



Medicinal & Edible Herbs used by Farmers in the Lower & Middle Olifants

Pokwana ya Dithlari Ledi Herbs Tšeo di
Šomišwago Kebalimi Potlane Bagudula
Kgauswi le Noka ya Lepelle

Bigboy Mkhabela
2019



Acknowledgements

This document reports on work funded by the United States Agency for International Development, under a USAID Southern Africa grant - RFA-674-12-000016 RESilience in the LIMpopo Basin Program (RESILIM). The RESILIM-O part of the programme is implemented by the Association for Water and Rural Development (AWARD), in association with project partners.

Authors

Bigboy Mkhabela

2019

Association for Water and Rural Development (AWARD)

P O Box 1919

Hoedspruit 1380

Limpopo, South Africa

T 015-793 0503

W award.org.za

Company Reg. No. 98/03011/08

Non-profit org. Reg. No. 006 - 821



Introduction

The focus of most backyard gardeners or smallholder farmers is planting vegetables in their gardens for resale or subsistence. They are selling their produce to locals or big shops in town or certain targeted markets. Due to the climate change challenges, some farmers want to venture into farming edible or medicinal herbs in their gardens. One of the reasons is that most of the herbs are hardy and can withstand current unpredicted weather changes.

Different types of herbs were introduced in the communities and the majority of the farmers now know their uses and some have a market for them in neighbouring towns. However more training and information on the uses of herbs are needed, hence some of the farmers asked us to compile a booklet on herbs so that they can easily remember their benefits and be able to train other farmers on the use of herbs.

Comments follow from some of the farmers in the middle to the lower Olifants who are pioneer herb growers. Many of the photos in this resource come from their gardens.

Linah Malepe
[Sedawa Community Mopani District]



“We all want to save as much as we could under this economic challenges in our country. Herbs are very easy to grow and they do not require a huge effort and space. Herbs can be expensive to buy when buying them in big shops that is why I prefer to grow them. I enjoy being in the herb garden and it also helps me to relax and refresh my mind. I take care of my family - their health is my first priority. Planting my own herbs gives me assurance that I’m getting 100% organic herbs and fresh crops. Fresh herbs can help to relieve stress, high levels of cholesterol in our bodies and they can help with the digestive system. It give us more chances of not getting cancer as well. My husband will mostly certainly agree with me on this one.”



Anna Molala [Capricorn District from Zebediale Village]



“I planted herbal plants in my garden because it helps me and my family to cut cost on buying spices. Some of the herbs are for medicinal purposes. I make herbal tea with them and drink with my family. I also share with the community - they enjoy using them and I have introduced herbs when they buy vegetables from my garden. Herbs keep my body active and healthy that is why I look very young ... As a farmer it is a must to have herbs in the garden as they help in controlling pests. I do not buy pesticides to control pests. This saves money for me and the environment as anything I plant and produce is organic because of the herbs.”

Christina Thobejane [Sedawa Community, Greater Mametja Area]



“The herbs help make our food delicious and also can heal some minor pains and diseases. They are important because they help to control pests and diseases in our gardens, the smell of the of herbs help to repel things like mosquitoes and snakes. They also provide income for the family and we can make ends meet at the end of the day. Having a herb book will help the community to learn more about the important of growing herbs.”



Joel Mahlangu

[Monsterlus, Sekhukhune District]



“Herbs are organic plants and are useful to the body. I use them in the kitchen as spices e.g. parsley for fish, rosemary for lamb stew. Having herbs in the garden is like having a pharmacy in my own yard. If a family member get sick I know which herbs to use and for what purposes; an example is if someone has flu I can prescribe lemon grass, mint, thyme, ginger, wild dagga .Lemon verbena is for high blood pressure and celery can help me and my family to live a good life. Herbs are key for one’s well-being. They save money; we need less consultation to medical practitioners and more healthy living.”

Peter Tsokela

[Motetema, Sekhukhune District]



“I have planted diverse herbs ranging from rosemary, lemon verbena, coriander, parsley, and okra etc. The reason I have all this different types of herbs is that they are essential to our lives, when we combine certain types of herbs and boil them they become remedy for flu, basil chases away insects and also restores oxygen in the house. Okra can help sin improving the immune system in our bodies.”



African Wormwood / Lengana



Wormwood is a herb. The leaves, stems & oil can be used as medicine for various conditions.

