



Kaqe MARULA

(*Sclerocarya caffra*)

Te **kaqe** !aihan o !aihn kaice o !'han !'han he gea Tjum!kui. Ka ||koa tci sa #hai te ho ka |'ae ka o n|e'e ka n|ang, kana #hai ka g!hoo ||kae, n!ana hi sa hoa hi |'aes! ko **Nhoma tju|hoa**.

The **marula** tree is a very popular tree in Tsumkwe. It has many uses and can be found as one tree alone, or many trees together, like those found at **Nhoma village**.



Te g!om ll'aea, !aihan o kaqe n!u'ubusi ku taqm toan mara barah ll'aea ka n!ubusi ku ce ka g!a'in ka ll'an tca lauh-gaq'u he kxae n!u'ubusi sa l'hom he tzeamh he o !a'u te gosi g!aan-gaq'u. !Hamh sa #hai kaice are !aihan o kaqe ll'akaa n!u'ubusi 'm, he n!ana !xo, #oah, loeh!'hau!'hau kota !hamh !'hao gesin sa koe l'au.



In winter, the marula tree loses all of its leaves but in summer it is full of **bright green leaves** with beautiful small **white and pink flowers**. Many animals like to eat the leaves of a marula tree, such as elephants, giraffe, zebra and many species of buck.

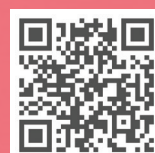
Te !'oantju o !'oan sa to'a mani ka o nlaq'aro, he ho hi l'aesi ko kxa n!ang ko kaqe dinsi. Te !'oantju sa ke jul'hoan sa o !aqekxaosi n#ai llkoa ko !'oan. Te !'oan sa he tjom hi l'aesi ko !aqekxao tchi tzausi. Te ka !'oan tchia txa !hama, okaa !'oan g!a'ama l'ang !oq'un o !hama ga te ka glae l'ae kana !ai. Te !'oan sin o koaqkoag ko ka to'a hi g!a'ama ju l'ang !oq'un. Te hi loa o koaqkoag ko ju n!ang khoea. Ka o tca ka khoea kahin nllae ka sin jan l'an ko 'm !hama txa ka l'ae ko !'oan tchi.



The **pupae** of a beetle known as *Polyclada sp.* can be found in the soil at the base of a marula tree. These pupae are used by Ju|'hoan hunters as a **poison**. This poison is put on the tip of the hunters' arrow. When a poisoned arrow hits its prey, the poison enters the bloodstream of the animal and causes it to become unconscious or die. The poison is only dangerous when it is in the blood stream of a mammal. It is not dangerous in the digestion system. This is why it is safe to eat an animal that has been shot with a poisoned arrow.



Te !aihn he !a'u he o kaqe cete n#ai llkoa ka l'ae ko !'hao n!ang ko !aihn loms!i. Ka o llxoasi ll'a kurusi ko jul'hoansi te si n#ai ll'ama **kuru-tcias!i** ko l'hookxaosi.



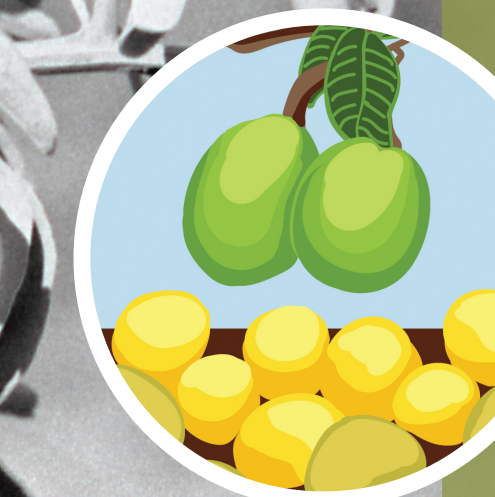
The beautiful white wood from the marula tree is also used to make traditional **wood carvings**. These are popular artworks made by the Ju|'hoansi and sold as **crafts** to visitors.



Te kaqe !aihan ku n#ai llkoa ka l'ae ko du **da'a n#aua**. Da'a n#aua llae l'u hi !aihan sa glaoh, hi sa o n#aua hiasi kota hi !aihn sa soan, ju ku dua dom ko hi sa o n#aua-!aihan sa sin #'aun ll'a koa. N#aua !aihan ku nllaria l'xo hi ko ju g!au-n!ang te cete ku llae l'ua hi ko hi !aihan he soan ll'a ka doma. ll'A doma khoea ko hi !aihan soan ko **kxa!kausi** kana ll'a!si sa !kau he ku n#oqe ko ll'aea a n#aua hi ko !aihn tsan sa to'a. Ka o tca kahin da'a oo tchoatchoa.



The wood from a marula tree can be used to make soft **firesticks**. A set of firesticks includes a hard stick, which is used as the drill and a soft stick, which has a hole in it for the drill-stick to fit into. The drill stick is rotated rapidly between the palms of the hands and pushed into the hole in the soft stick. Surrounding the hole in the soft stick is **tinder** or dry grass which ignites due to the friction and heat between the two sticks. This is how a fire is started.



Kaqe nlai sa lauh ko ll'aea to'a hi ciniha gllaoa !aihn ka glae mani ka o **gloqni-n!u** ko ka to'a hi taqm okaa hi n!om. Hi 'm ll'aea jan o ll'aea to'a hi o gloqni-n!u te ku #'han hi l'aesi ko ka g!a ll'aea toansi. Te hi nlai soan te sin jan l'an ko !'oahn l'xo ko a g!ausi. Te hi g!ua soan xabese a sin '**m hi tzana** okaa hi !o sin glaoh ko ll'ami-n!ang. Hi nlai taqin te o jaq'ara, te sin llau du l'an hi l'aesi ko Jul'hoansi.



Marula fruit are green when still on the tree and turn yellow after falling off and becoming ripe. They are best eaten when **yellow** and are collected at the end of the rainy season. The fruit is soft and can easily be opened by hand. The juicy soft fruit is **eaten raw** and has a hard pip in the middle. The fruit is sweet and thirst-quenching, making it very popular among the Ju|'hoansi.



Te hi !o he to'a glaoh ko ll'ami -n!ang he o nlai loa #'aun n!o'an u ka l'ae khama kxae **lla'a** ko ka n!ang khoea. Te ka lla'a hin ke a sin 'm ka tzana kana sau ko ku kxoa ka ko **nlai**. Ku kxoa nlai, ka lla'a du lkailkari ka l'ae te nloa ka l'ae ko kxo. Te nlai ku tautau ko lla'a sa kahinto'a ka a !o'e ka ko koo !'aice ke ka koah nllhaa nloa l'xo ka l'aesi kana n#oana nlosi. Kaqe !o kota hi lla'asi ka sin xoana g!ahm ka l'aesi ko ll'aea g#a'in ka nllhaa kxuia.



The pip in the middle of the fruit should not be thrown away because it has a valuable **kernel** inside. These kernels can be eaten raw or roasted to extract **oil** from them. To extract the oil, the kernels are crushed and cooked in a pot. The oil will float to the top of the crushed kernels and can then be skimmed off the surface and used later for cooking or moisturising the skin. Marula pips with their nourishing kernels can be stored for a long time before becoming rancid.

