

PROSPECTS FOR SUSTAINABLE USE AND DEVELOPMENT OF WILD FOOD PLANTS IN ETHIOPIA¹

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Key Words: wild edible plants; ethnobotany; diversification; conservation; Ethiopia.

The River Nile region and eastern Africa are among the earliest places where humans experimented with primitive food production strategies including hunting, gathering, and primal cultivation (Brandt 1984; Hadidi 1985). Kunkel (1983) compiled more than 12 000 plant species considered edible by humans, many of them native to Ethiopia. Plants for human consumption account for about 5% of the total plant species of the world. Most of these are found in the wild where they are threatened by changes and degradation in natural ecosystems, specific habitats, and vegetation types. These phenomena are more pronounced in countries like Ethiopia where high rates of human population growth join up with insufficient documentation and conservation of the biota, in particular safeguarding promising plant taxa.

The Ethiopian flora is estimated at between 6000 and 7000 species of higher plants (Tewolde

Berhan G. E. 1991), and about 10–12% of these are estimated to be endemic (Friis, Rasmussen, and Vollesen 1982; Thulin 1983). The diverse vegetation (Ensermu Kelbessa et al. 1992; Pichi-Sermolli 1957) and ecological conditions are among the factors that support a rich flora, which is under threat. Crop agriculture in Ethiopia is generally estimated to date from 5000–7000 B.P. (Brandt 1984; Ehret 1979). The country is an important center for food plant domestication and diversification as reported in various sources (cf. Huffnagel 1961; Pursglove 1972, 1974; Vavilov 1951; Westphal 1975) as evidenced by the abundance and diversity of species and varieties of food crops (Harlan 1969) and their wild/weedy relatives (Edwards 1989, 1991). This is coupled with the preservation of ancient farming systems, old landraces, and rich plant lore. Based on the work of Vavilov (1951), Harlan (1969) indicated that Ethiopia is possibly the primary source for 38 crop plants, which was later reduced to 11 by Zohary (1970). Among those domesticated and disseminated within

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Ethiopia are some of the most important staple crops of the country: e.g., *Eragrostis tef* (Zucc.) Trotter (Poaceae), *Ensete ventricosum* (Welw.) Cheesman (Musaceae), *Brassica carinata* A. Braun (Brassicaceae), *Plectranthus edulis* (Vahl) Forssk. (Lamiaceae), and *Coccinia abyssinica* (Cucurbitaceae). *Eragrostis tef* is currently also cultivated in Idaho (USA) for use by Ethiopian immigrants, and as a fodder plant in South Africa and Australia. Gradual awareness of problems associated with dependence on a few crop plants perceptibly resulted in the current worldwide discernment of plant food-source diversification. This is expected to bring into focus the valuable resources of lesser-known crops (Abebe Demissie 1991; Westphal 1975) and promising wild edible plants (Amare Getahun 1974); thereby heightening interest in their in situ and ex situ conservation.

Information on wild edible plants of Ethiopia is scattered in botanical monographs, glossaries, and informal notes as well as in the rich oral tradition of the different communities. The delay in the production of a complete modern flora of Ethiopia and the insufficient ethnobotanical investigation partly account for the prevailing incomplete knowledge on the wild edibles of the country.

The main objective of this paper is to give some insight into the wild/semiwild edible plants consumed in Ethiopia. An equally important purpose is to draw the attention of botanists, agricuturists, conservationists, farming communities, and others to the biodiversity of wild edible plants with the vision of developing a suitable scenario for increased emphasis on conservation, development, promotion, sustainable use, and perhaps domestication of some in the long term.

MATERIALS AND METHODS

A survey of the food plants and a complementary study of the traditional home gardens of Ethiopia was made between 1992 and 1995 (Zemedé Asfaw 1997; Zemedé Asfaw and Ayele Nigatu 1995). Data on wild/semiwild edible plants were also collected during field studies. The field data were combined with data retrieved from the relevant literature (Abbink 1993; Amare Getahun 1974; Azene Bekele 1993; Hedberg and Edwards 1989; Kunkel 1983; Mengistu Woube 1995; Edwards, Mesfin Tadesse and Hedberg 1995; Phillips 1995; Westphal 1975).

Supplementary data were also generated through herbarium research involving the collection of information given on specimen labels. Published volumes of *Flora Ethiopia* and herbarium collections were used to analyze the distribution of the species in altitude and habitat types. The authors' personal knowledge, information from diverse sources including knowledgeable colleagues, informal notes and records, and discussions with elderly people and youth were used to supplement and contextualize the data. The plant species reported here (Appendix 1) have been sifted and compiled by following the method of triangulation through various rounds of cross-checking field-collected information with that retrieved from herbarium and literature sources. Comparisons, syntheses, analyses, interpretation of results, and study of group attributes helped to generate information on aspects of use, conservation, and prospects of wild/semiwild edible plants of Ethiopia.

RESULTS AND DISCUSSION

DIVERSITY OF SPECIES, GROWTH FORMS AND EDIBLE PARTS

From the present study and earlier works the edible plants of Ethiopia are estimated to about 8% of the higher plant species in the country. It is further analyzed that about 25% of these are cultivated as food crops and the remaining (75%) could be categorized as wild, semiwild, or naturalized. This paper focuses on 203 species of wild edible plants consumed by the community in different parts of Ethiopia under a variety of conditions. These account for about 3% of the higher plant species and about 50% of the wild edible plants of Ethiopia (cf. Appendix 1). There are also wild plants in Ethiopia whose edibility has been reported from other parts of the world but edibility in Ethiopia awaits elucidation.

The 203 species listed in Appendix 1 belong to 135 genera and 60 families and are mostly picked or harvested from natural stands and consumed in varying quantities by different groups of people. Herbs accounted for 37%, shrubs for 32%, and trees for 31%. The majority of the species (i.e., c. 72%) have their fruits and/or seeds as the edible parts and in only one-third of the species are the vegetative parts of the plants, i.e., leaves, stems, and tuberous roots reported to be eaten. Few species (about 6%) offer

TABLE 1. MAIN FEATURES OF WILD/SEMI-WILD EDIBLE PLANTS (ANALYSIS OF THE DATA IN APPENDIX 1).

