



FLORA FACTS

USEFUL PLANTS FOUND 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.

Bulbine frutescens



stalked bulbine

The jelly-like juice in its leaves is well known for wonderful soothing and healing properties. The gel can be applied to burns, blisters and insect bites.

Pelargonium capitatum



rose-scented pelargonium

The sweetly scented leaves of this plant are a wonderful skin softener. Simply crush and rub into your hands to soothe calluses, scratches or the cracked skin of heels.

Passerina rigida



dune gonna

A useful plant for campers or hikers. Its strong bark can be stripped and used as string for temporary repairs - like broken shoelaces etc.

Eriocephalus africanus



wild rosemary

This aromatic plant 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.

Coleonema album



confetti bush

The aromatic leaves contain essential oils and are used by fishermen to remove the smell of redbait from their hands. The leaves are also used in potpourri and as an insect repellent.

Campers rub the leaves onto their bedding to keep ants and mosquitoes away.

Tulbaghia violacea



wild garlic

The crushed leaves are sometimes used to ease sinus headaches. The plant also has antithrombotic, antibacterial and antifungal properties.

The smell will repels fleas, ticks and mosquitoes when crushed on the skin.