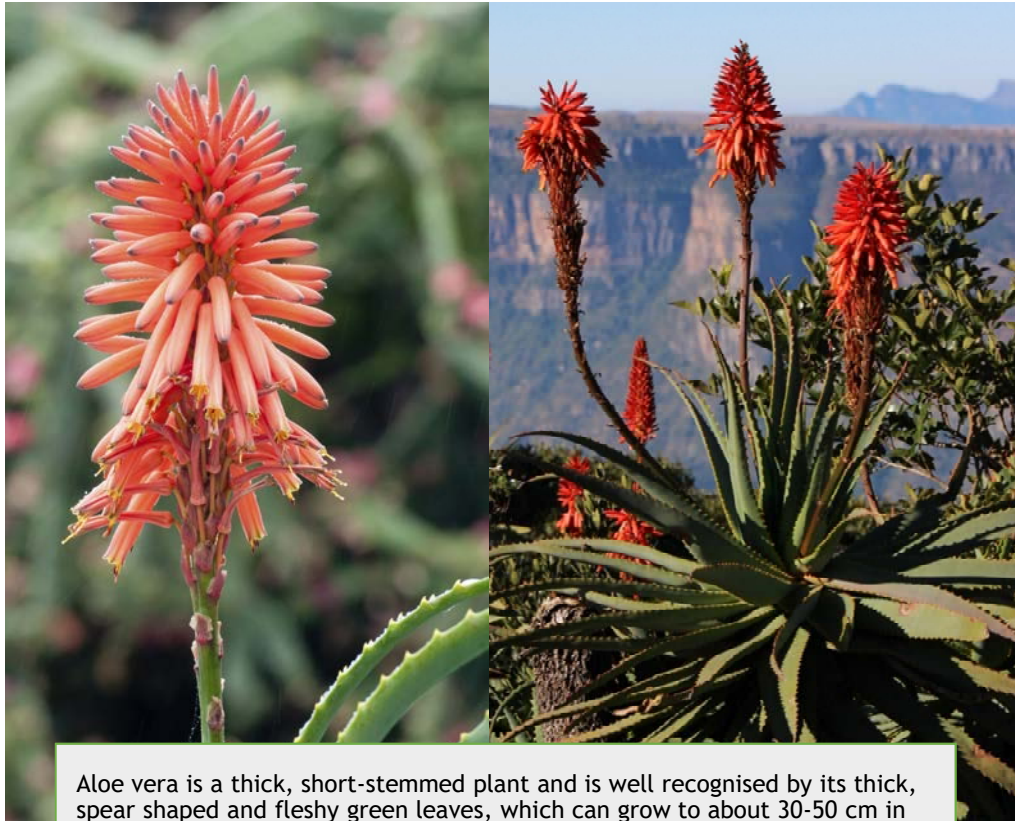
Mahlare le makhura a mošunkwane wo ba rego ke wormwood a šomišwa go alafa malwetše

Medicinal uses and health benefits are summarized below:

- Treat gallbladder disorders / E fodiša malwetši a sankila
- Control excessive sweating / E okeletša kudumelo
- Treat indigestion / E thuša tšhilego ya dijo
- Ease insect bites / E fodiša mabadi ge o lomilwe ke dikhunkhwane
- Assist with loss of appetite / E dira gore o kganyoge dijo
- Assist with low sexual desire / E Thuša ka go tsošološha kganyogo ya thobalano
- Relieves spasms / E kgona go thuša ge otshwara ke boedidi
- Treats worm infestations / E bolaya diboko
- Treatment of wounds / E fodiša dintho /dikgobalo
- A certain kidney disease called IgA nephropathy / E lwantšhana le malwetši a mangwe a dipšho a bitšwago IgA nephropathy



Aloe Vera / Sekgopha / Kgopha



Aloe vera is a thick, short-stemmed plant and is well recognised by its thick, spear shaped and fleshy green leaves, which can grow to about 30-50 cm in length. Each leaf is full of a slimy tissue that stores water, which gives the leaves their thickness. This slimy tissue is the "gel" we associate with Aloe vera products. The gel contains most of the bioactive compounds in the plant, including vitamins minerals, amino acids and antioxidants. It is widely used in the cosmetic, pharmaceutical and food industries.

Sekgopha enale letlalo lelekoto leo mošomo walona kego swara meets. Lefasing kabophara e šomišwa bjala dihlare, Dijong, makhura.

Medicinal uses and health benefits are summarized below:

- Aloe vera is most commonly used as a topical medication, rubbed onto the skin rather than eaten. It has long been known as a treatment for sores, particularly burns, including sunburns / Sekgopha/ Kgopha e šomišwa kabontšhi bjale kasehlare lego dira delo tšagoke bafatša, Sekgopha setšebega kabontšhi kago kalafa dintho kudu kudu geoswile lege o fišetše kelitšatši
- Applying Aloe vera to burn wounds appears to accelerate the healing process / Geo tlotša sekgopha mo o sweleng gone e bontšha e akgofa go fola
- Tooth decay and gum diseases are very common health problems. Aloe vera mouth rinse was found to be just as effective in reducing dental plaque build up as chlorhexidine in regular mouthwash / Sekgopha se Thuša go lwešana le malwetši / hlaselago meno goba go bola ga meno. Go šomiša Sekgopha go hlwekiša Meno e Thuša kudu monkgo / Wa molomo
- Applying Aloe vera, either as a patch or gel, has been shown to aid in the recovery of mouth ulcers (canker sores) / Go bea Sekgopha/ Kgopha keletlakala goba meets a gona e bontšha e Thuša go alafa dintho ka molomong
- Aloe vera latex has strong laxative effects, making it useful to treat constipation. It does not appear to be beneficial for other diseases of the digestive tract / Sekgopha/Kgopha e kgona go tšhuloša eo e thušago ge onale bothata bjago tlalelana kadi mpeng
- Early evidence suggests that Aloe vera may help with blood sugar management / Go šomiša Sekgopha/Kgopha e Thuša golawola bolwetši bja swekere
- **Arthritis:** Osteoarthritis is common in elderly people and is a condition in which the cartilage in the joints wears away, inducing pain and stiffness mainly in weight-bearing joints. Rheumatoid arthritis affects the whole body and not only certain joints. It is an inflammatory disease and joints become inflamed. Aloe vera assist sin treating both conditions / Bolwetši bja makopantšho adi khuru di hlasela gantšhi batšofadi / motšofe. Di khuru dja lapa di dira guri batšofi bapelele kego Tsamaya lebo hloko makopantšhong. Bolwetši bjo gabo hlaseli di khuru fela impa bohlasela mmele kamoka. Ke bolwetši bjago ruruga dikhuru le Makopantša mo mmeling



Basil



Basil is a common name for a culinary herb *Ocimum Basilium*. It belongs to the mint family and is also known as Saint Joseph's Wort in English speaking countries. It has been called the "king of herbs" and the "royal herb". The word 'basil' comes from the Greek word *basileus* meaning the king. It was also said by an herbalist named John Gerard that people stung by a scorpion would feel no pain if they ate basil. This herb has its roots in India and Iran and these lands have been cultivating it for more than 5 000 years.

