylis dekindtii* Pax	fr: alcoholic beverage	M7, R4
Phyllanthaceae	**Uapaca kirkiana* Müll.Arg.	fr: snack, alcoholic beverage, sweet preserve	A5, V5, W4
Phytolaccaceae	**Phytolacca americana* L. = *Phytolacca decandra* L.	fr: snack	G1, R3
Phytolaccaceae	**Phytolacca dioica* L.	fr: snack, sweet preserve	F3, S3
Phytolaccaceae	*Phytolacca heptandra* Retz. = *Phytolacca stricta* Hoffm.	le: unknown; fr: snack	G1, J1, P1
Phytolaccaceae	**Phytolacca octandra* L.	ste: veegtable; le: vegetable; fr: snack	G1, M4, M10
Pinaceae	***Pinus cembroides* Zucc.	se: snack	V5
Pinaceae	***Pinus pinea* L.	fr: savoury preserve; se: vegetable	R5, S3, V5
Piperaceae	*Piper capense* L.f.	fr: snack, flavourant	A5, S5
Pittosporaceae	*Pittosporum viridiflorum* Sims	le: flavourant, preservative; fr: snack	A7, O1, P1
Plantaginaceae	*Plantago lanceolata* L.	se: vegetable	F3
Plantaginaceae	**Plantago major* L.	und: unknown; le: unknown; se: vegetable	A2, F3, M5
Poaceae	*Aristida congesta* Roem. & Schult.	fr: meal	Y1
Poaceae	*Aristida pilgeri* Henrard	who: non-alcoholic beverage	K1
Poaceae	*Aristida stipitata* Hack.	who: non-alcoholic beverage	K1
Poaceae	**Avena sativa* L.	fr: meal	A2, F3, M9, S3, V5
Poaceae	*Brachiaria brizantha* (A.Rich.) Stapf	fr: meal	F3, V8, W4
Poaceae	**Bromus catharticus* Vahl = *Bromus willdenowii* Kunth	fr: meal	S3
Poaceae	**Coix lacryma-jobi* L.	fr: meal, alcoholic beverage	F3, V5
Poaceae	***Cymbopogon citratus* (DC.) Stapf	ste: beverage; le: tea, flavourant, preservative	A7, M10, R5, S3
Poaceae	***Cymbopogon schoenanthus* (L.) Spreng.	esoil: flavourant	S3
Poaceae	*Cynodon dactylon* (L.) Pers.	und: unknown; le: unknown; fr: meal	E2, G1, H1, P1
Poaceae	*Dactyloctenium aegyptium* (L.) Willd.	fr: meal	K1, V8, W4
Poaceae	*Dactyloctenium giganteum* Fisher & Schweick.	fr: meal	H1, P1
Poaceae	*Danthoniopsis dinteri* (Pilg.) C.E.Hubb.	fr: snack	K1
Poaceae	*Danthoniopsis ramosa* (Stapf) Clayton	fr: snack	K1
Poaceae	*Echinochloa colona* (L.) Link	fr: meal	H1, S3, V8
Poaceae	*Echinochloa pyramidalis* (Lam.) Hitchc. & Chase	fr: meal	E2, V8
Poaceae	*Eleusine coracana* (L.) Gaertn. = *Eleusine africana* Kenn.-O'Byrne	fr: meal, alcoholic beverage [famine food]	B1, F3, J1, M5, M9, M10, P1, S3, V4, V5, V7, W4
Poaceae	*Eleusine indica* (L.) Gaertn.	fr: meal [famine food]	F3, H1
Poaceae	*Enneapogon desvauxii* P.Beauv.	fr: snack	K1
Poaceae	*Eragrostis annulata* Rendle ex Scott-Elliot	fr: snack	K1
Poaceae	*Eragrostis chloromelas* Steud.	fr: meal, alcoholic beverage [famine food]	J1, M5, M9, V5
Poaceae	*Eragrostis cilianensis* (All.) Vignolo ex Janch.	fr: meal, alcoholic beverage	E2, J1, M5, M9, P1, V5, V8
Poaceae	*Eragrostis curvula* (Schrad.) Nees	fr: meal, alcoholic beverage [famine food]	F3, J1, M5, M9, P1, V5
Poaceae	*Eragrostis cylindriflora* Hochst.	fr: snack	K1
Poaceae	*Eragrostis echinochloidea* Stapf	fr: unknown	P1
Poaceae	*Eragrostis nindensis* Ficalho & Hiern	fr: snack	K1
Poaceae	*Eragrostis plana* Nees	und: snack; fr: meal [famine food]	F3, R3, V5
Poaceae	*Eragrostis planiculmis* Nees	fr: meal [famine food]	J1, M5, M9, P1
Poaceae	**Eragrostis tef* (Zuccagni) Trotter	fr: meal	V8
Poaceae	*Hemarthria altissima* (Poir.) Stapf & C.E.Hubb.	und: snack	F3, J1, M5, P1, V8
Poaceae	***Hordeum distichon* L.	fr: alcoholic beverage	S3
Poaceae	***Hordeum vulgare* L.	fr: meal, alcoholic beverage	A2, V5
Poaceae	*Imperata cylindrica* (L.) Raeusch. = *Imperata arundinacea* Cirillo	und: snack	E2, F3, J1, M5, M9, O1, P1, V8
Poaceae	*Kaokochloa nigrirostris* De Winter	fr: snack	K1
Poaceae	**Lolium perenne* L.	fr: meal, alcoholic beverage	F3
Poaceae	*Miscanthus ecklonii* (Nees) Mabb. = *Miscanthidium sorghum* Stent, *Miscanthus capensis* (Nees) Anderson	und: snack; fr: meal [famine food]	F3, J1, M5, M9, P1
Poaceae	***Oryza sativa* L.	fr: vegetable	F3, M5, M9, V5
Poaceae	*Panicum deustum* Thunb.	fr: meal	P1
Poaceae	*Panicum kalaharense* Mez	fr: snack	K1
Poaceae	*Panicum maximum* Jacq.	fr: snack [famine food]	H1
Poaceae	**Panicum miliaceum* L.	fr: meal	S3, V5
Poaceae	*Paspalum scrobiculatum* L.	fr: meal	F3
Poaceae	**Pennisetum glaucum* (L.) R.Br. = *Pennisetum albicauda* Stapf & C.E.Hubb., *Pennisetum americanum* (L.) Leeke, *Pennisetum typhoides* (Burm.f.) Stapf & C.E.Hubb.	fr: meal, non-alcoholic beverage, alcholic beverage	A5, A6, B1, D2, F2, F3, J1, K1, L1, M5, M9, M10, P1, R4, S3, V5, V7
Poaceae	*Phragmites australis* (Cav.) Steud. = *Phragmites communis* Trin.	und: snack; ste: flavourant	E2, F3, J1, M5, M9, P1, V5
Poaceae	***Saccharum officinarum* L.	ste: snack, alcoholic beverage, sweet preserve	A1, A2, F1, F3, L1, M10, R4, V5, M5, S3
Poaceae	*Setaria aurea* Hochst.	fr: snack [famine food]	G1
Poaceae	*Setaria finita* Launert	fr: snack	K1
Poaceae	**Setaria italica* (L.) P.Beauv.	fr: meal	M5, S3, V5, W4
Poaceae	*Setaria lindenbergiana* (Nees) Stapf	fr: meal	F3, P1, S3, V8
Poaceae	*Setaria pumila* (Poir.) Roem. & Schult.	fr: meal	P1
Poaceae	*Setaria sphacelata* (Schumach.) Stapf & C.E.Hubb. ex M. B.Moss	fr: meal [famine food]	F3, V5, W4

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
Poaceae	*Setaria verticillata* (L.) P.Beauv.	fr: meal, alcoholic beverage	K1, V3, V5, V8
Poaceae	*Sorghum bicolor* (L.) Moench = *Andropogon sorghum* (L.) Brot., *Sorghum basutorum* Snowden, *Sorghum caffrorum* (Retz.) P.Beauv., *Sorghum dochna* (Forssk.) Snowden, *Sorghum guineënse* Stapf, *Sorghum verticilliflorum* (Steud.) Stapf	ste: snack; le: flavourant, preservative; fr: meal, alcoholic beverage, flavourant, preservative	A1, A2, A5, A6, A7, B1, D2, F2, F3, G1, J1, K1, M5, M9, M10, P1, R2, R4, R5, S3, V5, V7, V8
Poaceae	**Sorghum halepense* (L.) Pers.	fr: meal, alcoholic beverage	D2
Poaceae	*Sporobolus africanus* (Poir.) Robyns & Tournay	fr: meal	P1
Poaceae	*Sporobolus fimbriatus* (Trin.) Nees	fr: meal, non-alcoholic beverage [famine food]	E2, F3, J1, M5, M9, P1, V8
Poaceae	*Stenotaphrum dimidiatum* (L.) Brongn.	fr: meal [famine food]	F3
Poaceae	*Stenotaphrum secundatum* (Walter) Kuntze	fr: meal [famine food]	S3
Poaceae	*Stipagrostis brevifolia* (Nees) De Winter = *Aristida brevifolia* (Nees) Steud.	fr: meal	R5, S3, V5, Y1
Poaceae	*Stipagrostis damarensis* (Mez) De Winter	fr: meal	K1
Poaceae	*Stipagrostis giessii* Kers	fr: meal	K1
Poaceae	*Stipagrostis hirtigluma* (Steud.) De Winter	fr: meal	K1
Poaceae	*Stipagrostis hochstetteriana* (Beck ex Hack.) De Winter	fr: meal	K1
Poaceae	*Stipagrostis uniplumis* (Licht.) De Winter	fr: meal	F3, K1, V5
Poaceae	*Themeda triandra* Forssk.	le: unknown	P1
Poaceae	**Thinopyrum distichum* (Thunb.) A.Löve = *Agropyron distichum* (Thunb.) P.Beauv.	ste: snack	S3
Poaceae	***Triticum aestivum* L.	fr: meal, alcoholic beverage	A2, M5, M9, V5
Poaceae	***Triticum turgidum* L. = *Triticum durum* Desf.	fr: meal	M5, V5
Poaceae	*Urochloa brachyura* (Hack.) Stapf	fr: meal	H1, K1
Poaceae	*Urochloa mosambicensis* (Hack.) Dandy	fr: meal [famine food]	V5, V8
Poaceae	*Urochloa trichopus* (Hochst.) Stapf	fr: meal	H1
Poaceae	*Vossia cuspidata* (Roxb.) Griff.	und: snack	K1
Poaceae	***Zea mays* L.	fr: snack, vegetable; meal, alcoholic beverage, flavourant, preservative	A1, A2, A7, B1, F1, F3, L1, M5, M9, M10, R2, R4, S3, V5
Podocarpaceae	*Afrocarpus falcatus* (Thunb.) C.N.Page = *Podocarpus falcatus* (Thunb.) R.Br. ex Mirb.	fr: snack	A5, F3, R3, W4
Podocarpaceae	*Podocarpus latifolius* (Thunb.) R.Br. ex Mirb.	le: flavourant, preservative; fr: snack	A5, A7, F3, R3
Polygalaceae	*Muraltia scoparia* (Eckl. & Zeyh.) Levyns	fr: snack	S3
Polygalaceae	*Muraltia spinosa* (L.) F.Forest & J.C.Manning = *Mundia spinosa* (L.) DC., *Mundia spinosa* (L.) DC., *Nylandtia spinosa* (L.) Dumort.	fr: snack, quencher, alcoholic beverage [sold]	A5, C1, C2, D5, F3, M3, S3, S5, V1, V5, V7, V9, W4
Polygalaceae	*Polygala myrtifolia* L.	nectar: snack	D5
Polygonaceae	*Emex australis* Steinh.	ste: vegetable; le: vegetable	B4, C1, D5, F3, O2, R3, S3
Polygonaceae	**Fagopyrum esculentum* Moench	se: meal	F3, S3, V5
Polygonaceae	*Oxygonum alatum* Burch.	who: snack, moisture; ste: vegetable; le: snack, vegetable; se: snack, meal, flavourant	F3, H1, L2, P1, V5, V7
Polygonaceae	*Oxygonum delagoense* Kuntze	le: snack, vegetable; fr: snack	L2
Polygonaceae	*Oxygonum dregeanum* Meisn.	le: vegetable, flavourant	B4, F3, M4, M8
Polygonaceae	*Oxygonum sinuatum* (Hochst. & Steud. ex Meisn.) Dammer	le: vegetable	B4, O2
Polygonaceae	*Persicaria decipiens* (R.Br.) K.L.Wilson = *Polygonum salicifolium* Brouss. ex Willd.	le: vegetable	F3
Polygonaceae	**Rumex acetosella* L. = *Rumex angiocarpus* Murb.	le: vegetable	F3
Polygonaceae	*Rumex conglomeratus* Murb.	le: vegetable	F3, S3
Polygonaceae	*Rumex cordatus* Poir.	le: vegetable	S3
Polygonaceae	**Rumex crispus* L.	le: vegetable	B3, B4, F3, R5, S3, V5
Polygonaceae	*Rumex lanceolatus* Thunb. = *Rumex ecklonianus* Meisn.	ste: vegetable; le: snack, vegetable	A2, B2, F3, J2, R3, S3, V4, V5, V7, V9, W3, W4
Polygonaceae	*Rumex obtusifolius* L.	le: vegetable	J2
Polygonaceae	*Rumex sagittatus* Thunb.	le: vegetable	F3, J1, J2, M5, M9, O1, P1, V5
Polygonaceae	*Rumex steudelii* Hochst. ex A.Rich. = *Rumex nepalensis* Spreng.	le: vegetable	S3, V5
Polygonaceae	*Rumex woodii*N.E.Br.	who: snack; le: snack, vegetable	F3, J1, M5, M9, P1, S3
Portulacaceae	**Portulaca oleracea* L.	ste: vegetable; le: snack, vegetable	B1, B4, C2, F3, G1, H1, J1, M4, M5, M9, M10, O1, O2, P1, R5, S3, S5, V4, V5, W4
Portulacaceae	*Portulaca quadrifida* L.	who: snack, vegetable; le: vegetable	D2, F3, O1, P1, V4
Portulacaceae	*Talinum arnotii* Hook.f.	ste: vegetable; le: snack, vegetable	F3, P1, S2, V5, W4
Portulacaceae	*Talinum caffrum* (Thunb.) Eckl. & Zeyh.	und: snack, moisture; le: snack, moisture, vegetable	F3, L2, M5, P1, V4, V5, V7, Y1
Portulacaceae	*Talinum crispatulum* Dinter & Poelln.	ste: snack; le: snack, moisture	F3, P1, V5, W4
Portulacaceae	*Talinum tenuissimum* Dinter	le: snack	L2, P1
Proteaceae	*Brabejum stellatifolium* L.	se: vegetable, coffee	C2, F3, S3, S5, V5, V9, Y1
Proteaceae	*Faurea rochetiana* (A.Rich.) Chiov. ex Pic.Serm. = *Faurea speciosa* Welw.	nectar: snack	L1
Proteaceae	*Faurea saligna* Harv.	nectar: snack	L1
Proteaceae	*Leucadendron pubescens* R.Br.	se: snack	V5
Proteaceae	**Macadamia integrifolia* Maiden & Betche	se: snack	M10
Proteaceae	**Macadamia ternifolia* F.Muell.	se: snack	V5
Proteaceae	*Protea burchellii* Stapf = *Protea pulchra* Rycroft	nectar: snack, syrup	S3
Proteaceae	*Protea obtusifolia* H.Buek ex Meisn.	nectar: snack	D5
Proteaceae	*Protea repens* (L.) L. = *Protea mellifera* Thunb.	nectar: snack, syrup	C2, D5, F3, P1, S3, S5, V5

