

A PLANTING LIST FOR MUIZENBERG

* = Occurs naturally in near-by areas and/or grows well in other parts of the Cape Peninsula

References:	MPSA	Medicinal Plants of South Africa
	PP	People's Plants
	IHP	Indigenous Healing Plants
	KMK	Kukumakranka
	MPEN	Medicinal, poisonous, edible plants of Namibia
	HRMM	Herbal remedies of the Montagu Museum
	PHCH	South African Primary Health Care Handbook
	FFV	Food from the Veld - Edible Wild Plants of SA
	GTTA	Guide to the Aloes of South Africa
	CGIP	Creative Gardening with Indigenous Plants
	GFP	Grow Fynbos Plants
	WOSA	Wildflowers of South Africa
	GWIP	Gardening with Indigenous Plants
	MMK	Cape Peninsula SA Wild Flower Guide 3
	DIFK	Discovering Indigenous Forests Kirstenbosch
Acacia Karroo *	MPSA 24, 25; PP 56, 100, 205, 247, 283 - 285; IHP	
199;	KMK 45; MPEN 69; HRMM; FFV 198, 199; CGIP 87;	
	GWIP 8	
Acanthosicyos horridus *	PP 33 - 35; KMK 63, 67; MPEN 71; FFV 164, 165;	
Adenandra uniflora	IHP 44; WOSA 175; MMK 80	
Adenandra villosa	GFP 126; MMK 122, 150;	
Agapanthus africanus	MPSA 32,33; PP 179 - 181; CGIP 278; WOSA 137; MMK 34	
Agathosma sp.*	KMK 130; GFP 126, 127 129; WOSA 175	
Agathoma ciliaris	MMK 116;	
Agathosma ciliata	MMK 188	
Agathosma serpyllacea	MMK	
Albuca altissima *	KMK 58, 70; WOSA 133;	
Albuca canadensis	MMK 134	
Albuca cooperi	MMK 160	
Albuca fragrans	MMK 176	
Alciope tabularis	MMK 54	
Allium dregeanum *	KMK 83, 85;	
Aloe arborescens *	MPSA 40.41; PP 196, 197, 230; HRMM; GTTA 78,	
79;	CGIP 178; WOSA 129; GWIP 68;	

<i>Aloe commixta</i>	GTTA 100, 101;
<i>Aloe ferox</i> *	MPSA 40, 41; PP 120, 121, 140, 141, 197, 229; IHP
10;	PHCH; FFV 256, 257; GTTA 56, 57; CGIP 179; WOSA
130;	GWIP 68;
<i>Aloe maculata</i>	PHCH; FFV 255; GTTA 210, 211;
<i>Aloe succotrina</i>	PP 248; GTTA 93, 93; DIFK 11, 67;
<i>Amaranthus</i> sp	PP 63 - 65, 180; MPEN 75, 76; FFV 69, 70, 97, 360;
<i>Amaryllis belladonna</i>	GFP 111; WOSA 138; MMK 58
<i>Amellus asteroides</i>	MMK 132
<i>Amphithalea ericifolia</i>	MMK 86
<i>Anaxeton laeve</i>	MMK 92
<i>Anisodonteia scabrosa</i> *	CGIP 141; WOSA 179; MMK 100
<i>Annesorhiza macrocarpa</i> *	KMK 61, 98; FFV 85;
<i>Aponogeton angustifolia</i>	MMK 112
<i>Aponogeton distachyos</i> *	PP 62 - 67; IHP 207; KMK 84; FFV 36, 93, 94; CGIP 316; WOSA 125;
Arctopus echinatus	MPSA 42, 43; PP 140, 141; WOSA 221; MMK 128
Arctotis acaulis	WOSA 261; MMK 116
<i>Arctotis angustifolia</i> *	WOSA 261;
<i>Arctotis aspera</i>	MMK 52; MMK 52;
<i>Arctotits hirsuta</i>	WOSA 260; MMK 220;
<i>Arctotis revoluta</i> *	GFP 74;
<i>Arctotis stoechadifolia</i> *	CGIP 292; GFP 75; WOSA 261;
(Note: this is a West Coast species)	
<i>Aristea africana</i>	MMK 190
<i>Aristea juncifolia</i>	MMK 190
<i>Aristea macrocarpa</i>	MMK 186
<i>Artemisia afra</i> *	MPSA 44, 45; PP142, 143, 180, 205, 216; IHP 113, 226; MPEN 79; HRMM; PHCH;
Asclepias fruticosa *	MPSA 46, 47; PP 156; IHP 128; MPEN 80; HRMM

