



Plant your own indigenous pharmacy*

(*but don't be a DIY pharmacist)

Your garden is an oasis for rest, play and socialising – and these 10 selected indigenous medicinal plants mean it can also be a pharmacy filled with living traditional remedies. Just be sure to leave the medicine prescriptions to the experts...

TEXT SANIEN DE BEER PHOTOS BERTIE HORAK



Did you know that almost 60% of the global population still relies on old-fashioned “traditional remedies” and medicinal plants to relieve or heal anything from everyday aches and pains to serious illnesses? This figure, released by the World Health Organization, along with the astounding growth of industry and the agricultural sector, are the chief reasons why the natural habitat of medicinal plants is under pressure worldwide, and why it is critically important that these plants are grown and used sustainably.

A dedicated medicinal section in your garden is a great start, but unfortunately – or perhaps fortunately? – Mother Nature can't always be dictated to when it comes to planting medicinal plants. Nevertheless, knowledge of the various factors that influence the strength of the active ingredients (as well as which

parts of the plants should be used, and how), will hopefully inspire you to dig in with greater insight.

From “quackery” until now

Botanical medicine is the oldest healing system for which records exist, and about 50 000 plants that have been used to this end for centuries are as much in demand today as they have always been. Many modern medicines are based on the active ingredients that occur naturally in certain plants: for example, aspirin was originally made from willow bark, and the value of (fatally poisonous) foxgloves (*Digitalis*) was “discovered” by comforters of the sick and monks, who used it donkey's years ago to help those suffering from heart ailments. How did our ancestors and other indigenous tribes and nations all over the world know, hundreds and sometimes thousands of years ago, which leaf, bush, bark, flower or root was both safe and beneficial to use, considering the fact that one part of a plant can be fairly harmless, whereas

another can be poisonous? And when – and why – did modern humans lose this “intuitive” knowledge?

Because traditional remedies are based on handed-down knowledge, observation, experience, myth, religion and even magic, the next logical question is: how many of these old remedies are simply outright quackery?

Firstly, it is important to remember that knowledge of the traditional uses of plants has been transmitted through the generations by means of stories and pictures, because only a limited number of people were literate. Associations were a logical way of understanding and memorising the uses of specific plants.

Women generally had the best knowledge and experience of medicinal plants as they spent more time in the fields but, because it was unheard of for women to read and write, men recorded what the women told them – one of the reasons why, through the centuries, herbal doctors were mostly men!

Another interesting observation is the so-called “Doctrine of Signatures”, >



which holds that the appearance of a plant is reminiscent of the illness or organ it should be used to treat. This controversial concept was first described by English botanist William Coles in his book *Adam in Eden*, published in 1657.

While scientists rejected the idea as sorcery and superstition, some of Coles's ideas have withstood the test of time. One interesting example is that of the walnut (*Juglans regia*): According to his theory, the hard shell of this nut resembles the skull, while the surface of the nut itself has a clear pattern similar to that of the brain. Walnuts contain a very high concentration of essential fatty acids, important for the optimal functioning of the brain! Intuitively drawing conclusions about the possible uses for a plant based on its structure, colour, smell, shape and texture was something practised by Plato and Aristotle, and both Goethe and Rudolf Steiner researched and wrote about this in the 1900s.

Complementary to science

In no way do the controversial ideas of Coles and company mean that “philosophical wishful thinking” or

traditional medicines so strongly rooted in the past should replace modern science, but increasing numbers of health experts maintain that these two “polar opposites” can complement each other when they are used synergistically. Advances in research and technology, in fact, help to confirm scientifically what our forefathers knew instinctively for generations. Each plant has a unique make-up of active chemical compounds and compositions in specific relationships that complement each other. The concentration of active ingredients in the plant is determined by various factors, such as the climate, height above sea level, when the plants are harvested, and environmental pollution. Habitat, colour, shape, texture, smell and taste play a role and some plants develop secondary components to protect themselves against intruders and to survive unfavourable conditions, such as drought.

Sweet, sour and bitter flavours also impact the therapeutic value of plants, and these flavours have various effects on the body – this is one of the reasons why herbal medicines have never been known for their delicious

taste. It seems that many herbal medicines are less effective when processed into a neat tablet or capsule, as one then loses the effects of the all-important taste component.

Your own pharmacy (or not)?

Humans have always been fascinated by plants, whether as food, medicine or purely for aesthetic pleasure. In the skilled hands of someone with green fingers, a garden can indeed be transformed into an open-air pharmacy, but it is only when you study the history of every plant that you understand there is so much more to them than can be seen with the naked eye.