(*continued on next page*)

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
Pteridaceae	*Cheilanthes capensis* (Thunb.) Sw.	le: tea	A4
Pteridaceae	*Pellaea calomelanos* (Sw.) Link	ste: tea	V4
Putranjivaceae	*Drypetes arguta* (Müll.Arg.) Hutch.	fr: snack, alcoholic beverage	A5, F3
Putranjivaceae	*Drypetes gerrardii* Hutch.	fr: snack, alcoholic beverage	P1, S3
Putranjivaceae	*Drypetes mossambicensis* Hutch.	fr: snack	A5, F3, P1
Ranunculaceae	*Clematis brachiata* Thunb.	le: flavourant, preservative	A7
Ranunculaceae	*Ranunculus multifidus* Forssk.	und: unknown; le: vegetable	R3, P1
Ranunculaceae	*Thalictrum minus* L. = *Thalictrum caffrum* Eckl. & Zeyh.	who: vegetable	A2, J1, M5, M9, P1
Ranunculaceae	*Thalictrum rhynchocarpum* Quart.-Dill. & A.Rich.	le: vegetable	R3
Restionaceae	*Thamnochortus insignis* Mast.	ste: snack	D5
Rhamnaceae	*Berchemia discolor* (Klotzsch) Hemsl.	fr: snack, meal, alcoholic beverage [stored, famine food]	A5, E2, F3, H1, L1, M1, M4, M7, M10, P1, R4, R5, R6, S5, V3, V4, V5, V7, W4
Rhamnaceae	*Berchemia zeyheri* (Sond.) Grubov = *Phyllogeiton zeyheri* (Sond.) Suess., *Rhamnus zeyheri* Sond.	fr: snack, vegetable, meal, sweet preserve [stored, famine food]	A5, D2, F3, G1, M4, M10, O1, P1, S3, V5, V7, W4
Rhamnaceae	*Helinus integrifolius* (Lam.) Kuntze	who: vegetable; le: vegetable; fr: snack	F3, R3
Rhamnaceae	*Rhamnus prinoides* L'Hér.	und: vegetable; fr: snack; se: snack	A5, F3, P1, R3, W4
Rhamnaceae	*Scutia myrtina* (Burm.f.) Kurz	fr: snack	A5, D3, F3, P1, S3, W4
Rhamnaceae	**Ziziphus mauritiana* Lam.	fr: snack, alcoholic beverage	V5, W4
Rhamnaceae	*Ziziphus mucronata* Willd.	le: vegetable; fr: snack, meal, coffee, alcoholic beverage	A4, A5, A7, C2, C3, E2, F3, H1, L1, L2, M1, M2, M4, M6, M5, M7, M10, O1, P1, R4, R6, S2, S3, V2, V3, V4, V5, V7, W4
Rhamnaceae	*Ziziphus zeyheriana* Sond.	fr: snack, coffee; se: meal, coffee	F3, M2, S3
Rhizophoraceae	*Bruguiera gymnorrhiza* (L.) Lam.	fr: snack	S3
Rhizophoraceae	*Rhizophora mucronata* Lam.	fr: snack	S3
Rosaceae	***Amygdalus communis* L.	se: snack	S3
Rosaceae	*Cliffortia ruscifolia* L.	le: tea	S3
Rosaceae	***Crataegus pubescens* (Kunth) Steud.	fr: snack	F3
Rosaceae	**Cydonia oblonga* Mill.	fr: snack	M9
Rosaceae	**Eriobotrya japonica* (Thunb.) Lindl.	fr: snack	M10, R3
Rosaceae	***Malus sylvestris* Mill. = *Pyrus malus* L.	fr: snack	M9
Rosaceae	***Prunus armeniaca* L.	le: vegetable; fr: snack	M5, M9, R3
Rosaceae	***Prunus cerasus* L.	fr: snack	M9
Rosaceae	***Prunus domestica* L.	fr: snack	S3
Rosaceae	**Prunus persica* (L.) Batsch	le: snack, vegetable, flavourant; fr: snack, vegetable	A2, B4, M5, M9, M10, R2, R3, W3
Rosaceae	**Pyrus communis* L.	fr: snack	M5, M9
Rosaceae	**Rosa rubiginosa* L.	fr: snack	M5
Rosaceae	**Rubus cuneifolius* Pursh	fr: snack, sweet preserve	G1, V5
Rosaceae	***Rubus idaeus* L.	fr: snack	M5
Rosaceae	*Rubus ludwigii* Eckl. & Zeyh.	fr: snack	A5, F3, G1, J1, M5, M9, P1, R3
Rosaceae	**Rubus niveus* Thunb.	fr: snack	D2, O1
Rosaceae	*Rubus pinnatus* Willd.	fr: snack, sweet preserve	A5, F3, G1, M4, M10, P1, R3, R5, S3, V5
Rosaceae	*Rubus rigidus* Sm.	le: tea; fr: snack, non-alcoholic beverage, sweet preserve	A5, F3, G1, J1, M5, M9, M10, P1, R3, R5, V5, V7, V9
Rosaceae	**Rubus rosifolius* Sm.	fr: snack	D2, O1
Rubiaceae	*Afrocanthium mundianum* (Cham. & Schltdl.) Lantz = *Canthium mundianum* Cham. & Schltdl.	fr: snack	F3, M4, M10, P1, R3
Rubiaceae	**Ancylanthos rubiginosus* Desf. = *Ancylanthos bainesii* Hiern	fr: snack	A5, F3, L2, P1
Rubiaceae	*Canthium armatum* (K.Schum.) Lantz = *Plectroniella armata* (K.Schum.) Robyns	fr: snack	D2, O1, P1
Rubiaceae	*Canthium ciliatum* (Klotzsch) Kuntze	fr: snack; se: snack	A5, C3, D2, F3, M10, O1, P1, R3
Rubiaceae	*Canthium inerme* (L.f.) Kuntze = *Canthium ventosum* (L.) Kuntze	bark: snack; fr: snack; se: snack	A5, C3, D2, F3, M10, N1, O1, P1, R3, S3, W4
Rubiaceae	*Canthium spinosum* (Klotzsch) Kuntze	fr: snack	A5, C3, F3, P1
Rubiaceae	*Cephalanthus natalensis* Oliv.	fl: snack; fr: snack	A5, D2, F3, L1, M4, M10, O1, P1, V2, W4
Rubiaceae	*Coddia rudis* (E.Mey. ex Harv.) Verdc.	ste: flavourant, preservative; fr: snack	A7
Rubiaceae	***Coffea arabica* L.	se: coffee	G1, S3, V5
Rubiaceae	***Coffea liberica* Bull. ex Hiern	se: coffee	S3
Rubiaceae	*Coffea racemosa* Lour.	se: coffee	A5, F3, P1
Rubiaceae	*Coptosperma supra-axillare* (Hemsl.) Degreef = *Tarenna barbertonensis* (Bremek.) Bremek.	fr: snack	D2
Rubiaceae	*Fadogia homblei* De Wild. = *Fadogia fragrans* Robyns, *Fadogia monticola* Robyns	fr: snack	A5, F3, S3, W4
Rubiaceae	*Fadogia tetraquetra* K.Krause	fr: snack	M10
Rubiaceae	*Galium spurium* L.	le: vegetable	F3
Rubiaceae	*Gardenia cornuta* Hemsl.	fr: snack [famine food]	A5, F3
Rubiaceae	*Gardenia thunbergia* L.f.	unk: unknown	F3
Rubiaceae	*Gardenia volkensii* K.Schum. = *Gardenia spatulifolia* Stapf & Hutch.	fr: snack	M1, M7, P1
Rubiaceae	*Heinsia crinita* (Afzel.) G.Taylor	fr: snack	A5, F3, P1
Rubiaceae	*Hyperacanthus amoenus* (Sims) Bridson = *Gardenia amoena* Sims, *Gardenia neuberia* Eckl. & Zeyh.	fr: snack	A5, F3, M4, M10, P1, S3
Rubiaceae	*Keetia gueinzii* (Sond.) Bridson = *Canthium gueinzii* Sond.	fr: snack	A5, F3, O1, P1