Basil ke semela sa go wela ka legorong la di mint ebile e bitšwa kgoshi ya ditlama. Lebitšo goba leina le la basil ka seGerike le emetše gore kgoshi. Go thwe ge motho a ka longwa ke phephene a ka se kwe bohloko ge a ka ja yona basil. mošunkwane se se na le dikitikiti tsa mengwaga se bjalwa nageng tša Iran le India.

Medicinal uses and health benefits are summarized below:

Basil e thuša ka go okobatša go ruruga le dingalo tša marapo. Basil e ka nwegwa bjalo ka tee go alafa malwetši a go fapafapana:

- Ease inflammation / E thuša lego fokotša bohloko le go ruruga
- Relieves joint pain / Bohloko bja malokololo
- Relieves stress / E lwesana le kgatelelo ya monagano



Cancer Bush/ Lerumo-lamadi



Cancer bush (*Sutherlandia frutescens*) originates in Southern Africa and it is distributed widely in South Africa, Botswana and Namibia. In South Africa, the plant is found in the Northern Cape, Eastern Cape, KwaZulu-Natal, Western Cape and Mpumalanga provinces.

Lerumo lamadi le mela ebile le humanega dinageng tše mmalwa mo Afrika elego Namibia, Botswana, le Africa Borwa. Ka mo Afrika Borwa le humanega diprofinsing tše: Kapa Leboa, Kapa Mohlabatšatši, Kwazulu - Natal le Mpumalanga

Medicinal uses and health benefits are summarized below:

Mehola wa Lerumo-la madi ka kakaretšo ke e latelago:

- Treatment of internal cancers / E thuša go lwešana goba go laola bolwetše bja Kankere
- Colds, 'flu' / E thuša go lwešana le mpshikela goba mokgohlane
- Asthma / E thuša go lwešana goba go laola bolwetši bja mafahla goba yona asema
- TB / E thuša go lwešana le bolwetši bja mafahla
- Rheumatoid arthritis pain / E fokotša bohloko bja bolwetši bja marapo
- Osteoarthritis / E thuša go lwešana le bolwetši bjo šoro bja marapo
- Liver problems / E lwešana le malwetše ao a hlaselago Sebete
- Bladder and uterus problem / E fodisha malwetši a sankila le mathata mabapi le popelo
- Diarrhoea / E thuša ka go laola letšhologo/teng
- Dysentery / E thuša go laola teng khwibidu



Chilies



Medicinal uses and health benefits are summarized below:

- Chili pepper contains an impressive list of plant derived chemical compounds that are known to have disease preventing and health promoting properties / *Perefere e na le di khemikhale tšeo di tšhireletsago malwetši*
- Chilies contain a health benefiting alkaloid compound, capsaicin, which gives them a strong spicy, pungent character. Early experimental laboratory studies on mammals suggest that capsaicin has anti-bacterial, anti-carcinogenic, analgesic and anti-diabetic properties. It has also been found to reduce LDL cholesterol levels / *Perefere e na le capsaicin yeo e thušago go fokotša makhura a go tliša mmele*
- Fresh chili peppers, red and green, are a rich source of vitamin-C. 100 g fresh chilies provide about 143.7 µg or about 240% of RDA. Vitamin-C is a potent water-soluble antioxidant. It is essential for the collagen synthesis inside the human body. Collagen is one of the main structural proteins required for maintaining the integrity of blood vessels, skin, organs and bones. Regular consumption of foods rich in vitamin-C helps protect from scurvy, develop resistance against infectious agents (boosts immunity) and remove harmful, pro-inflammatory agents from the body / *Perefere ye tala le ye hwibidu e la Vithamini C. Go fepa mmele ka dijo tša go ba le di vithamini C go thuša ka go aga mašole a mmele*
- They are also rich in other antioxidants such as vitamin-A, and flavonoids like β-carotene, α-carotene, lutein, zeaxanthin, and cryptoxanthin. These antioxidant substances in capsicum help protect the body from the effects of free radicals generated during stress and diseases / *Perefere e fepa mmele ka vithamin A le tše dingwe dijo tša go lokela mmele*
- Chilies carry a good amount of minerals like potassium, manganese, iron, and magnesium. Potassium is an important component that helps control heart rate and blood pressure. The human body uses manganese as a co-factor for the antioxidant enzyme, superoxide dismutase / *Perefere e swere di minerale tša go wana potassium, manganese, aene, le magnesium. Potassium e bohlokwa e thuša go laola sepedišo ya madi ka mo pelong gore e heme botše le gatelelo ya madi*



Comfrey



The common comfrey plant is known in Latin as *Symphytum officinale* and displays a “hairy” exterior. It grows as a root stick with branches coming from the stalk and only gets to about 2-3 feet tall. Some varieties produce yellow or purplish flowers alongside the broad, fuzzy leaves. The most commonly grown species is Russian comfrey (*Symphytum x uplandicum*) which might have a healing effect and reduce inflammation when applied to the skin. However, comfrey contains toxic chemicals that can be absorbed through the skin.