It is important to remember that environmental changes can influence the biochemical composition of plants. This is crucial to gardeners, as it determines the layout of a garden: plants that require a lot of sunlight but are planted in shade can, for example, develop long root runners or longer leaves in an effort to reach more heat or sunlight. This, in turn, has a direct effect on the concentration of active ingredients that occur in the plant. The use of chemical fertilisers and sprays is

totally prohibited when you are growing a plant for medicinal use, and only natural, organic feed is allowed.

Be warned

Although plants appear “natural”, they are not always safe for human and medicinal use. Some can be poisonous and the effects of active ingredients should never be underestimated.

When you buy plants specifically for medicinal use, you must be 100% sure they are the correct species. Remember, it isn't possible to identify a plant correctly based on common names or a sketch in a book. It is essential to use the botanical name when you are purchasing a medicinal plant.

It's also important to keep in mind that interactions can occur between different herbs and between herbs and conventional Western medicines. For example, the use of liquorice root together with medication for

high blood pressure is strongly contraindicated, and the incorrect use of herbal medicines by pregnant women or people with compromised immune systems can be lethal. Under no circumstances should you mix your own herbal concoctions left right and centre, or, even worse, use them in conjunction with prescribed medications. Always talk to a registered health practitioner, herbalist, botanist or phytotherapist before you write out your own scripts for friends and family just because you have planted your own pharmacy!

Dr Sanien de Beer is a registered phytotherapist from Somerset West who has been involved in the field of complementary healing for the past 15 years. For more information about phytotherapy visit herbalpractitionerssa.co.za or saniendebeer.co.za.

A magnificent medicinal garden

Take a breather, surrender to the stillness and enjoy a tea ceremony with a bite to eat at the Healing Garden, beside the Greenhouse at Babylonstoren outside Paarl.

This garden is laid out according to the human body, starting with the head and ending with the feet, and includes a wealth of medicinal herbs – each with a fascinating story – to treat the ailments of each body part. The herbs along the outside wall follow the seasons, from summer to winter, and have been chosen to heal and balance the body through the ancient tea ceremony.

• The tea ceremony takes place every Tuesday at 09:30 (weather dependent). It costs R290 per person for groups of up to eight, and a 50% deposit secures your booking. Call ☎ 021 863 3852 or send an email to ✉ enquiries@babylonstoren.com.



SAY WHAT?

INFUSION is the term used to describe herbal tea made with soft plant material (usually leaves or flowers). Simply cover the fresh or dried plant material with boiling water at about 90 °C (allow the water to cool down in the kettle for 5-10 minutes before using it) and, importantly, cover the pot or container with a lid or saucer to prevent the volatile oils from evaporating in the steam, losing their medicinal value in the process. Let it draw for 10 minutes, then pour the tea. Sweeten with honey if you like.

DECOCTION is when hard plant matter, mostly roots, seeds or bark, is used to make tea. Place the plant material in an enamel casserole dish, cover with cold water, place the lid on top and slowly heat the mixture until it is simmering. Then reduce the heat and let it simmer for 15-20 minutes (it should not boil rapidly). Let the mixture stand for a few minutes to cool slightly, then pour it through a sieve to separate the liquid from the plant matter. The liquid is called a decoction and you can drink it warm or cold. Dispose of the plant matter on your compost heap.

TINCTURE This is an alcohol-based plant extract made by soaking fresh or dried plant matter in alcohol for several weeks so that the active ingredients and secondary metabolites can dissolve in the alcohol. Different concentrations of high-quality alcohol are used to extract active ingredients from the plant material. After it has drawn for a few months, various processes are used to separate the liquid from the plant material. The liquid is called a tincture and must be stored in dark glass bottles. >

Our top 10 medicinal plants

These 10 indigenous plants are medicinal and aesthetic stalwarts in large areas of South Africa. What's more, they will attract beneficial insects and birds to your garden.

1 African wormwood

Artemisia afra

Other names Wild wormwood; *wildeals* (Afrikaans); *umhlonyané* (Xhosa)

The African wormwood used to be a standard plant in every farmyard and remains one of the most widely used medicinal plants in South Africa. These incredibly aromatic perennial shrubs contain volatile oils, and once you've smelled their strongly scented leaves or tasted their intense bitter flavour, you won't forget the experience.

