

# Sesotho names for exotic and indigenous edible plants in southern Africa

A. MOTEETEE\*† and B-E. VAN WYK\*

**Keywords:** edible plants, exotic plants, indigenous plants, Sesotho, southern Africa

## ABSTRACT

A comprehensive checklist of Sesotho names of both indigenous and exotic food plants is presented, based on a literature survey and the first author's experience. The list includes the scientific names, English common names and parts of the plant that are used. Where possible, the origin or meaning of the Sesotho names is given. Exotic edible plants for which the English common names are in general use have been excluded. The list includes 164 indigenous and 39 names of exotic species.

## INTRODUCTION

The aim of this paper is to compile, for the first time, a comprehensive checklist of Sesotho names of both indigenous and exotic edible plants. With diminishing vocabulary of many languages (Sesotho included), it has become necessary to preserve and update these names so that they are not lost. We believe such a list would be of value to translators and compilers of dictionaries.

The extensive use of wild plants as food in southern Africa has been well documented in a number of publications including the books of Fox & Norwood Young (1982), Peters *et al.* (1992), and Van Wyk & Gericke (2000). Lists of common names of plants in vernacular languages have also been written. For example, a comprehensive list of Setswana common names of plants by Cole (1995) is available. A list of some Zulu names has also been published (Ngwenya *et al.* 2003). Phillips (1917) and Jacot Guillarmod (1971) published Sesotho names of indigenous plants. Smith (1966) also included some Sesotho names. However, the lists are not comprehensive and do not include Sesotho names for exotic food plants.

Many of the scientific names used in these publications are now outdated and it has become necessary to update them. Furthermore, the list of Phillips (1917) is only applicable to the Leribe Plateau region in Lesotho. While Jacot Guillarmod's (1971) work is much more comprehensive, it did not include the meanings of the Sesotho names. This checklist has been compiled based on plants used by Sesotho-speaking people in southern Africa, who live mainly in Lesotho and in the Free State, South Africa.

## MATERIALS AND METHODS

The checklist was compiled using the available literature and the first author's own experiences while growing up in a rural area (Ha Thuube, Qacha's Nek District) in Lesotho. Authorities for scientific names are given in

Appendix 1 and are not repeated elsewhere in the text. The nomenclature follows that of Germishuizen & Meyer (2003).

The list is arranged alphabetically according to family and genus starting with the monocots. Where possible, English common names and the origin or meaning of the Sesotho names are presented. The edible parts of the plants have also been included in the list. Many exotic plants including fruits (e.g. banana, kiwi, mango, among others), nuts (e.g. almonds, cashews, macadamias, among others), spices and herbs (e.g. coriander, oregano, parsley, and others) do not have Sesotho names and are therefore excluded.

## DISCUSSION

Sesotho names of 164 indigenous and 39 exotic plant species of edible plants are given in Appendix 1.

Some Sesotho names of plants are expressed in short sentences to indicate either the habit of the plant (e.g. its appearance, striking features or size), habitat, or its use (mostly for medicinal purposes). Many exotic plants also have Sesotho names, although these names have been taken directly from either English or Afrikaans. For example, the Sesotho name *tamati* for tomato (*Lycopersicon esculentum*) has been taken directly from the Afrikaans word *tamatie*. To highlight the typical derivation of names, some examples of plant names are given below (for full meanings see Appendix 1).

### *Names based on characteristics of the plant*

*Diospyros austro-africana*: *Ntlo-ea-lekhoaba*—the house of a crow, with reference to its flower shape.

*Empodium plicatum*: *Leihlo-la-khomo*—eye of the cow, so named because its flower resembles an eye of a cow.

*Sisymbrium capense*: *Tlhako-ea-khomo*—hoof of the cow, the shape of the leaves resembles a hoof of a cow.

*Watsonia densiflora* (and other members of Iridaceae): *Khahla*—the flower which pleases, this is because the flowers of these plants look pretty.

*Tragopogon porrifolius*: *Moetse-oa-pere*—mane of a horse, in reference to the thin, elongated leaves.

\* Department of Botany and Plant Biotechnology, University of Johannesburg, P.O. Box 524, 2006 Auckland Park, Johannesburg.

† Corresponding author e-mail address: amot@rau.ac.za

MS. received: 2005-04-26.

## Names based on the size of the plant

*Gladiolus dalenii*: *Khahla-e-kholo*—the big plant/flower which pleases.

*Hesperantha baurii*: *Khahla-e-nyenyane*—the small plant/flower which pleases.

*Hypoxis argentea*: *Leihlo-la-khomo-le-leholo*—the big eye of the cow.

*Mentha aquatica*: *Koena-e-nyenyane*—the small crocodile.

## Names based on the habitat of the plant

*Eulophia hians*: *Mametsana-a-manyenyane*—mother of little water, because the plants are found in wet places.

*Gladiolus cruentus*: *Khahla-ea-loti*—the mountain plant which pleases, so called because the plants usually grow in mountainous areas.

*Oxalis corniculata*: *Bolila-ba-thaba*—the sour plant of the mountain; these plants are more frequent at higher altitudes.

## Names based on the taste of the plant

*Epilobium hirsutum*: *Letsoai-la-balisana*—salt of the shepherds, so called because the leaves taste salty.

*Nasturtium officinale*: *Liababa*—they are bitter, due to the bitter leaves.

*Oxalis* species: *Bolila*—the sour plant, because the leaves are extremely sour.

The replacement of indigenous food plants with seemingly more attractive exotic ones is just one aspect of a broader pattern of aculturation that affects many aspects of Sesotho culture. The impoverishment of Sesotho plant nomenclature is very evident in rural areas

where only the elderly still know and use the traditional names of plants.

## ACKNOWLEDGEMENTS

The second author acknowledges financial support from the National Research Foundation (NRF).

## REFERENCES

- BRUMMITT, R.K. & POWELL, C.E. 1992. *Authors of plant names*. Royal Botanic Gardens, Kew.
- COLE, D.T. 1995. *Setswana animals and plants*. Macmillan Publishing, Botswana.
- FOX, F.W. & NORWOOD YOUNG, M.E. 1982. *Food from the veld: edible wild plants of southern Africa*. Delta Books, Craighall, Johannesburg.
- GERMISHUIZEN, G. & MEYER, N.L. (eds). 2003. Plants of southern Africa: an annotated checklist. *Strelitzia* 14. National Botanical Institute, Pretoria.
- JACOT GUILLARMOD, A. 1966. A contribution towards the economic botany of Basutoland. *Botaniska Notiser* 119: 209–211.
- JACOT GUILLARMOD, A. 1971. *Flora of Lesotho*. Cramer, Lehre.
- MASEFIELD, G.B., WALLIS, M., HARRISON, S.G. & NICHOLSON, B.E. 1969. *The Oxford book of food plants*. Oxford University Press, Great Britain.
- NGWENYA, M.A., KOOPMAN, A. & WILLIAMS, R. 2003. *Zulu botanical knowledge: an introduction*. National Botanical Institute, Durban.
- PETERS, C.R., O'BRIEN, E.M. & DRUMMOND, R.B. 1992. *Edible wild plants of sub-Saharan Africa*. Royal Botanic Gardens, Kew.
- PHILLIPS, E.P. 1917. A contribution to the flora of the Leribe Plateau and environs. *Annals of the South African Museum* 16: 1–379.
- SMITH, C.A. 1966. Common names of South African plants. *Memoirs of the Botanical Survey of South Africa* No. 35. Botanical Research Institute, Pretoria.
- VAN WYK, B-E. & GERICKE, N. 2000. *People's plants*. Briza Publications, Pretoria.

