

FIELD GUIDE TO THE PLANTS OF

NORTHERN BOTSWANA

INCLUDING THE **OKAVANGO DELTA**

USEFUL IN COUNTRIES AND GEOGRAPHICAL AREAS ADJACENT
TO NORTHERN BOTSWANA IN THE ZAMBESI BASIN

PLANTS AND BELIEF SYSTEMS

When enjoying looking at plants in Botswana and reading about their local names, uses and beliefs, the information gathered in this book should be treated with great respect. Nature and especially plants and their uses are an integral part of the belief systems of people living in Botswana. Many medicinal uses reported here will not be effective without contemplation of the wishes of the gods and ancestors, and without meditation as to the result that is sought. Botswana rarely use hallucinogenic plants: their belief systems and meditative powers are considered the most effective means of achieving desired results.

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