

DRAFT LIST OF INDIGENOUS AND ALTERNATIVE FOOD CROPS IN SOUTH AFRICA

Please be free to add or give suggestions as this is still a draft.

Item No.	Common and scientific names	African Names	Distribution
CEREAL CROPS			
1.	Grain Sorghum <i>Sorghum bicolor</i>	Mabele thoro Amazimba Amabele	Ethiopia
2.	Pearl Millet <i>Pennisetum glaucum</i>	Leotja Inyouti Unyaluthi nyalothi	Southern margins of the central highlands of the Sahara
3.	<i>Finger millet</i> <i>Eleusine coracana</i>	African finger millet, goose grass, osgras, uphoko, mpogo, majolothi, mufhoho	East African origin, India as secondary center of diversity
PULSE CROPS			
4.	Bambara groundnut <i>Vigna subterranea</i>	Ditloo marapo Njugo Nduhu Indlubu Hlanga	It is reported that the centre of origin of Bambara groundnut has been a matter of discussion, but now is generally accepted that wild plants are found from the Jos plateau and Yola (northern Nigeria) to Garua (Cameroon), and possibly in the Central African Republic.
5.	Mung bean <i>Vigna radiata</i>	Idondothon Umgomeni Ditlhodi	Believed to have originated in India. Wild forms var. sublobata are reported to show a wide area of distribution, stretching from Central and East Africa, Madagascar, through Asia, New Guinea and East Australia as well as America.
6.	Cowpea <i>Vigna unguiculata</i>	Dinawa Dinaba Munawa Imbumba Koertjie	A lack of archaeological evidence has resulted in contradicting views supporting Africa, Asia and South America as origin
ROOT and TUBER CROPS			
7.	Cassava <i>Manihot esculenta</i>	muthupula mutumbula umdumbulu Ntjumbulu	Although still a subject of some debate, the center of origin of cassava is generally believed to be the southern border of the Amazon basin, Brazil.
8.	Taro <i>Colocasia esculenta</i>	Amadumbe Amadoembie Marobe	Originated in the Indo-Malayan region, eastern India and Bangladesh, and spread eastward into Southeast Asia, eastern Asia, and the Pacific islands; westward to

			Egypt and the eastern Mediterranean; and then southward and westward from there into East Africa and West Africa, from whence it spread to the Caribbean and America.
9.	Marama bean <i>Tylosema esculentum</i>	<i>Gembuck beans</i> <i>Gembokboontjies</i> <i>Marumama</i> <i>Muraki</i>	<i>Tylosema esculentum</i> occurs in the southern parts of Africa, namely South Africa, Namibia and Botswana. It is being cultivated successfully in Perth, Australia as well as in the USA, and may become more widely cultivated in future.
10.	Livingstone potato <i>Plectranthus esculentus</i>	<i>Wilde aartappel</i> <i>Ulujilo</i> <i>Mbondive</i> <i>Umutada</i> <i>Makwele</i>	It is reported that <i>Plectranthus esculentus</i> seems to have its origins in Africa.
11.	Zulu round potato <i>Solenostemon rotundifolius</i>	<i>Wild aartappel</i> <i>Amadada</i> <i>Amatabhane</i> <i>Amatambane</i>	Possibly of Ethiopian origin, now distributed in South-east Asia and tropical Africa. Cultivated in Sri Lanka, Malaysia, Indonesia, Sudan, northern Nigeria, and Upper Volta.
FRUIT CROPS			
12.	Kei apple <i>Duvyalis caffra</i>	<i>Mohlono mutunguru</i> <i>Umkokolo</i> <i>Umqokolo</i> <i>umqakalo</i>	Eastern Cape through KwaZulu-Natal to Swaziland, into Limpopo and Zimbabwe.
13.	Marula <i>Sclerocarya birrea</i>	<i>Iganu</i> <i>Morula</i> <i>Mufura</i> <i>Umganu</i> <i>umganu</i>	It occurs from Ethiopia to South Africa
14.	Sour Plum <i>Ximenia caffra</i>	<i>Itsengeni</i> <i>Grootsuurpruim</i> <i>Motshidi</i> <i>Umthunduluka</i> <i>Pepo</i> <i>Mutanzwa</i> <i>amanumbilo</i>	It occurs from Tanzania in the north to KwaZulu-Natal in the south
15.	Wild Plum <i>Harperphyllum caffrum</i>	<i>Mmedibibi</i> <i>umgwenya</i> <i>wildepruim</i> <i>mothekele</i> <i>moreselewe</i>	Eastern Cape northwards through KwaZulu-Natal, Swaziland, southern Mozambique, Limpopo and into Zimbabwe
16.	Baobab <i>Adansonia digitata</i>	<i>Bobbejaangif</i> <i>Marakabele</i> <i>Borokgotlholo</i> <i>Mojaja</i> <i>Dundu</i> <i>Utshwala benyoni</i>	South Africa, Botswana, Namibia, Mozambique and other tropical African countries where suitable habitat occurs
17.	Raisin bush <i>Grewia flava</i>	<i>Brandewynbos</i> <i>Moretlwa</i> <i>Muwane</i>	southern Africa

