



Lango Vegetables and Wild Fruits: What Should We Do to Avoid their Extinction?

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in Uganda (LEMU)

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Some of these important resources are now extinct or near extinct due to increased pressures on community land, including land being lost to individuals.

Resources from community land

Besides the grass for grazing cattle, community land provides items that contribute to household livelihoods. Indeed, it is not far wrong to think of community land as a “supermarket” where different resources can be harvested without payment. These include:

- Water (for humans and cattle for drinking and swimming)
- Fish
- Firewood
- Materials for building, such as spear grass, clay, sand and rock
- White ants / ant hills
- Honey
- Papyrus for women to make mats (for sale and household use)
- Lime (cattle salt)
- Mushrooms
- Vegetables
- Herbs for medicine
- Wild fruits

Some of these items are for household use, and some are for sale to supplement household incomes. During dry seasons, community members also use community lands to hunt game such as *Anyeri, Obago, Amor, Til, Aweno and Ogwang-Ogwang*. Community lands serve an important role during drought, when cultivation may be affected. Drought resistant vegetables, fruits and herbs for medicine were historically found mainly in community lands and in wetlands.

There is a current trend towards the people of Lango losing their community land. If this continues, communities must consider where they will get these resources. If the people of Lango were to instead have to buy the above items, they would need a lot of money in a month. Community land is clearly an important resource for the local economy..

Lango vegetables and their medicinal values

In order to establish the range of vegetables and fruits available across the Lango region, LEMU undertook a 3 hour radio call in show, where people across the region called in to report the seeds that they have. We also consulted with a retired Lecturer of Botany and Zoology. The information gathered is shown at the end of this document. It demonstrates that in the wider region, there are over 43 different types of vegetables (**Table 1**) and 19 Wild fruits (**Table 2**). However, we are aware that many of these vegetables are not widely available, and almost all wild fruits are extinct or near extinct. None of these are common in households in Lango. Since most of these vegetables historically grew wild in community lands and wetlands, a major reason for this depletion of resources is that community lands are heavily encroached and abused.

In addition to the research undertaken to show the resources available, callers were asked whether they had seeds to the fruit or vegetable they discussed. Where seeds are available, this is noted, in order that the resources can be more widely grown, to reverse the current trend towards extinction.

Table 1 - Names of wild vegetables in Lango, and their uses

No	Name of vegetable	Botanical Name	Its other use	Who gave information and has seeds
1	Abuga or Buga	Amaranthus caudatus (dodo)	Increases blood amount and fungal infections	Lillian Omia of Lira of tel 0777515688. She has seeds for Buga, Amelera, can be a focal person for all these Also Oyel CP of Aboke; Carpenter Okello of Loro Town Board
2	Acere	Clerodendrum	Cures malaria	Imat Betty of Omito, Lira of 0778541490
3	Acuga	clundansarie	Increases blood and strengthens body muscles	Imat Lidya of Ireda of telephone 0775939447 has the seeds. Also Imat Mama Peace; Okello Ricky of Okwang; Imat Obiro. Also Susan Kole
4	Acatalao	Anguicilatea	Gave strength.	Opio Leo of Abongomola
5	Acwe wangweno		Cures ulcers	Imat Mama Peace; and Taboa Opito of Adok
6	Acwica	Grantenea	Pigokono was used to cure pressure	Bosco of Nambieso
7	Adipakong	Plrorantena		Okullu Onimo of Alebtong
8	Ayado	Crotalaria		Bua Sam of Ngai, Oyam
9	Aduru		Both its fruits and leaves are edible.	Lilly Otwal of Anyomolyec
10	Akeo	Gynadra/gynandropsis	For appetite and treating poultry and other livestock	Muzee Luis of Oyam

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11	Alayo.	Crotalaria	Alayu cures malaria, eye problems and headaches. It tastes like aspirin. Alayu was also used to ignite power for men who did not function well sexually	Oyel CP of Aboke and Acon of Chawente, and Ongura Nathan
12	Alodi,		Is said to cure ulcers	Taboa Opito of Adok
13	Amina-atar (tastes like alayu)	Crotalaria	Is said to cure ulcers and other stomach disorders	Alfred Ocepa (catechist) from Oyam.
14	Amalakwang	Hibiscus	Used to help when a mother dies and leaves a baby. An old woman would use it to get her breast to have milk to feed the orphan.	Thomas of Amolatar, Imat Obiro;
15	Amalakwang me yiikulu	Hibiscus	For men to regain their manhood.	Imat Obiro
16	Amalera - Teeth,		Cured teeth pains and strengthening teeth.	Ocepa Joseph
17	Amola or Ogil	Sesamum	Is said to cure ulcers. Amola when properly prepared could cure diarrhea. It was also given to poultry.	Grace of Aloï, tel 0772714757. Also Bosco of Nambieso; Taboa Opito of Adok
18	Apur Okuu		Has medicinal value	Olila Akwar of Kole; Lilian Omia of Lira of 0777515688..
19	Atyangatyanga			Okello Ongwet of Te-Lela - Omito
29	Ayuu	Cleptonia	For deworming and strengthens body muscles.	Okello Ricky of Okwang; Imat Obiro.
21	Awica	Crotalaria	Increases blood and is said to cure malaria.	Oyel CP of Aboke, and Muzee Luis of Oyam.
22	Boyo,	Igna anguicilatea	For de worming	Walter Olila Akwar of Kole