There are more than 400 *Artemisia* varieties but our indigenous perennial *Artemisia afra*, which has feather-like grey-green leaves and yellow flowers,

is one of the hardiest types and is widely dispersed throughout South Africa.

Medicinal uses Traditionally the leaves are boiled in water to make a strong tea or decoction (see "Say what?" on previous page) that helps relieve colds, flu, bronchitis, fever, irritated air passages, colic and even haemorrhoids. The Tswana sometimes place a fresh leaf in every nostril to open up a blocked nose. To treat stomach ailments, African wormwood and buchu can be placed in brandy to draw. Specialist nurseries sometimes stock *Artemisia annua* and *Artemisia absinthium*. They're not indigenous but are used to treat the symptoms of malaria and indigestion respectively.

Long-term use of African wormwood is not recommended as the menthol-like chemical compound thujone can

accumulate in the body and have a toxic effect.

Other uses The strong smell sends lice, flea beetles, fleas, cabbage white butterflies, caterpillars and other harmful insects packing – chop some of the leaves finely to sprinkle around and over plants that need protection. Many farmers use the chopped leaves on the floors of stables and chicken coops to deter lice and other bugs. You can also steep the leaves in water and use the "tea" to wash your pets to keep them free of fleas.

Grow it yourself African wormwood is drought-resistant and evergreen, and grows easily (and untidily). The plants can grow up to 2m high and like full sunlight and well-drained soil. They'll fade in winter in frost-prone areas but will revive again come springtime.

Pennywort *Centella asiatica*

Other names Bubbles, little pig's ears; *varkoortjies* (Afrikaans); *brahmi* (Hindi)

Widely regarded as one of the top 25 medicinal plants in the world, the evergreen perennial groundcover *Centella asiatica* has round or kidney-shaped leaves on long stems.

Medicinal uses Thanks to its anti-inflammatory and anti-allergenic properties, the whole plant has been used in the East and West for centuries to treat skin, urinary tract and nerve-related problems. Extensive research has led to the identification of the active ingredients that promote wound healing. A tea made from the leaves is great for relieving stress and other nervous conditions, and more recent research has focused on the role *Centella* can play in the prevention of age-related neurological degeneration. Weak circulation, arthritis, eczema, varicose veins and stretch marks, too, can benefit from its use.

Grow it yourself Pennywort occurs naturally in marshy areas without much sunlight, but in the garden it will grow in full sun or full shade. It grows fast and spreads rapidly in moist, compost-rich soil. The plants are sensitive to frost.



Pyjama bush *Lobostemon fruticosus*

Other names Eight-day healing bush; *agtdaegeneesbos* (Afrikaans)

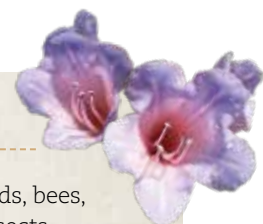
This fast-growing evergreen shrub occurs in the fynbos of the northwestern to southwestern winter-rainfall area of the Western Cape, where the summers are long and dry with little to no frost. It doesn't object to drought conditions, salty spray, sand or wind. It was believed the plant could heal a wound within eight days – the leaves would be chewed and the

mass applied to a wound like a plaster. The stem and leaves are covered in fine hairs responsible for the silver-green appearance, and from early spring to summer it has trumpet-like flowers in shades of pink and blue, which can occur on the same plant.

Medicinal uses The Khoi-Khoi, settlers and Malay slave community brewed a tea with the leaves, which reportedly made short work of ringworm, while the fresh leaves were used in salves to treat eczema, wounds and syphilis.

Other uses It attracts birds, bees, butterflies and other insects.

Grow it yourself Plant it in full sunlight and sandy soil that drains well in areas that receive no frost. The plants soon become woody (and bloom less), so prune them after they've produced seeds – after 6-10 years the plant will have to be replaced completely. The plants can be grown from fresh seeds or cuttings but can be fickle – if you are lucky, the plants will sow themselves.



Fragrant helichrysum

Helichrysum petiolare or *Helichrysum odoratissimum*

Other names Silver bush everlasting, *kooigoed* (Afrikaans); *imphepho*, *ubuhlungu* (Xhosa and Zulu)

The Khoi-Khoi used this drought-resistant plant, which occurs widely in South Africa and parts of Mozambique and Zimbabwe, as "linen" and also to stuff mattresses. The shrubs grow up to 50cm tall with exceptionally aromatic grey leaves (covered in velvety hairs) and yellow flowers.

Traditional cultural groups tie small branches into bundles to burn as a type of incense during rituals, to cleanse the environment – it deters insects and the active ingredients in the smoke have a calming effect.