		<i>umhlalophansi</i>	
18.	Stem fruit <i>Englerophytum magalismsontanum</i>	<i>Amanumbela</i> <i>Mohlatswa</i> <i>Munombelo</i> <i>Stumvrug</i> <i>Umnubela</i>	It occurs from the Democratic Republic of Congo in the north to KwaZulu-Natal in the south Fanie
19.	Red milkwood <i>Mimusops zeyheri</i>	<i>Mmupudu</i> <i>Mububulu</i> <i>Umpushane</i> <i>umbummbulu</i>	It is found from south-eastern Botswana, northern South Africa, Swaziland, Zimbabwe and Mozambique
20.	Num-num <i>Carissa bispinosa</i> <i>C. macrocarpa,</i> <i>C. haematocarpa,</i>	<i>Morokolo</i> <i>Mothokolo</i> <i>Simboka</i> <i>Murungulu</i> <i>Umbethankunzi</i> <i>Umvusankunzi</i>	South western parts of the Western Cape
21.	African mangosteen <i>Garcinia livingstonei</i>	<i>Wild plum</i> <i>Isinyula</i> <i>Murorongwe</i> <i>Motsaodi</i> <i>Impembe</i>	Native to East Africa.
22.	Wild medlar <i>Vangueria infausta</i>	<i>Mmilo Muzwilu</i> <i>Mpfilwa Umtulwa</i> <i>Umvile Wilde</i> <i>mispel</i>	It is found in Swaziland to Namibia, Angola, Zambia, Mozambique, South Africa and Tanzania. In South Africa it occurs from the eastern Cape and throughout northern and eastern parts of the country
23.	Mobola plum <i>Parinari curatellifolia</i>	<i>Grysappel Umbulwa</i> <i>Mbola Mola</i> <i>Muvhula Amabuye</i>	Senegal to central Sudan
24.	Desert melon <i>Citrullus lanatus</i>	<i>Kolokwini Lerotse</i> <i>Brani Umxoxozi</i> <i>Ikhobe Motshatsha</i>	The history of domestication of watermelons is obscure but it is known that by 2000 BC they were being grown in the Nile Valley in Egypt.
25.	<i>Anisophyllea boehmii</i>		
26.	<i>Anisophyllea pomifera</i>		
27.	<i>Annona stenophylla</i>		
28.	 <i>Antidesma venosum</i>	<i>Tassel berry</i> <i>Voelsitboom</i> <i>Motshela-khwale</i> <i>Imhlalanyoni</i> <i>Phasanhwari</i> <i>Mufhala-khwali</i> <i>Isibamuloti</i>	
29.	<i>Azanza garckeana</i> (F. Hoffm.) Exell & Hillc.	<i>Snot apple</i> <i>Mhlaguhlagu</i> <i>Morojwa</i>	It is indigenous to Eastern and Southern Africa. Occuring in south Kenya, Tanzania, Malawi, Zambia, Zimbabwe, Mozambique, south