Feature	No. of species	% of total
A. Growth Habit		
Herbs (incl. herb/cl., herb/sh.)	76	37.4
Shrub (incl. sh/cl., sh/tr)	65	32.0
Tree (incl. tr/sh)	62	30.5
B. Parts consumed		
Fruits only	104	51.2
Leaves only	19	9.4
Roots only	13	6.4
Seeds only	6	3.0
Stem only	4	2.0
Whole plant	13	6.4
Fruits + seeds	12	5.9
Fruits + leaves	6	3.0
Leaves + stems	10	4.9
Leaves + roots	3	1.5
Gum	5	2.5
Buds	1	0.5
Flowers	1	0.5
Leaves + buds	1	0.5
Leaves + stem + seeds	2	1.0
Fruits + seeds + seedlings	1	0.5
Fruits + leaves + roots	2	1.0
C. Forms of consumption		
As vegetables/pot herbs	24	11.8
As condiments/spices/flavouring	11	5.4
As famine food	30	14.8
As supplementary food	1	0.5
Unspecified	133	65.5
Other (seasoning, preserving, greasing)	4	2.0
D. Mode of consumption/use		
Raw/fresh	58	28.6
Roasted/cooked/boiled	14	6.9
Not specified	131	64.5
E. Common consumer group		
Children/shepherds (+ adults)	18 (7)	8.9
Unspecified	185	91.1

both their vegetative and reproductive parts for consumption (Table 1). In 25% of the species more than one part of a plant is known to be consumed. Many of the species (mainly trees) are multipurpose as they also satisfy non-food needs of communities. Consumption of many species is localized and restricted to rare occasions such as casual encounter, while others (e.g., *Carissa edulis*, *Solanum nigrum*, *Zizyphus mauritiana*, and related spp., *Tamarindus indica*) are more frequently consumed all over Ethiopia and beyond, as far as Kenya and other

countries (Ichikawa 1980; Kabuye 1986; Mesfin Tadesse pers. obs.). It is interesting to note that some species (e.g., *Embelia schimperi*, *Myrsine africana*, *Tamarindus indica*) are also widely used in traditional herbal medicine.

A higher number of edible plant species were encountered in the families Fabaceae (12%), Cucurbitaceae and Moraceae (5% each), Tiliaceae, Rosaceae and Vitaceae (4% each), and Anacardiaceae (3%). A few of the edible species, e.g., *Lantana camara*, *Physalis micrantha*, *P. peruviana*, *Prosopis juliflora*, *Solanum nigrum*, and

Vaccaria pyramidata are exotic but widely naturalized.

DISTRIBUTION, USE IN DIETS, AND OVERALL IMPORTANCE

The analysis showed that 144 species have been recorded from altitudes below 1500 m, 148 in the altitudinal range of 1500–2400 m and 81 from above 2400 m a.s.l. Species with wider amplitude and plasticity are found in multiple altitudinal ranges and multiple habitats as well. Habitats that yielded more wild edible plants include forests with 102 species, woodlands 99, grasslands 83, bushlands 52, rocky and dry areas 47, cultivated places 41, and roadsides and disturbed areas 25. Most of these habitats are either converted or being converted to farmlands and settlement areas.

The wild edible plants supplement conventional food sources with some of them being wild relatives of food crops and others, e.g., *Cordeauxia edulis*, considered of high potential as future food crop (Abebe Demissie 1991). Oral tradition and documented sources reveal that in the distant past vegetable food in Ethiopia was being drawn not only from cultivated plants but also from adventives such as weeds in farmlands, natural bushlands, forests and grasslands.

The importance of wild plants as food is believed to have gradually diminished with the advent of cultivation and modernization. However, sporadic consumption of vegetal matter from wild stands has continued with more regularity and higher intake proportion in times of food shortages and civil strife. The analysis showed, as was reported by Amare Getahun (1974), that during normal periods, young males of rural Ethiopia consume more wild fruits. During periods of civil unrest and food shortages, relatively higher intake of wild fruits are reported. Consumption, as raw or cooked leafy vegetables, fruits, seeds, and roots increases between the end of the previous and the beginning of the new harvest period. This is the time of the year when many families exhaust their grain stores and pits, and wait for the next harvest mainly subsisting on unconventional food sources. Wild edibles are reserve foods that fill the food deficit gap of resource poor members of society. Diets of monks, nuns, and hermits, in the past, consisted mainly of wild plant material supplemented by some roasted grains. The buffering effect of wild edible plants against food short-

ages has been documented for Ethiopia (Amare Getahun 1974) and for other countries (Johns and Kokwaro 1991; Kunkel 1983). However, under normal situations the contribution of wild food plants to the overall food delivery of the Ethiopian society is relatively small because they merely serve as supplementary or occasional snacks during certain seasons. For some minority groups in remote rural area of Ethiopia the contribution of wild edible plants to the regular diet is more significant. Most of the plants compiled here are consumed by a wide range of social groups where the plants grow whereas some have a restricted distribution and are used by particular groups.

Although the quantity of wild plant parts consumed may be relatively small, the nutritive value is supposedly significant (Anonymous 1989). In many sub-Saharan African countries some of the plants screened here (e.g., *Solanum nigrum*, *Cleome gynandra*, *Amaranthus* spp.) are regularly cultivated, sold alongside other vegetables, and are parts of the daily menu. In recognition of their multiple roles as food, fodder, medicine, live fence, and shade species, etc., a number of them are deliberately grown around human habitations. Carissa plum (*Carissa edulis*), the Abyssinian rose (*Rosa abyssinica*), raspberries (*Rubus* spp.) and the wild kei apple (*Dovyalis abyssinica*) are among some of the most familiar fruits that frequently appear on fences in many parts of Ethiopia (Zemedu Asfaw and Ayele Nigatu 1995). Domestication is already on the move for some of these plants in Ethiopia and in other African countries.

About 28.6% of the wild food plants are consumed fresh and raw (Table 1). Almost all fruits are usually directly picked and consumed fresh without processing. In a few cases unripe fruits are collected and kept under warm conditions just to enhance the ripening process and also to prevent pest attack. Wild edible fruits are usually damaged by a variety of pests, which impedes harvesting from wild stands on a large scale. Whereas rural people usually consume wild fruits on a regular basis, most leafy wild edible plants draw attention mostly during critical food shortages as in famine periods. The results hint that solving Ethiopia's food scarcity problem could benefit from the biological diversity found in the wild flora. Interest in wild edible plants is growing worldwide on account of potentials and

TABLE 2. EXAMPLES OF VERNACULAR NAMES THAT PROVIDE HINTS FOR EDIBILITY.