<i>Aspalathus angustifolia</i>	MMK 206
<i>Aspalathus araneosa</i>	MMK 208
<i>Aspalathus aspalathoides</i>	MMK 166
<i>Aspalathus callosa</i>	MMK 190
<i>Aspalathus capensis</i>	MMK 166
<i>Aspalathus capitata</i> ^	MMK 144
<i>Aspalathus carnososa</i>	MMK 142
<i>Aspalathus ciliaris</i>	MMK 196
<i>Aspalathus divaricata</i>	MMK 196
<i>Aspalathus ericifolia</i>	WOSA 189; MMK 196;
<i>Aspalathus juniperina</i>	MMK 208
<i>Aspalathus laricifolia</i>	MMK 204
<i>Aspalathus linearis</i> *	MPSA 48, 49; PP 99 - 101; KMK; FFV47, 225;
<i>Aspalathus sericea</i>	MMK 206
<i>Aspalathus spinosa</i>	MMK 208
<i>Aspalathus ternata</i> ^	MMK 180
<i>Aspalathus tridentata</i>	MMK 194
<i>Asparagus species</i> * HRMM; 37;	PP 68, 180, 190; IHP 214; KMK 128; MPEN 161; FFV 37, 248, 249, 255; WOSA 125; DIFK 24, 25,
<i>Athanasia capitata</i> ^	MMK 88
<i>Athanasia crithmifolia</i>	MMK 196
<i>Athanasia dentata</i>	MMK 178
<i>Athanasia trifurcata</i> *	CGIP142; MMK 208
<i>Babiana species</i>	KMK 60, MPEN 81; FFV 242; WOSA 153, 154, 155;
<i>Babiana ambigua</i>	MMK 118, 152;
<i>Babiana ringens</i>	PP 82; MMK 122;
<i>Babiana tubulosa</i>	MMK 132
<i>Ballota Africana</i> * HRMM;	MPSA 54, 55; PP 120, 121, 174; IHP 109; KMK 85; WOSA 215

<i>Berkheya armata</i>	MMK 186
<i>Berkheya barbata</i>	MMK 170
<i>Berkheya rigida</i>	MMK 70
<i>Berula erecta</i> *	MPSA 58, 59; PP 204, 205; MPEN 84
<i>Berzelia abrotanoides</i>	MMK 30
<i>Bobartia indica</i>	MMK 52
<i>Boophane disticha</i> *	MPSA 60, 62; PP 156, 157, 164, 198, 240, 241; IHP 205; MPEN 85;
<i>Boophane guttata</i>	MMK 58
<i>Brabejum stellatifolium</i> *	PP 20 - 22; KMK 63; FFV 311; 7, 76, 94;
<i>Brunsvigia orientalis</i>	MMK 58
<i>Buddleja saligna</i> *	HRMM; CGIP 213;
<i>Buddleja salviifolia</i> *	CGIP 214; GWIP 26
<i>Bulbine alooides</i>	MMK 128
<i>Bulbine asphodeloides</i>	MPSA 64, 65; PP 198, 230; IHP 47, 103; FFV 250, 255;
<i>Bulbine favosa</i>	MMK 52
<i>Bulbine frutescens</i> *	HRMM; PHCH; FFV 249, 250; CGIP 268;
<i>Bulbine mesembryanthemoides</i> *	KMK; FFV 250;
<i>Canthium inerme</i> *	MMK 64; 37, 82, 93;
<i>Carpanthea pomeridiana</i>	MMK 156
<i>Carpobrotus acinaciformis</i>	MPSAS 70, 71; PP 36, 198; KMK 64; FFV 41, 266, 267; CGIP 269; WOSA 173;
<i>Carpobrotus deliciosus</i> *	KMK 64; CGIP 269; GFP 92; GWIP 83;
<i>Carpobrotus edulis</i>	MPSA 70, 71; PP 33, 36, 37, 122, 130, 198; IHP 190; HRMM; PHCH; FFV 267; CGIP 269; GFP 92; WOSA 173 GWIP 69; MMK 186
<i>Carpobrotus mellei</i> *	KMK 64;
<i>Carpobrotus muirii</i> *	KMK 64; CGIP 269; GWIP 69;
(Note: this is Eastern Cape species)	
<i>Carpobrotus quadrifidus</i> *	KMK 64; GFP 90, 93, 97;

