













# Nature Champions Fynbos Garden at Princess Vlei



## Cape Flats Dune Strandveld Species



Cape Flats Dune Strandveld is an endangered vegetation type endemic to the coastal areas around Cape Town, including the Cape Flats. It covers and stabilises sand dunes on the beaches around Cape Town, and is incredibly colourful in spring when it bursts into flower. It can support a number of browsing animals, and in the past it was grazed by large herds. Succulents form a high proportion of Strandveld plants, consequently, fires are much less common in Strandveld than in the neighbouring Fynbos vegetation. Cape Flats Dune Strandveld is endangered. More than half of the Cape's Strandveld has been lost to urbanisation and the building of beach resorts, and only 14 percent of this vegetation type is actually conserved.





<p><b>Arctotis stoechadifolia</b> African daisy Silver arctotis Kusgousblom (A)</p> <p>Attracts Bees</p>		<p><b>Athanasia dentate</b></p> <p><b>Geelblombos</b></p> <p>Attracts Bees, Butterflies, Monkey Beetle</p>	
<p>A rare South African plant in the daisy family, found only in sand dunes along the west coast of Cape Province. The name is from the Greek: <i>arctos</i>, a bear, - <i>otis</i>, ear, because of the fine hairs on the fruit that aid in wind dispersal that look like ears.</p>		<p>Medium-sized shrub up to 1.5m. endemic to south-western Cape coastal areas; likes sandy, nutrient poor soil; small, serrated leaves; the flowers are honey-scented; needs full sun and medium water; releases substances from its root system that inhibit the growth of similarly sized plants;</p>	
<p><b>Chrysanthemoides monilifera</b></p> <p>Bietou, tick berry, bosluisbessie, weskusbietou</p> <p>Attracts Bees and other insects</p>		<p><b>Chrysocoma coma-aurea</b></p> <p>Golden heads, golden bitter bush, golden cowcud (E); bitterbos (A)</p>	
<p>A fast growing perennial, semi-succulent, spreading to 2 m tall, usually with woolly, dull, serrate, oval leaves, that grow smooth with age. Drought tolerant, likes sandy soil and full sun. The name <i>bietou</i> is derived from the original Khoi name, and was used by Khoi and San as a food source and to treat fever</p>		<p>Aleafey, evergreen small shrub/ shrublet, up to 500 mm tall, with sparse, thin stems and narrow, leaves. Throughout spring, this shrub produces a mass of bright golden, scented, button-shaped flower heads. Leaves are simple, needle-like, hairless, 3–20 mm long, often with the tips curved upwards. The fruit is topped with barbed bristles.</p>	

<p><b>Eriocephalus africanus</b></p> <p>Wild Rosemary, Wilderoosmaryn, Kapokbos</p> <p>Attracts Bees</p>		<p><b>Cliffortia obcordata</b></p>	
<p>A bushy evergreen shrub up to 1 metre with a silvery, grey leaves which smell like Vicks when crushed. A well-known medicinal plant. Soon after flowering, fruits are formed that are covered in long, white hairs. These attractive, fluffy seed heads look like cotton wool or snow, which gave it the common name kapokbos in Afrikaans. Tea from the leaves is used to treat coughs, colds and colic</p>		<p>A branched shrub, up to 1 meter high. Widespread and common around the southern Cape Peninsula and along the southern coastal regions of the Cape Flats as far as Somerset Strand.</p>	
<p><b>Felicia filifolia</b></p> <p>Fine-leaved felicia, wild aster (E.); draaibos(A); Sehalahala-seseholo (S. Sotho)</p> <p>Attracts Bees, butterflies and other insects</p>		<p><b>C Ficinia lateralis</b></p>	
<p>A rounded, twiggly shrub that reaches a height of 0.6–1 m. Tufted clusters of fine, needle-like leaves from which the plant gets its name. In spring the plant bears masses of daisy-like flowers which range in colour from purple to mauve to white. The seedheads are fluffy and creamy white. Posionous to sheep</p>			
<p><b>Helichrysum dasyanthum</b></p>		<p><b>Helichrysum patulum</b> Kooi goed, imphepho (Xh) phefu (S)</p>	
<p>A small shrub, 0.3–1.0 m high. The thin stems are covered with fine, greyish white hairs. Leaves become smaller towards the flower head. Leaf surfaces are hairy. Flowering time is from September to November.</p>		<p>Was used by the Khoi to sleep on, also used by traditional healers for spiritual purification. The shrub grows into a rounded, sprawling shape, much wider than the 50 cm of its typical height, and has small pale yellow, white or pink flowers from Oct to Feb.</p>	