Semela se ka se Latin se bitšwa gore ke symphytum officinale. Matlakala a semela a na le likaroloana tša dinthla tša go emelela. Semela se ge se feleletše ka sebopego se ka fihla metara o mo tee. Matšoba a semela se a na le mebala e mebedi elego serolwana le pherese. / Dikhemikhale tšeo di lego ka gare ga Comfrey di fokotša go roroga ge o tlola letlalong lagago

Medicinal uses and health benefits are summarized below:

- Comfrey is used as a tea for upset stomach, ulcers, heavy menstrual periods, diarrhoea, bloody urine, persistent cough, painful breathing (pleuritis), bronchitis, cancer and chest pain (angina). It is also used as a gargle for gum disease and sore throats / Comfrey e ka nwewa bjale ka tee go thuša ge bofokodi ele letšho/llo, ge motho a rota madi (mohlapo), go alafa mogohloane, sehuba, bohloko bja kgara, le go lwešana le bolwetši bja kankere. Semela se sa ka šomišwa gotšokotša legano ge onale bothata bja go tswa madi gape se ka tuša megolo ye bohloko
- Comfrey is applied to the skin for ulcers, bruises, rheumatoid arthritis, swollen veins (phlebitis), gout and fractures / Comfrey e ka tlolwa ge o na le bothata bja seokelelo, ge o rorogile, o robegile ditho tša mmele le ge o swenya le bolwetši bja marapo goba gout
- The chemicals in comfrey can quickly relieve muscle and joint pain or inflammation / E thuša kudu ka bohloko bja meshifa le dijoin
- Effective for lower back pain relief / E Thuša kudu ge o kwa bohloko mokokotlong
- Natural fibromyalgia remedy
- Speeds up wound healing / E thuša go fodiša dintho ka pele
- Lessens skin irritations / E fokotša gohlohlonya ga letlalo



Coriander



Coriander is believed to be derived from the Greek word *koros* which means insect and *koriannon*, meaning bug. The specific name refers to its cultivation in gardens. Taken together, the full scientific name calls coriander 'the cultivated buggy-smelling' plant.

Go thwe leina le la Coriander le tšwa lelemeng la Bagerike lona le emetše kokonyane goba khungkhwane. Semela se se theilwe go ya ka tšhomišo sa sona ka di tshemong.

Medicinal uses and health benefits are summarized below:

- Coriander is used for digestion problems including: / Coriander e thuša ka tšila ya dijo ka mpeng/maleng
 - Upset stomach / Ge o tshwenya ke mala goba ge ka maleng osa thaba
 - Loss of appetite / E buša tumo ya dijo
 - Hernia, nausea / Ge go selekega
 - Diarrhoea / E fodiša letšhologo/teng
 - Bowel spasms / E thuša go laola bohloko ka maleng
 - Intestinal gas / E fokotša moya ka maleng
- Used to treat measles / E alafa mmoko
- Toothaches / E fodiša bohloko bja meno
- Worms / E bolaya dinogana ka maleng
- Infections caused by bacteria and fungus / E lwana le malwetši a go hloka ke pakteria goba ditjwatši
- Some breast-feeding women use coriander to increase milk flow / E thuša go oketša lebese ka nako ya go nyantšha
- In food, coriander is used as a culinary spice and to prevent food poisoning / Ka dijong e šomišwa bjalo ka spice gabedi le go bolaya mpholo wa dijo



Dandelion



A dandelion is a flower and is also a broad term for many types of flowers that are native to Europe and North America. *Taraxacum* is the large genus to which these plants belong. They are herbaceous and perennial plants that grow very well in temperate climates. They also reproduce quickly and effectively, so it is possible to cultivate plenty of dandelions at the same time. Interestingly, dandelion translates into “lion’s tooth” in French.

Dandelion e akaretša matšoba a mmalwa a go humanega lefaseng ya Europa le Amerika Lebowa. Semela se se gola ka pela ebile se enya ka morago ga nako ye kopana. Ka se French lebitšo la semela se le emetje gore meno a tau

Medicinal uses and health benefits are summarized below:

- Improve bone health / E Thusa ka go tiiša marapo
- Treat liver disorder / E lwešana le malwetsa ao a hlaselago sebetse
- Control diabetes / E kgona go laola bolwetse bja swikiri
- Treat urinary disorders / E thuša ka malwetši a mohlapologo
- Skin care / E hlokomela letlalo
- Prevent acne / E thibela dišo
- Weight loss / E Thuša go fokotsa Mmele
- Prevents cancer / E Thibela bolwetši bja Kankere
- Regulates blood pressure / E lwešana le madi a magolo



Dill



Botanically known as *Anethum graveolens*, dill belongs to the same family as parsley and celery. It is native to the eastern Mediterranean region and western Asia. The word dill comes from the Old Norse word *dylla*, meaning to soothe or lull. It dates back in writing to about 3000 B.C.