Medicinal uses Scientific studies have confirmed the antimicrobial and anti-inflammatory effects of the *Helichrysum* species. It is traditionally used for colds, coughs, infections, asthma, lung problems and high blood pressure. The volatile oils that are released when the leaves are crushed or burnt have a calming effect on the nervous system and help ensure a good night's rest. The plant can be boiled for use as an acne treatment.

Other uses Sotho women use it as perfume and it's an excellent insect repellent, particularly for flies and mosquitoes. An old remedy suggests mixing helichrysum, aloe, honey and vinegar to treat insect bites.



Grow it yourself Helichrysum prefers full sunlight and soil that drains particularly well, but it isn't put off by poor soil. It's a fantastic groundcover that spreads fast but be careful of overwatering and clayey soil, as fungal disease could set in. These perennials must be pruned frequently and you will probably have to replace them every three years (simply take your own cuttings). >

Cancer bush

Lessertia frutescens, formerly known as *Sutherlandia frutescens*

Other names Balloon pea; *kankerbossie* (Afrikaans); *umnwele* (Xhosa and Zulu); *phetola* (Tswana)

Lessertia frutescens, one of the best-known medicinal “miracle plants”, belongs to the pea family and grows in the drier parts of southern Africa – from the Western, Northern and Eastern Cape to Namibia, Botswana and Lesotho. In nature, the shrubs are often missed because they only bloom once a year. Gardeners, however, are crazy about these “African Christmas trees” with their silver-green leaves that produce bunches of flame-orange to red flowers every September to December. They are followed by almost transparent “bladder-like” fruit.

Medicinal uses Contrary to what the common name suggests, cancer bush is not a generic miracle treatment for cancer. The Tswana name *phetola* (meaning “it changes”), describes it best: cancer bush has the potential to support the body in a synergistic way and alter the course of several illnesses, promoting a more positive outcome.



Several active ingredients have been identified that support the immune system and have adaptogenic properties that help the body adjust to physical and emotional stress.

The leaves are traditionally taken as a tea or in a tincture, specifically for digestive problems, but it’s also used for the following conditions: cancer, HIV/Aids, tuberculosis, colds and flu, asthma, bronchitis, rheumatism and osteoarthritis, liver problems, haemorrhoids, bladder-, uterine-, women’s- and stomach issues, diarrhoea, indigestion, ulcers, back pain, diabetes, varicose veins, inflammation and wounds, fever, stress, depression, anxiety and loss of appetite.

The medicinal properties vary depending on the species and region, as well as on the time of day and the season in which a plants is harvested. One thing is certain, however: you’ll have to hunt far and wide for a more bitter taste!

Other uses Cancer bush is a big favourite among birds, bees, butterflies and other beneficial insects.

Grow it yourself The plants are hardy and pest- and drought-resistant, but they don’t last long. Sow seeds in autumn or spring, in soil that drains well – soak the seeds in warm water beforehand to trigger the germination process (usually within 2-3 weeks). A spot in full sunshine is non-negotiable – and don’t give them too much water.

Wild dagga

Leonotis leonorus

Other names Lion’s ear, Cape hemp; *wildedagga* (Afrikaans); *invovo*, *utywala bengcungcu*, *umfincafincane*, *umunyamunya* (Xhosa); *umfincafincane*, *umcwili*, *imunyane*, *utshwala bezinyoni* (Zulu)



Wild dagga is a hardy, drought-resistant, waterwise shrub with spectacular orange tubular florets that sugarbirds find irresistible. This shrub is not related to the dagga plant (*Canabis sativa*) – the common name probably originated because the San, Khoi and other Nama tribes smoked the leaves and baked biscuits from the powdered leaves for its calming effects.

Medicinal uses Scientists are still researching the medicinal value of the plant but have identified active ingredients that are used effectively to relieve asthma and chronic coughs. Traditional healers have used it for centuries to treat headaches, coughs, constipation, fever, asthma, diarrhoea, haemorrhoids, itchy skin conditions, snakebites, tapeworm, arthritis, muscle cramps, obesity and diabetes,

while others believe it is a healthier replacement for tobacco or dagga. Decoctions or infusions (see the box on page XXX) made from the leaves can also be used externally for insect bites and skin conditions.

Other uses Wild dagga attracts birds, bees, butterflies and other insects to the garden. Indigenous tribes believe it brings good fortune and deters snakes.