<i>Carpolyza spiralis</i>	MMK 78
<i>Carpanthea pomeridiana</i> *	MMK 84;
<i>Cassine maritima</i>	MMK 72
<i>Cassine peragua</i> *	MMK 72, DIFK 63, 65, 78;
<i>Castalis nudicaulis</i>	MMK 98
<i>Centella asiatica</i> *	MPSA 78, 79; PP 68, 142, 143, 160, 196 - 198; IHP 143; MPEN 90; FFV 85, 86;
Chasmanthe aethiopica	MMK 66
Chasmanthe floribunda *	
<i>Chionatus foveolatus</i>	MMK 60
Chironia baccifera	MPSA 80, 81; PP 182, 183; IHP 66; HRMM; PHCH, WOSA 208; MMK 192
<i>Chironia decumbens</i>	MMK 192
<i>Chironia linoides</i>	MMK 192
Chrysanthemoides incana	MMK 136
Chrysanthemoides monilifera	PP 36, 37; IHP 53; KMK; FFV 128; CGIP 185; GFP 75; WOSA 255
<i>Chrysocoma coma-aurea</i>	MMK 92, 196;
<i>Cissampelos capensis</i>	MPSA 86, 87; PP 124, 125; MPEN 93; HRMM
<i>Clematis brachiata</i>	MMK 62
Cliffortia filifolia	MMK 100
Cliffortia ruscifolia	MMK 124
Coleonema album	PP 216, 218, 219; IHP 43; WOSA 174; MMK 114;
<i>Coleonema aspalathoides</i> *	GFP 128;
Coleonema pulchellum *	GFP 128; GWIP 27;
<i>Commelina africana</i>	PP 184; IHP 265; MPEN 99; MMK 88
<i>Conicosia pugioniformis</i>	CGIP 271; WOSA 173; MMK 134
Cotyledon orbiculata	MPSA 92, 93; PP 124, 162, 206; IHP 145; MPEN 102; HRMM; PHCH; CGIP 254; WOSA 167; GWIP 70; MMK 32;
<i>Crassula atropurpurea</i> *	KMK
<i>Crassula capensis</i>	MMK 78

<i>Crassula coccinea</i>	WOSA 166; GWIP 70; MMK 38
<i>Crassula dichotoma</i>	MMK 140
<i>Crassula fascicularis</i>	MMK 158
<i>Crassula flava</i>	MMK 74
<i>Crassula nudicaulis</i>	MMK 176
<i>Crassula ovata</i> *	CGIP 147;
<i>Crassula pellucida</i>	MMK 212
<i>Crassula pruinosa</i>	MMK 188
<i>Crassula rupestris</i>	MMK 76
<i>Crassula thunbergiana</i>	MMK 102
<i>Cryptadenia grandiflora</i>	MMK 92, 192;
Cunonia capensis	MMK 64; DIFK22, 93, 95;
<i>Curtisia dentata</i> *	MPSA 98, 99; PP 124; FFV 164; MMK 42; DIFK 5, 20, 65;
<i>Cyanella hyacinthoides</i> *	KMK 61; FFV 71, 349; WOSA 137; MMK 164
<i>Cyclopia galioides</i>	MMK 52
<i>Cyclopia genistoides</i>	FFV 225; MMK 170;
<i>Cynanchum africanum</i>	MMK 132
<i>Cynanchum obtusifolium</i>	MMK 72
<i>Cyphia incisa</i>	MMK 138
<i>Cyrtanthus ventricosus</i>	MMK 216
<i>Dianthus albens</i>	MMK 48
<i>Diastella divaricata</i>	MMK 192
<i>Dilatris pillansii</i>	MMK 186
<i>Diosma hirsuta</i>	MMK 74
<i>Diosma oppositifolia</i>	MMK 74
<i>Diospyros lycioides</i> *	PP 204 - 208, 247, 250, 252; FFV 181, 182; CGIP 219;
<i>Diospyros whyteana</i> *	CGIP 55; MMK 144; DIFK 71, 86, 89;
<i>Dipogon lignosis</i>	WOSA 193; MMK 110
<i>Dodonea angustifolia</i>	MPSA 108, 109; PP 126, 127, 218; IHP 163, 164; MPEN 113; HRMM; CGIP 220;

