

### Activity sheet / Aktiwiteitsblad

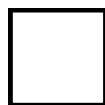
How many of these plants can you find in the garden?  
Hoeveel van hierdie plante kan jy in die tuin vind?

Make a cross in the square when you spot that flower in the garden and see how many you find!

Yenza umnqamlezo kwisikwere xa ubona elo ntyatyambo egadini uze ubone ukuba zingaphi ozifumanayo!



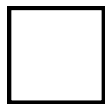
***Eriocephalus africanus***  
**Wildrosemary (E),**  
**Kapokbos(A)**



A strongly aromatic grey shrub with fluffy white seed heads. Birds use their fluffy, cottony seeds to line their nests.



***Leonotis leonurus***  
**Lion's Ear (E),**  
**Umfinafincane (X),**  
**Duiwelstabak (A)**



A shrubby plant with whorls of orange flowers is used as a traditional remedy and attracts nectar-feeding birds, especially sunbirds.



***Thamnochortus spicigerus***  
**Dune Thatchreed (E),**  
**Dekriet (A)**



This robust restio with upright reed-like stems and brown flowering bracts was traditionally harvested for thatching. The family 'Restionaceae' comes from the Latin word, restis, meaning 'a rope', which the plant can be used for.



Scan the QR-codes to learn more!  
Skandeer die QR-kodes om meer te leer!



***Lessertia frutescens***  
**Cancer bush(E),**  
**Umnwele (X),**  
**Kankerbos (A)**



A well-known medicinal shrub with scarlet flowers and bitter-tasting leaves.



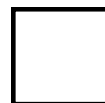
***Salvia aurea***  
**Brown sage (E),**  
**Geelblomsalie (A),**  
**Usikiki (X)**



This resilient shrub with aromatic golden-green leaves and bronze, violet flowers attracts many pollinators.



***Helichrysum petiolare***  
**Silver bush everlasting (E),**  
**Imphepho (X), Kooigoed (A)**



This woolly-leaved shrub is used extensively in traditional healing, ancestral rituals, and also burned as incense. Its silver foliage brings calm and contrast to indigenous gardens.



**Disclaimer: Information on medicinal plants is for educational purposes only, and not intended as medical advice or treatment. The publishers assume no liability for the misuse of information.**