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
Rubiaceae	*Kohautia amatymbica* Eckl. & Zeyh.	und: snack	P1, V5
Rubiaceae	*Kraussia floribunda* Harv.	fr: snack	A5, F3, O1, P1
Rubiaceae	*Lagynias dryadum* (S.Moore) Robyns	fr: snack	M10
Rubiaceae	*Lagynias lasiantha* (Sond.) Bullock	fr: snack	A5, C3, F3, P1
Rubiaceae	*Pachystigma latifolium* Sond. = *Vangueria latifolia* (Sond.) Sond.	fr: snack	A5, F3, G1
Rubiaceae	*Pachystigma macrocalyx* (Sond.) Robyns	fr: snack	A5, D2, F3, O1, P1
Rubiaceae	*Pachystigma pygmaeum* (Schltr.) Robyns	fr: snack	D2, F3, O1, P1
Rubiaceae	*Pavetta edentula* Sond.	le: snack, vegetable	D2, F3
Rubiaceae	*Pavetta lanceolata* Eckl.	le: unknown	F3
Rubiaceae	*Pavetta schumanniana* F.Hoffm. ex K.Schum.	le: moisture	M10
Rubiaceae	*Pavetta zeyheri* Sond.	le: unknown	F3
Rubiaceae	*Psydrax livida* (Hiern) Bridson = *Canthium huillense* Hiern	fr: snack	M4, M10, W4
Rubiaceae	*Psydrax obovata* (Eckl. & Zeyh.) Bridson = *Canthium obovatum* Klotzsch ex Eckl. & Zeyh.	fr: snack	A5, D2, F3, O1, P1, S3
Rubiaceae	*Pygmaeothamnus chamaedendrum* (Kuntze) Robyns	fr: snack	D2, O1, P1
Rubiaceae	*Pygmaeothamnus zeyheri* (Sond.) Robyns	le: unknown; fr: snack	A5, F3, L2, P1, V4
Rubiaceae	*Rothmannia globosa* (Hochst.) Keay	fr: snack	A5, F3, P1
Rubiaceae	*Rubia petiolaris* DC.	und: vegetable	R3
Rubiaceae	*Vangueria cyanescens* Robyns	fr: snack	D2, M7, O1, P1, V4
Rubiaceae	*Vangueria esculenta* S.Moore	fr: snack	A5, D2, F3, M4, M10, O1, P1, V4
Rubiaceae	*Vangueria infausta* Burch.	fr: snack, non-alcoholic beverage, alcoholic beverage, flavourant, milk curdles, syrup, savoury preserve [stored, famine food, sold]	A5, A6, B1, B4, C3, D2, F3, L1, L2, M1, M4, M6, M7, M10, O1, P1, Q1, R3, R4, R5, S1, S5, V2, V4, V5, V7, W4
Rubiaceae	**Vangueria parvifolia* Sond. = *Tapiphyllum parvifolium* (Sond.) Robyns	fr: snack [stored]	A5, F3, M2, P1, R4, R5, S3, V2, V5, W4
Rubiaceae	*Vangueriopsis lanciflora* (Hiern) Robyns	fr: snack	A5, E2, F3, M7, P1
Ruscaceae	*Dracaena aletriformis* (Haw.) Bos = *Dracaena hookeriana* K.Koch	und: unknown	W4
Ruscaceae	*Eriospermum parvifolium* Jacq.	und: unknown	F3, W4
Ruscaceae	*Eriospermum spirale* Schult.	und: unknown	S3
Ruscaceae	*Sansevieria aethiopica* Thunb. = *Sansevieria scabrifolia* Dinter	und: moisture, milk curdles; fr: snack	A5, E2, F3, H1, M1, P1, R7, S2, V4
Ruscaceae	*Sansevieria hyacinthoides* (L.) Druce	fr: snack	A5
Ruscaceae	*Sansevieria pearsonii*N.E.Br.	und: unknown; fr: snack	A5, W4
Rutaceae	*Agathosma betulina* (P.J.Bergius) Pillans	und: flavourant, preservative; le: flavourant, preservative; esoil: flavourant	A7, C2, V5, V7, V9
Rutaceae	*Agathosma crenulata* (L.) Pillans	le: tea; esoil: flavourant	V7, V9
Rutaceae	*Agathosma serratifolia* (Curtis) Spreeth	le: tea	V9
Rutaceae	*Citropsis daweana* Swingle & Kellerm.	fr: snack	M7
Rutaceae	***Citrus aurantifolia* (Christm.) Swingle	fr: non-alcoholic beverage	R4
Rutaceae	***Citrus aurantium* L.	fr: snack, non-alcoholic beverage	R4
Rutaceae	***Citrus limon* (L.) Burm.f.	le: tea; fr: snack, flavourant, preservative	A7, M5, M10, R4
Rutaceae	***Citrus paradisi* Macfad.	fr: snack	M10
Rutaceae	***Citrus reticulata* Blanco	fr: snack, non-alcoholic beverage	M10, R4
Rutaceae	***Citrus sinensis* (L.) Osbeck	fr: snack, non-alcoholic beverage	M5, M10, R4
Rutaceae	*Clausena anisata* (Willd.) Hook.f. ex Benth.	le: flavourant, preservative; fr: snack	A7, D2, O1, P1, R3
Rutaceae	*Diosma hirsuta* L. = *Diosma vulgaris* Schltdl.	le: tea	S3
Rutaceae	*Vepris bachmannii* (Engl.) Mziray = *Oricia bachmannii* (Engl.) I.Verd.	fr: snack	A5, F3
Salicaceae	*Dovyalis caffra* (Hook.f. & Harv.) Warb.	fr: snack, non-alcoholic beverage, sweet preserve, savoury preserve	A5, A6, F3, M4, M10, O1, P1, Q1, R3, R5, S3, S5, V2, V5, V7, W1, W4
Salicaceae	*Dovyalis longispina* (Harv.) Warb.	fr: snack	A5, F3, P1, W4
Salicaceae	*Dovyalis lucida* Sim	fr: snack	A5, F3
Salicaceae	*Dovyalis rhamnoides* (Burch. ex DC.) Burch. & Harv. = *Dovyalis zizyphoides* E.Mey.	fr: snack, alcoholic beverage, sweet preserve [sold]	A5, F3, G1, R3, R5, S3, V2, V5, V7, W4
Salicaceae	*Dovyalis rotundifolia* (Thunb.) Thunb. & Harv. = *Dovyalis celastroides* Sond.	fr: snack, sweet preserve [sold]	A5, F3, P1, S3
Salicaceae	*Dovyalis zeyheri* (Sond.) Warb. = *Dovyalis tristis* (Sond.) Warb.	fr: snack, sweet preserve	A5, F3, O1, M2, S3, V2, V5, V7
Salicaceae	*Flacourtia indica* (Burm.f.) Merr. = *Flacourtia hirtiuscula* Oliv.	fr: snack, sweet preserve	A5, E2, F3, L1, M7, V2, V5, V7, W4
Salicaceae	*Oncoba spinosa* Forssk.	fr: snack; seoil: unknown	A5, F3, M10, P1, S3, V2
Salicaceae	**Salix babylonica* L.	le: vegetable	R3
Salicaceae	*Scolopia mundii* (Eckl. & Zeyh.) Warb.	fr: snack	D2, F3, P1, R3
Salicaceae	*Scolopia zeyheri* (Nees) Harv.	fr: snack	D2, M10
Salicaceae	*Trimeria grandifolia* (Hochst.) Warb.	fr: snack	F3, M4
Salicaceae	**Trimeria rotundifolia* (Hochst.) Gilg ex Engl.	fr: snack	R3
Salvadoraceae	*Azima tetracantha* Lam.	fr: snack	A5, F3, G1, O1, P1, S3, V4
Salvadoraceae	*Salvadora australis* Schweick. = *Salvadora angustifolia* Turrill	fr: snack	A5, F3
Salvadoraceae	*Salvadora persica* L.	fr: snack, non-alcoholic beverage [stored]	A5, F3, M1, M7, P1, V2, V3, V4, V5, W4
Santalaceae	*Colpoon compressum* P.J.Bergius = *Osyris compressa* (P.J.Bergius) A.DC.	fr: snack [stored]	A5, C2, D5, F3, S3

(*continued on next page*)

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
Santalaceae	*Lacomucinaea lineata* (L.f.) Nickrent & M.A.Garcia = *Thesium lineatum* L.f.	fr: snack	D4
Santalaceae	*Thesium carinatum* A.DC.	le: tea	V9
Santalaceae	*Thesium macrostachyum* A.DC.	le: tea	V9
Santalaceae	*Thesium spicatum* L.	le: tea	V9
Santalaceae	*Thesium strictum* P.J.Bergius	le: tea	V9
Santalaceae	*Viscum capense* L.f.	ste: tea; fr: snack	C2, D4, D5, S5, V5, V6, V7, V9
Santalaceae	*Viscum continuum* E.Mey. ex Sprague	ste: tea	V9
Santalaceae	*Viscum rotundifolium* L.f.	ste: tea; fr: snack	A4, D5, V9
Sapindaceae	*Allophylus africanus* P.Beauv. = *Allophylus melanocarpus* (Sond.) Radlk.	fr: snack	D2, O1, P1
Sapindaceae	*Allophylus decipiens* (Sond.) Radlk.	fr: unknown	W4
Sapindaceae	*Cardiospermum halicacabum* L.	le: vegetable	F3
Sapindaceae	*Deinbollia oblongifolia* (E.Mey. ex Arn.) Radlk.	fr: snack	A5, F3, P1
Sapindaceae	*Deinbollia xanthocarpa* (Klotzsch) Radlk.	fr: snack	A5, F3, P1
Sapindaceae	*Dodonaea viscosa* Jacq. = *Dodonaea angustifolia* L.f.	se: snack	F3, P1
Sapindaceae	*Haplocoelum foliolosum* (Hiern) Bullock = *Haplocoelum gallaense* (Engl.) Radlk.	fr: snack	A5, P1
Sapindaceae	****Litchi chinensis*** Sonn.	fr: snack	M10
Sapindaceae	*Pappea capensis* Eckl. & Zeyh. = *Pappea schumanniana* Schinz	fr: snack, tea, alcoholic beverage, sweet preserve, savoury preserve; se: snack; seoil: unknown	A5, D3, F3, G1, L1, M4, M6, M7, M10, O1, P1, R5, S3, S5, V4, V5, V7, V9, W4
Sapotaceae	*Baillonella toxisperma* Pierre = *Mimusops obovata* Nees ex Sond.	le: vegetable; fr: snack	A5, D2, F3, O1, P1, R3, S3, V5, W4
Sapotaceae	*Chrysophyllum viridifolium* J.M.Wood & Franks	fr: snack	A5, F3, G1, P1, Q1, V5, W4
Sapotaceae	*Englerophytum magalismontanum* (Sond.) T.D.Penn. = *Bequaertiodendron magalismontanum* (Sond.) Heine & J.H.Hemsl., *Chrysophyllum magalismontanum* Sond.	fr: snack, non-alcoholic beverage, alcoholic beverage, sweet preserve, savoury preserve [sold]	A5, D2, F3, L1, M4, M10, O1, P1, R5, S1, S3, V2, V5, V7, W1, W4
Sapotaceae	*Englerophytum natalense* (Sond.) T.D.Penn. = *Bequaertiodendron natalense* (Sond.) Heine & J.H. Hemsl.	fr: snack	A5, D2, F3, P1, R5, S3, V5
Sapotaceae	*Inhambanella henriquesii* (Engl. & Warb.) Dubard	fr: snack	A5, F3, P1, W4
Sapotaceae	*Manilkara concolor* (Harv.) Gerstner	fr: snack	A5, F3, P1, V5, W4
Sapotaceae	*Manilkara discolor* (Sond.) J.H.Hemsl.	fr: snack	A5, F3, P1, V5, W4
Sapotaceae	*Manilkara mochisia* (Baker) Dubard	fr: snack	A5, F3, M10, P1, V5, V7, W4
Sapotaceae	*Mimusops caffra* E.Mey. ex A.DC.	fr: snack	A5, F3, G1, P1, R3, S3, V5, W4
Sapotaceae	*Mimusops zeyheri* Sond.	fr: snack, non-alcoholic beverage, alcoholic beverage [stored]	A5, A6, D2, F3, L1, M4, M6, M10, O1, P1, R5, S3, S5, V2, V5, V7, W4
Sapotaceae	*Sideroxylon inerme* L.	fr: snack	D5, F3, P1, S3, W4
Sapotaceae	*Vitellariopsis dispar* (N.E.Br.) Aubrév. = *Austromimusops dispar* (N.E.Br.) A.Meeuse	fr: snack	S3
Sapotaceae	*Vitellariopsis marginata* (N.E.Br.) Aubrév. = *Austromimusops marginata* (N.E.Br.) A.Meeuse, *Vitellariopsis sylvestris* (S.Moore) Aubrév.	fr: snack	S3, V5
Scrophulariaceae	*Buddleja auriculata* Benth.	fr: snack	F3, R3
Scrophulariaceae	*Buddleja salviifolia* (L.) Lam.	le: tea	F3, M5
Scrophulariaceae	*Diascia capsularis* Benth.	who: vegetable	M9
Scrophulariaceae	*Diascia integerrima* E.Mey. ex Benth.	who: vegetable	F3, M9
Scrophulariaceae	*Diascia rigescens* E.Mey. ex Benth.	who: vegetable	M9
Scrophulariaceae	*Diclis reptans* Benth.	le: vegetable	F3, R3
Scrophulariaceae	*Limosella africana* Glück	unk: vegetable	F3
Scrophulariaceae	*Nemesia albiflora*N.E.Br.	who: unknown	M5
Scrophulariaceae	*Nemesia caerulea* Hiern	who: unknown	M5
Scrophulariaceae	*Nemesia floribunda* Lehm.	who: unknown	M5
Scrophulariaceae	*Nemesia fruticans* (Thunb.) Benth.	ste: vegetable; le: vegetable	F3, M5
Scrophulariaceae	*Nemesia pubescens* Benth.	who: unknown	M5
Scrophulariaceae	*Nemesia rupicola* Hilliard = *Nemesia melissifolia* (not of Benth.)	who: unknown	M5
Scrophulariaceae	*Zaluzianskya peduncularis* (Benth.) Walp.	who: vegetable; le: vegetable	F3, M5
Solanaceae	***Capsicum annuum*** L.	le: vegetable, flavourant; fr: vegetable, flavourant, preservative, sweet preserve	A7, B4, F3, G1, M8, M10, R3, R4
Solanaceae	***Capsicum frutescens*** L.	le: vegetable, flavourant; fr: vegetable, flavourant	L1, M10, R4
Solanaceae	*Lycium arenicola* Miers	fr: snack	S3
Solanaceae	*Lycium cinereum* Thunb. = *Lycium prunus-spinosa* Dunal	fr: snack, coffee	S3, V3
Solanaceae	*Lycium decumbens* Welw. ex Hiern	fr: snack	A5, F3, V4
Solanaceae	*Lycium ferocissimum* Miers	fr: snack	C2, F3, R3, S5
Solanaceae	*Lycium horridum* Thunb. = *Lycium kraussii* Dunal	fr: snack	S3
Solanaceae	*Lycium oxycarpum* Dunal	fr: snack	A4
Solanaceae	*Lycium tetrandrum* Thunb.	fr: snack	S3
Solanaceae	***Nicandra physalodes*** (L.) Gaertn.	le: vegetable; fr: snack	B4, F3, M8, M10, R3
Solanaceae	***Physalis angulata*** L.	fr: snack, sweet preserve	O1, S3
Solanaceae	****Physalis peruviana*** L.	who: vegetable; le: vegetable, tea [stored]; fr: snack, vegetable, sweet preserve	B3, B4, F1, F3, J2, K3, L1, M4, M10, O1, R2, R3, R5, S3, S5, V2, V4, V5, W3, W4
Solanaceae	***Physalis viscosa*** L.	le: vegetable; fr: snack, vegetable	B2, B4, D2, F3, J1, J2, K3, M5, M9, O1, O2, R3, W3, W4