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23	Dokolo		used as herbs.	Okello of tel 0773621392
24	Cul bit		gives much blood	Muzee Luis of Oyam
25	Kabage or cabbage onger		Pick a fresh one and boil its soup and drink. But only for children because caused infertility in both men and women	Carpenter Okello of Loro T/B and Oyel CP of Aboke
26	Oboke okwer	Cacumber (cucumis sativus)		Betty Aungu of Iceme, tel: 0785411029 Ayumi community land
27	Ocobo	Mirabolas	Mixed with pot opele and akeo can heal diseases like <i>longo</i>	Luis
28	Ocuga	Mirabolas	Used to increase milk of a breastfeeding woman and is said to cure ' <i>longo</i> ' (<i>hydrocele</i>)	Susan of Okole. She can get some. Tel. is: 0789146641
29	Ogil	Sesanum	It was used as medicine for poultry (chicken, ducks, doves, turkeys)	Carpenter Okello Loro
30	Ogudu		Said to cure " <i>longo</i> " (<i>hydrocele</i>) and eye problems. Only the tubes were used.	Oyel CP of Aboke; Bua Sam of NgaiOyam and Acon of Chawente
31	Okono (both its fruits and leaves)	Pumpkin	Ping okono cures pressure	OkulluOnimo of Aleptong, Bosco of Nambieso.
32	Ogodo.	Alcerae	gives much blood	Muzee Luis of Oyam
33	Okwer	Cucumber (cacumis sativus)	Is said to cure many diseases. This was used to substitute meat and the children would think they are eating meat.	Bosco of Nambieso, tel no 0777785059 has the seeds. Also Alfred Okodi of AmitIceng, also Betty Aungu of Ayami, Iceme, tel 0785411029

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34	Otyer		Used for curing (hydrocele)	Okello Ongwet of Te-Lela - Omito
35	Miligwic		Increases blood	Imato biro
36	Opopong	Eurphobia	Cures "Benyo" STD	Carpenter Okello of Loro T/B
37	Opwnyjabu	Mirabilis	For appetite	Thomas of Amolatar
38	Oling aryo			George Odwilo
39	Pot Opele	Leaf of ocoyoyam (colocasiaantiquorum)	Is said to cure 'Longo' (hydrocele) when mixed with Ocobo and Akeo	Okello Mika of Oyeoleyi
40	Rwot okwor		Used as herbs	Okello of tel. 0773621392
41	Te-opele	Corm of cocoyam	For appetite	Luis
42	Toke	Hibiscus canabinus seeds	Strengthens body muscles	Okello Ricky of Okwang
43	Tula,	Solanum	Cures malaria and bad body odours	Carpenter Okello of Loro Town Board

Table 2 - Wild Fruits and tubers of Lango

No	Names of wild fruits in Lango	Its other use	Where it grows and current status.	Who gave information and has seeds
1	Amalera,	For strengthening teeth and clears cough		Lillian Omia of Lira. Tel. 0777515688, and Bonny of Lira.
2	Akwalakwala		In the wetland	Judy Adoko
3	Kali		Planted in the gardens	Susan Kole 0789146641
4	Kwomo			George Odwilo
5	Kongo Ogwal-ogwal,	Used for curing diarrhea (running stomach)	From the community lands and wetlands	Cogo ReeTwon Gwok of Alebtong and Lillian Omia of Lira. Tel. 0777515688
6	Obato	This was an alternative to cassava	In the community land	
7	Obwolomunu	Clears the throat and cough	Planted at home and also grows in the community land	Olila Akwar
8	Ocaolum (aframamum)	This also cured bacterial infection	Community lands	Oruru Geoffrey
9	Okuku			Olila Akwar
10	Opobo			Grace of Aloj, tel. 0772714757 and Cogo ReeTwon Gwok
11	Opong	This is used for curing Benyo		Opio Leo
12	Olilimo	Is said to cure eye problem and ulcers.	Community land and wetlands.	Nelson Omoko
13	Orono	This is a tuber and used to cure stomach disorders		Ongura Nasan

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14	Orweco,	Is said to cure eye problems		Grace of Aloi tel. 0772714757 and Cogo ReeTwon Gwok of Alebtong
15	Owelo	Is said to cure diarrhea	This was in the community land and some people planted at home	Grace of Aloi,tel. 0772714757 and Yubu of Alibi. Tel. 0775497534
16	Oyuu Opobo	Is said to cure eye problems	In the community land	Imat Lidya 0775939447
17	Yago	This had multiple uses; it cures many diseases like bacterial infections	In the community land	Bosco Nambieso 0777785059
18	Yao	Shear butter (butyrospermumparki)	In the community land and at home	Betty from Aungu in Iceme 0785411029
19	Cwao	For termerine juice and cures stomach disorders	In the community land and at home	Betty from Aungu in Iceme 0785411029

Conclusion; Some of these important resources are near extinct because community lands have been reduced through encroachment, or conversion to family land. This paper is written in the hope of repositioning the importance of community lands in the livelihoods and lives of the people of Lango so that all (including those who have encroached on the community lands/wetlands), may have a change of heart and evacuate the community land so that they may protect and/or rejuvenate the resources

If you think the wellbeing of future generations and the livelihoods of your families and communities are important; and you have any of the above seeds or want to multiply the seeds or reclaim and protect your community land, please contact your overall clan head who can then contact LEMU and LCF.

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