



!Aice



!Aice, o !aihn sa **!koromh** he ju|’hoan sa #hai ciniha |oa !’han.

SPINNEKOPBLOM

(*Ferraria glutinosa*)

The **spinnekopblom** (spider flower), is a **rare** plant that not many Ju|’hoan people know about anymore.

Ko Botswana khoea, ju gesin sa o !Xoo- kokxui kxaosi sa o **n!ausi** ku nlla tca !aice n!ai te xoana n#ai llkoa ka l’ae ko **tzau-ll’an**.



In Botswana, some of the !Xoo-speaking **elders** said that !aice corms can be used to alleviate **toothache**.



Koh nllaahn, ka **n!ai** he o !aihn ga ku nloa ka l’ae te kuru ka glua he glaoh he !’aua ha l’ae ko ka **glua**.



In the old days, the **corms** of the plant were boiled to create a strong tea called **glua**.



!Aice gla’ia kxa soan kana **kxa o n!omsi** ko khoe sa caoa o #aahsi he o **ll’ai-glusi** te ll’aea jan l’an ko ho ka o April ko ka to’a gla ll’aeasi #aun.



!Aice grow in sandy or **stony ground** in savanna **grasslands** and the best time to find them is in April after the rainy season.



Kxaice ko n!om d!xani, jua **g!ug#aba** ku #’aun tchi ka glua he hui!a sila ko l’an **n!om glaoha**. Te n!ausi koh cete n#ai llkoa ka ko glu.



Before the healing dance, an **apprentice healer** would drink glua to help them work with the **healing energy**. It was also used by older community members at night.



Te ll’a !aihan gosi kxae khoe sa o ses he o **jo cago** kota glloqni-n!u #’u sa gea ka. ll’Ae gesin ka kxae **glloqni-n!u #’usi** ko go n!ang khoea.



The flowers of the plant have six petals that are **dark purple** with yellow wavy edges. Sometimes they also have **yellow spots** towards the inside of the flower.



!Aice o **!aihan glaoh** te ka a loa llau n#ai llkoa ka okaa ka du #oa **!’oan** te n#ai l!kae a. Ka o tci n!a’an n!a’an ko kxae #’ang sa llama n!ausi khoea ko hui a ko llau n#ai llkoa ll’a !aihan glaoha.



!Aice is a **powerful plant** and if used incorrectly can be like **poison** and make you sick. It is important to have a knowledgeable elder to help you use this powerful plant correctly.



Te !aihan ke ka g#a’insi o 90cm ko ka ka **llau !’am** he kxae n!u’ubu sa g#a’ian. Ka ll’a !aihan koara gosi okaa ju ciniha llau se ko ka **!’an** ko koa tsi #aeh ko ka ll’hausi kota ka !aihn !’an.



The plant is about 90cm tall when it is **fully grown** and has long thin narrow leaves. If the plant does not have flowers you can still identify it by the **sticky ring** found just below each branch along the stem of the plant.