Vernacular name (Amharic)	Scientific name	Meaning of name
Yerejna kollo	<i>Lantana trifolia</i> L.	Shepherd's snack
Yebeg lat	<i>Campanula edulis</i> Forssk.	Sheep's tail
Yewof kollo	<i>Lantana camara</i> L.	Bird's snack
Yezinjero geba	<i>Ziziphus mucronata</i> Willd.	Monkey's "geba"
Yewof misir	<i>Vicia sativa</i> L.	Bird's lentil
Yewof gomen	<i>Erucastrum arabicum</i> Fisch. & Mey	Bird's cabbage
Yebereha lomi	<i>Sclerocarya birrea</i> (A. Rich.) Hochst.	Desert lime

promises in diversification of human food sources.

SPECIAL VALUES OF MODERN ETHNOBOTANICAL STUDIES

Analysis of a number of the vernacular names revealed that some of them make direct reference to humans, to wild or domestic animals and to the special botanical or utilizable features of the plants. Plant names referring to social categories usually signify edibility as are those linked up with domestic animals such as sheep, goats and cattle, clever animals such as monkeys, or birds (Table 2). Conversely, vernacular names associated with animals that are generally believed by the concerned society to be dangerous (e.g., hyenas, snakes), filthy (e.g., hogs, stray dogs) or treacherous (e.g., lizards, chameleons) usually indicate nonedibility. In some cases names may actually signal an outright warning to people, especially children, indicating that they should keep away from those plants. The name *yejib-shinkurt* (for *Crinum* spp., Amaryllidaceae), meaning hyena's onion and *yewusha gomen* (for *Solanecio* spp., Asteraceae), meaning dog's cabbage, in the Amharic language, are a few examples.

Other vernacular names are attractive or repulsive. Plants with names of the former type usually indicate sweet taste, odor, flavor, etc. A praise-worthy name is a signal of usefulness or at least harmlessness, e.g., *yeberha lomi* (for *Sclerocarya birrea*), meaning desert lime, in Amharic, or *hola-gabis* (for *Commelina benghalensis*), meaning sheep-fattener, in the Oromo language. The rather scolding or dreadful names of the latter category of plants, on the other hand, are alarms against possible poisons that the plants may contain or hints to a possible danger. The names usually expose the bitter taste, the pungent smell, or the possible physical dam-

age they may inflict. Examples of such plants include *mlas-golgul* (for *Gladiolus candidus* (Rendle) Goldblatt., *Zantheschia aethiopica*, *Arisaema* spp., Araceae), meaning tongue distensor or "that which tows the tongue" and the fungus *demastefi* (for *Chlorophyllum molybditum* (Meyer fr.) Masee), meaning "that which makes one spit blood" in Amharic. Shepherd boys and girls avoid bitter tasting types while they consume quantities of fruits of less bitter/sour types such as *Acokanthera schimperi* and *Mimusops kummel*. *Acokanthera schimperi* is known to be poisonous (Anonymous 1989).

Ethnobotanical approach is helpful in tapping the indigenous knowledge that exists in the oral tradition of communities. The importance that these plants have had through the long years of human existence is usually engraved in certain societal finger prints. Recording and analysis of indigenous knowledge helps unravel hidden wisdom and also develop it as a resource base (Hammer and Mbewe 1994). An analysis of the usually descriptive vernacular names or popular nomenclature (Martin 1995), lines in traditional songs, variety of common sayings, aphorisms, poems, and the like yield important information as they often depict special roles in traditional rural life. Tapping indigenous knowledge through modern ethnobotanical techniques not only helps to know more about the use of the plants concerned but also gives clues to their future development, in situ and ex situ conservation, and sustainable use (Hammer and Mbewe 1994).

POSSIBILITIES FOR DOMESTICATION AND WIDER USE OF WILD EDIBLE PLANTS

The current use status of wild edible plants in Ethiopia represents a living analogue of the path through which all domesticated plants had passed during the course of human civilization,

TABLE 3. COMMON EDIBLE PLANTS CONSIDERED SEMI-WILD OR NATURALIZED (n), DEPICTING THE WILD—SEMIWILD—DOMESTICATED CONTINUUM (* EDIBLE PARTS SOLD IN MARKETS; */+ ALSO SOLD IN MANY STORES ELSEWHERE).

Species	Place of wide usage	Current status	Part consumed
<i>Cordeauxia edulis</i> Hemsl.	Ogaden	harvested	seed
<i>Opuntia ficus-indica</i> (L.) Mill.* (n)	all over	planted, harvested	fruit
<i>Cyperus esculentus</i> L.*	Tigray	harvested	tubers
<i>Physalis peruviana</i> L.* (n)	all over	harvested	fruits
<i>Ximenia</i> spp.*	lowlands	harvested	fruits
<i>Urtica simensis</i> Hochst. ex Steud.	highlands	harvested	leafy shoots
<i>Amaranthus</i> spp. */+	all over	harvested	leafy shoots
<i>Dovyalis</i> spp.*	all over	hedged, harvested	fruits
<i>Ziziphus spina-christi</i> (L.) Willd.	all over	harvested	fruits
<i>Tamarindus indica</i> L. */+	many lowlands	harvested	fruits
<i>Oncoba spinosa</i> Forssk.	Hararge	harvested	fruits
<i>Snowdenia polystachya</i> (Fresen.) Pilg.	all over	harvested	grains
<i>Moringa</i> spp.*	Gamo Gofa	planted, little care	leaves
<i>Solanum nigrum</i> L. (n)	Welayta	harvested	leaves, fruits
<i>Rubus</i> spp.	all over	harvested	fruits
<i>Portulaca</i> spp.	Western Ethiopia	planted	whole plant

as the entire spectrum represents a living analogue of the wild-semiwild-domesticated continuum. Many edible plant species in Ethiopia are represented by both wild and cultivated forms (Appendix 1). While most of the wild edibles are wild, some have rudimentary agrobotanic and sociocultural evidence of anthropogenic influence. Others are clearly in the pipeline towards developing into domesticated crops. Sporadic use, occasional purposeful planting and harvesting, marketability, and proximal growth with gardens, crop fields, and living quarters disclose the position of wild edible species in the line-up of useful plants. Wild plants that are more commonly found in human managed landscapes than in undisturbed areas are regarded as semiwild. They are consumed regularly in small quantities when food is sufficiently available, but in larger quantities, when food is scarce, and are also tolerated around cultivated areas, home gardens and field margins. They are either encouraged or tolerated to grow on fences and fallow fields. While there are many species of this category in Appendix 1, some of the more common ones, which are close to becoming domesticated crops, are given in Table 3. The prickly pear (*Opuntia ficus-indica*) is purposely planted for food and fodder in some parts of Ethiopia (Tewolde Berhan G. E. 1989). The fruits of this species are widely sold on roadsides and in the

market place for income generation. This species is moving towards domestication and there are many such examples with high potential to justify the need for nurturing them into crops. Many wild fruits are favorites for all categories of people under all conditions and their prospects are high. Plants loosely designated as famine/emergency foods account for about 15% (Table 1) of the species in Appendix 1. These may also be regarded as semiwild since they are intensively used during food shortages.