## APPENDIX 1.—List of edible plants; their common names (Sesotho and English); the parts that are used for food; and references

| Taxon   | Sesotho name                  | Origin or meaning   | English name       | Parts used    | Reference |
|---|-------------------------------|---|--------------------|---------------|-----------|
| <b>Monocotyledons</b>   |                               |   |                    |               |           |
| <b>Alliaceae</b>  |                               |   |                    |               |           |
| * <i>Allium cepa</i> L.                                       | <i>Eiee/ Hanyanese</i>        | from the Afrikaans word <i>ui</i>                                 | onion              | bulb          | 5, 6      |
| <i>Tulbaghia acutiloba</i> Harv.                              | <i>Motsuntsunyane</i>         | unknown   |                    | young plants  | 1–4       |
| <i>alliacea</i> L.f.  | <i>Moelela</i>                | unknown   | wild garlic        | leaves        | 1–4, 6    |
| <i>leucantha</i> Baker  | <i>Sefotha-fotha</i>          | unknown   |                    | young plants  | 2, 4      |
| <b>Amaryllidaceae</b>   |                               |   |                    |               |           |
| <i>Cyrtanthus stenanthus</i> Baker                            | <i>Lepontoane</i>             | unknown   | golden star        | bulb          | 2, 4      |
| <b>Anthericaceae</b>  |                               |   |                    |               |           |
| <i>Chlorophytum fasciculatum</i> (Baker) Kativu               | <i>Lehaohao</i>               | unknown   |                    | roots         | 1, 2      |
| <b>Araceae</b>  |                               |   |                    |               |           |
| <i>Zantedeschia aethiopicum</i> (L.) Spreng.                  | <i>Mothebe</i>                | unknown   | arum lily          | leaves, stems | 2–4, 6, 7 |
| <i>albomaculata</i> (Hook.) Baill. subsp. <i>albomaculata</i> | <i>Mohalalitoe</i>            | unknown   | spotted-leaf arum  | leaves        | 2–4, 6    |
| <b>Asparagaceae</b>   |                               |   |                    |               |           |
| <i>Asparagus africanus</i> Lam.                               | <i>Lerara-tau/ Lelala-tau</i> | one who watches ( <i>lelala/ lerara</i> ) the lion ( <i>tau</i> ) | asparagus          | young shoots  | 1–4, 6    |
| <i>setaceus</i> (Kunth) Oberm.                                | <i>Lehonyeli</i>              | unknown (general name for species of <i>Asparagus</i> )           | feathery asparagus | young shoots  | 3, 6      |

\* exotic taxa: 1, Phillips (1917); 2, Jacot Guillarmod (1971); 3, Fox & Norwood Young (1982); 4, Peters *et al.* (1992); 5, Masefield *et al.* (1969); 6, Van Wyk & Gericke (2000); 7, Jacot Guillarmod (1966). Author abbreviations according to Brummitt & Powell 1992.

APPENDIX 1.—List of edible plants; their common names (Sesotho and English); the parts that are used for food; and references (cont.)

| Taxon  | Sesotho name                      | Origin or meaning   | English name          | Parts used     | Reference  |
|--|-----------------------------------|---|-----------------------|----------------|------------|
| <b>Asphodelaceae</b>   |                                   |   |                       |                |            |
| <i>Kniphofia</i> spp.  | <i>Leloele</i>                    | unknown   | red-hot poker         | flower; nectar | 1–4, 7     |
| <b>Cyperaceae</b>  |                                   |   |                       |                |            |
| <i>Cyperus</i><br><i>esculentus</i> L.   | <i>Monakalali</i>                 | unknown   |                       | bulb           | 1–4, 6     |
| <i>usitatus</i> Burch.   | <i>Monakalaki</i>                 | same as above   | Indian grass          | bulb           | 1–4, 6, 7  |
| <b>Hyacinthaceae</b>   |                                   |   |                       |                |            |
| <i>Albica maxima</i> Burm.f.   | <i>Mototse</i>                    | unknown   | soldier in the box    | bulb           | 1, 3, 4    |
| <i>Dipcadi</i><br><i>marlothii</i> Engl.   | <i>Morotoana</i>                  | the small urine (from <i>moroto</i> which means urine)  |                       | bulb           | 2–4        |
| <i>viride</i> (L.) Moench  | <i>Morotoana-phokoana</i>         | the small urine of the young male goat ( <i>phokoana</i> )  | green bells           | bulb           | 1–4, 7     |
| <i>Empodium plicatum</i> (Thunb.) Garside  | <i>Leihlo-la-khomo</i>            | the eye ( <i>leihlo</i> ) of the cow ( <i>khomo</i> )   | ifafa lily            | bulb           | 2–4        |
| <i>Ornithogallum tenuifolium</i><br>F. Delaroche subsp. <i>tenuifolium</i>                 | <i>Moretele-o-monyenyane</i>      | the small ( <i>monyenyane</i> ) one which causes the body to become itchy and reddish (from the word <i>retela</i> )      | wild onion            | bulb           | 1, 3       |
| <b>Hypoxidaceae</b>  |                                   |   |                       |                |            |
| <i>Hypoxis argentea</i> Harv. ex Baker   | <i>Leihlo-la-khomo-le-lehlo</i>   | the large ( <i>lehlo</i> ) eye ( <i>leihlo</i> ) of the cow ( <i>khomo</i> )  | small yellow star     | rootstock      | 1–4        |