<i>Ekebergia capensis</i> *	MPSA 114, 115; PP 266, 267; GWIP 13;
<i>Elytropappus rhinocerotis</i> *	MPSA 118, 119; PP 126, 128; KMK 75; HRMM
<i>Erica capensis</i>	
<i>Erica cerinthoides</i>	WOSA 203; GWIP 29;
<i>Erica coccinea</i>	GFP 69; WOSA 204;
<i>Erica ericoides</i>	
<i>Erica imbricata</i>	
<i>Erica laeta</i>	
<i>Erica mammosa</i>	
<i>Erica phyllicifolia</i>	
<i>Erica plukenetii</i>	WOSA 204;
<i>Erica pulchella</i>	
<i>Erica viscaria</i>	
Eriocephalus africanus HRMM;	MPSA 122, 123; PP 218, 219; IHP 252; KMK 85; PHCH; CGIP 152; GFP 76; WOSA 242; MMK 94
<i>Eriocephalus racemosus</i> *	WOSA 242;
Euclea racemosa	MMK 60
<i>Euclea tomentosa</i>	
<i>Euphorbia brachiata</i> *	KMK
<i>Euphorbia caput-medusae</i> *	WOSA 165; GWIP 72;
<i>Euphorbia erythrina</i>	MMK126
<i>Euphorbia genistoides</i>	MMK 124
<i>Euphorbia mauritanica</i> *	FFV 238; WOSA 165; GWIP 72; MMK 152
<i>Euryops abrotanifolius</i>	WOSA 252; MMK 100
<i>Euryops pectinatus</i> *	CGIP 155; MMK 188
<i>Felicia aethiopica</i>	GFP 77; WOSA 252; MMK 198
<i>Felicia amoena</i>	MMK 106
<i>Felicia fruticosa</i>	WOSA 251; MMK 168
<i>Felicia heterophylla</i>	MMK 156

<i>Ficinia radiata</i>	MMK 172
<i>Ficus sur</i> *	KMK 59; FFV 57, 272;
<i>Gasteria species</i> *	KMK 84; HRMM
<i>Gazania krebsiana</i> *	CGIP 256; GFP 78; GWIP 47;
<i>Gazania pectinata</i>	WOSA 259; MMK 144, 170;
<i>Geranium incanum</i>	MPSA 134, 135; PP 186, 187; FFV 47, 235; CGIP 296; GFP 153, 157; WOSA 183; GWIP 85; MMK 132
<i>Gerbera crocea</i>	MMK 158, 178
<i>Gethyllis afra</i> * 71;	MPSA 136, 137; P 220, 221; KMK 39; HRMM; FFV WOSA 135; MMK 206
<i>Gladiolus alatus</i>	
<i>Gladiolus brevifolius</i>	
<i>Gladiolus carinatus</i>	
<i>Gladiolus carneus</i>	
<i>Gladiolus cunonius</i>	
<i>Grewia occidentalis</i> *	PP 44; IHP 74, 158; FFV 355; CGIP 229; GWIP 31
<i>Gunnera perpensa</i> *	MPSA 142, 143; FFV 37, 38, 237; CGIP 326;
<i>Haemanthus coccineus</i>	PP 200; IHP 137; MPEN 125;
<i>Haemanthus pubescens</i>	
<i>Haemanthus rotundifolius</i>	IHP 137;
<i>Halleria Lucida</i> *	FFV 40, 340, 341; GFP 131, 135; DIFK 22, 82, 91;
<i>Helichrysum dasyanthum</i>	MPSA 148, 149; PP 216, 220; HRMM; WOSA 243
Helichrysum patulum	CGIP 159;
<i>Hermannia multiflora</i>	
<i>Hermannia pinnata</i>	
<i>Hermas Villosa</i>	
<i>Hexaglottis virgata</i>	
<i>Ilex mitis</i>	DIFK 94, 96;
<i>Indigofera brachystachya</i>	GFP 166; WOSA 190;