Possibilities exist for domestication of some taxa from the wild supermarket, as described by WWF (1990), while use in genetic improvement of many is obvious. Fruits and other parts of many species can be considered for processing into more palatable and storable food products. Some wild edible fruits, for example, *Dovyalis verrucosa*, *D. abyssinica*, *Carissa edulis*, *Ximenia americana*, *X. cafra*, *Physalis peruviana*, *P. micrantha*, *Solanum nigrum*, *Rosa abyssinica*, *Rubus* spp., *Opuntia ficus-indica*, and *Syzygium guineense* can be processed into jams, marmalades, and jellies. The quantity and quality of food available to rural families can thus be augmented. The fruits may be consumed directly from the wild plants or from those brought into cultivation. The need for domestication of promising wild edible plants for integration into existing land use will ultimately have positive im-

pacts on livelihoods of rural societies. With better delivery system in place, wild edibles could also be promoted for use by urban dwellers, thereby fetching cash for families.

CONSERVATION, DEVELOPMENT, AND PROMOTION OF WILD EDIBLE PLANTS

The conservation and efficient utilization of wild edible plants has never been undertaken by any development-oriented agency nor by the agricultural sector in Ethiopia. There is no conservation program focused to this group either. Many species are endangered as a result of habitat destruction and genetic erosion (cf. Ensermu Kelbessa et al. 1992). *Cordeauxia edulis* (yeheb) is an example of a promising species that has been threatened because of over use in times of crop shortages in southeastern Ethiopia (Abebe Demissie 1991). *Sisymbrium officinale* appears to have gradually lost its importance as a food plant due to changes in food habit that favored the use of the Ethiopian kale and other varieties of cabbage according to information obtained from rural dwellers.

Many people tend to associate consumption of wild plant products with the lack of enough food of the conventional type, i.e., poverty and low status. Urban people taste just a little of such types of food only to conform to the requesting party. This is often also done after much coercion. Young children are enthusiastic towards wild fruits from which they are likely to derive valuable nutrients and, thus, can be of service in promoting them as food. Some wild fruits are sold in markets and along roadsides in towns mostly by women and small children, who also go as far as demonstrating the method of eating as well. The customers are also mostly children and women. As traditional societies that use wild food sources undergo cultural transformation and some species become less frequent in some localities, it may become necessary to reintroduce them and promote their uses among community members.

Being the source of a large number of edible plants, there are many reasons for Ethiopia to address the promotion of potentially useful wild edible species including options for domestication of some. Several species would be further endangered and threatened with extinction if they are left on their own without measures for conservation, cultivation and promotion. Some species have profuse growth habits and may

have a colonizing/ dominating tendency, necessitating appropriate management. Germane management options include protecting natural habitats, encouraging growth of edible species on waste lands, cultivation of edible shrubs and trees as fence, shade, garden and roadside plants, use in revegetation programs, promoting the use among the people of products of wild edible plants, and developing sustainable harvesting, processing, and storage facilities. All told, positive human intervention is needed in order to curb the threat to the biological diversity of the wild edibles, improve food delivery, and maintain environmental integrity.

CONCLUSION

Ethiopia has a large number of plants for human consumption amongst its wild flora with prospects for sustainable use from natural stands or domestication and integration into the cropping system. While plants used in traditional medicinal practices have, comparatively, been well documented (cf. Mesfin Tadesse and Sebebe Demissew 1992; Mesfin Tadesse 1986, 1994a, b, as examples and references therein), wild edible plants have received very little attention. Attention is needed as these species are mostly found in habitats that are already under threat. Many edible species are found in ecosystems converted to agricultural lands and in close association with human dwellings. These have already emerged as possible candidates for domestication while for others sustainable harvesting methods would have to be initiated. Processing of edible wild foods is another way to stimulate their use and interest in their conservation and promotion. Options for utilization of wild edible plants should be combined with scientific research covering their botany, nutrient contents, toxicity and ethnobotany to compile the indigenous knowledge that exists with the people that use the plants. For this prioritization would be necessary in order to draw full attention to the more promising ones immediately. There is also need to develop regulations that would allow for community access, with collective responsibilities that can ensure judicial use of products while caring for nature and respecting community interests.

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APPENDIX 1. WILD/SEMI-WILD EDIBLE PLANTS CONSUMED IN ETHIOPIA. ABBREVIATIONS AND SYMBOLS: A = AMHARIC, AN = ANYWAA, B = BERTA, D = DAWRO, E = ENGLISH, KO = KOMO, M = ME'EN, O = OROMO, S = SOMALI, SD = SIDAMA, T = TIGRIGNA; CL = CLIMBER, SH = SHRUB, TR = TREE, * = NOT INDIGENOUS, BUT NATURALIZED; ** = CONSIDERED SEMI-WILD. NOTE THAT FRUITS ARE EATEN WHEN RIPE. UNLESS OTHERWISE SPECIFIED, ALL VERNACULAR NAMES ARE IN THE AMHARIC LANGUAGE.