| <b>Iridaceae</b>   |                                   |   |                       |                |            |
| <i>Gladiolus</i><br><i>cruentus</i> T. Moore   | <i>Khahla-e-loti</i>              | the mountain ( <i>loti</i> ) flower which pleases ( <i>khahla</i> )   |                       | flowers        | 2–4, 7     |
| <i>dalenii</i> Van Geel  | <i>Khahla-e-khoho</i>             | the big ( <i>khoho</i> ) flower which pleases   |                       | flowers        | 3, 4       |
| <i>ecklonii</i> Lehm.  | <i>Khahla</i>                     | the flower which pleases  |                       | flowers        | 1–4, 7     |
| <i>Hesperantha baurii</i> Baker  | <i>Khahla-e-nyenyane</i>          | the small ( <i>nyenyane</i> ) flower which pleases ( <i>khahla</i> )  |                       | bulbs          | 1–4        |
| <i>Moraea</i><br><i>simulans</i> Baker   | <i>Teele</i>                      | unknown   |                       | corms          | 2, 4       |
| <i>stricta</i> Baker   | <i>Qekoe</i>                      | unknown   |                       | corms          | 2, 4       |
| <i>Watsonia densiflora</i> Baker   | <i>Khahla</i>                     | the flower which pleases  | Natal watsonia        | corms          | 1, 2, 4, 7 |
| <b>Orchidaceae</b>   |                                   |   |                       |                |            |
| <i>Eulophia hians</i> Spreng. var. <i>nutans</i> (Sond.) S. Thomas                         | <i>Mametsana-a-ma-nyenyane</i>    | the small ( <i>nyenyane</i> ) mother (' <i>Ma</i> ) of little water ( <i>metsana</i> from <i>metsi</i> which means water) |                       | tubers         | 1–3        |
| <i>Neobolusia tysonii</i> (Bolus) Schltr.  | same as above                     | the small ( <i>nyenyane</i> ) mother (' <i>Ma</i> ) of little water ( <i>metsana</i> from <i>metsi</i> which means water) |                       | tubers         | 1, 2       |
| <b>Poaceae</b>   |                                   |   |                       |                |            |
| <i>Eleusine coracana</i> (L.) Gaerth. subsp. <i>africana</i> (Kenn.-O'Byrne) Hilu & de Wet | <i>Moseli</i>                     | the one who searches for food (from verb <i>ho sela</i> which means to look for food)                                     | African finger millet | grain          | 2–7        |
| <i>Eragrostis</i><br><i>chloromelas</i> Steud.   | <i>Seritsoana</i>                 | unknown   |                       | grain          | 1–3, 6     |
| <i>cilianensis</i> (All.) Vignolo ex Janch.  | <i>Moseeka</i>                    | unknown   |                       | grain          | 2, 4, 6    |
| <i>curvula</i> (Schrud.) Nees  | <i>Moseeka</i>                    | unknown   | weeping lovegrass     | grain          | 1–5        |
| <i>planiculmis</i> Nees  | <i>Tsane/ Mofethe</i>             | unknown   |                       | grain          | 2–4        |
| <i>Hermathria altissima</i> (Poir.) Stapf & C.E. Hubb.                                     | <i>Marotlo-a-mafubelu</i>         | unknown   | quick grass           | rhizome        | 3, 4, 7    |
| <i>Imperata cylindrica</i> (L.) Raeusch.   | <i>Mohlaba-lerumo</i>             | the one who pierces ( <i>hlaba</i> ) with an assegai ( <i>lerumo</i> )  | bedding grass         | rhizome        | 1–4, 7     |
| <i>Miscanthus capensis</i> (Nees) Anderson   | <i>Mothala</i>                    | unknown   |                       | rhizome        | 2, 4, 7    |
| * <i>Oryza sativa</i> L.   | <i>Raese</i>                      | from the word rice  | rice                  | grain          | 3, 5, 6    |
| <i>Pennisetum glaucum</i> (L.) R.Br.   | <i>Nyalothi</i>                   | unknown   | pearl millet          | grain          | 1, 2, 4, 6 |
| <i>Phragmites australis</i> (Cav.) Steud.  | <i>Lehlaka</i>                    | unknown (general name for all reeds)  | common reed           | rhizome        | 1, 3, 4, 6 |
| <i>Saccharum officinarum</i> L.  | <i>Tsoekere</i> (refers to sugar) | from the Afrikaans word <i>suiker</i>   | sugar cane            | stem           | 3, 6       |
| <i>Setaria italica</i> (L.) P. Beauv.  | <i>Joang-ba-lipere</i>            | the grass ( <i>joang</i> ) for the horses ( <i>lipere</i> )   | foxtail millet        | grain          | 2, 4, 6    |
| <i>Sorghum bicolor</i> (L.) Moench   | <i>Mabele</i>                     | unknown (any sorghum-like grain)  | sorghum               | grain          | 2–6        |
| <i>Sporobolus fimbriatus</i> (Trin.) Nees  | <i>Matolo-a-maholo</i>            | the big ( <i>maholo</i> from the adjective <i>khoho</i> ) knots on the stems ( <i>matolo</i> )                            |                       | grain          | 1–4        |
| <i>Triticum</i><br><i>aestivum</i> L.  | <i>Kooro</i>                      | from the Afrikaans word <i>koring</i>   | bread wheat           | grain          | 4–6        |
| <i>durum</i> Desf.   | <i>Kooro</i>                      | from the Afrikaans word <i>koring</i>   | durum wheat           | grain          | 4, 5       |
| <i>Zea mays</i> L.   | <i>Poone</i>                      | unknown   | maize                 | grain          | 2, 3, 5, 6 |