Indigofera cytisoides

Kedrostis nana *	PP 128, 129; FFV 178;
Kiggelaria africana	DIFK 21, 46, 90, 93;
Knowltonia capensis *	DIFK 25, 65;
Knowltonia vesicatoria *	MPSA 162, 163; PP 208; IHP 40;
Lachenalia bulbifera	
Lachenalia fistulosa	
Lachenalia orchioides	
Lachenalia rubida	
Lachenalia unifolia	
Lachnaea capitata	
Lachnaea densiflora	
Lampranthus bicolour	WOSA 171;
Lampranthus emarginatus	
Lampranthus filicaulis	
Lampranthus glaucus	GWIP 74
Lampranthus glomeratus	
Lampranthus reptans	
Lampranthus steenbergensis	
Laportea grossa	FFV 359;
Leonotis leonurus HRMM;	MPSA 166, 167; PP 128, 168, 188, 189; IHP 223; PHCH; cgip 193; GWIP 49;
Lessertia frutescens 181;	MPSA 246, 247; PP 148, 149, 192; IHP 55; MPEN HRMM; CGIP 176; WOSA 193; GWIP 42;
Lessertia incana	
Leucadendron salignum	GFP 32, 39; WOSA 226; GWIP 34;
Leucospermum conocarpodendron	WOSA 234; GWIP 35;
Leucospermum cordifolium *	CGIP 163; GFP ii, 23; GWIP 35
Leucospermum tottum *	CGIP 194; GFP 28; WOSA 234; GWIP 36
Lightfootia tenella	

<i>Lobelia comosa</i>	
<i>Lobelia coronopifolia</i>	
<i>Lobelia pinifolia</i>	
<i>Lobostemon argenteus</i>	WOSA 209;
<i>Lobostemon fruticosus</i>	MPSA 170, 171; PP 76, 199, 200; IHP 7; CGIP 164; WOSA 210
<i>Lobostemon glaucophyllus</i>	HRMM; WOSA 210;
<i>Lobostemon montanus</i>	
<i>Lycium afrum</i>	
<i>Lycium ferocissimum</i>	KMK 137; FFV 344; WOSA 205;
<i>Malva parviflora</i>	KMK 128; MPEN 140; HRMM
<i>Maytenus heterophylla</i>	MPEN 141; DIFK 30, 31, 71, 93;
<i>Maytenus oleiodes</i>	DIFK 71;
<i>Melianthus major</i> *	MPSA 172, 173; PP 200; IHP 7, 126; HRMM; CGIP 197; WOSA 186; GWIP 37;
<i>Mentha longifolia</i> *	MPSA 174, 175; PP 128, 188; IHP 244; KMK 85, 130; HRMM; PHCH; FFV 47, 244, 245;
<i>Mesembryanthemum papillosum</i>	KMK 59, 139; FFV 41;
<i>Metalasia cephalotes</i>	
<i>Metalasia muricata</i>	FFV 47, 129; CGIP 198;
<i>Metalasia pulchella</i>	
<i>Mimetes fimbriifolius</i>	
<i>Moraea fugax</i>	PP 92; FFV 241, 242, 243; WOSA 145;
<i>Morella cordifolia</i>	PP 294, 295; KMK 75; FFV 275;
<i>Morella quercifolia</i>	
<i>Muraltia heisteria</i>	PP 148, 149; WOSA 187;
<i>Myrsine africana</i>	DIFK 30, 83;
<i>Nylandtia spinosa</i>	PP 50, 51; KMK 63; FFV 303; CGIP 166; WOSA 186;
<i>Nymphaea caerulea</i>	FFV 56, 57, 278, 279; CGIP 331;
<i>Ocotea bullata</i> *	MPSA 178, 179; PP 128, 260, 270, 271; PHCH; DIFK 22, 86, 87
<i>Oedera genistifolia</i>	