Botanical name	Plant family	Vernacular name	Habit	Part(s) consumed, mode of consumption, frequent consumer(s), (remarks)
<i>Acacia abyssinica</i> Hochst. ex Benth.	Fabaceae	Bazra Grar	Tree	Gum chewed
<i>A. albidia</i> Del.	Fabaceae	Grar	Tree	Fruits (flavoring), seeds (boiled)
<i>A. hockii</i> De Willd.	Fabaceae	Tmbogga	Tree/Sh	Gum, (famine food)
<i>A. saligna</i> (Lab.) Wendel.	Fabaceae	—	Tree	Gum, (for food preservation)
<i>A. senegal</i> (L.) Willd.	Fabaceae	Kontir	Shrub/Tr	Seeds
<i>Acokanthera schimperi</i> Benth.	Apocynaceae	Mrenz	Tree	Fruits, raw, by shepherds
<i>Adansonia digitata</i> L.	Bombacaceae	Bamba	Tree	Leaves, as vegetable
<i>Amaranthus caudatus</i> L.**	Amaranthaceae	Aluma	Herb	Stems, leaves, seeds, (famine food)
<i>A. hybridus</i> L.	Amaranthaceae	Katila (M)	Herb	Seeds, (famine food)
<i>Amorphophallus gallaensis</i> (Engl.) N. E. Br.	Araceae	Luyano (An)	Herb	Tuber, cooking, famine food
<i>Ampelocissus abyssinica</i> Planch.	Vitaceae	Hareg-tement (T)	Herb/Cl	Fruits, seeds
<i>A. schimperiana</i> Planch.	Vitaceae	Hareg-tement (T)	Herb/Cl	Fruits
<i>Annona senegalensis</i> Pers.	Annonaceae	Gishta	Tree	Fruits, raw
<i>Arisaema schimperianum</i> Schott	Araceae	Ye-eregnoch tilia/Amoch	Herb	Roots (tubers) (cult. in Gamo Gofa)
<i>Asparagus racemosus</i> Willd.	Asparagaceae	Seriti	Shrub	Roots (tubers), cooked
<i>Balanites aegyptiaca</i> Del.	Balanitaceae	Bedeno	Tree/Sh	Fruits, raw
<i>B. rotundifolia</i> (van Tieg.) Blatter	Balanitaceae	Bedeno	Tree	Fruits, raw, (famine food)
<i>Bauhinia purpurea</i> L.	Fabaceae	—	Tree	Leaves (vegetables), buds (pot herb)
<i>Berchemia discolor</i> Hemsl.	Rhamnaceae	Jejeba (A/O)	Tree	Fruits, raw
<i>Bersama abyssinica</i> Fresen.	Meliastaceae	Azimir, Phoso (M)	Tree/Sh	Leaves, (famine food)
<i>Bidens pilosa</i> L.*	Asteraceae	Junqu (M)	Herb	Leaves, young stems, (famine food)
<i>B. prestinaria</i> (Sch. Bip.) Cufod.	Asteraceae	Abarri (M)	Herb	Leaves (fresh), (famine food)
<i>Borassus aethiopicum</i> Mart.	Arecaceae	Zembaba	Herb	Fruits, seeds, young seedlings
<i>Boswellia papyrifera</i> Hochst.	Burseraceae	Ye-etan Zaf	Tree	Gum, (used as spice)
<i>B. rivae</i> Engl.	Burseraceae	Qura (O)	Tree	Gum
<i>Bridelia micrantha</i> Baill.	Euphorbiaceae	Yegisla-tifir	Herb	Roots
<i>B. scleroneura</i> Muell. Arg.	Euphorbiaceae	Haragillo (B)	Shrub	Fruits, raw, snack for children
<i>Campanula edulis</i> Forssk.	Campanulaceae	Yebeq-lat	Herb	Roots
<i>Canthium oligocarpum</i> Hiern	Rubiaceae	—	Shrub	Fruits
<i>Capparis cartilaginea</i> Decne.	Capparidaceae	Ankuyis	Tree	Fruits, raw
<i>C. decidua</i> Pax	Capparidaceae	Kontir	Shrub	Fruits
<i>C. tomentosa</i> Lam.	Capparidaceae	Gumero	Shrub	Fruits

APPENDIX 1. CONTINUED.

Botanical name	Plant family	Vernacular name	Habit	Part(s) consumed, mode of consumption, frequent consumer(s), (remarks)
<i>Carissa edulis</i> Vahl**	Apocynaceae	Agam	Shrub	Fruits, raw
<i>Cayusea abyssinica</i> (Fresen.) Fisch. & Mey.	Resedaceae	Arencho	Herb	Leaves (boiled), as vegetable
<i>Cayratia ibuensis</i> (Hook. f.) Suesseng	Vitaceae	Ubule?	Herb	Roots (tubers)
<i>Ceratonia siliqua</i> L.	Fabaceae	—	Tree	Fruits, seeds
<i>Cissus cornifolia</i> (Bak.) Planch	Vitaceae	—	Herb/Sh	Fruits
<i>Cleome gynandra</i> L.	Capparidaceae	Akiya (An)	Herb	Leaves, cooking, supplementary for all
<i>Coccinia abyssinica</i> (Lam.) Cogn.	Cucurbitaceae	Anchote (O)	Herb	Fruits, (cultivated)
<i>C. adoensis</i> (Hochst. ex A. Rich.) Cogn.	Cucurbitaceae	—	Herb	Fruits
<i>C. grandis</i> (L.) Voigt.	Cucurbitaceae	Werk-bemeda	Herb	Leaves (boiled), fruits, raw or boiled
<i>Commelina benghalensis</i> L.	Commelinaceae	Yekola Wofankur Holo-gabis (O)	Herb	Roots (tubers), (famine food)
<i>C. latifolia</i> A. Rich.	Commelinaceae	Wofankur	Herb	Roots (tubers), whole plant (pot herb)
<i>Commiphora africana</i> (A. Rich.) Engl.	Bursaceae	Anqua	Tree	Fruits, leaves, root (pith), (famine food)
<i>C. ancistrophora</i> Chiov.	Bursaceae	—	Tree/Sh	Fruits, seeds
<i>C. boiviniana</i> Engl.	Bursaceae	Kooshah?	Tree	Fruits
<i>Corchorus depressus</i> (L.) C. Chr.	Tiliaceae	—	Herb	Leaves
<i>C. olitorius</i> L.**	Tiliaceae	—	Herb	Leaves, as vegetables
<i>C. tridens</i> L.	Tiliaceae	—	Herb	Stems, leaves (vegetables, pot herb)
<i>Cordia africana</i> Lam.**	Boraginaceae	Wanza	Tree	Fruit juice, by children
<i>C. gharaf</i> Ehrenb. ex Aschers.	Boraginaceae	Wanza?	Shrub/Tr	Fruits, raw, by children
<i>C. ovalis</i> R. Br.	Boraginaceae	Qey-wanza	Shrub/Tr	Fruits, raw, by children
<i>Cordeauxia edulis</i> Hemsl.**	Fabaceae	Ye-heb	Shrub	Fruits (raw, roasted), (famine food)
<i>Cucumis jeffreyanus</i> Thulin	Cucurbitaceae	—	Herb	Fruits
<i>C. melo</i> L.	Cucurbitaceae	—	Herb	Fruits
<i>Cyperus bulbosus</i> Vahl	Cyperaceae	Nalgoo?, Wel?	Herb	Roots (tubers), boiled or roasted
<i>C. esculentus</i> L.**	Cyperaceae	Kwenti (T)	Herb	Roots (tubers), roasted, (supplementary)
<i>Cyphia glandulifera</i> Hochst.	Campanulaceae	Kurte (O)	Herb	Roots (tubers), shoots, as vegetables
<i>Cyphostemma adenocaula</i> (A. Rich.) Wild & Drummond	Vitaceae	Aserkush	Herb/Ci	Leaves, roots (tubers), as vegetables
<i>Dioscorea cayenensis</i> Lam.**	Dioscoreaceae	Haya (SD)	Shrub	Roots (tubers), (also cultivated)
<i>D. diumetorum</i> (Kunth) Pax	Dioscoreaceae	—	Herb	Roots (tubers)
<i>D. schimperiana</i> Kunth	Dioscoreaceae	Ankorumba	Herb/Ci	Roots (tubers)

APPENDIX I. CONTINUED.