\* exotic taxa; 1, Phillips (1917); 2, Jacot Guillarmod (1971); 3, Fox & Norwood Young (1982); 4, Peters *et al.* (1992); 5, Masefield *et al.* (1969); 6, Van Wyk & Gericke (2000); 7, Jacot Guillarmod (1966). Author abbreviations according to Brummitt & Powell 1992.

APPENDIX 1.—List of edible plants; their common names (Sesotho and English); the parts that are used for food; and references (cont.)

| Taxon   | Sesotho name                | Origin or meaning   | English name                | Parts used                       | Reference |
|---|-----------------------------|---|-----------------------------|----------------------------------|-----------|
| <b>Dicotyledons</b>                               |                             |   |                             |                                  |           |
| <b>Amaranthaceae</b>                              |                             |   |                             |                                  |           |
| <i>Amaranthus deflexus</i> L.                     | <i>Theepe</i>               | unknown   |                             | young shoots                     | 4, 6      |
| * <i>hybridus</i> L.                              | <i>Theepe</i>               | unknown   | pigweed/<br>red amaranth    | young shoots                     | 1–3, 6, 7 |
| <i>thunbergii</i> Moq.                            | <i>Theepe-ea-bokone</i>     | unknown   | Cape pigweed                | young shoots                     | 1–4, 6, 7 |
| <b>Anacardiaceae</b>                              |                             |   |                             |                                  |           |
| <i>Rhus</i>                                       |                             |   |                             |                                  |           |
| <i>dentata</i> Thunb.                             | <i>Mabelebele</i>           | much grain (derived from <i>mabele</i> )  | nana berry                  | fruits                           | 1–4, 7    |
| <i>discolor</i> E.Mey. ex Sond.                   | <i>Mohlohloane</i>          | thick part or swelling in a root  |                             | fruits                           | 2, 4      |
| <i>pentheri</i> Zahlbr.                           | <i>Mabelebele</i>           | much grain (derived from <i>mabele</i> )  |                             | fruits                           | 1, 2, 4   |
| <b>Apiaceae</b>                                   |                             |   |                             |                                  |           |
| <i>Centella asiatica</i> (L.) Urb.                | <i>Bolila-ba-linku</i>      | the sour ( <i>bolila</i> ) plant of the sheep ( <i>linku</i> )  | marsh pepperwort            | leaves                           | 3         |
| * <i>Daucus carota</i> L.                         | <i>Sehoete</i>              | unknown (any carrot-like root)  | carrot                      | roots                            | 5         |
| <i>Peucedanum magalismontanum</i> Sond.           | <i>Sepaile</i>              | unknown   | wild parsley                | leaves                           | 1–4, 6    |
| <i>Pimpinella caffra</i> (Eckl. & Zeyh.) D.Dietr. | <i>Mohopu</i>               | unknown   |                             | leaves                           | 1–3       |
| <b>Apocynaceae</b>                                |                             |   |                             |                                  |           |
| <i>Ancylobotrys capensis</i> (Oliv.) Pichon       | <i>Marapa</i>               | unknown   | wild apricot/<br>wild peach | fruits                           |           |
| <i>Asclepias</i>                                  |                             |   |                             |                                  |           |
| <i>aurea</i> (Schltr.) Schltr.                    | <i>Mohlatsisa</i>           | one who causes vomit (from the verb <i>ho hlatsa</i> which means to vomit)  |                             | rootstock                        | 1, 2, 4   |
| <i>gibba</i> (E.Mey.) Schltr.                     | <i>Montsoko</i>             | unknown   |                             | rootstock                        | 1–4       |
| <i>humilis</i> (E.Mey.) Schltr.                   | <i>Sehoete</i>              | unknown (any carrot-like root)  |                             | rootstock                        | 1, 2, 4   |
| <i>multicaulis</i> (E.Mey.) Schltr.               | <i>Mankiling</i>            | unknown   | milk bush                   | leaves, stems,<br>flowers, roots | 1–4, 7    |
| <i>Aspidoglossum</i>                              |                             |   |                             |                                  |           |
| <i>araneiferum</i> (Schltr.) Kupicha              | <i>Ntlhokoe</i>             | the slender one (likened to the thin stem of a grass, called <i>lehlokoa</i> )  |                             | tubers                           | 3         |
| <i>gracile</i> (E.Mey.) Kupicha                   | <i>Sehoete</i>              | unknown   |                             | roots                            | 2, 3      |
| <i>interruptum</i> (E.Mey.) Bullock               | <i>Morema-phofu</i>         | the one who breaks ( <i>rema</i> ) a wild animal ( <i>phofu</i> )   |                             | roots                            | 1–3       |
| <i>lamellatum</i> (Schltr.) Kupicha               | <i>Sehoete-moru</i>         | unknown   |                             | roots                            | 1–3       |
| <i>Brachystelma</i>                               |                             |   |                             |                                  |           |
| <i>circinatum</i> E.Mey.                          | <i>Bohobe-ba-setsomi</i>    | the bread ( <i>bohobe</i> ) of the hunter ( <i>setsomi</i> )  |                             | tubers                           | 1, 3      |
| <i>foetidum</i> Schltr.                           | <i>Seru</i>                 | unknown   |                             | tubers                           | 3         |
| <i>Cynanchum virens</i> (E.Mey.) D.Dietr.         | <i>Morarara-oa-moru</i>     | the creeper ( <i>morara</i> ) of the forest/ woods ( <i>moru</i> )  |                             | leaves, roots                    | 1, 2      |
| <i>Gomphocarpus fruticosus</i> (L.) Aiton f.      | <i>Lebejana/ Moethimolo</i> | the milky one (referring to the milky substance protruding from the unripe fruit)/ the one who causes sneezing (from the verb <i>ho thimola</i> ) | wild cotton/<br>milkweed    | rootstock                        | 2, 4      |
| <i>Miraglossum pulchellum</i> (Schltr.) Kupicha   | <i>Sehoete-mpulutsana</i>   | the greyish ( <i>pulutsana</i> ) carrot-like root ( <i>sehoete</i> )  |                             | roots                            | 1, 3      |
| <i>Pachycarpus</i>                                |                             |   |                             |                                  |           |
| <i>rigidus</i> E.Mey.                             | <i>Phomametsu</i>           | the one who escapes ( <i>phoma</i> ) the arrows ( <i>metsu</i> )  |                             | young plants                     | 1–3       |
| <i>vexillaris</i> E.Mey.                          | <i>Leshokhoa</i>            | unknown   |                             | leaves                           | 2, 4      |
| <i>Parapodium costatum</i> E.Mey.                 | <i>Sehamelapoli</i>         | the one who milks for (from the verb <i>hama</i> which means to milk; <i>hamela</i> means to milk for) the goat ( <i>poli</i> )                   |                             | leaves                           | 1–4       |
| <i>Periglossum angustifolium</i> Decne.           | <i>Sehoete-mohlaka</i>      | carrot-like root of the marsh (carrot)  |                             | rootstock                        | 1, 2      |
| <i>Riocreuxia torulosa</i> Decne.                 | <i>Morarana-oa-moru</i>     | the small creeper ( <i>morarana</i> ) of the forest/ woods ( <i>moru</i> )  |                             | leaves                           | 1–4, 7    |
| <i>Sarcostemma viminalis</i> (L.) R.Br.           | <i>Mabele-a-lilomo</i>      | the grain ( <i>mabele</i> ) of the cliffs ( <i>lilomo</i> ) caustic bush  |                             | stem and<br>young fruits         | 1–4       |
| <i>Schizoglossum</i>                              |                             |   |                             |                                  |           |
| <i>atropurpureum</i> E.Mey.                       | <i>Sehoete-moru</i>         | carrot of the forest/ woods ( <i>moru</i> )   |                             | roots                            | 1–4       |
| <i>linifolium</i> Schltr.                         | <i>Sehoete-ntlhokoe</i>     | the slender ( <i>ntlhokoe</i> ), likened to the thin stem of a grass carrot ( <i>sehoete</i> )  |                             | roots                            | 1, 3      |
| <i>Xysmalobium undulatum</i> (L.) Aiton f.        | <i>Leshokhoa</i>            | unknown   | milk bush                   | leaves                           | 1–4, 6    |

\* exotic taxa; 1, Phillips (1917); 2, Jacot Guillarmod (1971); 3, Fox & Norwood Young (1982); 4, Peters *et al.* (1992); 5, Masefield *et al.* (1969); 6, Van Wyk & Gericke (2000); 7, Jacot Guillarmod (1966). Author abbreviations according to Brummitt & Powell 1992.

APPENDIX 1.—List of edible plants; their common names (Sesotho and English); the parts that are used for food; and references (cont.)

