



Knowledge is Ncah!

Traditional Knowledge

DID YOU KNOW THAT HUMANS HAVE USED PLANTS FOR THEIR HEALING PROPERTIES FOR THOUSANDS OF YEARS?



DEMONSTRATION:
A WELL-KNOWN
REMEDY FOR KEEPING
SKIN PIMPLE-FREE

WHAT YOU WILL NEED:
A few fresh potatoes, $\frac{1}{3}$ cucumber
(optional), water, grater, 2 bowls, sieve/
colander, facecloth



What to do:



1 Peel and rinse the potatoes.



3 Use the sieve/colander to strain juice from the pulp into another bowl.



2 Grate the potatoes into a bowl.
Optional: peel, rinse, and grate the cucumber into the potato pulp.



4 Use the facecloth to apply the juice over your face. After a few minutes rinse your face with clean water.
You could also place slices of potato or cucumber on your eyelids for 10-15 minutes to relieve puffiness and lessen dark circles.

CHECKING FOR ALLERGIES IS VITAL BEFORE APPLYING ANYTHING TO YOUR SKIN. APPLY THE JUICE ON YOUR ARM AND WAIT FOR 10 MINUTES. IF YOUR SKIN ITCHES, WASH IT OFF – YOU MIGHT BE ALLERGIC.



What is happening?

The potato juice is **alkaline**, and helps rid the skin of harmful bacteria that produce inflammation (this is why many men in South Africa rub their heads with potato after they shave!) It also has enzymes, sugars, starches and a high vitamin C content which combine to exfoliate the skin (remove dead skin cells).

Cucumbers are 95% water, and this water, combined with its vitamin E and natural fats, softens and returns moisture to the skin.

CAN YOU THINK OF OTHER HOUSEHOLD VEGGIES AND FRUITS THAT ARE USED FOR NATURAL REMEDIES? ASK YOUR PARENTS OR GRANDPARENTS IF THEY CAN THINK OF ANY.



WHO WOULD HAVE THOUGHT THESE COMMON VEGGIES PACKED SUCH A PUNCH???



Because of South Africa's amazing plant diversity, lots of knowledge about natural remedies has been passed down the generations. We call this "traditional knowledge" and it's really valuable because we can use it to benefit many people and communities.



Photo by Marco Schmidt, 2008, wiki commons

One plant like this is the kraalbos (fancy name: *Galenia africana*) from the Northern Cape. It was first used by the Khoisan people for its anti-fungal properties. Now, anti-fungal kraalbos products like soap and herbicides are set to be produced and sold. And, benefit-

sharing agreements have been signed so that the local communities, who have treasured this knowledge for generations, will benefit from the sales! Ncah!

CAREERS

IF YOU'RE INTERESTED IN PLANTS, WHY NOT THINK ABOUT BECOMING A BOTANIST OR A HORTICULTURALIST? IF YOU'RE INTERESTED IN MEDICINE, YOU COULD BECOME A PHARMACIST OR A DOCTOR!



CURRICULUM LINKS:

- **Knowledge areas:** Life at molecular, cellular, and tissue level; Diversity, change and continuity
- **Themes:** Chemistry of life, Biodiversity – plants



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