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
Solanaceae	*Solanum aculeastrum* Dunal	fr: snack, flavourant, preservative, milk curdles	A7, R3
Solanaceae	*Solanum aculeatissimum* Jacq.	fr: snack	R3
Solanaceae	*Solanum africanum* Mill.	fr: snack	D5
Solanaceae	**Solanum americanum* Mill. = *Solanum nodiflorum* Jacq.	le: vegetable; fr: vegetable	B4, J2, M10, O2
Solanaceae	**Solanum betaceum* Cav.	fr: snack	M10
Solanaceae	*Solanum capense* L.	fr: milk curdles	J1, M9
Solanaceae	*Solanum catombelense* Peyr.	ste: unknown; le: unknown	F3, P1
Solanaceae	**Solanum chenopodioides* Lam. = *Solanum gracile* Dunal	le: vegetable; fr: snack	F3, R3, V5, V7
Solanaceae	*Solanum giganteum* Jacq.	fr: snack, milk curdles	A5, F3, P1
Solanaceae	**Solanum incanum* L.	le: unknown; fr: snack	P1, R3
Solanaceae	***Solanum lycopersicum* L. = *Lycopersicon esculentum* Mill.	fr: flavourant, preservative	A7, M5, M9, M10
Solanaceae	***Solanum melanocerasum* All.	le: vegetable; fr: vegetable	V5
Solanaceae	***Solanum melongena* L.	fr: vegetable	S3
Solanaceae	**Solanum nigrum* L.	who: vegetable; le: vegetable, flavourant [stored]; fr: snack, sweet preserve	A2, A7, B1, B2, B3, B4, D2, D3, F1, F3, J1, J2, K2, K3, M4, M5, M8, M9, M10, O1, Q1, R2, R3, R4, R5, S3, S4, V2, V4, V5, V7, W3, W4
Solanaceae	*Solanum retroflexum* Dunal = *Solanum burbankii* Bitter	le: vegetable, flavourant [stored]; fr: snack, sweet preserve	B2, B4, D2, D5, F3, J2, K2, M5, M8, M9, M10, O1, P1, R3, R5, V5, V7
Solanaceae	*Solanum rubetorum* Dunal	fr: snack	R3
Solanaceae	*Solanum supinum* Dunal	fr: milk curdles	J1, M9
Solanaceae	*Solanum tomentosum* L.	und: flavourant, milk curdles	A4, D4
Solanaceae	**Solanum tuberosum* L.	und: vegetable, flavourant, preservative, yeast; le: vegetable, flavourant	A2, A7, M5, M9, M10, R2, R3, R4, V5
Solanaceae	*Withania somnifera* (L.) Dunal	le: vegetable; fr: flavourant, preservative	A7, R3, V4, V7
Stilbaceae	*Halleria elliptica* Thunb.	fr: snack	S3
Stilbaceae	*Halleria lucida* L.	nectar: snack; fr: snack [stored]	A5, F3, G1, J1, M4, M5, M9, M10, O1, P1, R3, S3
Strelitziaceae	*Strelitzia alba* (L.f.) Skeels = *Strelitzia augusta* Thunb.	se: vegetable	G1
Strelitziaceae	*Strelitzia caudata* R.A.Dyer	ste: unknown	D2, O1
Strelitziaceae	*Strelitzia nicolai* Regel & Körn.	se: vegetable, meal	A5, B2, F3, P1, S5, V5, W4
Strelitziaceae	*Strelitzia reginae* Banks	se: meal	S5
Tamaricaceae	*Tamarix usneoides* E.Mey. ex Bunge	fr: snack	S5
Tecophilaeaceae	*Cyanella alba* L.f.	und: snack, vegetable	S3, V5
Tecophilaeaceae	*Cyanella hyacinthoides* Royen ex L. = *Cyanella capensis* L.	und: snack, vegetable, meal	A3, A4, C2, F3, M3, R5, S3, S5, V5, V7, V9, Y1, W4
Tecophilaeaceae	*Cyanella lutea* L.f.	und: unknown	F3, S5, V5
Tecophilaeaceae	*Cyanella orchidiformis* Jacq.	und: unknown	F3
Tecophilaeaceae	*Eremiolirion amboense* (Schinz) J.C.Manning & Mannheimer = *Cyanella amboensis* Schinz	und: unknown	V4
Tecophilaeaceae	*Walleria nutans* J.Kirk	und: snack, vegetable, meal [stored]	F3, L2, P1, S2, V3, V4
Thymelaeaceae	*Peddiea africana* Harv.	unk: vegetable; fr: snack	K2, R3
Thymelaeaceae	*Struthiola ciliata* (L.) Lam.	nectar: snack	S3
Tropaeolaceae	***Tropaeolum majus* L.	le: vegetable; fr: snack, flavourant	M8, M10, S3
Turneraceae	*Tricliceras longepedunculatum* (Mast.) R.Fern.	le: vegetable	F3, M10
Typhaceae	*Typha capensis* (Rohrb.) N.E.Br. = *Typha latifolia* L.	who: vegetable; und: snack, vegetable, meal; ste: unknown; fl: snack	A5, D5, F3, M9, M10, P1, R5, S2, V4, V5, Y1
Ulmaceae	*Celtis africana* Burm.f.	le: vegetable; fr: snack	M2, M10, O1, P1
Ulmaceae	*Celtis gomphophylla* Baker	fr: snack	A5
Ulmaceae	*Trema orientalis* (L.) Blume	le: vegetable; fr: unknown	A5, B4, F3, M8, M10, P1, W4
Urticaceae	*Didymodoxa capensis* (L.f.) Friis & Wilmot-Dear = *Fleurya capensis* (L.f.) Wedd.	unk: vegetable	G1
Urticaceae	*Girardinia diversifolia* (Link) Friis = *Girardinia heterophylla* Decne.	unk: vegetable	F3
Urticaceae	*Laportea grossa* (Wedd.) Chew = *Fleurya grossa* Wedd.	le: vegetable	F3, G1
Urticaceae	*Laportea peduncularis* (Wedd.) Chew = *Fleurya mitis* (Wedd.) N.E.Br.	le: vegetable; fl: vegetable	B4, F3, M10, O1, P1, R2, R3
Urticaceae	*Obetia tenax* (N.E.Br.) Friis = *Urera tenax* N.E.Br.	le: vegetable	B2, B4, F3, J2, M4, M8, M10, S4
Urticaceae	*Pouzolzia mixta* Solms	who: vegetable; le: vegetable	B4, M4, M8, M10, V5
Urticaceae	*Pouzolzia parasitica* (Forssk.) Schweinf.	le: vegetable	M10, O1, P1
Urticaceae	**Urtica dioica* L.	who: vegetable, flavourant; ste: vegetable; le: snack, vegetable	A7, B4, F3, J1, M5, M8, M9, M10, R2, R3
Urticaceae	*Urtica lobulata* Blume = *Urtica burchellii* N.E.Br.	who: vegetable; le: snack, vegetable, flavourant	F3, J1, K3, M5, M9, P1, R2, R3
Urticaceae	**Urtica urens* L.	le: vegetable [stored]	B2, B3, B4, C2, F1, F3, J2, K2, R2, R3, V4, W3, W4
Verbenaceae	***Aloysia citrodora* Paláu = *Aloysia triphylla* (L'Hér.) Britton	le: tea	F3
Verbenaceae	*Chascanum incisum* (H.Pearson) Moldenke	unk: vegetable	F3
Verbenaceae	*Lantana angolensis* Moldenke	fr: snack	H1, P1, R4
Verbenaceae	***Lantana camara* L.	ste: unknown; le: vegetable; fr: snack	D2, F3, M10, O1, R3, W4
Verbenaceae	***Lantana montevidensis* (Spreng.) Briq.	fr: snack	D2, O1
Verbenaceae	*Lantana rugosa* Thunb. = *Lantana salviifolia* Jacq.	le: vegetable; fr: snack, meal [famine food]	A5, D2, F3, G1, L1, M4, M5, M10, O1, P1, R3, S4, V2, V4, W4

(*continued on next page*)

Table 1 (*continued*)

Family	Families, accepted names and synonyms	Plant parts used: Uses	References
Verbenaceae	**Lantana trifolia* L.	fr: snack [famine food]	D2, F3, O1
Verbenaceae	***Lantana viburnoides* (Forssk.) Vahl	le: unknown; fr: snack	F3, P1
Verbenaceae	*Lippia javanica* (Burm.f.) Spreng.	ste: tea; le: vegetable, tea, flavourant, preservative	A7, B4, F3, M10, O1, P1, R3, V5, V7
Verbenaceae	*Lippia scaberrima* Sond.	le: tea	F3, P1, V5
Verbenaceae	*Priva cordifolia* (L.f.) Druce	le: vegetable	M10
Vitaceae	*Ampelocissus africana* (Lour.) Merr.	fr: snack	A5, F3
Vitaceae	*Cissus diversilobata*C.A.Sm.	fr: snack	F3, V2
Vitaceae	*Cyphostemma bainesii* (Hook.f.) Desc.	und: moisture	A4, F3
Vitaceae	*Cyphostemma cirrhosum* (Thunb.) Desc. ex Wild & R.B. Drumm.	und: moisture; fr: snack, alcoholic beverage	F3
Vitaceae	*Cyphostemma congestum* (Baker) Desc. ex Wild & R.B. Drumm.	und: flavourant; fr: unknown	V4, W4
Vitaceae	*Cyphostemma currorii* (Hook.f.) Desc.	und: moisture; fr: snack	F3, M1
Vitaceae	*Cyphostemma hereroense* (Schinz) Desc. ex Wild & R.B. Drumm.	fr: snack	V4
Vitaceae	*Cyphostemma oleraceum* (Bolus) J.J.M.van der Merwe	fr: unknown	P1
Vitaceae	*Cyphostemma sandersonii* (Harv.) Desc.	fr: snack	P1, S3, R4, W4
Vitaceae	*Cyphostemma schlechteri* (Gilg & M.Brandt) Desc. ex Wild & R.B.Drumm. = *Cissus unguiformifolius* C.A.Sm.	fr: snack	F3, V2
Vitaceae	*Cyphostemma simulans* (C.A.Sm.) Wild & R.B.Drumm.	unk: vegetable	F3
Vitaceae	*Cyphostemma uter* (Exell & Mendonça) Desc.	fr: unknown	W4
Vitaceae	*Cyphostemma woodii* (Gilg & M.Brandt) Desc. = *Cissus woodii* Gilg & M.Brandt	fr: snack	D2, F3, O1, P1, V2
Vitaceae	*Rhoicissus digitata* (L.f.) Gilg & M.Brandt	und: moisture; fr: snack, sweet preserve	F3, P1, S3, S5, V5, W4
Vitaceae	*Rhoicissus rhomboidea* (E.Mey. ex Harv.) Planch.	fr: snack, sweet preserve	A5, F3, S3, V2
Vitaceae	*Rhoicissus tomentosa* (Lam.) Wild & R.B.Drumm. = *Rhoicissus capensis* (Willd.) Planch.	und: moisture; fr: snack, alcoholic beverage, sweet preserve, savoury preserve	A5, F3, M4, M5, M10, P1, R5, S3, S5, V2, V5, V7, V9
Vitaceae	*Rhoicissus tridentata* (L.f.) Wild & R.B.Drumm. = *Rhoicissus cuneifolia* (Eckl. & Zeyh.) Planch., *Rhoicissus erythrodes* (Fresen.) Planch.	und: unknown; fr: snack	A5, F3, J1, M4, M5, M9, M10, O1, P1, R3, S3, V2, V5
Vitaceae	***Vitis vinifera* L.	fr: unknown	M5
Zamiaceae	*Encephalartos caffer* (Thunb.) Lehm.	ste: meal, yeast	S3, S5
Zamiaceae	*Encephalartos horridus* (Jacq.) Lehm.	ste: meal, yeast	S5
Zamiaceae	*Encephalartos longifolius* (Jacq.) Lehm.	ste: meal, yeast	F3, S3, V5
Zamiaceae	*Encephalartos transvenosus* Stapf & Burtt Davy	ste: meal, yeast	F3
Zingiberaceae	*Siphonochilus aethiopicus* (Schweinf.) B.L.Burtt	und: flavourant	V7
Zingiberaceae	***Zingiber officinale* Roscoe	und: flavourant, preservative	A7
Zygophyllaceae	*Balanites aegyptiaca* (L.) Delile	fr: snack, non-alcoholic beverage, alcoholic beverage; se: unknown	A5, F3, M7
Zygophyllaceae	*Balanites angolensis* (Welw.) Welw. ex Mildbr. & Schltr.	fr: snack	M7
Zygophyllaceae	*Balanites maughamii* Sprague	fr: snack; seoil: cooking oil	A5, F3, M7, M10, P1
Zygophyllaceae	*Roepera morgsana* (L.) Beier & Thulin = *Zygophyllum morgsana* L.	se: snack	D5
Zygophyllaceae	*Tribulus terrestris* L.	who: vegetable; le: snack, vegetable	A4, B4, C2, E2, J1, M4, M5, M8, M9, M10, P1, Q1, R3, S4
Zygophyllaceae	*Tribulus zeyheri* Sond.	le: vegetable [famine food]	B4, M4, M8, M10