| Taxon   | Sesotho name                  | Origin or meaning  | English name      | Parts used    | Reference  |
|---|-------------------------------|--|-------------------|---------------|------------|
| <b>Asteraceae</b>                                 |                               |  |                   |               |            |
| <i>Athrixia</i>                                   |                               |  |                   |               |            |
| <i>angustissima</i> DC.                           | <i>Phefshoana-e-nyenyane</i>  | the small wind (from the word <i>phefo</i> which means wind)   |                   | leaves        | 1–3        |
| <i>elata</i> Sond.                                | <i>Phefshoana-ea-basiea</i>   | the small wind (see above) of the <i>Basiea</i> (one of the Basotho clans)   | daisy tea         | leaves        | 1–3, 7     |
| <i>phylicoides</i> DC.                            | <i>Sephomolo</i>              | one who rests or relaxes (from the verb <i>phomola</i> )   | bush tea          | leaves        | 3, 6       |
| <i>Berkheya discolor</i> (DC.) O.Hoffm. & Muschl. | <i>Sehlohlo-se-seholo</i>     | unknown [the big ( <i>seholo</i> ) <i>Sehlohlo</i> ]   |                   | young plants  | 2–4        |
| <i>Dicoma anomala</i> Sond.                       | <i>Hloenya</i>                | to blush or change colour  |                   | leaves        | 1–3        |
| <i>Gazania krebsiana</i> Less.                    | <i>Tsikitlana</i>             | to become stiff (as a result of the twining of the leaves; the leaves are twined together to make a traditional skirt for girls known as <i>thethana</i> ) |                   | leaves        | 2, 4       |
| * <i>Helianthus annuus</i> L.                     | <i>Sonobolomo</i>             | from the Afrikaans word <i>sonneblom</i>   | sunflower         | seeds         | 5, 6       |
| <i>Helichrysum</i>                                |                               |  |                   |               |            |
| <i>nudifolium</i> (L.) Less.                      | <i>Papetoana</i>              | the flat, spreading one  | Zulu tea          | leaves        | 2–4        |
| <i>platypterum</i> DC.                            | <i>Leshoetla</i>              | soft, spongy part of a bone  |                   | crushed roots | 1, 2, 4    |
| <i>Metalasia muricata</i> (L.) D.Don.             | <i>Sehalahala-se-seputsoa</i> | unknown [the grey <i>Erica</i> (all <i>ericas</i> or <i>Erica</i> -like plants are known as <i>sehalahala</i> )]   |                   | leaves, twigs | 2, 4, 6, 7 |
| <i>Sonchus</i>                                    |                               |  |                   |               |            |
| <i>dregeanus</i> DC.                              | <i>Leharasoana</i>            | the ragged one   |                   | leaves        | 1, 3, 4    |
| <i>integrifolius</i> Harv.                        | <i>Sethokonyane-se-seholo</i> | unknown [the big ( <i>seholo</i> ) <i>Sethokonyane</i> ]   |                   | leaves        | 1, 3, 4    |
| <i>nanus</i> Sond. ex Harv.                       | <i>Sentlokojane</i>           | unknown  | ground thistle    | leaves        | 1, 3, 4    |
| * <i>oleraceus</i> L.                             | <i>Leshoabe</i>               | unknown  | milk thistle      | leaves        | 1, 3       |
| <i>Tolpis capensis</i> (L.) Sch.Bip.              | <i>Fukuthoane</i>             | unknown  |                   | young plants  | 3, 4       |
| <i>Tragopogon porrifolius</i> L.                  | <i>Moetse-oa-pere</i>         | the mane ( <i>moetse</i> ) of a horse ( <i>pere</i> )  | salsify           | young plants  | 3, 7       |
| <b>Boraginaceae</b>                               |                               |  |                   |               |            |
| <i>Anchusa capensis</i> Thunb.                    | <i>Petlekheme</i>             | unknown  | forget-me-not     | young plants  | 1–4        |
| <i>Lithospermum cinereum</i> A.DC.                | <i>Lefisoana</i>              | small clay pot   |                   | young plants  | 1, 2, 4    |
| <b>Brassicaceae</b>                               |                               |  |                   |               |            |
| <i>*Brassica</i>                                  |                               |  |                   |               |            |
| * <i>napus</i> L.                                 | <i>Rapa</i>                   | from the Afrikaans word <i>raap</i>  | rape              | leaves        | 5          |
| * <i>oleracea</i> L.                              | <i>Kh'abeche</i>              | from cabbage   | cabbage           | leaves        | 5          |
| * <i>rapa</i> L.                                  | <i>Rapa</i>                   | same as above  | turnip            | leaves, roots | 3, 5       |
| <i>Lepidium</i>                                   |                               |  |                   |               |            |
| <i>capense</i> Thunb.                             | <i>Sebtsa</i>                 | it calls (from the verb <i>bitsa</i> which means to call)  | pepper cress      | leaves        | 1, 2, 6    |
| <i>myriocarpum</i> Sond.                          | <i>Lerotho</i>                | dimness  | pepper cress      | leaves        | 1–4, 6     |
| <i>schinzii</i> Thell.                            | <i>Sebtsa</i>                 | it calls   | birdseed          | leaves        | 1–4, 6     |
| * <i>Nasturtium officinale</i> R.Br.              | <i>Liababa/ Mohata-metsi</i>  | they are bitter (from the verb <i>baba</i> which means bitter)/ one who tramples ( <i>hata</i> ) on the water ( <i>metsi</i> )                             | watercress        | young plants  | 1–3, 7     |
| <i>*Raphanus</i>                                  |                               |  |                   |               |            |
| * <i>sativus</i> L.                               | <i>Sepaile</i>                | unknown  | radish            | leaves, roots | 3, 5       |
| * <i>nudiuscula</i> Thell.                        | <i>Papasane</i>               | unknown  |                   | young plants  |            |
| <i>Sisymbrium</i>                                 |                               |  |                   |               |            |
| <i>capense</i> Thunb.                             | <i>Tlhako-ea-khomo</i>        | hoof (thlako) of a cow ( <i>khomo</i> )  | Cape mustard      | young plants  | 1, 2, 4, 6 |
| <i>thellungii</i> O.E.Schulz                      | <i>Sepatlapatla</i>           | the flat one   | wild mustard      | leaves        | 1, 2, 4    |
| <i>turczaninowii</i> Sond.                        | <i>Sentlokojane</i>           | unknown  | wild mustard      | basal leaves  | 1, 2, 4    |
| * <i>Turritis glabra</i> L.                       | <i>Lefisoana</i>              | small clay pot   |                   |               | 2, 4       |
| <b>Bromeliaceae</b>                               |                               |  |                   |               |            |
| * <i>Ananas comosus</i> (L.) Merr.                | <i>Paeneapole</i>             | from the word pineapple  | pineapple         | fruit         | 5          |
| <b>Buddlejaceae</b>                               |                               |  |                   |               |            |
| <i>Buddleja salviifolia</i> (L.) Lam.             | <i>Lelothoane</i>             | unknown  | sage wood         | leaves        | 1–3        |
| <b>Cactaceae</b>                                  |                               |  |                   |               |            |
| * <i>Opuntia ficus-indica</i> (L.) Mill.          | <i>Terefeie</i>               | from the Afrikaans word <i>turksvy</i>   | prickly pear      | fruits        | 6          |
| <b>Campanulaceae</b>                              |                               |  |                   |               |            |
| <i>Wahlenbergia</i>                               |                               |  |                   |               |            |
| <i>androsacea</i> A.DC.                           | <i>Tenane</i>                 | get tired of (from the verb <i>ho tena</i> )   | harebell          | young plants  | 1–4, 7     |
| <i>denudata</i> A.DC.                             | <i>Tenane</i>                 | get tired of (from the verb <i>ho tena</i> )   |                   | young plants  | 1          |
| <i>krebsii</i> Cham. subsp. <i>krebsii</i>        | <i>Tenane</i>                 | get tired of (from the verb <i>ho tena</i> )   |                   | young plants  | 1, 2       |
| <i>undulata</i> (L.f.) A.DC.                      | <i>Tenane</i>                 | get tired of (from the verb <i>ho tena</i> )   | giant bell flower | young plants  | 1–3        |

\* exotic taxa; 1, Phillips (1917); 2, Jacot Guillarmod (1971); 3, Fox & Norwood Young (1982); 4, Peters *et al.* (1992); 5, Masfield *et al.* (1969); 6, Van Wyk & Gericke (2000); 7, Jacot Guillarmod (1966). Author abbreviations according to Brummitt & Powell 1992.