Medicinal uses and health benefits are summarized below:

- Digestion - Dill is considered to be a carminative, meaning that it can help to calm and relieve intestinal gas / E thuša ka ge o tletše moya ka teng
- Colic - You might consider adding a container of dill to the gift you give to a new mom, as a weak tea, made from dill seeds and water, can help ease colic as well as get rid of hiccups and promote sleep for infants. Dill also promotes lactation in nursing moms / E thuša masega go robala le ge o na le setheku. E thuša o oketša matutu/mekgato batswetšing gore ba kgone go nyantšha
- Bone Health - Just a tablespoon of dill seeds contains as much calcium as one-third of a glass of milk. This helps protect you from bone loss and also makes an excellent source of calcium for vegans and people who are allergic to dairy / E tiiša marapo - E fepa mmele ka khalsium. Lelepole le tee la peu ya dill e lekana le khalsium ya go tswa seripana sa kgalase ya lebese
- Insomnia - The essential oils in dill are quite unusual as they are both stimulating and sedative at the same time / Go hlobaela
- Respiratory issues / E thuša ge onale bothata bja go hema



Fennel



Fennel (*Foeniculum vulgare*) is an aromatic herb that originated in the Mediterranean region and has many culinary and medicinal uses. It has not been spread and naturalized as an herb around the world, but still primarily grows in coastal climates and on riverbanks. It is also one of the main components of the alcohol absinthe, although the plant does not have hallucinogenic properties.

Semela sa Fennel ke senkgabose seo se tšwago dinageng tša Maditerranen. Yona e šomišwa bjalo ka sehlare. Fennel ka tlhago e mela mafelong a go ba kgauswi le mawatle le dinoka.

Medicinal uses and health benefits are summarized below:

- Treat ingestion / E lwa lego swagana ga mala
- Treat constipation / E fodiša go bipelwa
- Reduce heart diseases / E fokotša malwetši a pelo
- Prevent cancer / E Thibele bolwetše bja kankere
- Regulates blood pressure / E kgona go laola madi ge a le godimo goba fase
- Boost immunity / E fepa Mašole a mmele
- Regulate menstruation / E thuša go laolsa tshepedišo ya madi ge basadi ge ba le matsatšing



Geranium / Jerenum



Medicinal uses and health benefits are summarized below:

- Adrenal health - Geranium has been used for centuries for its ability to support the adrenal glands. It acts as a tonic for the paired adrenal glands that sit atop the kidneys. In so doing, geranium may help those suffering from chronic exhaustion and fatigue / Jerenum ke kgale e šomišwa dikiti tša mengwaga go alafa dithaka tša go dula ka godimo ga dipshio.
- Eases allergies , anxiety, depression, nervous tension / E thusa go laola kgatelelo ya monagano le letšhogo
- Regulates blood sugar / E lwešana le bolwetši bja swikiri
- Boosts brain clarity & concentration / E kgona go thuša gore o nagana botse lego tsitsinkela
- Cancer treatment - Geranium has long been used by natural healers for its anti-tumoral properties / Ke kgale e šomišwa ke dingaka tša setšo go lwantšha Kankere
- Hair and scalp health - Geranium has been used traditionally for decades for hair regrowth / E be e šomišwa go godiša meriri ka nako ya kgae
- Insect repellent - Bugs don't like geranium! It is an excellent insect deterrent / E koba dikhunhwane
- Skin health, scars and regeneration / E thuša go tloša mabadi le gompšafatša letlalo



Lemongrass



Medicinal uses and health benefits are summarized below:

- Relieves menstrual pain / E thuša go okobatša selomi ge basadi ba le matšatšing
- Treats cold and flu / E fodiša mokgohlwane
- For naturally great skin and hair / E Thuša letlalo le meriri gore e phadima e be e me botse
- Boosts metabolism and burns fat / E hlasela makhura ago nontšha lego thuša gore teng e kgone go šila dijo
- Regulates high blood pressure / E laola madi a magolo
- Full of antioxidants / E fepa mmele ka dijo tse botse
- Good for digestion / E Loketse tšhilo ya dijo



Lemon Verbena



Lemon verbena is a lovely aromatic plant that is indigenous to South America. It was brought over to Europe by the Spaniards. It has been used widely as a culinary herb, and as a tea. It was also used as a perfume and it is known for its medicinal properties.

Lemon Verbena ke semela sa go tšwa Amerika Borwa. E fihlile Europa ka lebaka la ba eti ba go tšwa nageng ya Spain. E šomišwa kudu mo dijong gabedi ka dinwamapodi. E na le go šomišwa bjalo ka setlolo le go alafa malwetsi.

Medicinal uses and health benefits are summarized below:

- Treating pain, fever and asthma / E lokete go alafa dingalo tsa mmele, bolwetsi bja asema
- It is used for making perfumes and herbal tea / Le go dira ditlolo le tee. lemon Verbena e dira ledi phefume
- Lemon Verbena is a stomachic and therefore good for relieving indigestion, heartburn and for tonifying the digestive tract / Lemon verbena e thuša go alafa go bipelwa, sekgokolela le hlwekiša madi mmeleng
- It is also great for soothing anxiety and as a sedative it is helpful in insomnia / E thuša ka go tloša maikotlo a manyami goba letšogo, gape e thuša gape le bao beo le bothata bja ose sware ke boroko
- Lemon balm is a febrifuge and is indicated for use in reducing fevers. It's also gentle in its action and thus safe to use with children and the elderly / E thuša go alafa phišo, le go thuša ka o kgona robala