A1: Ayliff (1858); A2: Ashton (1939); A3: Archer (1982); A4: Archer (1994); A5: Ackhurst (1996) A6: Agriculture, forestry and fisheries – Directorate Plant Production (2013); A7: Asowata-Ayodele et al. (2016); B1: Beemer (1939); B2: Bhat and Rubuluza (2002); B3: Bvenura and Afolayan (2014); B4: Bvenura and Afolayan (2015); C1: Coetzee (1969); C2: Coetzee and Miros (2009); C3: Corrigan et al. (2011); D1: Dentlinger (1977); D2: Dlamini (1981); D3: Dold and Cocks (2000); D4: De Beer and Van Wyk (2011); D5: De Vynck et al. (2016); E1: Engelter and Wehmeyer (1970); E2: Ellery and Ellery (1997); F1: Fox (1939); F2: Franz (1971); F3: Fox and Norwood Young (1982); G1: Gerstner (1938); H1: Heath and Heath (2009); J1: Jacot Guillarmod (1971); J2: Jaca and Kambizi (2011); K1: Klaasen and Craven (2003); K2: Kepe (2008); K3: Kwinana-Mandindi (2014); L1: Liengme (1981); L2: Leffers (2003); M1: Malan and Owen Smith (1974); M2: Mogg (1975); M3: Metelerkamp and Sealy (1983); M4: Mabogo (1990); M5: Moteetee and Van Wyk (2006); M6: Motlhanka et al. (2008); M7: Mannheimer and Curtis (2009); M8: Maanda and Bhat (2010); M9: Moffett (2010); M10: Magwede et al. (2018); N1: Ngwenya et al. (2003); O1: Ogle and Grivetti (1985); O2: Odhav et al. (2007); P1: Peters et al. (1992); Q1: Quin (1959); R1: Rose (1972a); R2: Rose (1972b); R3: Rose and Jacot Guillarmod (1974); R4: Rodin (1985); R5: Rood (2008); R6: Roodt (1992); R7: Roodt (1998); S1: Stevenson-Hamilton (1929); S2: Story (1959); S3: Smith (1966); S4: Shackleton et al. (1998); S5: Skead (2009); V1: Van der Stel (1685); V2: Verdoorn (1939); V3: Van den Eynden et al. (1992); V4: Von Koenen (2001); V5: Van Wyk and Gericke (2000); V6: Van Wyk et al. (2008); V7: Van Wyk (2011); V8: Van Oudtshoorn (2014); V9: Van Wyk and Gorelik (2017); W1: Wehmeyer (1966); W2: Wehmeyer et al. (1969); W3: Wehmeyer and Rose (1983); W4: Wehmeyer (1986); Y1: Youngblood (2004).

has a total of ca. 45,000 species (Klopper et al., 2007), i.e. 3.8% of the flora has been recorded as edible. Fox and Norwood Young (1982) listed just over 800 species in their broad review of the food plants of southern Africa (the region was much more broadly defined as in the present study). The inventory presented here has thus more than doubled the recorded number of edible plant species when compared to Fox and Norwood Young (1982), which was hitherto the most comprehensive reference source of the food plants of southern Africa.

3.1. Taxonomic diversity

3.1.1. Family level

The ±23,000 plant species in southern Africa are mostly from 52 of the 225 plant families, of which the Asteraceae, Mesembryanthemaceae, Fabaceae, Iridiceae and Poaceae are the largest (Koekemoer et al., 2014). The five largest families in the world are Asteraceae, Orchidaceae, Fabaceae, Rubiaceae and Poaceae (Willis, 2017) which partly agrees with the pattern for southern Africa. According to Willis (2017), 80% of the food derived from plants comes from 17 plant families and the most important of these families are the Poaceae, Fabaceae, Brassicaceae and Rosaceae. The pattern of family contribution to the edible plants of southern Africa has, however, never been determined, so that it is as yet unknown to what extent southern Africa follows the global pattern.

An analysis of the edible plant species in family context within the southern African flora revealed that the edible plants come from 156 families, of which the 20 most species-rich families are presented in Fig. 2. The contributions of naturalised and cultivated species are also

shown. It is surprising to see that the Apocynaceae, with 137 edible species, tops the list. More predictably, the Fabaceae also feature prominently, with 135 species. If naturalised exotics and cultivated species are excluded, then the prominence of the Apocynaceae is further enhanced. There are 10 naturalised and 10 cultivated species in Fabaceae, for example, and only one naturalised edible species in Apocynaceae. Fig. 2 also displays the 20 most species-rich edible plant families of sub-Saharan Africa (extracted from Peters et al., 1992) and of the entire world, extracted from Van Wyk (2005) and Wiersema and León (2016).

The prominence of the Apocynaceae, as well as the Iridiceae, is unique to Africa. Both of these families also have almost only indigenous members used as food, unlike the Asteraceae and Poaceae which, along with Fabaceae, have many exotic food plant species. The family-level statistics for the whole world is shown in Fig. 2 – it follows the predictable pattern as mentioned in Willis (2017), with families such as the Poaceae, Fabaceae, Brassicaceae and Rosaceae amongst the top 20 families with the highest numbers of edible plant species. At the global level, the Apocynaceae and Iridaceae are apparently unimportant, with only

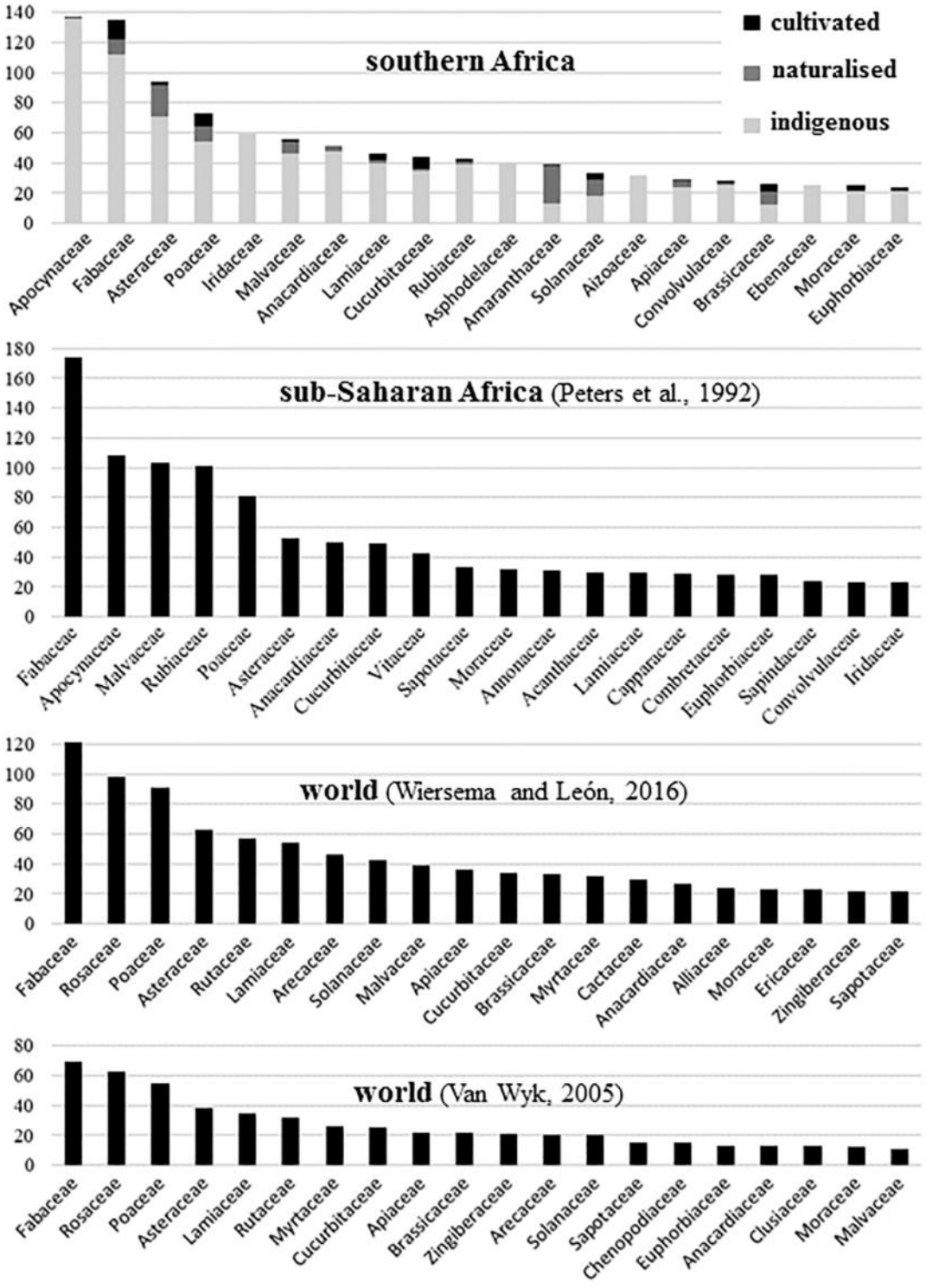

Fig. 2. The 20 most species-rich food plant families in southern Africa (as well as the number of indigenous, exotic and cultivated species) compared to sub-Saharan Africa and the entire world.

14 species for Apocynaceae and one (*Crocus sativus* L.) for Iridaceae included in Wiersema and León (2016).

3.1.2. Genus level

Most of the genera with high numbers of edible plant species in southern Africa (Fig. 3) also belong to the most species-rich families. These genera, along with their families, are *Searsia* (Anacardiaceae; with the highest number of edible species), followed by *Aloe* (Asphodelaceae), *Ipomoea* (Convolvulaceae), *Grewia* (Malvaceae), *Ficus* (Moraceae), *Solanum* (Solanaceae), *Senecio* (Asteraceae), *Amaranthus* (Amaranthaceae) and *Diospyros* (Ebenaceae). The only two families with more than one species-rich genus are Apocynaceae (with *Asclepias*, *Brachystelma* and *Ceropegia*) and Iridaceae (with *Babiana* and *Moraea*). Given the fact that many species of *Senecio* produce hepatotoxic macrocyclic pyrrolizidine alkaloids, its prominence in this analysis is surprising.

Of the top 20 edible plant families, there are some which are not represented in the genus-level analysis, namely the Fabaceae, Poaceae, Lamiaceae, Cucurbitaceae, Rubiaceae, Aizoaceae, Apiaceae, Brassicaceae and Euphorbiaceae. This means that the total numbers of edible species in these families are spread over several genera rather than being concentrated in one genus. At the same time, there are also other edible species-rich genera that do not belong to one of the top 20 families, such as *Cyphia* (Lobeliaceae), *Pelargonium* (Geraniaceae), *Oxalis* (Oxalidaceae), *Asparagus* (Asparagaceae), *Commiphora* (Burseraceae) and *Cyperus* (Cyperaceae).

3.1.3. Species level

In many instances, the popularity of particular food plant species is well-known even outside of their natural distribution ranges, as is the case for the marula fruit (*Sclerocarya birrea*) and rooibos tea (*Aspalathus linearis*). The popularity of other, lesser-known species has never been determined or quantified. The results of an analysis of literature citations for edible plant species can be seen in Fig. 4. The analysis is based on the assumption that important edible plants (those that are regularly used by large numbers of people over a large geographical area) are more likely to be cited than those of lesser importance (i.e.,those which are infrequently used by a limited number of people in a more localised geographical area). It should be noted that the pattern may be somewhat distorted by the tendency to lump several species under one name when they are difficult to identify, such as *Solanum* and *Amaranthus* species. A species may therefore appear to be very popular due to the fact that several closely related species have been lumped under the same species name. Even though there are many records for *Solanum* species of the *Solanum nigrum* complex (other than for *S. nigrum* itself), there is a possibility that some of the species were simply (and erroneously) identified as *S. nigrum* during surveys. *Amaranthus hybridus* is another name that is sometimes used as an umbrella name for closely related species. There is no doubt, however, that these species are amongst the most popular and important food resources in many different areas. It is interesting to note that the most prominent food plant families are poorly represented in Fig. 4, with only one species of Apocynaceae (*Carissa bispinosa*) and four species of Fabaceae (*Vachellia karroo*, *Vigna unguiculata*, *Tylosema esculenta* and *Vachellia erioloba*). This means that these families have high numbers of relatively poorly known food plant species. There is much potential value in knowing which species are frequently used as a source of food in different geographical areas by different cultural groups. The value of this knowledge extends beyond the scope of ethnobotany to the ever looming issue of food security, because it highlights the most popular species and the need to known why they have become popular (possibly due to their high nutritional value, local availability or relative ease of cultivation).

3.2. Plant parts used

The six main food plant categories used by Van Wyk and Gericke (2000, 2018) are (1) cereals, (2) seeds and nuts, (3) fruits and berries, (4) vegetables, (5) roots, bulbs and tubers and (6) beverages. In the inventory, these categories have been refined in order to facilitate analyses. A clear distinction has been made between the plant parts that are used (whole plants, underground storage organs, stems, bark, gum, leaves, flowers, nectar, fruits and seeds) and between the categories of use (snacks, moisture sources, vegetables, meal, tea substitutes, coffee substitutes, alcoholic and non-alcoholic beverages, flavourants, potash or cooking lime, cooking oil, preservatives, yeast, milk curdlers, sweet and savoury preserves and syrups). The word “snacks” is used here for those plants or plant plant parts that are nibbled or eaten fresh in situ, as part of foraging. Most of the edible plants have only one plant part that is used. However, there are a number of species with more than one plant part being used as food, for example leaves and fruits. There are 376 species with two plant parts being used, 122 with three, 33 with four and 19 with five and 11 with six or more plant parts being used. The last-mentioned are *Adansonia digitata*, *Aponogeton distachyos*, *Asclepias multicaulis*, *Cucurbita pepo*, *Hyphaene petersiana*, *Nymphaea nouchali*, *Phoenix reclinata*, *Sclerocarya birrea*, *Tylosema esculentum*, *Vachellia karroo* and *Vigna unguiculata*.