APPENDIX 1.—List of edible plants; their common names (Sesotho and English); the parts that are used for food; and references (cont.)

| Taxon   | Sesotho name                             | Origin or meaning   | English name                  | Parts used                 | Reference  |
|---|--|---|-------------------------------|----------------------------|------------|
| <b>Capparaceae</b>  |  |   |                               |                            |            |
| <i>Boscia</i>   |  |   |                               |                            |            |
| <i>albitrunca</i> (Burch.) Gilg & Gilg-Ben                        | <i>Mopipi</i>                            | unknown   | emigrant's tea/<br>caper bush | roots, fruits              | 3, 4       |
| <i>foetida</i> Schinz. subsp. <i>rehmanniana</i> (Pestal) Toelken | <i>Mphephi</i>                           | unknown   | old woman's bush              | roots                      | 3, 4       |
| <b>Caryophyllaceae</b>  |  |   |                               |                            |            |
| <i>Cerastium capense</i> Sond.                                    | <i>Mollo-oa-nku/</i><br><i>qoqobala</i>  | the bleating (from the verb <i>lla</i> which means cry) of a sheep ( <i>nku</i> )                 |                               | young plants               | 1, 2, 4, 7 |
| <i>Pollichia campestris</i> Aiton                                 | <i>Monokotšoi-oo-</i><br><i>makhoaba</i> | the bramble ( <i>Monokotšoi</i> ) of the crows ( <i>makhoaba</i> )                                | waxberry                      | fruits                     | 1–3, 7     |
| <b>Chenopodiaceae</b>   |  |   |                               |                            |            |
| * <i>Beta vulgaris</i> L.   | <i>Biti</i>                              | from the word beet  | beetroot                      | leaves, roots              | 5          |
| * <i>Chenopodium album</i> L.                                     | <i>Seruo</i>                             | unknown   | goosefoot                     | young plants               | 1–4, 6, 7  |
| * <i>Spinacea oleracea</i> L.                                     | <i>Sepinichi</i>                         | from the word spinach   | spinach                       | leaves                     | 5          |
| <b>Convolvulaceae</b>   |  |   |                               |                            |            |
| <i>Ipomoea</i>  |  |   |                               |                            |            |
| * <i>batatas</i> (L.) Lam.  | <i>Patata</i>                            | from the Afrikaans word <i>patat</i>  | sweet potato                  | tubers                     | 3, 5, 6    |
| <i>bolusiana</i> Schinz   | <i>Seakhoe</i>                           | unknown   | wild potato                   | rootstock                  | 2, 4       |
| <i>crassipes</i> Hook.  | <i>Maime</i>                             | the heavy one (from the adjective <i>boima</i> )  | wild potato                   | roots                      | 1–4, 7     |
| <i>oblongata</i> E. Mey. ex Choisy                                | <i>Mothokho</i>                          | traditional medicine  | wild potato                   | roots                      | 1, 3       |
| <i>simplex</i> Thunb.   | <i>Seakhoe</i>                           | unknown   | wild potato                   | roots                      | 1, 3       |
| <b>Cucurbitaceae</b>  |  |   |                               |                            |            |
| <i>Citrullus</i>  |  |   |                               |                            |            |
| <i>lanatus</i> (Thunb.) Matsum. & Nakai (wild form)               | <i>Tjoto</i>                             | unknown   | bitter melon/<br>tsama melon  | young leaves               | 1–4, 6     |
| * <i>lanatus</i> (Thunb.) Matsum. & Nakai (cultivated form)       | <i>Lehapu</i>                            | unknown   | watermelon                    | fruits                     | 2–4        |
| <i>Coccinia sessilifolia</i> (Sond.) Cogn.                        | <i>Borobahlolo</i>                       | the one who breaks (from the verb <i>roba</i> which means break) the rock-rabbit ( <i>hlolo</i> ) |                               | fruits, leaves             | 3, 4, 6    |
| <i>Cucumis myriocarpus</i> Naudin                                 | <i>Monyaku</i>                           | unknown   | bitter apple                  | leaves                     | 1–4        |
| * <i>Curcubita pepo</i> L.  | <i>Mokopu</i>                            | unknown   | pumpkin                       | fruits and<br>young leaves | 3–6        |
| <i>Langenaria siceraria</i> (Molina) Standl.                      | <i>Sehoana</i>                           | unknown   | bottle guard                  | fruits, leaves             | 3, 4       |
| <i>Momordica balsamina</i> L.                                     | <i>Moholu</i>                            | stomach   | African cucumber              | leaves                     | 3, 4, 6    |
| <b>Ebenaceae</b>  |  |   |                               |                            |            |
| <i>Diospyros austro-africana</i> De Winter                        | <i>Ntlo-ee-lekhoaba</i>                  | the house ( <i>ntlo</i> ) of the crow ( <i>lekhoaba</i> )   |                               | fruits                     | 2, 4       |
| <i>Euclea crispa</i> (Thunb.) Gürke                               | <i>Mohlakola</i>                         | the one who wipes (from the verb <i>hlakola</i> which means to wipe)                              | bush guarri                   | fruits                     | 1–4        |
| <b>Euphorbiaceae</b>  |  |   |                               |                            |            |
| <i>Euphorbia</i>  |  |   |                               |                            |            |
| <i>clavarioides</i> Boiss.  | <i>Sehlooko</i>                          | unknown   | lion spoor                    | stems                      | 2–4, 7     |
| <i>striata</i> Thunb.   | <i>Mohlatsisa</i>                        | the one who causes vomit (from the verb <i>hlatsa</i> which means to vomit)                       | milk weed                     | roots                      | 1–4, 7     |
| <b>Fabaceae</b>   |  |   |                               |                            |            |
| * <i>Arachis hypogea</i> L.                                       | <i>Makotomane</i>                        | unknown   | ground nuts/<br>peanuts       | seeds                      | 3, 5       |
| <i>Argyrolobium tuberosum</i> Eckl. & Zeyh.                       | <i>Tsoetla-e-nyenyane</i>                | unknown [the small ( <i>nyane</i> ) <i>tsoetla</i> ]  |                               | roots                      | 1–4, 7     |
| <i>Dolichos angustifolius</i> Eckl. & Zeyh.                       | <i>Tsoetla</i>                           | unknown   |                               | roots                      | 2–4, 7     |
| <i>Elephantorrhiza elephantina</i> (Burch.) Skeels                | <i>Mositsane</i>                         | unknown   | elephant's root               | seeds                      | 1–4, 6, 7  |
| * <i>Gleditsia triacanthos</i> L.                                 | <i>Leoka</i>                             | unknown   | honey locust                  | fruits, seeds              | 3, 7       |
| * <i>Lens esculenta</i> L.  | <i>Lensisi</i>                           | from the Afrikaans word <i>lensie</i>   | lentils                       | seeds                      | 5          |
| * <i>Pisum sativum</i> L.   | <i>Lierekisi</i>                         | from the Afrikaans word <i>ertjie</i>   | garden peas                   | seeds                      | 5          |
| * <i>Phaseolus vulgaris</i> L.                                    | <i>Linaoa</i>                            | unknown [any bean-like seed is referred to as <i>naoa</i> (plural <i>linaoa</i> )]                | kidney beans                  | seeds                      | 3, 5       |
| <i>Rhynchosia</i>   |  |   |                               |                            |            |
| <i>hirsuta</i> Eckl. & Zeyh.                                      | <i>Monya-talane</i>                      | the one who defecates ( <i>monya</i> ) unripe grain ( <i>talane</i> )                             |                               | roots                      | 1, 2, 4    |
| <i>totta</i> (Thunb.) DC.   | <i>Sebalibetloa</i>                      | unknown   |                               | roots                      | 1–4        |
| <i>Trifolium</i>  |  |   |                               |                            |            |
| <i>africanum</i> Ser. var. <i>africanum</i>                       | <i>Moqopolla-thupa</i>                   | unknown   | Cape clover/red               | inflorescences             | 1–4        |

\* exotic taxa; 1, Phillips (1917); 2, Jacot Guillarmod (1971); 3, Fox & Norwood Young (1982); 4, Peters *et al.* (1992); 5, Masefield *et al.* (1969); 6, Van Wyk & Gericke (2000); 7, Jacot Guillarmod (1966). Author abbreviations according to Brummitt & Powell 1992.

