

Traditional Uses of Wild Edible Plants in Arid Areas of South Africa

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ABSTRACT Using a participatory approach and purposive sampling procedure, the study examined the traditional uses of wild, edible plants among the Batswana in the arid areas of South Africa. The production and promotion of these plants, including their commercialization, contributed to sustainable community livelihood in terms of food-security, nutrition and income-generation. Community members expressed the opinion that government and other developmental agencies should give these plant resources the same priority and support as that accorded to exotic food crops. Their cultivation was less expensive, resistant to pests and were culturally accessible and acceptable. Community leaders in collaboration with government should devise strategies and mechanisms of promoting knowledge and awareness on the importance of production and utilization of these indigenous plant resources for food security, nutrition and income generation.