Botanical name	Plant family	Vernacular name	Habit	Part(s) consumed, mode of consumption, frequent consumer(s), (remarks)
<i>Diospyros mespiliformis</i> Hochst.	Ebenaceae	Betre musie	Tree	Fruits, fresh (raw)
<i>Diplophium africanum</i> Turc. Z.	Apiaceae	Dog	Herb	Stem juice, (to quench thirst)
<i>Dobera glabra</i> (Forssk.) Juss.	Salvadoraceae	Garsa (AF)	Tree/Sh	Fruits, boiled, (famine food)
<i>Dovayalis abyssinica</i> (A. Rich) Warb. **	Flacourtiaceae	Koshim	Shrub	Fruits, raw
<i>D. verrucosa</i> (Hochst.) Warb.	Flacourtiaceae	Hokoku (O), Mentoflas	Shrub	Fruits, raw
<i>Duranta erecta</i> L.	Verbenaceae	Muatish	Shrub	Fruits
<i>Ehretia cymosa</i> Thonn.	Boraginaceae	Game	Tree	Fruits
<i>Embelia schimperii</i> Vatke	Myrsinaceae	Enkoko	Shrub/Cl	Leaves
<i>Eragrostis aethiopica</i> Chiov.	Poaceae	—	Herb	Fruit (grains)
<i>E. pilosa</i> (L.) P. Beauv.	Poaceae	—	Herb	Fruit (grains), (as famine food)
<i>Eriosema cordifolium</i> Hochst.	Fabaceae	Yemidir-kolo	Herb	Roots (tubers)
<i>E. shirensense</i> Bak. f.	Fabaceae	—	Herb	Roots
<i>Eruca sativa</i> Hill	Brassicaceae	Endurkuar (T)	Herb	Young plant (salad), seeds
<i>Erucastrum abyssinicum</i> R. E. Fries	Brassicaceae	Gomen-zer	Herb	Leaves, stems (cooked), (famine food)
<i>E. arabicum</i> Fisch. & Mey.	Brassicaceae	Yewof-gomen	Herb	Leaves, stems (vegetables), (famine food)
<i>Euclea schimperii</i> (A. DC.) Dandy	Ebenaceae	Dedeho	Shrub	Fruits, raw, by children
<i>Eugenia uniflora</i> L.	Myrtaceae	Qrnfud	Shrub	Fruits
<i>Ferula communis</i> L.	Apiaceae	Dog	Herb	Stems, (famine food)
<i>Ficus capreifolia</i> Del.	Moraceae	Lugo (O)	Tree	Fruits, raw
<i>F. ovata</i> Vahl	Moraceae	Sholla	Tree	Fruits, raw, by children (+ adults)
<i>F. palmata</i> Forssk.	Moraceae	Beles	Shrub	Fruits, raw, by children (+ adults)
<i>F. sycamoros</i> L.	Moraceae	Sholla	Tree	Fruits
<i>F. sur</i> Forssk.	Moraceae	Sholla	Tree	Fruits, raw, by children (+ adults)
<i>F. thonningii</i> Blume	Moraceae	Dembi (O)	Tree	Fruits, raw, by children (+ adults)
<i>F. vallis-choudae</i> Del.	Moraceae	Bambulede	Tree	Fruits, raw, by children (+ adults)
<i>F. vasta</i> Forssk.	Moraceae	Warka	Tree	Fruits, raw, by children (+ adults)
<i>Flacourtia indica</i> Merr.	Flacourtiaceae	Menedem	Tree	Fruits, raw
<i>Flueggia virosa</i> (Willd.) Voigt	Euphorbiaceae	Kechachilo	Shrub	Fruits
<i>Garcinia livingstonei</i> T. Anders.	Guttiferae	—	Shrub/Tr	Fruits
<i>Gardenia ternifolia</i> subsp. <i>jovis-tonantis</i>				
Schum. ex Thonn.	Rubiaceae	Gambilo (O)	Tree	Fruits, raw
<i>Girardinia diversifolia</i> (Link) Friis	Urticaceae	Hidi (O)	Herb	Leaves, as vegetable
<i>Grewia bicolor</i> Juss.	Tiliaceae	Seffa	Shrub	Fruits
<i>G. ferruginea</i> Hochst. ex A. Rich.	Tiliaceae	Lenkoata	Shrub	Fruits

APPENDIX 1. CONTINUED.