## APPENDIX 1.—List of edible plants; their common names (Sesotho and English); the parts that are used for food; and references (cont.)

| Taxon   | Sesotho name                           | Origin or meaning   | English name               | Parts used              | Reference  |
|---|--|---|----------------------------|-------------------------|------------|
| <b>Fabaceae (cont.)</b>                       |  |   |                            |                         |            |
| <i>Trifolium burchellianum</i> Ser.           | Moroko                                 | unknown   | African clover             | inflorescences          | 1, 2, 4    |
| * <i>Vicia faba</i> L.                        | Linaoa                                 | See <i>P. vulgaris</i> above  | wild clover<br>broad beans | seeds                   | 3, 5       |
| <b>Geraniaceae</b>                            |  |   |                            |                         |            |
| <i>Geranium</i>                               |  |   |                            |                         |            |
| <i>incanum</i> Burm.f.                        | Ngope setšoha                          | an idiom meaning something that rarely happens  | carpet geranium            | leaves                  | 1–3, 7     |
| <i>multisectum</i> N.E.Br.                    | Bolila-ba-likhomo                      | the sour ( <i>bolila</i> ) one of the cows ( <i>likhomo</i> )   |                            | leaves                  | 2, 4       |
| <i>Pelargonium bowkeri</i> Harv.              | Khoara                                 | derived from <i>lekhoara</i> (a stony ridge; the plant grows near rocks)  |                            | leaves                  | 1–4        |
| <b>Gunneraceae</b>                            |  |   |                            |                         |            |
| <i>Gunnera perpensa</i> L.                    | Qobo                                   | favourite of the chief  | river pumpkin              | stems and flower stalks | 1–4, 7     |
| <b>Lamiaceae</b>                              |  |   |                            |                         |            |
| <i>Mentha</i>                                 |  |   |                            |                         |            |
| <i>aquatica</i> L.                            | Koena-e-nyenyane                       | a small ( <i>nyenyane</i> ) crocodile ( <i>koena</i> )  | wild mint                  | leaves                  | 1–4        |
| <i>longifolia</i> (L.) Huds.                  | Koena                                  | a crocodile ( <i>koena</i> )  | wild mint                  | leaves                  | 1–4        |
| <b>Lobeliaceae</b>                            |  |   |                            |                         |            |
| <i>Cyphia elata</i> Harv.                     | Lenkoto                                | unknown   |                            | roots                   | 1–4        |
| <i>Lobelia</i>                                |  |   |                            |                         |            |
| <i>erinus</i> L.                              | Moroho-oa-likonyana                    | the vegetables ( <i>moroho</i> ) of the lambs ( <i>likonyana</i> )  | wild lobelia               | young plants            | 1, 2, 4    |
| <i>preslii</i> A.DC.                          | Mahlo-a-konyana                        | the eyes ( <i>mahlo</i> ) of the lamb ( <i>konyana</i> )  |                            | young plants            | 1, 2, 4    |
| <i>Monopsis decipiens</i> (Sond.) Thulin      | Malana-a-konyana                       | the small intestines ( <i>malana</i> ) of the lamb ( <i>konyana</i> )   | butterfly lobelia          | young plants            | 1, 2, 4    |
| <b>Myricaceae</b>                             |  |   |                            |                         |            |
| <i>Morella serrata</i> (Lam.) Killick         | Monna-e-motšo                          | the black ( <i>motšo</i> ) man ( <i>monna</i> )   | lance-leaf wax berry       | fruits                  | 3, 4       |
| <b>Myrtaceae</b>                              |  |   |                            |                         |            |
| * <i>Psidium guajava</i> L.                   | Koafa                                  | from guava  | guava                      | fruits                  | 5          |
| <b>Onagraceae</b>                             |  |   |                            |                         |            |
| <i>Epilobium hirsutum</i> L.                  | Letsoai-la-balisana                    | salt ( <i>letsoai</i> ) of the shepherds ( <i>balisana</i> )  |                            | leaves                  | 1, 3, 4, 7 |
| <b>Oxalidaceae</b>                            |  |   |                            |                         |            |
| <i>Oxalis</i>                                 |  |   |                            |                         |            |
| <i>corniculata</i> L.                         | Bolila-ba-thaba/<br>bolila-ba-litšoene | the sour plant ( <i>bolila</i> ) of the mountain ( <i>thaba</i> ) the sour plant of the monkeys ( <i>litšoene</i> ) |                            | whole plant             | 1–4        |
| <i>semiloba</i> Sond.                         | Bolila                                 | the sour plant  | sorrel                     | leaves, roots           | 2–4        |
| <i>setosa</i> E.Mey. ex Sond.                 | Bolila                                 | same as above   | sorrel                     | leaves                  | 1, 3       |
| <b>Papaveraceae</b>                           |  |   |                            |                         |            |
| <i>Papaver aculeatum</i> Thunb.               | Sehlohlo                               | the one who causes anger  | wild poppy                 | young plants            | 1–4        |
| <b>Plantaginaceae</b>                         |  |   |                            |                         |            |
| <i>Plantago major</i> L.                      | Bolila-ba-lipoli                       | the sour ( <i>bolila</i> ) plant of the goats ( <i>lipoli</i> )   | broadleaf plantain         | leaves, roots           | 2, 3       |
| <b>Polygonaceae</b>                           |  |   |                            |                         |            |
| <i>Rumex</i>                                  |  |   |                            |                         |            |
| <i>sagittatus</i> Thunb.                      | Bolila-bo-boholo                       | the big ( <i>boholo</i> ) sour ( <i>bolila</i> ) plant  | climbing sorrel            | leaves                  | 1–4        |
| <i>woodii</i> N.E.Br.                         | Bolila-ba-likhomo                      | the sour ( <i>bolila</i> ) plant for the cows ( <i>likhomo</i> )  |                            | leaves                  | 1–4        |
| <b>Portulacaceae</b>                          |  |   |                            |                         |            |
| * <i>Portulaca oleracea</i> L.                | Selèlè                                 | slippery  | common purselane           | leaves, stems           | 2–4, 7     |
| <i>Talinum caffrum</i> (Thunb.) Eckl. & Zeyh. | Khutsana                               | an orphan   |                            | leaves                  | 2–4, 6     |
| <b>Ranunculaceae</b>                          |  |   |                            |                         |            |
| <i>Thalictrum minus</i> L.                    | Lefokotsane                            | the small feeble one  |                            | young plants            | 1, 2, 4, 7 |

\* exotic taxa; 1, Phillips (1917); 2, Jacot Guillarmod (1971); 3, Fox & Norwood Young (1982); 4, Peters *et al.* (1992); 5, Masefield *et al.* (1969); 6, Van Wyk & Gericke (2000); 7, Jacot Guillarmod (1966). Author abbreviations according to Brummitt & Powell 1992.