		Uxhakuxhaku Muneko Wild hibiscus African chewing gum	Africa, Botswana. In the north it is found in Sudan and has been naturalised in Nigeria.
30.	<i>Berchemia discolor</i> (Klotzsch) Hemsley	Brown ivory bruin-ivoor muzinzila umcaga nyiri mozinzila	
31.	<i>Berchemia zeyheri</i>	Red ivory rooi-ivoor munikani m'naga mkwalo muhukuma nkunzi umgologoti	
32.	<i>Borassus ethiopum</i>		Sudan (central and south, especially southern Darfur and southern Kordofan)
33.	<i>Boscia albitrunca</i>	Caper bush witteboom mohlopi mopipi muthovhi umvithi umgqomoggomo	
34.	<i>Bridelia micrantha</i>	Coast gold leaf bruinstinkhout mloyamahogovu motsere swatima munzere umhlahlamakwab incwicwi	
35.	<i>Bridelia moliis</i> (Hutch)	Velvet sweetberry fluweelsoetbessie	
36.	<i>Carissa haematocarpa</i>		
37.	<i>Cassine aethiopica</i>	kooboo berry kookoobessie ingulutane xikayi umnqayi ingayi	
38.	<i>Dialium engleranum</i> Henriques	kalahari podberry kalaharibessie musala umbvee mogamane	
39.	<i>Flacourtia indica</i> Merrill	governor plum goewerneurspruimor ethema mabota umtabhala mutuzwu	Native to tropical Africa and Asia.
40.	<i>Friesodielsia obovata</i>		
41.	<i>Grewia flavescens</i>		
42.	<i>Hyphaene coriacea</i>		
43.	<i>Hyphaene petersiana</i>		

		Rubber vine wild peach melktog muvhungo ibungu umkuzi	
	<i>Landolphia kirkii</i>		
45.		Snuffbox tree snuifkalbassie lenonya badimo umtongwane nehowana mutudzwi ithongwane	
	<i>Oncoba spinosa</i> Forsk.		
46.		Dwarf mobolo bosappel isagogwane mmobola-wa-fase imvimbandhlebe mmola molahatsi	
	<i>Parinari capensis</i>		
47.	<i>Rhus natalensis</i>		
48.	<i>Schinziophyton rautanenii</i>		
		Geelklapper umkemeswane mogwaragwarane	
	<i>Strychnos cocculoides</i>		
49.	<i>Uapaca nitida</i>		
50.	<i>Uapaca sanzibarica</i>		
51.		Zimbabwe wild medlar	
	<i>Vangueriopsis lanciflora</i>		
52.	<i>Ximenia americana</i> L.	Small sour plum	
53.	<i>Ziziphus mauritiana</i>		
54.	<i>Garcinia livingstonia</i>		
56.		African ebony hill matome mierhout mudomma umdhlausu umtoma mokochoong musuma umbongisa umthoma	
	<i>Diospyros mespiliformis</i>		
		VEGETABLES	
57.	Pigweed <i>Amaranthus hybridus</i>	Thepe Vowa Umfino Imbuya Hanekom Umbuya	America
57.	Cat's whiskers <i>Cleome gynandra</i> ,	Spiderflower plant Lerotho Murudi Amazonde Vingerblaartee Ulude	Probably a native of Africa

58.	Common labsqwater <i>Chenopodium allum</i>	Sekgapapane Gurosa Imibicane Imbilikicane	Africa and Asia
59.	Ethiopian Mustard <i>Brassica carinata</i>		There are no reports on wild form of <i>B.carinata</i> . It is cultivated in Ethiopia and Eritrea where it might have originated from a cross between <i>B. nigra</i> and <i>B. oleracea</i> .
60.	Jews Mallow <i>Corchorus tridens</i>	Ligusha Delete Thelele	Reports are that authors differ in their opinion as to the origin of the species. Most likely, the primary centre of origin is Africa, and the secondary centre may be India or the Indo-Burma region.
61.	Black jack <i>Bidens pilosa</i>	Mushidzhi Moonyane Mokolonyane Umhlabangubo Ilenjane	
62.	<i>Celosea argentea</i>		Indigenous to South Africa
63.	<i>Ceratotheca sesamoides</i>		
64.	<i>Cucurbita ssp</i>	<i>Mokopu</i> <i>Solonte</i> <i>Thanga</i>	
65.	<i>Cucumis spp</i>		It is unclear when cucumbers started being cultivated but their original domestication is thought to have taken place in India prior to 2000 BC.
66.	<i>Lagenaria siceraria</i>	bottle gourd moraka segwana calabash Iselwa kalbas	The origin of the bottle gourd is acknowledged to be Africa, although archaeological evidence has placed it in Peru around 12000 BC, in Thailand about 8000 BC, and in Zambia around 2000 BC
67.	<i>Sesamum spp</i>	Aprilbaadjie Lenonya	
68.	<i>Solanum spp</i>	bitterappel doringappel intfuma intuma encane	West Africa and tropical Asia, where it is naturalised and regarded as a weed
69.	<i>Hibiscus sabdariffa</i>		India and Malaysia brought to Africa
70.	<i>Luffa cylindrical</i>		
71.	<i>Portulaca oleracea</i>		
72.	<i>Taraxacum officinale</i>		