Botanical name	Plant family	Vernacular name	Habit	Part(s) consumed, mode of consumption, frequent consumer(s), (remarks)
<i>G. mollis</i> Juss.	Tiliaceae	Kawat	Shrub	Fruits
<i>G. tembensis</i> Fresen.	Tiliaceae	Awraaris	Shrub	Fruits
<i>G. tenax</i> (Forsk.) Fiori	Tiliaceae	Oqombi (O)	Shrub	Fruits
<i>G. villosa</i> Willd.	Tiliaceae	Gogo Harsti (T)	Shrub	Fruits
<i>Hypoxis obtusa</i> Burch.	Hypoxidaceae	Yerejina-joro	Herb	Stems (corns), raw
<i>H. villosa</i> (L.f.) Call	Hypoxidaceae	Yerejina-joro	Herb	Stem (corns), raw
<i>Hyphaene thebaica</i> (L.) Mart.	Arecaceae	Zembaba	Herb	Fruits (nuts)
<i>Ipomoea aquatica</i> Forssk.	Convolvulaceae	Karia-hareg	Herb/Cl	Leaves, young stems, as vegetables
<i>Jasminum abyssinicum</i> Hochst. ex DC.	Oleaceae	Tembelel	Shrub/Cl	Leaves, (as condiment)
<i>Kedrostis pseudogitfey</i> (Gilg.) C. Jeffrey	Cucurbitaceae	—	Herb	Leaves, (famine food)
<i>Kigelia africana</i> Fenzl.	Bignoniaceae	Barut (M)	Tree	Fruits, (famine food)
<i>Landolphia buchananii</i> Stapf	Apocynaceae	Hebi (O)	Shrub/Cl	Fruits
<i>Lannaea malifolia</i> (Chiov.) Sacl.	Anacardiaceae	—	Tree	Fruits, seeds
<i>L. schimperii</i> (A. Rich.) Engl.**	Anacardiaceae	Dareku (O)	Tree	Fruits, seeds
<i>Lantana camara</i> L.*	Verbenaceae	Yewof Kollo	Shrub	Fruits, raw, by children (cultivated, naturalized)
<i>L. trifolia</i> L.	Verbenaceae	Yerejina Kollo	Shrub	Fruits
<i>Launaea taraxacifolia</i> Amin ex Boulos	Asteraceae	Hangoleita (O)	Herb	Leaves, as vegetables
<i>Lepisanthes senegalensis</i> Leenh.	Sapindaceae	Sembo (A, O)	Tree	Fruits
<i>Leucas calostachys</i> Oliv.	Lamiaceae	Hantidi (M)	Herb	Leaves, (famine food)
<i>Lippia javanica</i> (Burm. f.) Spreng.	Verbenaceae	Koseret	Shrub	Whole plant, (as condiment)
<i>Luffa cylindrica</i> L.	Cucurbitaceae	—	Herb/Cl	Fruits & young leaves, as vegetables (also cultivated)
<i>Maesa lanceolata</i> Forssk.	Myrsinaceae	Kelewa	Shrub/Tr	Fruits, (for greasing baking plate)
<i>Manilkara butugi</i> Chiov.	Sapotaceae	Butugi, Cohoborch (M)	Tree	Fruits (famine food)
<i>Maytenus heterophylla</i> (Eckl. & Zeyh) Robson	Celastraceae	Atat	Shrub	Fruits
<i>Mentha aquatica</i> L.	Lamiaceae	Koricha lega (O)	Herb	Whole plant, (for flavoring)
<i>Meriandra bengalensis</i> Benth.	Lamiaceae	Nechilo	Herb/Sh	Whole plant
<i>Mimusops kummel</i> Hochst. ex A. DC.	Sapotaceae	Eshc	Tree	Fruits, raw
<i>Momordica foetida</i> Schumacher.	Cucurbitaceae	Yekura-hareg	Herb/Cl	Fruit pulp, young leaves
<i>Moringa oleifera</i> Lam.	Moringaceae	Aleku	Shrub	Leaves & young stems, cooked as vegetables, (also cultivated)
<i>M. stenopetalata</i> (Bak. f.) Cufod.	Moringaceae	Aleku	Tree	Leaves & young stems, cooked as vegetables, (also cultivated)
<i>Myrsine africana</i> L.	Myrsinaceae	Kechemo	Shrub	Fruits, seeds

APPENDIX 1. CONTINUED.

Botanical name	Plant family	Vernacular name	Habit	Part(s) consumed, mode of consumption, frequent consumer(s), (remarks)
<i>Ocimum gratissimum</i> L.	Lamiaceae	Antheba	Shrub	Leaves, stems, (aromatic)
<i>Oncoba spinosa</i> Forssk.	Flacourtiaceae	Jibo (O)	Tree	Fruit pulp, raw
<i>Opuntia ficus-indica</i> (L.) Mill. */**	Cactaceae	Yekola-kulkual	Shrub	Fruits, raw, (also cultivated)
<i>O. stricta</i> Haworth*	Cactaceae	—	Shrub	Fruits, raw, leaves, ???
<i>Oxalis corniculata</i> (A. Rich.) Munro	Oxalidaceae	Yefyel chew	Herb	Leaves (salty), raw, by children
<i>Oxytenanthera abyssinica</i> (A. Rich.) Munro	Poaceae	Shimel	Herb	Fruits
<i>Pappea capensis</i> Eekl. & Zeyh.	Sapindaceae	Bika?	Tree	Fruits, seeds
<i>Parkinsonia aculeata</i> L.	Fabaceae	—	Tree/Sh	Fruits
<i>Peponium vogelii</i> (Hook. f.) Engl.	Cucurbitaceae	Sompa?	Herb/Cl	Fruits
<i>Pergularia daemia</i> (Forssk.) Chiov.	Asclepiadaceae	Eise-hareg	Herb/Cl	Root (tubers), leaves, fruits
<i>Physalis micrantha</i> Link.*	Solanaceae	Awt	Herb	Fruits, raw, by children
<i>P. peruviana</i> L.*/**	Solanaceae	Awt	Herb	Fruits, raw, (rarely cultivated)
<i>Ptilostigma thonningii</i> (Schum.) Milne-Redh.	Fabaceae	Dabdi	Tree	Fruits, leaves
<i>Pistacia aethiopica</i> Kokwaro	Anacardiaceae	—	Tree/Sh	Seeds
<i>Pithecellobium dulce</i> (Rexb.) Benth.	Fabaceae	—	Tree/Sh	Seeds
<i>Portulaca oleracea</i> L.**	Portulacaceae	Antare	Herb	Shoots, as vegetables, (famine food)
<i>P. quadrifida</i> L.	Portulacaceae	Antare	Herb	Shoots, as vegetables, (famine food)
<i>Prosopis juliflora</i> (Sw.) DC.*	Fabaceae	Woyane (AF)	Tree	Fruits
<i>Pterocarpus lucens</i> Guill & Perr.	Fabaceae	Mobungo (S)	Tree	Leaves, as vegetables
<i>Pyrenacantha kaurabassana</i> Baill.	Icacinaeae	Phagh (Ko)	Shrub (Cl)	Tuber, ash-salt, additive
<i>Rhamnus staddo</i> A. Rich.	Rhamnaceae	Tsedo (T)	Shrub	Leaves, roots, (for food flavouring)
<i>Rhoicissus revouilii</i> Planch.	Vitaceae	Daga-cebsa (O)	Shrub/Cl	Fruits
<i>R. iridentata</i> (L. f.) Willd. & Drummond	Vitaceae	Wedel-asfess	Shrub/Cl	Fruits
<i>Rhus glutinosa</i> A. Rich.**	Anacardiaceae	Embs	Shrub	Fruits, seeds, by children
<i>R. natalensis</i> Krauss.	Anacardiaceae	Kimo	Shrub	Fruits, raw, by children
<i>R. vulgaris</i> Meikle	Anacardiaceae	Ye-ahiya-talo	Shrub	Fruits, raw, by children
<i>Rosa abyssinica</i> R. Br.**	Rosaceae	Qeega	Shrub	Fruits, raw
<i>Rubus apetalus</i> Poir.	Rosaceae	Yedega-enjori	Shrub	Fruits, raw
<i>R. erlangeri</i> Engl.	Rosaceae	Enjori	Shrub	Fruits, raw
<i>R. niveus</i> Thunb.	Rosaceae	Enjori	Shrub	Fruits, raw
<i>R. pinnatus</i> Willd.	Rosaceae	Yekola-enjori	Shrub	Fruits, raw
<i>R. rosifolius</i> Sm.	Rosaceae	Enjori	Shrub	Fruits, raw
<i>R. steudneri</i> Schweinf.**	Rosaceae	Enjori	Shrub	Fruits, raw

APPENDIX 1. CONTINUED.