Marigold



Medicinal uses and health benefits are summarized below:

- For ingestion, combine marigold blossoms with warm water to create a calendula tea / Letšoba le la Marigold le thuša ge osa sohle botše dijo goba go swenya kudu ke teng. Kopantšha letšoba le meetse a borutho go dira tea
- Marigold is generally known as the herb to address cuts, sores and general skin care. For this purpose, marigold compares with other Hildegard healing herbs, including yarrow and violet / Letšoba le la Marigold le tšebega bjale ka mošunkwane wa go alafa dišo, le malwetši a letlalo ka kakaretšo
- They act as anti-inflammatories to promote topical healing and soothe irritated skin. Topical treatment with a diluted marigold solution or tincture accelerates healing of wounds and rashes / Letšoba le la Marigold le thuša ge onale letlalo la go hlohlonya goba la go ba le dišo
- DIY Marigold Ointment (Calendula cream) / E ka šomišwa go dira dilo tša go tlola

To make homemade marigold cream, take flower heads in whole without removing any parts. Shake out the whole calendula flower heads upside down on a kitchen towel to remove any small insects. Do not wash. Heat olive oil in a sauce pan and insert marigold flowers to cover with oil. Allow 24 hours to steep in oil and then strain and save the oil. Heat the oil again, add 10 grams of beeswax per 100 milliliters of marigold oil combination and allow the combination to melt / Go dira setlolo ka Letšoba le la Marigold, tšea hlogo ya letšoba koafela, tšhokotša hlogwana e ya letšoba oe lebantšhitšhe fase gore dikhunkhwane di tloge. Letšoba le sa hlatswa. Makhura a Olive a ruthufatšwe ka gare ga pane pele matšoba lokelwe gare ga pane. Ka morago ga di iri tša go lekana letšatši matšoba a tlošwe ka gare ga pane. Makhura ao šala a ruthufatšwe gabedi

- Marigold plants contribute to the overall well-being of any vegetable garden. In Germany, marigolds serve as a symbol of the organic gardener. Calendula contributes to the garden through an extensive root system that exudates and enriches the surrounding soil. As a mixed culture partner, it is compatible with all kinds of vegetables and herbs. Despite its prolific growth, marigold is easily managed, and can be converted to mulch for the vegetable bed / Letšoba le la Marigold e thuša gore dimela le dibjalwa di phele gabotse ka tšhemong. Nageng ya Germany (Jeremane) ge gonale letšoba la Marigold ka tšhemong go laetša gore ke wena molemi wa tšholego. Letšoba le la Marigold le thuša go nontšha mobu ka medu ya yona. Letšoba la Marigold le a laolego ga mmogo le ka šomišwa go oketša tšhireletšo ya mobu



Mexican Poppy



The Mexican Poppy, or *Argemone mexicana*, is a white-yellow flowering plant, called “food of the dead” by the ancient Aztecs and sacred to their rain god Tlaloc. It was introduced from Mexico long ago to China and is now growing wild in Xishuangbanna. It’s now widely naturalized in the United States, India, and Ethiopia.

Mexican poppy e bitšwa gore ke “dijo tša bahu”. E tšwa nageng ya Mexico eupša e humanega mafeseng a China, United States, India le Ethiopia, Africa Borwa.

Medicinal uses and health benefits are summarized below:

- Treat skin problem / E alafa malwetši a letlalo
- Heal wounds / E fodiša mabadi
- Mosquito repellent / E koba menang
- Impotency / E thuša bao palelwa ke go ba le bana
- Ringworm / Ea alafa ge o tšwile ke dipudi
- The extract of fresh seeds is helpful for herpes sores, warts, skin infections, itching, skin diseases, jaundice and dropsy / Meets a go tšwa peung ya Mexican poppy a bohlokwa go alafa malwetši a letlalo, dintho le mamokebe.



Mint



Mint leaves can refer to any plant in the *Mentha* genus, but the term is most often used to refer to peppermint and spearmint, the two most common types of mint plant. Spearmint is a plant with a sweet flavour that works well in many recipes while peppermint has a higher concentration of menthol, which accounts for many of the medicinal uses of mint leaves.

Legoro la menthe genus le akaretša matlakala a fapařapanego a semela sa mint. Peppermint le spearmint ke dimela tše pedi tša go bitšwa mint. Dimela tse di šomišwa ka dijong gabedi le go alafa malwetši.

Medicinal uses and health benefits are summarized below:

- Improve digestive health / E thuša mala gore a šile dijo botše
- May relieve cold symptoms / E kgona go lwantšha mokome
- Assist in oral hygiene / E thuša go hlwekisha legano
- Boost brain function / E fepa bjoko kadijo gore bo bereke botse
- Soothe breastfeeding pain / E thuša go alafa bohloko bja ge mosadi a nyantšha
- Decrease indigestion / E thuša gose šilege botše ga dijo



Rocket



Medicinal uses and health benefits are summarized below:

- Rocket is rich in vitamin K (contains 109mg per 100 grams) which promotes a healthy heart, bones and skin. Vitamin K regulates blood clotting so that your injuries heal when you get hurt. It also helps regulate blood pressure for a healthier heart and ensures calcium is carried to your bones / Rocket e fa mmele Vithamin K. E thuša ka fihliša Khalsium marapong. E loketše pelo. Vitamine K e thuša gore madi a sepele botše mmeleng legore ge o gobetša o phakiše o fole. E thuša gore madi a magolo (High blood pressure) a laolege
- Boost eyesight with rocket. Two antioxidants, lutein and zeaxanthin, are found in rocket. These antioxidants protect the macula of your eye from degeneration. They also guard against damage caused by UV light and blue light / Rocket e thuša ka go kaonafatša pono.) Rocket e šireletša mahlasedi a letšatši (UV) gore esa gobatše mahlo
- Protect against cancer. Like other cruciferous vegetables, rocket contains glucosinolates which are broken down into powerful compounds in the body. These compounds protect your cells from damage and have been shown to inactivate cancer cells / E thusa ka thibelo ya kankere



Rosemary



Rosemary is a fragrant evergreen herb native to the Mediterranean. It is used as a culinary condiment, to make bodily perfumes and for its potential health benefits.

Rosemary ke mošunkwane wa go ba le mongko w bose. Rosemary ka tlhago e tswa nageng tša go wela go Mediterranean. E šomišwa go dira ditlolo gape e na le mohola mmeleng.

Medicinal uses and health benefits are summarized below:

- Antioxidants and anti-inflammatory compounds / E tuša ka go lwešana le ditwatši mmeleng ga mmogo le go fodiša
- Improving digestion / E hlohloletša tšhilego ya dijo ka maleng
- Enhancing memory and concentration / E thuša monagano go tsepamiše kgopolo
- Neurological protection / E thuša ka go šireletša megala-tšhika
- Prevent brain aging / E šireletša go tšofala bja bjoko
- Cancer / E lwešana le bolwetši bja Kankere
- Protection against muscular degeneration / E thusa ka tšhireletšo ya mešifa
- Heartburn, peptic ulcers / E laola seokelelo le dišo tša ka teng
- Backache / E thuša go fokotša bohloko bja mokokotlo
- Diabetes / E Lwešana le bolwetši bja swikiri
- Treatment of mental and emotional stress / E thuša monagano gore go otlolloge



Sourfig (Yellow flower)



Carbobrotus edulis / Sourfig is indigenous to the Western Cape Province in South Africa. Today it is grown all over the world. It is a fleshy, succulent mat-like creeper bearing large yellow flowers followed by conical, reddish-brown, fleshy fruit capsules. Is drought tolerant and will do well in sun or partial shade.

Sourfig e humanega mo Afrika Borwa Kapa Bodikela. Mehleng ya lehono e bjalwa lefaseng ka bophara. Ke semela sa manoni sa go ba le matšoba a serolwana. Setshwarapeu sa wona sebopegile go swana le dikhouno. Semela se se kgotlelela komelelo ka go boloka meetse ka gare ga dikalana sa sona

Medicinal uses and health benefits are summarized below:

- It is said that the leaf pulp and juice contains tannins / Letlakala la Carbobtrotus le na le tannins yeo e šomago go go fepa mmile kadi antioxidant .
- Antiseptic, antibacterial, anti-fungal / E kgahlanong leditwatši
- Vasoconstricter effect - reduces fluid loss from wounds and burns / E fokotša gofela ga meetse mo dišong le dinthong tša mollo
- Enhances tissue regeneration / E mpšafatsa mašole a mmele
- Apply pulp/juice for treatment of eczema, wounds, burns and to stop bleeding / Tlotša meetse a yona mo dinthong go emiša madi
- Gargle - infections mouth/ throat / E tšokotšwa ka ganong go bolaya ditwatši
- Treat ear/tooth ache and oral and vaginal thrush / E fodiša ditsebe,leino,legano le malwetsi setho sa basadi sa go ithuša
- Chew and swallow juice to treat mouth/stomach ulcers, dysentery, digestive troubles, diarrhoea, tuberculosis, diuretic and styptic / Mošunkwane wo o ka sohlwa ya ba ya metšwa go fodiša seokelelo ka mpeng,bothata bja tšhilo ya dijo,letšhologo Le Kankere
- Rub juice against a babies gums when teething / E tlotšiwa marinining a ngwana ge a thoma go meno.



Stinging Nettle



Stinging nettle plant, scientifically known as *Urtica dioica*, is one of the six sub-species within the *Urtica* genus. The native range of stinging nettle, also known as common nettle in some places, is extensive, including Africa, Europe, Asia, and North America. Stinging nettle root and leaves have different medicinal properties. Stinging nettle can be taken as a tea, tincture, extract, capsule or pill.

Semela se se humane mafeseng mmalwa go swana le Africa, Europa, Asia le America Lebowa. Medu le mahlare a semela se a na le mehola e mmalwa ka go alafa. Medu ya semela se e somišwa go dira diokobatše, mafura a sona a somišwa le gona se ka nwega ka tee go alafa mmele.

Medicinal uses and health benefits are summarized below:

- Treat skin problem / Alafa malwetši a letlalo
- Mosquito repellent / E koba menang
- Impotency / E thuša bao palelwa ke go ba le bana
- Ringworm / E thuša go alafa dipudi tša go tšwa batho mo mmeleng
- Bleeding / E thuša go laola madi tšhologo ya madi morago ga dikgobalo
- Diabetes / E lwantšha bolwetši bja swikiri
- Anemia / E thuša ka go oketša tlhaelelo e kgolo ya madi mmeleng
- Poor circulation / E thuša gore madi a sepele gabotse
- Diarrhoea / E laola letšhollo
- Asthma / E laola bolwetši bja asema
- Cancer / E lwantšha bolwetši bja kankere
- Wound healing / E thuša go fodiša dintho



Thyme



Thyme is a Mediterranean herb with dietary, medicinal, and ornamental uses. The flowers, leaves, and oil of thyme have been used to treat a range of symptoms and complaints.

