OUR WOODLAND
Lynedoch Eco-Village, Stellenbosch

2019
OUR WOODLAND

The woodland has been in creation since the early 2000’s. Over the years hundreds of trees, plants and shrubs - all indigenous - have been planted by students, staff and visitors to help regenerate the ecosystem and create a space that can be enjoyed by all, humans and animals alike.

“It provides support and dare I say comfort as you walk in here, and that’s really the Woodland as it is coming to be.

Every time you walk, you see something new, which is part of a woodland. It’s not regimented. We just open it up and hope it will reveal itself. It’s a manifestation through nature of what life is about.

The children when they walk, end up here, and they walk just around the labyrinth. The fascination of just going around in a very primitive early form of design, they’re introduced to that in a way that is actual, because they are walking.”

Bryce Anderson,
Senior Gardener, Lynedoch Land

“It is no exaggeration to say that Lynedoch Woodland is the village’s lung - bringing fresh air, fresh ideas and life into the village.

We set up a trust to protect the land in perpetuity, and we have been exceptionally fortunate to have our very own “man who planted trees”. Bryce with his dedicated team have imagined, created and tended this exquisite space over the last two decades.

From indigenous planting to the carefully laid paths and wet weather pools Lynedoch Woodlands provides beauty, sanctuary and succour to its human visitors from the youngest to the oldest.”

Lynedoch Land Trust - Eve Annecke, Teresa Graham, Bryce Anderson and Sally Wilton
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APODYTES DIMIDIATA

White Pear

A protected, evergreen tree, this is one of the best-known forest trees in southern Africa. It has a very hard wood suitable for agricultural tools, hut building and furniture. In traditional Zulu culture, it is used to treat intestinal parasites and ear inflammation.

BUDDLEJA SALIGNA

A high pollen producer makes this tree popular amongst bee farmers. The leaves can be used to treat coughs and colds, if boiled, ground up and ingested. The wood is great for building furniture as well as burning as a source of fuel to start fires because it burns with intense heat.
The name Buddleja was given to this fast growing shrub after it was identified by an English botanist in the 17th century. Being fragrant adds to its appeal amongst those wanting to have a hedge in their gardens, as well as an abundance of butterflies.

Fresh and dried leaves can be made into a fragrant tea while the roots can be made into a remedy for coughs, colds and relief from colic.
Just like this tree has many names, it has many uses! All of them involve some sort of cleansing attribute. In South Africa, culpurnia leaves and powdered roots are used to destroy lice and relieve itchiness. Some parts of the tree are used to kill maggots and the leaves are used to relieve rashes on the skin. In East Africa, leaf sap is used to destroy maggots in wounds. In Nigeria, the seeds are used to treat abscesses, and in Ethiopia it is used to treat stomach complaints, headaches, eye diseases, amoebic dysentery, scabies and as an insecticide.

Insects such as carpenter bees visit the flowers often and Dassies eat the flower buds and young leaves.
Calpurnia Aurea
Also referred to as the African Thought Tree, it sits in the same family as cannabis.

If growing in rocky regions the tree will dwarf naturally and this will have the same results as keeping a bonsai would.

The wood is also thought to have magical properties and when mixed with crocodile fat a charm against lightning is created. Many people believe that it has the power over evil. African people once made pegs out of the wood from this tree and drove them into the ground to keep witches away.
small transformations are the best they may be the only ones worth the intention Bryce

Celtis Africana
DODONEA ANGUSTIFOLIA

The seeds are dispersed easily by the wind thanks to having three “wings” and this shrub is planted to help prevent erosion.

DOVYALIS CAFFRA

Having originated from the Kei River, this medium sized tree is native to South Africa. Bearing tasty yellow fruit, named “Kei apples” that are tangy and edible raw, coated in sugar or in jams makes it an attractive tree to plant. Being drought and salt resistant aids with coastal landscaping in a country like South Africa.
soft opening
of the heart
in the face
of beauty
mannered
mystery
holding healing
in its deeps

Bryce
The bark is harvested and used to make a renewable material called “barkcloth”.

This unique fabric is incorporated by skilled artisans into fashion, accessories, homewares, art and other items.

Creating a global demand for barkcloth means sustainable jobs for many in East Africa.
This plant grows easily in mediterranean areas of the world and its anti-inflammatory properties make it the perfect remedy for athlete's foot, acne, frostbite and burns.
Grewia Robusta

Karoo Crossberry

A heavy fodder plant which is eaten often as a staple diet of game and livestock. The berries that grow on this plant can be eaten either raw or cooked and have a pleasant acidic taste.
KIGGELARIA AFRICANA

Wild Peach | Umkokoko

The hardish pink - brown wood was once the material used to make station wagon wheels, thanks to its sturdiness!

Some cultures believe that touching the bark can attract lightning, and ancient cultures in Africa used the leaves of the “wild peach” to protect their kraals.
Traditionally the bark was used as a strengthening potion in kraals when an elder had died, as well as remedies for coughs and colds. The nectar is produced in large quantities which makes this tree great for honey production.
Early Cape settlers used the fruits of the Wild Olive to cure diarrhoea and traditional uses include using remedies as eye lotions and tonics, to lower blood pressure, improve kidney functions and deal with sore throats.

Suitable for bonsai and making furniture (wonderful for doll-houses, the wood is already small!)
an orange moon
in May moves
into the darkening blue
above the forest frieze
bespeaking
a harvest time
not yet expected
but awaited
from the heart

Bryce
PLECTRANTHUS

Spur Flower

The largest South African genus in the mint family, with 44 species natural to our region, this plant is used in medications to treat digestion issues, skin irritations and respiratory problems as well as being used as foods and flavourants.
PODOCARPUS ELONGATUS

*Breede River Yellowood*

Otherwise known as the Breede River Yellowwood (*Breeriviergeelhout*) this tree will forever be remembered by the people who were lucky enough to experience the great, private, magical area it created in Kirstenbosch Botanical Gardens (Cape Town).