Botanical name	Plant family	Vernacular name	Habit	Part(s) consumed, mode of consumption, frequent consumer(s), (remarks)
<i>R. volkensii</i> Engl.	Rosaceae	Enjori	Shrub	Fruits, raw
<i>Rumex abyssinicus</i> Jacq.	Polygonaceae	Mekmeko	Herb	Leaves, as vegetables, roots, (condiment)
<i>R. nervosus</i> Vahl	Polygonaceae	Embuacho	Herb/Sh	Leaves, stems, as vegetables
<i>Saba comorensis</i> (DC.) Richen.	Apocynaceae	Dugi?	Shrub/Cl	Fruits
<i>Salvadora persica</i> L.	Salvadoraceae	Ye-Harer Mefakia	Tree/Sh	Fruits
<i>Salvia schimperii</i> Benth.	Lamiaceae	Yewisha-dinbilal	Herb	Fruits (oil), whole plant (condiment)
<i>Sarcocephalus latifolius</i> (Sm.) Bruce	Rubiaceae	—	Tree	Fruits
<i>Satureja paradoxa</i> (Vatke) Engl.	Rubiaceae	Tosinyi (O)	Herb	Leaves, (as tea, condiment)
<i>Sclerocarya birrea</i> (A. Rich.) Hochst.	Anacardiaceae	Yebertha-lomi	Tree	Fruits
<i>Senna bicapsularis</i> (L.) Roxb.	Fabaceae	—	Shrub	Fruits, raw
<i>S. obtusifolia</i> (L.) Irwin & Barneby	Fabaceae	Ajada (An)	Herb	Leaves, cooked, famine food
<i>S. occidentalis</i> (L.) Link	Fabaceae	Senemeki (O)	Shrub	Seeds, (as coffee, famine food)
<i>S. petersiana</i> (Bolle) Lock	Fabaceae	Leleba-mar	Tree/Sh	Fruits, seeds
<i>Sicyos polyacantha</i> Cogn.	Cucurbitaceae	—	Herb/Cl	Fruits
<i>Sisymbrium irio</i> L.	Brassicaceae	Demet	Herb	Shoots, as vegetables, (famine food)
<i>S. officinale</i> (L.) Scop.	Brassicaceae	Gere (O)	Herb	Shoots, as vegetables, (famine food)
<i>Snowdenia polystachya</i> (Fresen.) Pilg.**	Poaceae	Muja	Herb	Fruits (grains), (famine food)
<i>Solanum nigrum</i> L. */**	Solanaceae	Awt	Herb	Fruits, raw; leaves, as vegetables
<i>Sporobolus pyramidalis</i> P. Beauv.	Poaceae	?	Herb	Fruits (grams), (famine food)
<i>Syzygium guineense</i> (Willd.) DC.	Myrtaceae	Dokma	Tree	Fruits, raw
<i>Tamarindus indica</i> L. */**	Fabaceae	Humer	Tree	Fruit (pulp), raw
<i>Tarenna graveolens</i> (S. Moore) Bren.	Rubiaceae	Galo (O)	Tree/Sh	Fruits
<i>Teclea nobilis</i> Del.	Rutaceae	Hadessa (A. O)	Tree	Fruits
<i>Thymus schimperii</i> Ronn.	Lamiaceae	Tosign	Herb	Leaves, (as condiment)
<i>Toddalia asiatica</i> (L.) Lam.	Rutaceae	Kulasa (O)	Shrub/Cl	Fruits

APPENDIX 1. CONTINUED.

Botanical name	Plant family	Vernacular name	Habit	Part(s) consumed, mode of consumption, frequent consumer(s), (remarks)
<i>Tragia pungens</i> (Forssk.) Muell.-Arg.	Euphorbiaceae	Sese (M)	Shrub	Leaves, (famine food)
<i>Tylosema fassoglensis</i> Torre & Hill	Fabaceae	—	Shrub/Cl	Fruits
<i>Urtica simensis</i> Hochst. ex Steud.	Urticaceae	Sama	Herb	Leaves, stems (pot herb), (famine food)
<i>Vaccaria pyramidata</i> Medic.*	Caryophyllaceae	Ye-behar kimem	Herb	Whole plant, (as condiment)
<i>Vangueria madagascariensis</i> Gmel.	Rubiaceae	Bururi (O)	Tree/Sh	Fruits
<i>Vernonia amygdalina</i> Del.	Asteraceae	Grawa	Shrub/Tr	Leaves for cleaning beer pots
<i>Vicia hirsuta</i> (L.) S. F. Grey	Fabaceae	—	Herb	Leaves/stems/seeds (cooked, roasted)
<i>V. sativa</i> L.	Fabaceae	Ye-wof Misir	Herb	Seeds, young stems, leaves
<i>V. villosa</i> Roth.	Fabaceae	—	Herb	Whole plant, as vegetables
<i>Vigna fischeri</i> Harms.	Fabaceae	—	Herb	Flowers (cooked)
<i>V. subterranea</i> (L.) Verdc.	Fabaceae	Fool (T)	Herb	Seeds, fresh (raw), boiled (also cultivated)
<i>Vitex doniana</i> Sw.	Verbenaceae	Dufoo (D)	Tree/Sh	Fruits, leaves
<i>Warburgia ugandensis</i> Sprague	Canellaceae	Zogdom	Tree	Fruits, (as food seasoning)
<i>Woodfordia uniflora</i> Salisb.	Lythraceae	Marmarte (O)	Shrub	Fruits
<i>Ximения americana</i> L.**	Olacaceae	Enkoy	Shrub	Fruits, raw
<i>X. caffra</i> Sond.**	Olacaceae	Enkoy	Shrub	Fruits, raw
<i>Ziziphus mauritiana</i> Lam.	Rhamnaceae	Qurqura, Geba	Tree/Sh	Fruits, raw
<i>Z. mucronata</i> Willd.	Rhamnaceae	Ye-znjero Geba	Shrub	Fruits, raw
<i>Z. spina-christi</i> (L.) Willd.**	Rhamnaceae	Qurqura, Geba	Tree	Fruits, raw