



# SNR FACT SHEET

## SOME USEFUL PLANTS IN THE RESERVE

Apart from plants which have edible fruit, berries and leaves, there are several plants in the Reserve which have a variety of uses.



The aromatic Wild Rosemary (*Eriocephalus africanus*), for example, seems to have an invigorating effect on skin and hair.

Sprigs boiled in water for 15 minutes can, when cool, be added to your bath or used as a hair growth stimulant and conditioner.

The sweetly scented leaves of the Rose-scented Pelargonium (*Pelargonium capitatum*) are a wonderful skin softener. They can be rubbed into your hands to soothe calluses and scratches or into the cracked skin of heels.

Stalked Bulbine (*Bulbine frutescens*) is well-known for the jelly-like juice in its leaves – a wonderful soothing and healing gel for burns, blisters and insect bites.



Stalked Bulbine

The aromatic leaves of the Confetti bush (*Coleonema album*) contain essential oils and are used by fishermen to remove the smell of redbait from their hands. They can also be used in a potpourri and as an insect repellent. Campers rub the leaves onto their bedding to keep ants and mosquitoes away.



Another useful plant for campers or hikers is the Dune gonna (*Passerina rigida*). Its strong bark can be stripped and used as string for temporary repairs - like broken shoelaces etc.

Photos by Margaret Richards

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