The trends in the plant parts that are used as food have been determined for southern Africa and compared to sub-Saharan Africa [extracted from Peters et al., 1992] and the entire world [extracted from Wiersema and León (2016) for “world economic plants”, as well as from Van Wyk (2005) for “commercialised food plants of the world”). The results of this analysis (Fig. 5) reveal that fruits are the most important category of food plants, not only in southern Africa (with 685 species) but also in Africa as a whole, as well as in the entire world. Leaves (625 species) and underground storage organs (429 species) follow fruits in order of importance. Of the top 20 species-rich food plant families, the following also have fruits as the most frequent plant part being used for food: Poaceae, Anacardiaceae, Rubiaceae, Solanaceae, Ebenaceae and Moraceae. Apocynaceae and Iridaceae are the only two families that have edible underground storage organs as the most important parts used – apparently unique to southern Africa and Africa. The exceptional diversity of bulbs and corms in the Cape flora (Procheş et al., 2005) and their potential relevance to the origins of modern humans in the southern Cape has been highlighted by Marean (2010) and De Vynck et al. (2016). Many families such as Asteraceae, Lamiaceae, Asphodelaceae, Amaranthaceae and Brassicaceae have mostly edible leaves as the plant part that is used. Other families have both leaves and fruits as being important (Malvaceae and Cucurbitaceae) or leaves and roots (Apiaceae and Convolvulaceae). There are three families that are quite diverse in terms of their edible plant parts, having many species with different edible plant parts. These are the Fabaceae (leaves, fruits, seeds, roots and gums), Euphorbiaceae (roots, leaves and fruits) and Aizoaceae (roots, leaves and fruits).

3.3. Categories of use

Some of the top edible plant families owe their prominence to the high number of plant species that are eaten while foraging, i.e., fresh and in situ, as “veld foods” or “snacks” (Fig. 6 – 938 species in total). These are the Anacardiaceae, Rubiaceae, Solanaceae, Aizoaceae, Ebenaceae and Moraceae. Vegetables (leaves and other parts that are typically gathered and later eaten as cooked food) feature prominently in the Asteraceae, Asphodelaceae, Amaranthaceae, Apiaceae and Brassicaceae (with a total of 659 species recorded for all families). Families with both “snack species” and “vegetables species” include the Fabaceae, Apocynaceae, Iridaceae, Malvaceae, Cucurbitaceae, Convolvulaceae and Euphorbiaceae. The Fabaceae and Asteraceae are the main families used as teas or tea substitutes, with commercially important genera such as *Aspalathus* and *Cyclopia* (Fabaceae), and the

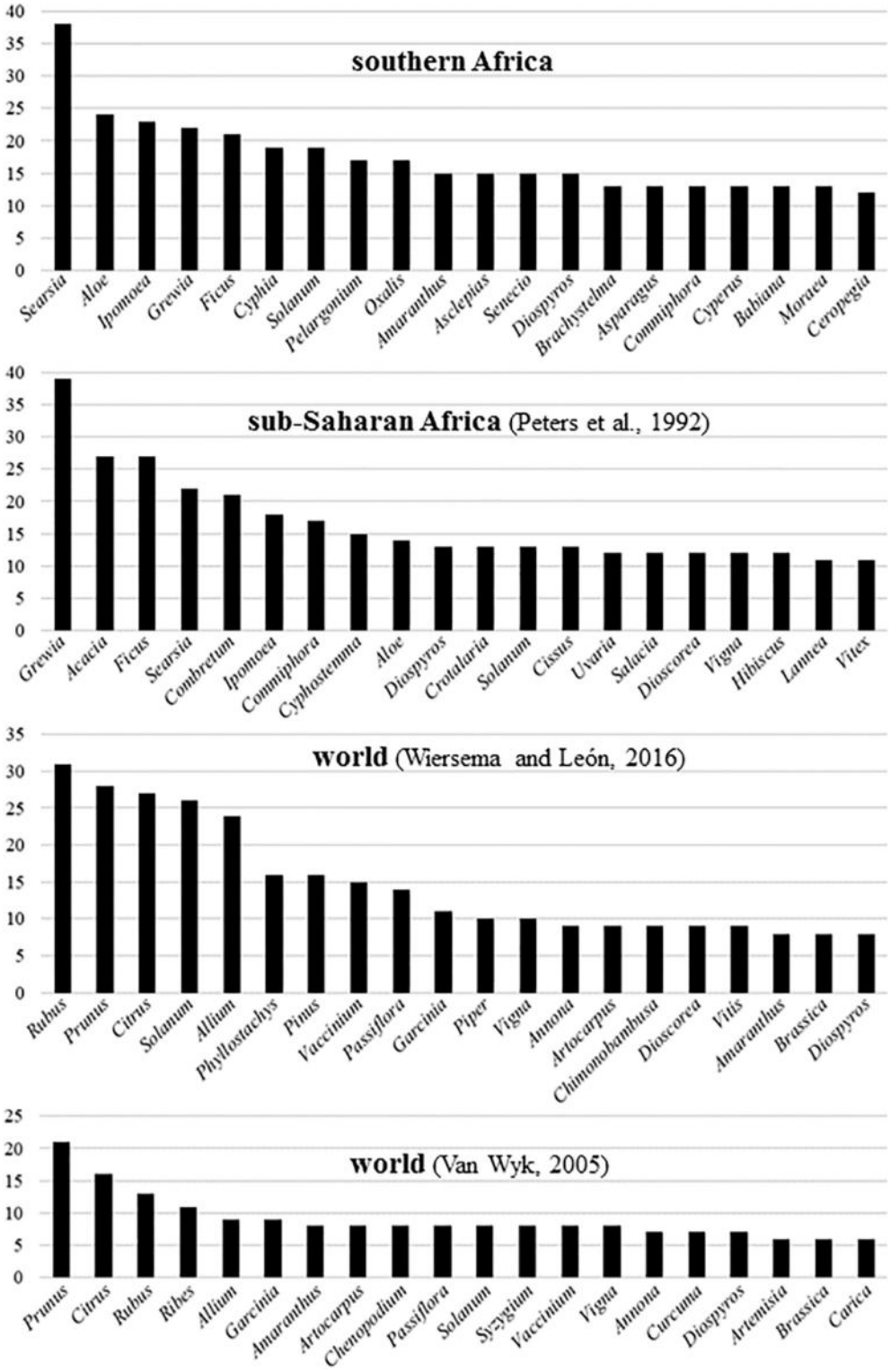

Fig. 3. The 20 genera with the largest number of food plant species in southern Africa compared to sub-Saharan Africa and the entire world.

culturally important *Athrixia* and *Leysera* (Asteraceae). Lamiaceae species are typically used both as snack foods and as tea substitutes, while the Poaceae is predictably the only family that is mainly used to make meal for porridges and gruels, and for baking. It is also the most important family for making alcoholic beverages, in the form of traditional beers. The Apocynaceae features prominently as sources of moisture and sweet preserves (such as *Fockea* species, recorded since early on in the colonial era), while Fabaceae species are commonly used as coffee substitutes (e.g. the seeds of *Vachellia* species) and as agents to promote the curdling of milk (e.g. the bark of *Senegalia* and *Vachellia* species).

3.4. Patterns of use by cultural groups

Southern Africa is not only rich in botanical diversity but also in cultural diversity, as reflected in the large number of languages that

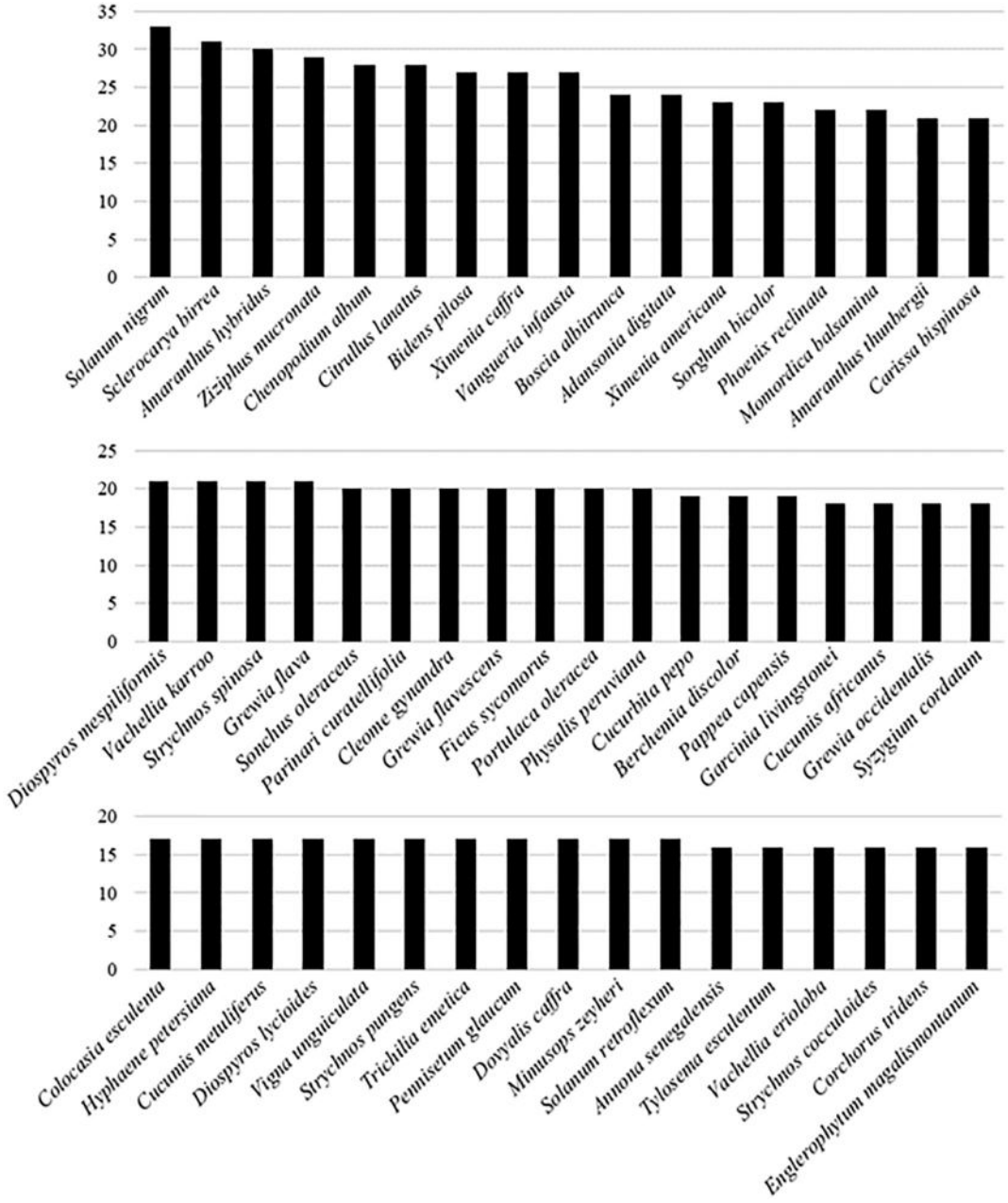

Fig. 4. The 53 most highly cited food plant species in southern Africa, arranged by the number of literature sources in which they were cited.

is spoken in the region. In this context, the region is most famous for the unique Khoesaan languages, the so-called "click languages" that are found nowhere else in the world. A valuable review of the language families and the 30 languages spoken in southern Africa (here including Zimbabwe and southern Mozambique) was published by Van Wyk et al. (2011). In the FSA region, the following 22 main indigenous languages are represented (the name in the source language in brackets): Herero (Otjiherero), Kalanga (ChiKalanga), Kwangali (Rukwangali), Lozi (Silozi), Manyo (Rumanyo), Mbukushu (Thimbukushu), Southern Ndebele (isiNdebele), Northern Sotho (Sepedi), Ronga (Xironga), Southern Sotho (Sesotho), Swati (siSwati), Tsonga (Xitsonga), Tswana (Setswana), Venda (Tshivenda), Wambo (Oshiwambo), Xhosa (isiXhosa) and Zulu (isiZulu), all Bantu languages; Ju|'hoan (Ju|'hoan), Khoekhoe (Khoekhoegowab, often called Nama), Kxoe (Kxoe) and! Xóõ (!Xóõ), the main Khoesaan languages and Afrikaans (Afrikaans, the only Indo-European language).