Medicinal uses and health benefits are summarized below:

- Kills tiger mosquitos, native to tropical and subtropical areas of Southeast Asia / *Semela se šomišwa go bolaya menang*
- High blood pressure / *E fokotša madi a magolo*
- Foodborne bacterial infections: thyme oil, even at low concentrations, has showed potential against several common foodborne bacteria that cause human illness / *Makhura a thyme a kgona go thibela malwetši a go hlola ke dijo tša go se apeiwe gabotse goba tša go bola*
- Thyme oil and lavender oil: thyme oil has been noted effective against resistant strains of Staphylococcus, Enterococcus, Escherichia and Pseudomonas bacteria / *Makhura a semela sa thyme ana le mohola wa go fenye dipakteria/ditwatši*



Wild dagga



The leaves of *Leonotis leonurus* (also known as Wild Dagga) were used by the Hottentot tribe of southern Africa because of its calming, sedative and euphoric effects. It grows mainly in southern and eastern Africa, where it is often used as a substitute for Cannabis.

E be šomišwa ke basarwa ba Afrika Borwa go fodiša matswalo. E gola kudu mo Afrika Borwa le Afrika Bohlabatsatsi. E somišwa bjalo ka lebake (mosuang wa matuba)

Medicinal uses and health benefits are summarized below:

- Klip Dagga has long been used in African traditional medicine as a treatment for fevers, headaches, malaria, dysentery and snakebite / E thuša go fodiša malwetši a go swana le go opa ke hlogo, malariya, lege o lomile ke noga
- It has an effect on the uterus - depending on the dose it will stimulate or suppress menstruation / Se na le mohola wa go lwana le malwetši a popélò
- In Trinidad it is a common cold, fever and asthma remedy / Kua nageng ya Trinidad se šomiša go alafa bolwetši bja asema le go alafa phišo ya mmele
- Studies suggest that teas or tinctures made with the leaf possesses anti-nociceptive properties (it inhibits the sensation of pain), is anti-inflammatory and hypoglycaemic and therefore lends pharmacological credence to the folkloric uses of this herb in the management and/or control of painful, arthritic, and other inflammatory conditions, as well as for adult-onset type-2 diabetes mellitus / Dinyakišišo go ya ka bo rabohlale di laetša gore tee ya go diriwa ka matlakala a yona wild dagga e na le maatla a go tiiša mmele gore o kgona go lwantšha bohloko bjo bongwe le bo bongwe
- They are used for heart conditions associated with anxiety and tension and will calm palpitations, tachycardia and irregular heartbeats / Se thuša go alafa malwetši a pelo go swana le bo fodiša matswalo
- The dried foliage of *Leonotis* - both Wild Dagga and Klip Dagga - can be used as a legal substitute for marijuana (Ganja, cannabis, hemp)
- Smoking this dried herb gives an euphoric-like effect and exuberance / Go tšoba matlakala a go omišwa a wild dagga a dira gore o kwe bose
- The flowers are the most potent part and can be smoked or used as a calming tea / Matšoba a ke yona a go ba le maatla a mantši a go alafa. Yona a ka šomišwa bjalo ka mahlare a tee goba a kgokgwa



award

The Association for Water and Rural Development

AWARD is a non-profit organisation specialising in participatory, research-based project implementation. Their work addresses issues of sustainability, inequity and poverty by building natural-resource management competence and supporting sustainable livelihoods. One of their current projects, supported by USAID, focuses on the Olifants River and the way in which people living in South Africa and Mozambique depend on the Olifants and its contributing waterways. It aims to improve water security and resource management in support of the healthy ecosystems to sustain livelihoods and resilient economic development in the catchment.

P O Box 1919, Hoedspruit 1380, Limpopo, South Africa
T 015-793 0503 W award.org.za
Company Reg. No. 98/03011/08
Non-profit org. Reg. No. 006 - 821

About USAID: RESILIM-O

USAID: RESILIM-O focuses on the Olifants River Basin and the way in which people living in South Africa and Mozambique depend on the Olifants and its contributing waterways. It aims to improve water security and resource management in support of the healthy ecosystems that support livelihoods and resilient economic development in the catchment. The 5-year programme, involving the South African and Mozambican portions of the Olifants catchment, is being implemented by the Association for Water and Rural Development (AWARD) and is funded by USAID Southern Africa.

Copyright © 2018 The Association for Water and Rural Development (AWARD). This material may be used for non-profit and educational purposes. Please contact the authors in this regard, at:

info@award.org.za

The content of this publication does not necessarily reflect the views of AWARD, USAID or the United States Government.

Acknowledgements: Project funding and support

The USAID: RESILIM-O project is funded by the US Agency for International Development under USAID/Southern Africa RESILIENCE IN THE LIMPOPO BASIN PROGRAM (RESILIM). The RESILIM-O project is implemented by the Association for Water and Rural Development (AWARD), in collaboration with partners. Cooperative Agreement nr AID-674-A-13-00008