Grow it yourself Wild dagga grows fast and without any fuss as long as it is planted in soil that drains well and has been enriched with a little compost and covered with a layer of mulch. As the shrubs can grow quite high, they are perfect for planting against fences or buildings. After planting them once, it’s unlikely you will have to buy them again as the plants sow themselves. They also don’t mind frost.



Wild garlic

Tulbaghia violacea

Other names Purple wild garlic; *isihaqa* (Zulu)

This old stalwart the garden is drought-resistant and grows easily and quickly in the largest part of South Africa and as far north as Zimbabwe. Gardeners love it for its elegant long, thin leaves and abundant purple flowers in summer and autumn, as well as the strong garlicky aroma of the plant that keeps insects at bay.

Medicinal uses More than a century ago already people were aware of the antiseptic properties of wild garlic and used it to prevent and treat infections and viral conditions. Although enough research hasn't been done yet, wild garlic probably has similar antibacterial and fungicidal properties as the garlic we eat. The crushed leaves are often used to treat sinus headaches and oesophageal cancer, while the fresh bulbs are boiled in water to make a decoction that is taken orally to clear up colds and coughs. The bulbs are also used to treat pulmonary tuberculosis and to get rid of intestinal worms.

Other uses The bulbs, leaves and flowers are edible and taste wonderful in salads and stews. In the garden, the strong smell helps deter moles, fleas and ticks, and if you rub the leaves on your skin, mosquitoes (*and the rest of humanity!* – Eds) will leave you alone. Many Zulus plant it around their houses because they believe it repels snakes.

Grow it yourself *Tulbaghia violacea* flourishes in soil that drains well and is enriched with compost, but it will grow fine in moist soil types and in full sunlight or semi-shade. This bulbous plant is a good choice for warm areas in the garden, as it doesn't mind drought, although regular watering is always welcome.

The plants can be grown from seed but it's far easier simply to divide them. Insects may give wild garlic a wide berth but snakes and slugs enjoy nibbling on the leaves. >

TACKLE COLDS FAST

Winter syrup

With winter behind us, it's easy to assume the danger of an ugly head cold has passed. Not so!

Makes 1 bottle

YOU NEED

- 6 garlic or wild garlic cloves, peeled and finely chopped
- ½ cup (125ml) pure honey
- ¼ cup (60ml) apple cider vinegar or fresh lemon juice
- ½ cup (125ml) water

THIS IS HOW

Shake all the other ingredients in a glass jar and leave it to draw for 24 hours. Strain through a fine sieve or muslin cloth and store the syrup in a bottle in the fridge. Drink 1 tablespoon (15ml) of the syrup every 4-6 hours as soon as the first germs rear their heads.





Common dock

Rumex lanceolatus

Other names Smaller dock, smooth dock; *tongblaar* (Afrikaans); *idolonyana* (Xhosa); *idolo lenkonyane* (Zulu); *khamane*, *kxamane*, *molokoli*, *potaka leleme* (Sotho)

Common dock is family of sorrel and rhubarb, and boasts large, smooth green leaves resembling spinach leaves. It is classified as a weed in many countries and is widespread throughout South Africa, Namibia, Lesotho, Botswana and Zimbabwe, especially beside rivers, dams and other damp places.

Medicinal uses *Rumex lanceolatus* is a traditional medicine for treating intestinal parasites, constipation, vascular diseases and internal bleeding. For this purpose, the roots are boiled in water or milk and the liquid is then drunk. For external uses, the roots and leaves are chopped finely to make a poultice for wounds, sores, abscesses, boils and swellings. The leaves contain potentially toxic levels of oxalic acid and must therefore not be consumed.

Grow it yourself The plants are probably too large and untidy for smaller gardens (and their flowers aren't anything to write home about). Choose a damp place in the garden and keep an eye on it so that it doesn't take over.

Buchu

Agathosma betulina and *Agathosma crenulata*

Other names *Agathosma betulina*: round-leaf buchu; *bergboegoe* (Afrikaans) *Agathosma crenulata* long-leaf buchu, oval-leaf buchu; *ovaalblaarboegoe* (Afrikaans)



Buchu grows on mountain slopes in a surprisingly small area of the Western Cape. It's one of South Africa's unique exports and the crown of our indigenous medicinal-plant wealth. There are, however, many species that smell like buchu but don't contain the active ingredients – so make sure you specifically buy *Agathosma betulina* and *Agathosma crenulata*, which have the highest concentrations of oil and are grown commercially for use in medicines, beauty products, soaps and food colouring. One way to tell whether a buchu leaf is suitable for medicinal use is to hold it up to the light to make sure the edge is jagged and not smooth. It's also sometimes possible to see the pin-sized oil glands on the underside of the leaf.