Comprehensive or fairly detailed ethnobotanical reviews are available for 13 of these languages groups, namely the Herero (Malan and Owen Smith, 1974), the Kwangali and Manyo (Roodt, 1992, 1998), the Northern Sotho (Quin, 1959), the Southern Sotho (Moteetee and Van Wyk, 2006), the Swati (Dlamini, 1981), the Tsonga (Liengme, 1981), the Venda (Magwede et al., 2018), the Wambo (Rodin, 1985), the Xhosa (Dold and Cocks, 2000), the Zulu (Gerstner, 1938–1941), the Ju|'hoan (Leffers, 2003) and the Cape Khoekhoe (Archer, 1982, Archer, 1994). The data on food plants in these sources were used to make some comparative analyses of similarities and differences between 13 cultural groups, as shown in Figs. 7 and 8. The patterns of edible plant species in the context of family classification, plant parts used and the main use categories are compared. Fig. 7 shows that the Fabaceae is the most important plant family for the Herero, Kwangali, Manyo, Wambo and Zulu language groups, while the Apocynaceae is the most important plant family for the Southern Sotho and both of

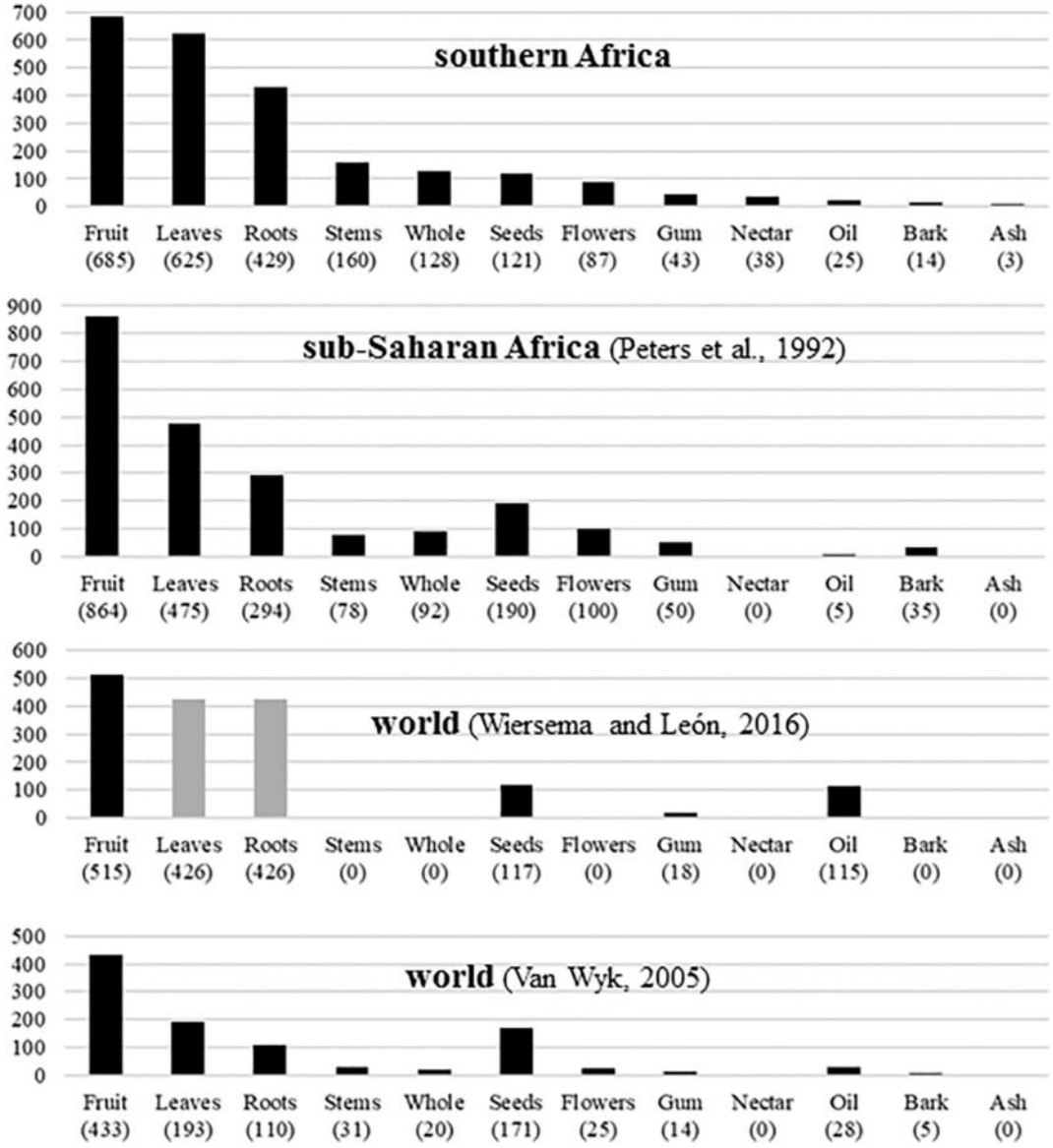

Fig. 5. The number of species per plant parts used in southern Africa compared to sub-Saharan Africa and the entire world. Wiersema and León (2016) grouped leaves and roots together.

the two Khoesaan language groups (Ju | 'hoan and Cape Khoekhoe). The Asteraceae appears to be the most important plant family for the Xhosa, the Malvaceae for the Tsonga and Venda, the Anacardiaceae for the Swati and Cucurbitaceae for the Northern Sotho language group. Combretaceae, although not in the top 20, is mentioned here because it is the second most important for the Kwangali and Manyo.

Comparisons of the plant parts that are used by the 13 southern African language groups are presented in Fig. 8. The histograms show the numbers of plant species utilised for each of the three main plant part categories (fruits, leaves and roots/underground storage organs), as well as the number of species eaten fresh (as "snack foods") compared to the number of vegetables (eaten as cooked food). Fruits are the most important category of plant part use for the Herero, Wambo, Tsonga, Swati and Ju | 'hoan cultural groups. For other groups such as the Kwangali, Manyo, Zulu, Xhosa, Venda and Northern Sotho, both leaves and fruits are important. The only cultural group which has leaves as the most important category is the Southern Sotho and the only group where roots (underground storage organs) are the most important category is the Cape Khoe (Khoekhoe) group. For the Herero, Wambo, Zulu, Ju | 'hoan, Khoekhoe, Xhosa, Tsonga and Swati, "snack foods" are the most important category, while the Kwangali and Manyo, the Southern Sotho, the Venda and the Northern Sotho groups have vegetables and "snack foods" as equally important.

The patterns of food plant use in the various language groups do not appear to be random. The high diversity of leafy vegetables in the Venda culture (and to a lesser extent in the Southern Sotho culture) is noteworthy, as are the total numbers of edible plant species for these two cultural groups. Both have the benefit of recent comprehensive ethnobotanical inventories [respectively Moteetee and Van Wyk (2006) for the Southern Sotho, with 203 species, and Magwede et al. (2018) for the Venda, with 265 species]. Of special interest is the high proportion of roots (geophytes) recorded for the Cape Khoekhoe culture, whose historical geographical range closely corresponds with the Cape Fynbos region. The high numbers of geophytes (40 species) are mostly due to the Iridaceae, and to a lesser extent the Apocynaceae. This data support the hypothesis of Marean (2010) that geophytes could have played an important role as a major carbohydrate food source in the pre-colonial and earlier periods in the Cape region.

The documentation of traditional knowledge of various cultural groups is not only in line with the Shenzhen Declaration (Crane et al., 2017) but is also important in the context of national and international treaties and conventions. It aligns well with the goals of sustainable

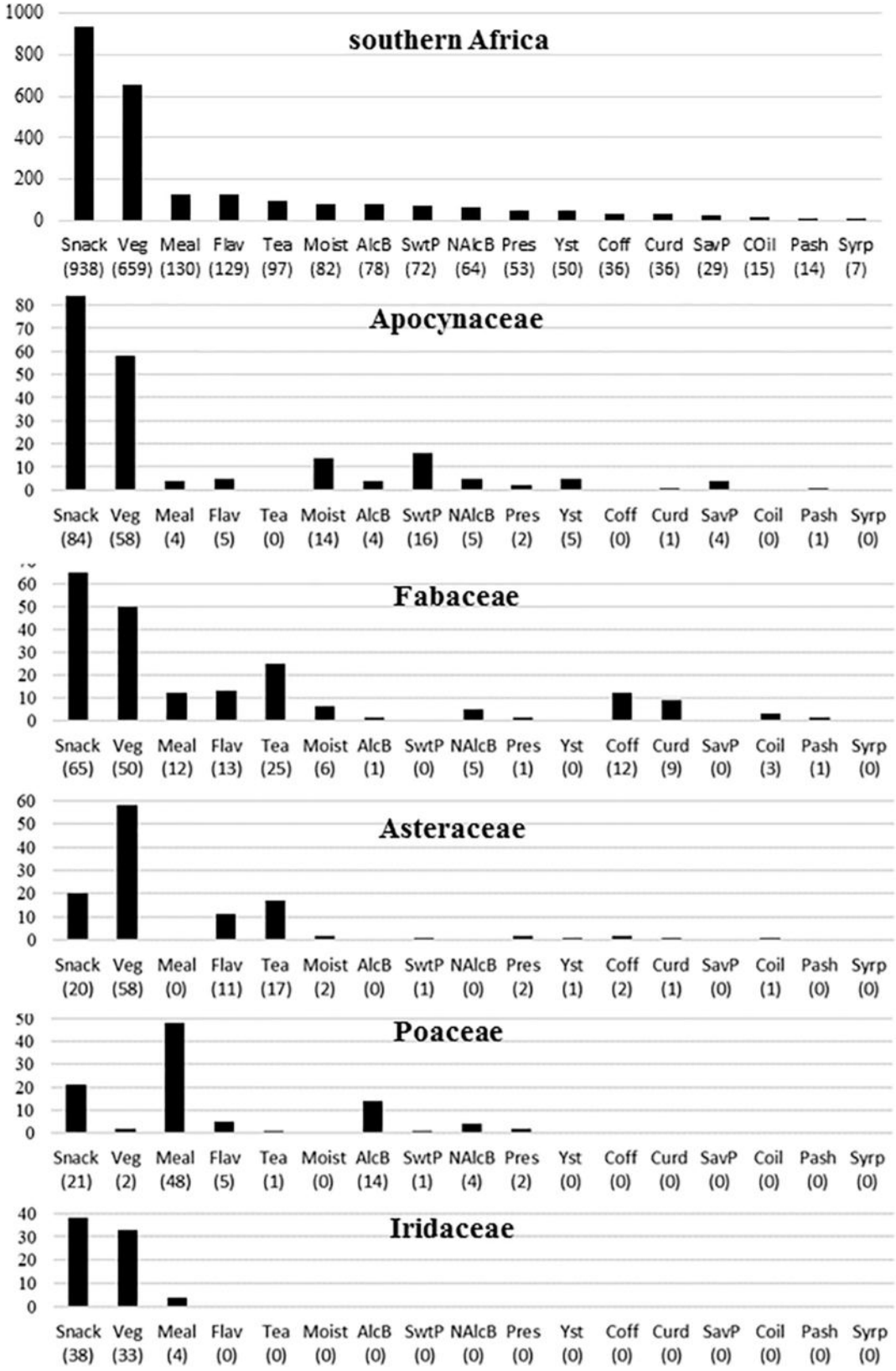

Fig. 6. The number of species per category of use for the most species-rich southern African food plant families. Abbreviations: Snack, eaten fresh and in situ; Veg, eaten as cooked vegetables; Meal, ground as flour; Flav, used as flavourants; Tea, used as tea substitutes; Moist, used as sources of moisture; AlcB, alcoholic beverages; SwtP, sweet (sugar-rich) preserves; NAlcB, non-alcoholic beverages; Pres, food preservatives; Yst, sources of yeast; Coff, coffee substitutes; Curd, plants used to curdle milk; SavP, savoury preserves (pickles); Coil, cooking oil and other oils; Pash, potash (cooking lime); Syrp, syrups.

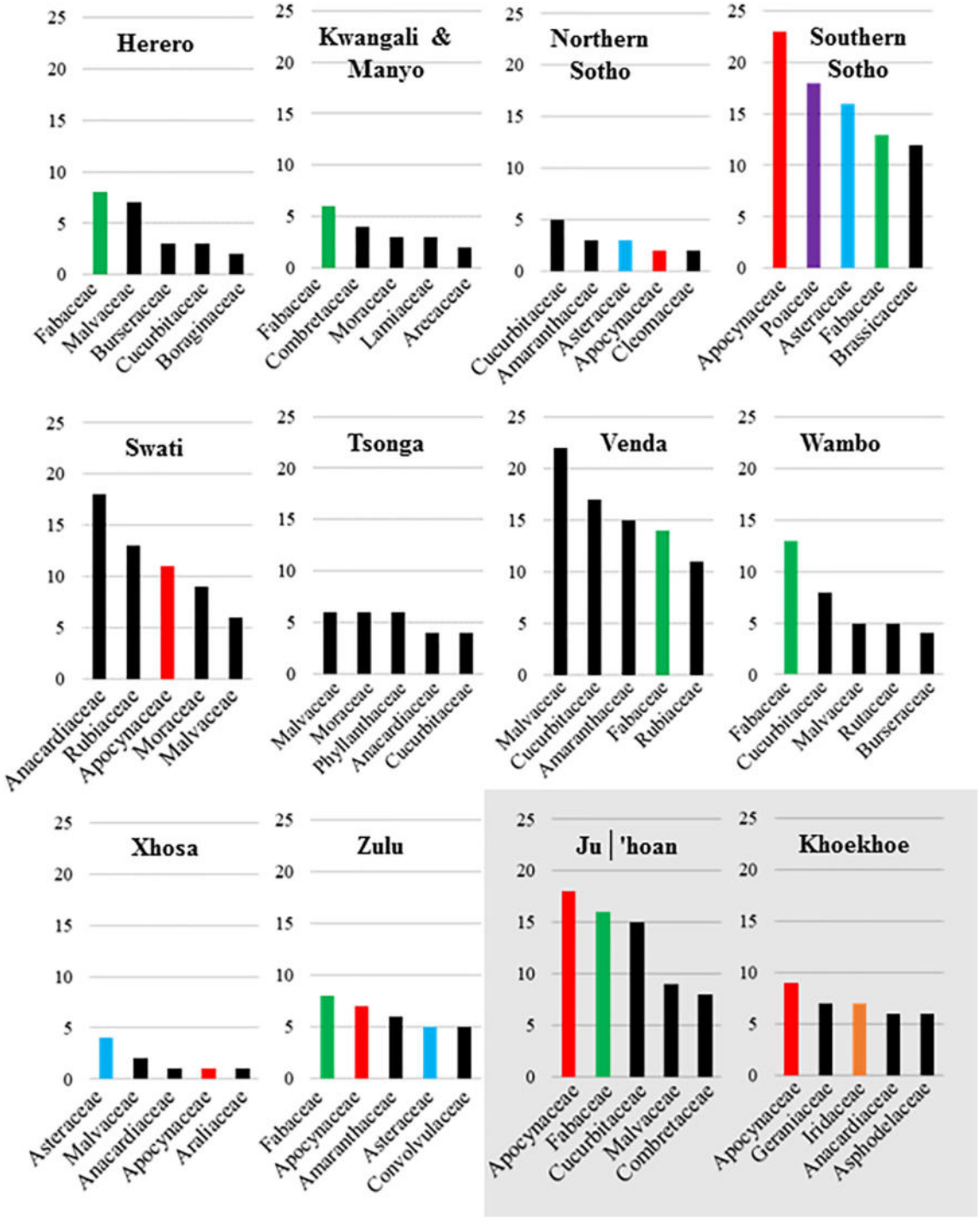

Fig. 7. Comparisons of the most species-rich food plant families amongst 13 southern African cultural groups (11 Bantu and two Khoisan language groups) for which adequate data are available. The top five southern African food plant families (as in Fig. 1) are colour-coded for ease of comparison.