Unfortunately it was not strong enough to stand the Cape Doctor, even though its bark is used to make furniture.
PODOCARPUS FALCATUS

Outeniqua Yellowwood

Along with its ability to replace exotic pine, the Outeniqua Yellowwood bears edible fruit and its sap can be used to ease chest pain. It is a fast growing tree that can be used for decoration around Christmas time.

PODOCARPUS LATIFOLIUS

Yellowwood

The “real yellowwood” has been used for many years as building material for anything from floors to furniture.
spring flowers
punctuate the land
with petalled splendour
colour and line
drawn from the earth
with careless
faithfulness

Bryce
The tree got its names after it was noticed to bear vibrantly coloured flowers during the spring-time. Polygala was first recorded in 1860 by a German botanist, when he recorded Cape Malays scraping off the bark and mixing it with water, stirring it until it frothed and washing their dead before burial. This is no longer in use but research is being done to confirm the Polygalas’ antibacterial properties.
Protea Lanceolata
PROTEA LANCEOLATA

This small shrub makes for a perfect coastal garden windbreak and will attract birds. This little plant is under threat by the Rooikrans as well as urbanization and should continue to be monitored and encouraged to grow.

Its long vase life and hardy growing abilities make it a good rootstock to graft other plants onto.
incense
of ashes

the past
sighs

with significance
drained

life-time’s
perceptions
decomposed
at a glance

freedom
granted

at no cost
except the loss

of cherished
delusions

Bryce
RAPANEA MELANOPHLOEOS

*Cape Beech*

This spindly tree makes for a good sea-side garden plant, and bears purple berries once matured. The grey bark is used by Nguni people as a charm against evil spirits.
small transformations are the best they may be the only ones worth the intention

Bryce
RAUVOLFIA CAFFRA

Quinine Tree

This fast-growing decorative tree has many uses, the bark is used for dressing wounds and contains properties that kill maggots, as well as chewed to treat coughs.

The latex is used to treat diarrhea and for the treatment of high blood pressure and certain mental aberrations.
Like many other sages, Blue Sage is used as an ailment for coughs, colds, diarrhea, colic, heartburn and flatulence. Fresh or dried leaves and flowers from this bush can be made into a tea that must be slowly sipped.
Salvia Chamalaegnea
Winning the Tree of the Year award in 2003, this Red Currant tree is a common garden plant that bears a lovely reddish autumn foliage. The sap of the tree is used in traditional medicine for treatment of heartburn and the bark is used to strengthen the body and stimulate circulation.
The thin stems of this evergreen tree were used to build fish traps, baskets, whips and strong flexible bows. Having the common name ‘White Karee’, it is believed that the name ‘Karee’ was derived from the ancient Khoi word mead, an alcoholic beverage created by fermenting fruits. The deep reddish colour of the bark on this tree is used for tanning when infused in liquids.
Sometimes used to treat sexually transmitted diseases and inflamed glands in Kwazulu Natal. The seeds are occasionally put into milk to speed up the souring process.
SYZYGIUM CORDATUM

Water Berry

A common tree to South Africa and mainly found along streams or rivers. The berries are edible and highly acidic. They are often eaten by children, monkeys, bush-babies and birds.
Syzygium Cordatum
Problems such as blocked sinuses and headaches can be healed by inhaling the smoke of the camphor bush’s burning leaves.

Drinking a tea concocted by boiling a mixture of leaves and water can help treat coughing, toothache, abdominal pains and bronchitis.

The leaves can also be used for massaging sore muscles and used in perfumes.
there is a fierce beauty
about this lofted place
that catches the breath
and tests the heart

no softness here
in broken rock
or dawn rising
to sear the land

the palate dries
on thinned air
and disturbed dust
of ages underfoot

through the sunlit door
of the tunnel’s end
is an entrance
to sobered enchantment

a place to read the husks
of spent fantasy
and temper
projected
imaginings

the occasion
to reconfigure
the will
in the long cold night

Bryce
The Cape Honeysuckle colours the woodland area with both red and yellow flowers. The sweet nectrate is ingestible and attractive to all animals including humans, but especially sunbirds.

The bark from this plant is used in traditional medicine to relieve sleeplessness, to bring down fevers, to treat chest ailments such as bronchitis, to treat stomach pains, diarrhea and gastroenteritis.
Acacia trees produce a natural product called gum arabic, also known as “gum acacia” which is the collection of hardened sap collected from Acacia trees. It is used in adhesives, pharmaceuticals, adhesives for watercolour painting, inks, in food and as a binder for fireworks.

The seeds of an Acacia tree have a high percentage of protein in them and are sometimes ground up and baked into cakes and other foods - this was first done by the Aborigines in Australia.
always
unbidden
never
expected
joy
surprising
fresh eyes
seeing
from the heart
of all
things

Bryce
This tree provides materials for building waggon-bed planks, rafters and furniture. The gum it exudes can be used as a substitute for starch.
Raw ingestion of the plant can cause throat swelling because of microscopic, sharp calcium oxalate crystals.

This means this seemly gentle plant can really cause a lot of pain. An ironic characteristic to the home of many frogs in South Africa!
arum lilies
like lotuses
arise sublime
at winter’s end
from the dark ditch waters
and in unlikely corners
cast their beauty
carelessly
silent trumpets
of pure hope
beyond doubt

Bryce
SOURCES