Oedera imbricata

Oedera prolifera

Olea capensis DIFK 4, 11, 69;

Olea europaea subsp Africana MPSA 180, 181; PP, 128, 272; IHP 247; KMK 63,
137; MPEN 149; HRMM; 41, 47, 57, 282; CGIP 105; GWIP
18;

Olea exasperata

Olinia ventosa DIFK 22, 63, 81, 90;

Orbea variegata * KMK 59, 172; WOSA 208;

Ornithogalum hispidum

Ornithogalum thyrsoides

Orphium frutescens WOSA 209; GWIP 49;

Osmitopsis asteriscoides * MPSA 182, 183; PP 222; WOSA 259;

Osteospermum dentatum

Osyris compressa * PP 256, 257; KMK 59; FFV 331, 332;

Otholobium fruticans

Othonna coronopifolia

Othonna dentata

Oxalis pes-caprae PP 63, 66, 72, 73, 76, 92; IHP 188; KMK 68; FFV
286; CGIP 277; WOSA 177

Passerina vulgaris PP 292, 293; HRMM; DIFK 71;

Pelargonium betulinum PP 130; IHP 168; GFP 148, 157; POSA 1/5;

Pelargonium capitatum PP 224; IHP 178; GFP 155, 158; WOSA 183; POSA 1/7;

Pelargonium chamaedryfolium POSA 2/30;

Pelargonium cucullatum PP 130; IHP 170; GFP 152, 159; WOSA 184; GWIP
50; POSA 2/43, POSA 1/12;

Pelargonium elongatum HRMM; WOSA 185

Pelargonium gibbosum PP 74; POSA 1/17;

Pelargonium longifolium POSA 1/25;

Pelargonium myrrhifolium POSA 1/27; POSA 1/28;

Pelargonium patulum POSA 2/111;

Pelargonium pinnatum POSA 1/34;

<i>Pelargonium radens</i>	PP 224; IHP 175; POSA 1/38
<i>Pelargonium rapaceum</i>	IHP 183; KMK 61; FFV 236; POSA 1/39
<i>Pelargonium senecioides</i>	POSA 3/126
<i>Pelargonium tabulare</i>	POSA 1/44;
<i>Pelargonium triste</i> 236;	MPSA 184, 185; PP 92, 256; IHP 183; HRMM; FFV WOSA 185; POSA 1/46;
<i>Pelargonium vitifolium</i>	POSA 1/49;
<i>Pellaea calomelanos</i> *	MPSA 186, 187; PP 130, 190; IHP 89; MPEN 154;
<i>Pellaea pteroides</i>	DIFK 70;
<i>Peucedanum galbanum</i>	MPSA 190, 191; PP 130, 182; HRMM
<i>Phaenocoma prolifera</i>	
<i>Plecostachys serpyllifolia</i>	PP 108;
<i>Podalyria argentea</i>	
Podalyria calyptata	GFP 167; WOSA 195; DIFK 30, 71, 72;
Podalyria sericea	GFP 168; WOSA 195
<i>Podocarpus species</i> *	PP 272, 273; FFV 302, 303; CGIP 135, 136; GWIP19, 21; DIFK 4, 75, 77, 94;
Polygala bracteolata	
Polygala fruticosa *	MPSA 196, 197;
<i>Polygala garcini</i>	
<i>Polygala myrtifolia</i>	WOSA 187; GWIP 38;
<i>Polygala recognita</i>	
<i>Polygala virgata</i> *	CGIP 202; WOSA 188; GWIP 38;
<i>Portulaca oleracea</i> *	KMK 128; MPEN 160; HRMM; FFV 38, 309, 310, 311;
<i>Portylacaria afra</i>	FFV 57, 308; CGIP 236; GWIP 75;
<i>Protasparagus capensis</i>	MPEN 161;
<i>Protasparagus compactus</i>	
<i>Protasparagus rubicundus</i>	
<i>Protea lepidocarpodendron</i>	
Protea cynaroides *	CGIP 203; GFP 18; WOSA 240