development and the fair and equitable sharing of benefits, as expressed in the Convention on Biological Diversity of 1992 (Raimondo, 2015). More specifically, it directly addresses the Convention for the Safeguarding of the Intangible Cultural Heritage of 2003 (UNESCO, 2016). The latter defines 'Safeguarding' as "measures aimed at ensuring the viability of the intangible cultural heritage, including the identification, documentation, research, preservation, protection, promotion, enhancement, transmission, particularly through formal and non-formal education, as well as the revitalization of the various aspects of such heritage" (UNESCO, 2016).

3.5. Historical perspectives and future studies

A historical timeline of the documentation of food plants in southern Africa is presented in Table 2. The earliest records are those of Van der Stel (1685), who unfortunately did not explicitly describe the uses of some of the edible species illustrated in the journal of his expedition to Namaqualand in 1685. The number of species contributed by him is therefore underestimated (as a result of our conservative approach in deciding whether a species should be listed or not). Before the important review of Fox and Norwood Young (1982), who contributed 314

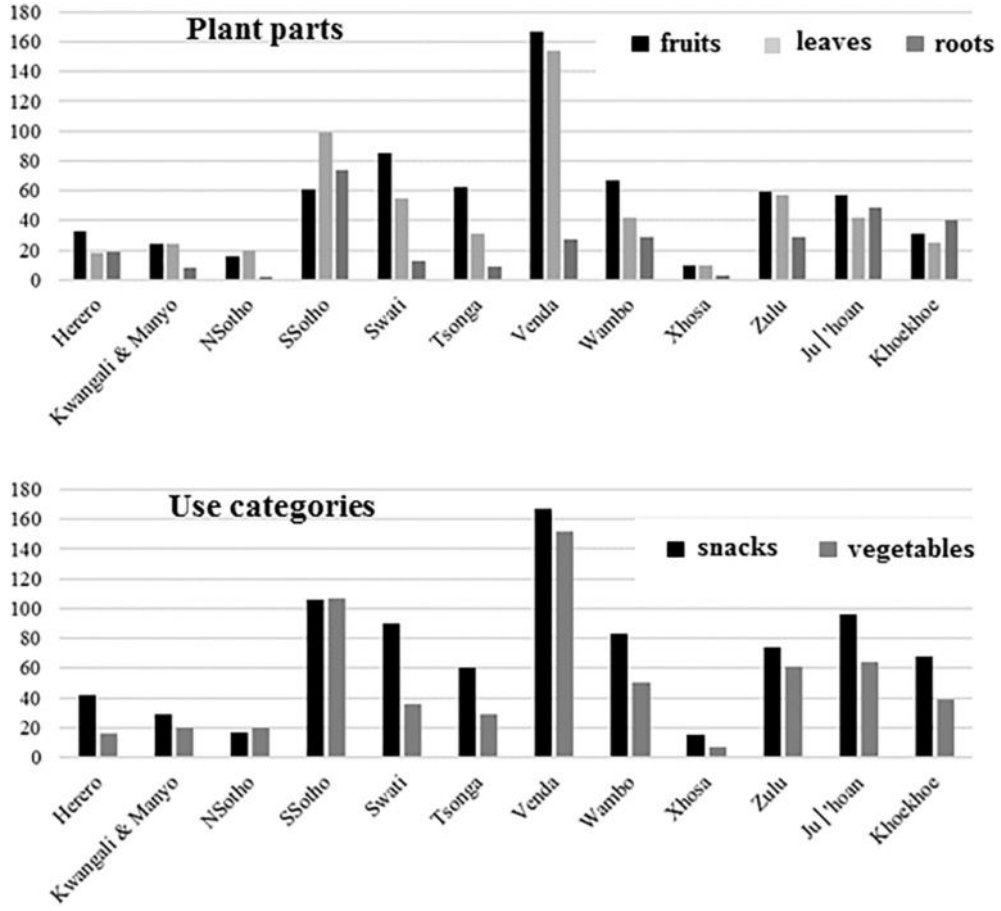

Fig. 8. The number of species per plant parts used and the two main categories of use (snacks – eaten fresh – and vegetables) for 13 southern African cultural groups for which adequate data are available.

new records of edible plant species, there was Gerstner (1938) with 113 new records of Zulu edible plants, Story (1959) with 44 new records of plants used as sources of food and water by the Bushman people, Smith (1966) with 301 new records of South African edible plants, Jacot Guillarmod (1971) with 78 new records of Southern Sotho edible plants, Rose and Jacot Guillarmod (1974) with 98 new records of edible plants from the Eastern Cape (former Transkei), and Dlamini (1981) with 61 new records of Swati edible plants. Following after Fox and Norwood Young (1982), there were only two more contributions with more than 40 new records, namely Wehmeyer (1986) with 62 new records, and Peters et al. (1992) with 46 new records of edible plants in southern Africa. Almost all of the publications listed in Table 2 nevertheless contributed to our current knowledge about the edible plants of southern Africa. It is possible that some less well-known sources of information may have been overlooked, but the references cited in Table 2 collectively gave a rather complete and interesting picture of the food plants of southern Africa, as shown in Figs. 2 to 8. When considering the publications in Table 2, it is clear that they fall within two categories: those that focused on a particular cultural group, and those that collated all previously known information from other publications. The book of Fox and Norwood Young (1982) fall in both categories because new and previously unrecorded information was added to the literature data. It is clear that there is much value in having a comprehensive inventory that can be further explored and analysed (and possibly enriched) by future researchers.

4. Conclusions

According to the comprehensive inventory presented here, there are at least 1740 edible plant species in the FSA region, which represent 7.6% of the southern Africa flora; the corresponding figures for sub-Saharan Africa recorded thus far is incomplete, with only 1727 species (3.8% of the flora). The comprehensive inventory for southern Africa is the most complete and up-to-date resource of the food plants for the region, allowing us to reveal some novel patterns of food plant use in southern Africa. The families with the highest number of food plant species in the FSA region are the Apocynaceae, Fabaceae, Asteraceae, Poaceae and Iridaceae (similar to sub-Saharan Africa, with the top families being Fabaceae, Apocynaceae, Malvaceae, Rubiaceae and Poaceae). This pattern of species diversity at family level appears to be unique to Africa, since the top families for the entire world are Fabaceae, Rosaceae and Poaceae, with Apocynaceae and Iridaceae of only minor importance. The most species-rich genus in southern Africa is *Searsia*, while the most popular fruits are *Solanum nigrum* and *Sclerocarya birrea* (both cited more than 30 times in the literature). The most species-rich category of plant part use in the FSA region, as well as the entire world, is fruits, followed by leaves and underground storage organs. No less than 938 species have been recorded as "snack foods" or "veld foods", which include mainly fruits and underground storage organs. Another important food plant category is cooked vegetables (659 species). The largest numbers of food plant species recorded for cultural groups are 265 for the Venda and 203 for the Southern Sotho. Since these two groups have been the subject of several recent studies, it is likely that the numbers of food plants for the other cultures are under-estimated. Of special interest is the high number of plants with underground structures (40 species) used by the Cape Khoekhoe. The necessary high quality primary data are now available for many more comparisons at the level of taxa, plant parts, historical trends and cultural groups, depending on the interest of the researcher.

Table 2
Chronological list of references that were used to compile an inventory of food plants for the Flora of Southern Africa region, indicating the number of edible plant species recorded, the number of new records and the running total of all edible plants recorded for the region. References contributing more than 40 new records are given in bold.

Date	Reference	Species records	New records	Food plant species (running total)
1685	Van der Stel (1685)	2	2	2
1858	Ayliff (1858)	6	6	8
1929	Stevenson-Hamilton (1929)	12	12	20
1938	**Gerstner (1938)**	121	113	133
1939	Ashton (1939)	37	27	160
1939	Beemer (1939)	22	4	164
1939	Fox (1939)	13	0	164
1939	Verdoorn (1939)	55	39	203
1959	Quin (1959)	27	11	214
1959	**Story (1959)**	61	44	258
1966	**Smith (1966)**	398	301	559
1966	Wehmeyer (1966)	9	0	559
1969	Coetzee (1969)	11	2	561
1969	Wehmeyer et al. (1969)	3	0	561
1970	Engelter and Wehmeyer (1970)	5	0	561
1971	Franz (1971)	11	0	561
1971	Jacot Guillarmod (1971)	136	78	639
1972	Rose (1972a)	12	12	651
1972	Rose (1972b)	19	8	659
1974	Malan and Owen Smith (1974)	46	19	678
1974	**Rose and Jacot Guillarmod (1974)**	182	98	776
1975	Mogg (1975)	28	6	782
1977	Dentlinger (1977)	8	4	786
1981	**Dlamini (1981)**	129	61	847
1981	Liengme (1981)	76	17	864
1982	Archer (1982)	31	16	880
1982	**Fox and Norwood Young (1982)**	804	314	1194
1983	Metelerkamp and Sealy (1983)	13	5	1199
1983	Wehmeyer and Rose (1983)	17	0	1199
1985	Ogle and Grivetti (1985)	194	25	1224
1985	Rodin (1985)	108	33	1257
1986	**Wehmeyer (1986)**	294	62	1319
1990	Mabogo (1990)	110	11	1330
1992	**Peters et al. (1992)**	581	46	1376
1992	Roodt (1992)	24	3	1379
1992	Van den Eynden et al. (1992)	41	12	1391
1994	Archer (1994)	72	29	1420
1994	Rood (2008)	147	21	1441
1996	Ackhurst (1996)	247	9	1450
1996	Von Koenen (2001)	177	18	1468
1997	Ellery and Ellery (1997)	67	7	1475
1998	Roodt (1998)	16	3	1478
1998	Shackleton et al. (1998)	36	6	1484
2000	Dold and Cocks (2000)	18	4	1488
2000	Van Wyk and Gericke (2000)	359	29	1517
2002	Bhat and Rubuluza (2002)	21	3	1520
2003	Klaasen and Craven (2003)	22	17	1537
2003	Leffers (2003)	109	14	1551
2003	Ngwenya et al. (2003)	4	0	1551
2004	Youngblood (2004)	36	4	1555
2006	Moteetee and Van Wyk (2006)	203	14	1569
2007	Odhav et al. (2007)	20	5	1574
2008	Kepe (2008)	11	2	1576
2008	Motlhanka et al. (2008)	16	1	1577
2008	Van Wyk et al. (2008)	8	3	1580
2009	Coetzee and Miros (2009)	84	8	1588
2009	Heath and Heath (2009)	75	15	1603
2009	Mannheimer and Curtis (2009)	118	10	1613
2009	Skead (2009)	95	10	1623
2010	Maanda and Bhat (2010)	38	3	1626
2010	Moffett (2010)	168	14	1640
2011	Corrigan et al. (2011)	23	2	1642
2011	De Beer and Van Wyk (2011)	19	4	1646
2011	Jaca and Kambizi (2011)	27	2	1648
2011	Van Wyk (2011)	130	6	1654
2013	Directorate Plant Production (2013)	17	0	1654
2014	Bvenura and Afolayan (2014)	22	1	1655
2014	Kwinana-Mandindi (2014)	23	2	1657
2014	Van Oudtshoorn (2014)	13	1	1658
2015	Bvenura and Afolayan (2015)	96	7	1665
2016	Asowata-Ayodele et al. (2016)	58	11	1676
2016	De Vynck et al. (2016)	58	12	1688
2017	Van Wyk and Gorelik (2017)	101	21	1709
2018	Magwede et al. (2018, this volume)	265	31	1740

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