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People's Plants – A Guide to Useful Plants of southern Africa

Expanded and revised 2nd edition 2018

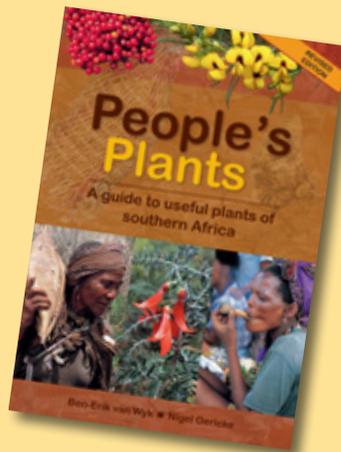
AUTHORS: Ben-Erik van Wyk & Nigel Gericke

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People's Plants is a scientific review of all of the most important useful plants of southern Africa. It remains the first and only fully illustrated ethnobotanical reference source for southern Africa. In this expanded and updated second edition, traditional and contemporary uses of more than 700 plants are described and illustrated in 20 chapters, each dealing with a specific category of plant use:

- **FOODS & DRINKS** – (1) Cereals, (2) Seeds & nuts, (3) Fruits & berries, (4) Vegetables, (5) Roots, bulbs & tubers, and (6) Beverages.
- **HEALTH & BEAUTY** – (7) General medicines, (8) Tonic plants, (9) Mind & mood plants, (10) Women's health, (11) Wounds, burns & skin conditions, (12) Dental care, (13) Perfumes & repellents, and (14) Soap plants and cosmetics.
- **SKILLS & CRAFTS** – (15) Hunting & fishing, (16) Dyes and tans, (17) Utility timbers, (18) Fire-making and firewood, (19) Basketry, weaving & ropes, (20) Thatching, mats & brooms.

This fascinating book is a must for anyone interested in useful plants, new crop plants, medicinal plants, new product development, ecotourism, rural development, traditional crafts, African culture, ethnobotany and botany in general.

ABOUT THE AUTHORS: **Ben-Erik van Wyk** is a professor of Botany and currently holds a National Research Chair in Indigenous Plant Use at the University of Johannesburg, South Africa. He is an authority on plant systematics, ethnobotany and useful plants.

Nigel Gericke is a medical doctor and an expert in the field of ethnobotany in South Africa. He has a natural products consultancy in Cape Town, South Africa.