



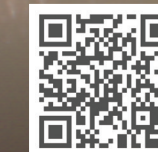
Tamah

TSAMMA MELON

(Citrullus lanatus)

Tamahsi ku g!a'ia kxa|ho. Te Ju|'hoansi kxae |xoa ||'a n'ai !ae sa n||ari ka !'aesi ko ||koa sa #hai he ka ku n'ai n'a'nga ko ju khoea.

Tsamma melons grow on a vine along the ground. The Ju|'hoansi have many uses for these big round fruits which are a local favourite.



Te lla'a sa o tamah gasi sin!ae kxae ta'm. A sau ka ko da'a ka ka jan l'an l'om. M!a !'aua ka ko **sau tamah lla'asi**. Ka kxae ta'm sa nla'ng, sin ta'ma zare

*The seeds of the tsamma melon are really tasty. You can roast them on a fire to make a healthy snack. We call these **sau tamah lla'asi**. They have a nutty taste, similar to peanut butter.*



Ka tamah !'am ha nla'ng ka **taq'in**. Ka a llae nllaqema he ku 'm ha, okaa ha sin!ae **g!aan**!



*When the fruit is ripe it is delicious and **sweet**. If you eat it too early, it can be really **bitter**!*



Tamah ku #han ha l'aesi ko kxalho ka ha #hau ku 'm ka l'aesi xabese ka ha tzana. A du coe l'xoa ha #hau ko n'ai lloka l!xai kana !ai ka l!ho #xam. l!Ae gesin Ju|'hoansi !xu!xu #hau sa o tamah gasi ko tci sa tzeamh ka ho ha g!uasi ko l!aea si nllaqra ha.



*Tsamma melons can be picked from the vine and their flesh is eaten raw. You can get the flesh out of the fruit by using a **knife** or **sharp stick**. Sometimes Ju|'hoansi shave the flesh of the tsamma into small pieces to get more juice out of it when squeezed.*



Ko doq'm l'xoa **tamah ko mari**, e!a n'ai lloka doq'm !aihan he ku !'aua ka l'ae ko **nloa-laihan**. Ka ku hui ko du nla'nga hi ka hi sin soan l'an ko 'm ko da'abi mh kota n!au g!ahsi. Te lla'asi l!xoasi kxaice nhui coe ka l'aesi ka taa sau ka l'aesi.



*To mix **tsamma porridge**, we use a mixing stick called **nloa-laihan**. This will help make the porridge easy to eat for babies and old people. The seeds are taken out first and roasted separately.*



Dshau sa #hai kota dshaumh kaice are **tamah-n!o'an**. Ka si kui ha okaa si ku ge'e, l!am si g!ausi, djxani ka ku n!o'an l'an khoe ko tamah. Ka l!xoasi ku o l!aea ko kuitzia ku ku ka l'ae khama ka kaice llore kana llaea khoe! Ka zoqin.



*Many women and young girls like to play the **melon-throwing game**. When you play this game you sing, clap your hands, dance and throw the melon to one another. There is usually lots of laughter when this game is played because it is so much fun!*



Ka lam khui, a se tci sa #hai he ge he **nlósi** nllhoo tamah ko farama sa o Nlloaq'an !antzia. Tamah g!a'in g!ua sa hui ku g!xa a ko lam ko ka g!ua jan loa to'ma khuinto'a.

*On a hot day, you will see many discarded **rinds** from the tsamma melon around the villages in the Nyae Nyae region. Tsammas are full of juice that help take away your thirst when there is no good water to drink nearby.*



*Animals also like to eat tsamma fruit, such as: **porcupines**, mice and ground squirrels.*



!Hamhi xabe ce te ku 'm tamah #hausi, n!ana ko: **!omsi**, nhuisi kota !'hoansasi sa oo kxalho.



Tamah lla'asi xabe ce te l!hai ka l'aesi ka soan. Ka du l'xoa ka l'ae ko **glun** kota **lai**. Te n!omtci a ku ho glun he o !aihn he ku n'ai ka l'ae l!hai kota !ai he o !aihn he ka g!aoh loma.

*Tsamma melon seeds can also be pounded into flour. This is done with a **glun (pestle)** and **lài (mortar)**. In the picture you will see a **glun** which is a rounded wooden log used for pounding and a **lài** which is a hollowed out tree trunk.*



Tamah soan xoana dua ha l'ae ko xai kana mari. Te ha #hau xoana !xai ka l'ae ka nloa l'xoa ka l'ae ko !ha ko kxo he l!ua da'a.

***Tsamma flour** can be used to make bread or porridge. The flesh of the fruit can be cut up and cooked with meat in a pot on the fire.*