Medicinal uses Isomenthone and disphenol, the two main volatile oils in buchu, have antiseptic and diuretic properties that have been harnessed for ages to treat stomach complaints, rheumatism and urinary tract infections, and to disinfect wounds. Buchu vinegar and buchu brandy

were part of the medicine chest in the old Cape Colony, for the treatment of intestinal parasites, kidney-, bladder- and stomach problems, indigestion, gout and rheumatism. Place a few buchu leaves in a stocking and tie it to the hot-water tap when you run a bath to help relieve backache and rheumatism, or make buchu tea by drawing 1-2 teaspoons of dried buchu in a cup of boiling water for 5-10 minutes. Make your own buchu brandy or vinegar by placing 5-6 finger-length sprigs of fresh buchu in a bottle of brandy or vinegar. For one week, shake the bottle daily. Store in a dark cupboard and use as needed.

Other uses Bees and butterflies are crazy about the flowers.

Grow it yourself Buchu likes full sunlight; acidic, sandy soil that drains well; and a mulch that keeps the roots cool and moist in summer. Plant it out in winter or early spring and give it enough water – more in winter and less in summer, but don't let it dry out completely.



1 Winter cherry

Withania somnifera

Other names *Ubuvuma* (Xhosa), *ubuvimbha* (Zulu), *bofepha* (Sotho); *ashwagandha* (Hindi)

Withania somnifera is a drought-resistant, evergreen and waterwise shrub. It bears very bitter orange to red berries hidden in papery pods until they are ripe. They occur widely throughout South Africa and are often regarded as weeds, but various scientific studies have confirmed an old saying: "A weed is just a plant whose virtues have not yet been discovered."

Medicinal uses The leaves and roots contain more than 80 chemical compounds with antibiotic, anti-inflammatory, and cytotoxin- and

cholesterol-reducing properties. It is also known as Indian ginseng and has been used for centuries in ancient Indian medicine (known as Ayurveda) to combat stress, depression, anxiety, panic attacks, cancer, inflammation, rheumatism and tuberculosis. In South Africa the leaves and roots are used to treat open, septic and inflamed wounds, abscesses, haemorrhoids, rheumatism, syphilis, colds and flu, asthma, infections, diarrhoea, skin problems and intestinal worms.

Other uses The leaves repel nasty insects but attract bees and butterflies. Birds love the ripe seeds and help to spread them. Studies of the extract of the roots suggest significant stress-relieving properties.

Grow it yourself The plants prefer full sunlight but will also grow in semi-shade as long as they receive a



minimum of six hours of sun per day. They initially appear to be slow growers but after one to three years of consistent care, you will reap the rewards. The shrubs are grown from seed and germinate easily, but it can be difficult to find the plants or seeds. **P**

Read more

BOOKS *Commercialising Medicinal Plants: A Southern African Guide* by Nicci Diederichs (Sun Press, 2006) • *Herbal Teas for Healthy Living* by Margaret Roberts (Struik Nature, 2008) • *Jane's Delicious Garden* by Jane Griffiths (Sunbird SA, 1999) • *Medicinal Plants of South Africa* by Ben-Erik van Wyk, Bosch van Oudtshoorn and Nigel Gericke (Briza, 2009) • *My Life and Work with Alfred Vogel* by Jan de Vries (Mainstream Publishing, 2005) • *Nature's Pharmacopeia – A World of Medicinal Plants* by Dan Hoffnes (Columbia University Press, 2016) • *Volksgeneeskuns in Suid-Afrika – 'n Uitgebreide Versameling Boererate* compiled by the South African Academy for Arts and Sciences (Protea-boekhuis, Pretoria, 2000) • *The Herbal Apothecary: 100 Medicinal Herbs and How to Use Them* by JJ Pursell (Timber Press, 2015)
WEBSITES numenfilm.com/blog/sustainable-herbs plantzafrica.com sutherlandia.org/



INDIGENOUS HEALING PLANTS by Margaret and Sandy Roberts

This updated reissue with 15 new additions discusses the history, medicinal and other uses, as well as growing advice for more than 140 indigenous plants. In celebration of the late Margaret's legacy and 80th birthday, a special commemorative edition (R500 each or R1 800 for one of the 50 numbered leatherbound copies) has been published that contains sketches by Margaret herself.

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