APPENDIX 1.—List of edible plants; their common names (Sesotho and English); the parts that are used for food; and references (cont.)

| Taxon   | Sesotho name                           | Origin or meaning  | English name      | Parts used              | Reference |
|---|--|--|-------------------|-------------------------|-----------|
| <b>Rhamnaceae</b>                               |  |  |                   |                         |           |
| <i>Ziziphus mucronata</i> Willd.                | <i>Mokhalo</i>                         | unknown  | buffalo thorn     | fruits                  | 3, 4, 6   |
| <b>Rosaceae</b>                                 |  |  |                   |                         |           |
| * <i>Malus domestica</i> Borkh.                 | <i>Apole</i>                           | from apple   | apple             | fruits                  | 5         |
| * <i>Prunus armeniaca</i> L.                    | <i>Mabolilana</i>                      | the sour fruit   | apricot           | fruits                  | 5         |
| * <i>Persica</i> (L.) Batsch.                   | <i>Perekisi</i>                        | from the Afrikaans word <i>perske</i>  | peach             | fruits                  | 5         |
| * <i>Pyrus communis</i> L.                      | <i>Pere</i>                            | from the Afrikaans word <i>peer</i>  | pear              | fruits                  | 5         |
| * <i>Rosa rubiginosa</i> L.                     | <i>Khunoane</i>                        | unknown  |                   | fruits                  | 7         |
| <b>Rubus</b>                                    |  |  |                   |                         |           |
| <i>idaeus</i> L.                                | <i>Monokotsoai</i>                     | bramble  | raspberry         | fruits                  | 5         |
| <i>ludwigii</i> Eckl. & Zeyh.                   | <i>Monokotsoai-oo-balisana/ basali</i> | the bramble of the shepherds ( <i>balisana</i> ) or of the women ( <i>basali</i> ) | wild bramble      | fruits                  | 1–4       |
| <i>rigidus</i> Sm.                              | <i>Monokotsoai-oo-banna</i>            | the bramble of the men ( <i>banna</i> )  | bramble           | fruits                  | 1–4       |
| <b>Rutaceae</b>                                 |  |  |                   |                         |           |
| <b>*Citrus</b>                                  |  |  |                   |                         |           |
| * <i>limon</i> (L.) Burm.f.                     | <i>Surulamunu/Surul amuni</i>          | from the Afrikaans word <i>suurlemoen</i>  | lemon             | fruits                  | 5         |
| * <i>sinensis</i> Osbeck                        | <i>Lamunu/ Lamuni</i>                  | from the Afrikaans word <i>lemoen</i>  | sweet orange      | fruits                  | 5         |
| <b>Scrophulariaceae</b>                         |  |  |                   |                         |           |
| <i>Diascia</i> spp.                             | <i>Bolao-ba-litoeba</i>                | the love philtre ( <i>bolao</i> ) of the mice ( <i>litoeba</i> )                   |                   | young plants            | 1, 2, 4   |
| <i>Halleria lucida</i> L.                       | <i>Lebetsa</i>                         | the one who throws at (from the verb <i>ho betsa</i> which means to throw at)      | white olive       | fruits                  | 1–4, 7    |
| <b>Nemesia</b>                                  |  |  |                   |                         |           |
| <i>albiflora</i> N.E.Br.                        | <i>Malana-a-konyana</i>                | the small intestines ( <i>malana</i> ) of the lamb ( <i>konyana</i> )              |                   | young plants            | 1, 2      |
| <i>caerulea</i> Hiern                           | <i>Malana-a-konyana</i>                | the small intestines ( <i>malana</i> ) of the lamb ( <i>konyana</i> )              |                   | young plants            | 2         |
| <i>fruticans</i> (Thunb.) Benth.                | <i>Malana-a-konyana</i>                | the small intestines ( <i>malana</i> ) of the lamb ( <i>konyana</i> )              | wild nemesia      | young plants            | 1–3       |
| <i>floribunda</i> Lehm.                         | <i>Malana-a-konyana</i>                | the small intestines ( <i>malana</i> ) of the lamb ( <i>konyana</i> )              |                   | young plants            | 1, 2      |
| <i>pubescens</i> Benth.                         | <i>Malana-a-konyana</i>                | the small intestines ( <i>malana</i> ) of the lamb ( <i>konyana</i> )              |                   | young pants             | 1, 2      |
| <i>rupicola</i> Hilliard                        | <i>Malana-a-konyana</i>                | the small intestines ( <i>malana</i> ) of the lamb ( <i>konyana</i> )              |                   | young plants            | 1, 2      |
| <i>Zaluzianskya peduncularis</i> (Benth.) Walp. | <i>Lemèmèè</i>                         | unknown  |                   | young plants            | 1–3       |
| <b>Solanaceae</b>                               |  |  |                   |                         |           |
| * <i>Lycopersicon esculentum</i> Mill.          | <i>Tamati</i>                          | from the Afrikaans word <i>tamatie</i>   | tomato            | fruits, seeds           | 5         |
| * <i>Physalis viscosa</i> L.                    | <i>Mokusebere</i>                      | from the word gooseberry   | gooseberry        | fruits                  | 2, 3, 7   |
| <b>Solanum</b>                                  |  |  |                   |                         |           |
| * <i>nigrum</i> L.                              | <i>Seshoa-bohloko</i>                  | the one who dies ( <i>shoa</i> ) painfully ( <i>bohloko</i> )                      | black nightshade  | fruits and young plants | 1–4, 7    |
| <i>retroflexum</i> Dunal                        | <i>Seshoa-bohloko</i>                  | same as above  | nightshade        | fruits, leaves          | 3, 4      |
| * <i>tuberosum</i> L.                           | <i>Tapole</i>                          | from the Afrikaans word <i>aartappel</i>   | irish potato      | tubers                  | 2, 5, 6   |
| <b>Urticaceae</b>                               |  |  |                   |                         |           |
| <b>Urtica</b>                                   |  |  |                   |                         |           |
| * <i>dioica</i> L.                              | <i>Bobatsi</i>                         | unknown  | small nettle      | young leaves            | 1–3       |
| <i>lobulata</i> Blume                           | <i>Bobatsi</i>                         | unknown  |                   | young leaves            | 1         |
| <b>Verbenaceae</b>                              |  |  |                   |                         |           |
| <i>Lantana rugosa</i> Thunb.                    | <i>Joala-ba-linonyana</i>              | alcohol ( <i>joala</i> ) of the birds ( <i>linonyana</i> )                         | chameleon's berry | fruits                  | 2–4       |
| <b>Vitaceae</b>                                 |  |  |                   |                         |           |
| <b>Rhoicissus</b>                               |  |  |                   |                         |           |
| <i>tomentosa</i> (Lam.) Wild & R.B.Drumm.       | <i>Moaparo</i>                         | unknown  | bush grape        | fruits                  | 3, 4, 6   |
| <i>tridentata</i> (L.f.) Wild & R.B.Drumm.      | <i>Morara</i>                          | the one who creeps   | bushman's grape   | fruits                  | 2–4, 6, 7 |
| * <i>Vitis vinifera</i> L.                      | <i>Morara</i>                          | same as above  | grape             | fruits                  | 5         |
| <b>Zygophyllaceae</b>                           |  |  |                   |                         |           |
| <i>Tribulus terrestris</i> L.                   | <i>Tšehlo</i>                          | unknown  |                   | leaves                  | 2, 7      |

\* exotic taxa; 1, Phillips (1917); 2, Jacot Guillarmod (1971); 3, Fox & Norwood Young (1982); 4, Peters *et al.* (1992); 5, Masefield *et al.* (1969); 6, Van Wyk & Gericke (2000); 7, Jacot Guillarmod (1966). Author abbreviations according to Brummitt & Powell 1992.