Protea repens 21;	MPSA 198, 199; PP 110, 111; KMK 68; FFV 311; GFP WOSA 240; GWIP 40
Protea speciosa	WOSA 241;
Psoralea pinnata *	GFP 168; WOSA 194
Pteroclastrus tricuspidatus	
Putterlickia pyracantha	
Rapanea melanophloeos *	MPSA 208, 209; DIFK 9, 30, 63, 94;
Rhoicissus tomentosa * 80;	PP 54; FFV 41, 52, 365, 366, 368; CGIP 358; GWIP DIFK 23, 65
Rhoicissus tridentata *	FFV 36, 41, 366, 367; CGIP 358 ;
Rhus crenata (= Searsia crenata)	
Rhus glauca	
Rhus laevigata	MPSA 214, 215; PP 56, 237; KMK; FFV 41, 78;
Rhus lucida	PP 256;
Rhus rosmarinifolia	
Rhus tomentosa	DIFK 30, 71, 76;
Rhus undulata * 165;	MPSA 214, 215; PP 56, 57, 110, 256, 292; MPEN FFV 77, 78;
Roella ciliata	GFP 143
Roella triflora	
Rumex sp.	PP 74, 132, 202; KMK ; MPEN 167; HRMM; FFV 306 - 308;
Ruschia macowanii	
Salix mucronata * HRMM;	MPSA 222, 223; PP 132; IHP 59; MPEN 168; CGIP 118
Salvia africana-caerulea	PP 132, 133, 224; IHP 257; WOSA 213;
Salvia africana-lutea	KMK 85; WOSA 214; GWIP 41;
Salvia chamelaeagnea	IHP 256; HRMM; WOSA 213;
Salvia lanceolata	WOSA 214
Sanseveria aethiopica *	FFV 68
Sarcocornia sp *	KMK 139;
Satyrium odorum	
Scabiosa africana	MPSA 226, 227; IHP 148; CGIP 298; WOSA 241

Scabiosa columbaria *	MPSA 226, 227; PP 134; MPEN 170; PHCH;
Senecio radicans *	KMK 130;
Serruria fasciflora	
Serruria foeniculacea	
Sideroxylon inerme	PP 234; FFV 339;
Solanum africanum *	WOSA 205;
Solanum nigrum *	MPEN 517; FFV 33 - 35, 38, 40, 41, 61, 104, 105, 115, 346,
Sonchus oleraceus *	KMK; HRMM; FFV 34, 38, 105, 126;
Sparaxis grandiflora	
Stoebe plumosa *	
Tarchonanthus camphoratus	MPSA 252, 253; PP 174; IHP 219; MPEN 183; CGIP 245;
Tetragonia decumbens	KMK 84, 139;
Tetragonia fruticosa	
Thamnochortus spicigerus	PP 318
Trachyandra species	PP 78, 79; IHP 100; KMK; FFV39, 249, 253, 254,
256;	WOSA 128
Tribulis terrestris	KMK ; MPEN 187;
Tulbaghia alliacea	MPSA 262, 263; PP 63; IHP 233; KMK 85; HRMM; FFV 104, 254 - 256
Typha capensis	MPSA 264, 265; PP 81, 95, 96, 180, 192 193, 326; IHP
49;	MPEN 189; FFV 41, 52, 357; CGIP 335; GWIP 92;
Ursinea paleacea	
Urtica urens *	KMK ; MPEN 189; HRMM; FFV 38, 85, 360
Valeriana capensis *	MPSA 266, 267; PP 174, 177;
Virgilia species *	KMK 45; GFP 169; GWIP 24; DIFK 11, 46, 47;
Viscum capense	MPSA 270, 271; PP 99, 116 117, 126; KMK 68; MPEN
191;	HRMM
Watsonia sp	KMK 80; CGIP 264; WOSA 149, 150;
Watsonia borbonica	
Watsonia coccinea	
Watsonia meriana	

Widdringtonia nodiflora

DIFK 62, 71;

Withania somnifera *

MPSA 274, 275; PP 54, 139, 150, 151, 194; MPEN 193;

Zantescchia aethiopica

MPSA 280, 281; PP 82, 202, 203, 258; IHP 17; HRMM;
FFV 39, 57, 96, 97; CGIP 337; WOSA 125;

Zygophyllum flexuosum