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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Botanical name | Common name | Indigenous | Use: medicinal | Use: cosmetic | Use: aromatic | Use: culinary | Special medicinal properties/uses | Parts used |
| Allium sativum | Garlic | N | Y | N | N | Y | Anti-bacterial | Roots |
| Aloe ferox | Bitter aloe | Y | Y | Y | N | N | Laxative, skin blemishes | Leaves |
| Aloe vera | Aloe | N | Y | Y | N | N | Laxative, skin blemishes | Leaves |
| Artemisia afra | Wilde-als | Y | Y | N | N | N | Intestinal worms | Leaves |
| Aspalathus linearis | Rooibos | Y | Y | Y | Y | Y | Anti-oxidant | Leaves |
| Bulbine natalensis | Bulbine | Y | Y | Y | N | N | Wounds and burns | Leaves |
| Calendula officinalis | Marigold | N | Y | Y | Y | Y | Anti-inflammatory | Flowers |
| Carpobrotus edulis | Sour fig | Y | Y | N | N | Y | Wounds and burns | Leaves |
| Cinnamomum zeylanicum | Cinnamon | N | Y | Y | Y | Y | Astringent | Bark |
| Citrus limon | Lemon | N | Y | Y | Y | Y | Antiseptic | Fruit |
| Clivia miniata | Clivia | Y | N | N | N | N | Poisonous, don’t eat! | Whole plant |
| Cyclopia | Honey bush | Y | Y | Y | N | Y | Anti-oxidant | Leaves |
| Harpagophytum procumbens | Devils claw | Y | Y | N | N | N | Arthritis | Roots |
| Hypoxis hemerocallidea | African potato | Y | Y | Y | N | N | Anti-inflammatory | Roots |
| Lavendula dentata | Lavender | N | Y | Y | Y | Y | Antiseptic | Leaves, flowers |
| Leonotis leonoris | Wild dagga | Y | Y | N | N | N | Bronchitis | Leaves |
| Melaleuca alternifolia | Tea tree | N | Y | Y | Y | N | Anti-septic | Leaves |
| Menta longifolia | Wild mint | Y | Y | Y | Y | Y | Decongestant | Leaves |
| Passiflora incarnata | Passion flower | N | Y | N | N | Y | Anxiety | Leaves |
| Plantago major | Plantain | Y | Y | N | N | N | Antibiotic | Leaves |
| Rosemarinus officinale | Rosemary | N | Y | Y | Y | Y | Low blood pressure | Leaves |
| Ruta graveolens | Rue | N | Y | N | N | N | Arthritis | Leaves |
| Saliva officinalis | Sage | N | Y | Y | Y | Y | Anti-bacterial | Leaves |
| Salix spp. | Willow | N | Y | N | N | N | Anti-inflammatory | Bark |
| Silybum marianum | Milk thistle | N | Y | N | N | N | Liver protection | Seed |
| Stellaria media | Chickweed | N | Y | N | N | Y | Eczema | Leaves |
| Sutherlandia frutescens | Cancer bush | Y | Y | N | N | N | Diabetes | Leaves |
| Taraxacum officinale | Dandelion | N | Y | Y | N | Y | Diuretic | Leaves, roots |
| Thymus vulgaris | Thyme | N | Y | Y | Y | Y | Antiseptic | Leaves |
| Valeriana officinalis | Valerian | N | Y | N | Y | N | Sleeplessness | Root |
| Zantedeschia aethiopica | Arum lily | Y | Y | N | N | N | Wounds and burns | Leaves |
| Zingiber officinale | Ginger | N | Y | Y | Y | Y | Antiseptic | Root |