<p><b>Metalsia muricata</b> white bristle bush (E); blombos, witsteekbossie, steekbos (A)</p>	<p>Attracts Bees and other insects</p> 	<p><b>Muraltia (Nylandtia) spinosa</b></p> <p>tortoise berry (E); skilpadbessie (A); Mmaba (Tswana)</p>	<p>Tortoises and birds eat the fruit</p> 
<p>A greyish, sturdy shrub (2-4 m) with needle-like, leaves 6-18 mm long, sharp-tipped, green-grey and smooth or woolly. The honey-scented flowers vary from white to pink or purple. Full bloom is in winter. Leaves used for tea in Lesotho</p>		<p>Attractive and unusual spiny foliage, pretty red edible fruits and water-wise. Sweetpea-like flowers, (purple, pink or white ) from autumn to early spring. The fleshy fruits are bright red when ripe, edible, and produced throughout summer. Good vitamin C, used for sleeplessness and abdominal pain and Malaria</p>	





<p><b>Pelargonium betulinum</b> Kanferblaar, Camphor-scented pelargonium, Maagpynbossie, Suurbos</p>		<p><b>Pelargonium capitatum</b> rose-scented pelargonium (E); kusmalva (A.)</p>	
<p>A small upright or sprawling shrublet with woody branches, 0.3 - 1.3 m tall. The leaves are small, hard and leathery, are either almost hairless or covered in fine short hairs. Used for coughs, to heal wounds, and relieve stomach pain</p>		<p>Grows to ± 0.3 m high and about 1.5 m wide. The stems and leaves are sweetly scented when bruised, and are covered with long, soft hairs. Pink flowers from September to October. Used to soften skin and tea used to treat kidney and bladder infections, stomach cramps and nausea</p>	

<p><b>Psoralea repens</b></p>		<p><b>Ruschia macowanii</b> Bosygie</p>	
<p>Succulent-leaved shrub producing long trailing stems up to 5 m long, Flowers purple. Excellent sand and dune binder. Single-seeded.</p>		<p>Small succulent rounded or sprawling shrub</p>	

<p><b>Salvia Africana-lutea</b></p> <p>Beach salvia, Dune salvia, Golden salvia, Bruin- of sandsalie, Geelblomsalie(A)</p>		<p><b>Tarconanthus camphoratus</b></p> <p>Camphor bush (E), Moologa (V), Mofahlana (S.sotho), Igqeba emlimhlophe (Z), Wildekanferbos (A), Mofathla (T)</p>	
<p>Aromatic, hardy shrub with unusually coloured flowers. Grows up to 2 m. The flowers contain a lot of sweet nectar which attracts bees and moths, and sunbirds. Makes an excellent tea for coughs, colds, bronchitis</p>		<p>This interesting small tree with its attractive grey foliage is particularly suited to tough conditions. From sites blasted by wind and coastal sea spray to dry inland gardens, it performs well. kudu, giraffe, impala and springbok browse the leaves of this tree. Tea used to treat coughing, toothache, abdominal pain and bronchitis.</p>	
<p><b>Trachyandra divaricate</b></p> <p>branched onion-weed</p>		<p><b>Watsonia meriana</b></p> <p>Bugle lily</p>	
<p>Low plant with multitude of small, white, nodding and star-like flowers during winter and spring.</p>		<p>Grows from a corm up to 2 metres, with 8 to 25 red flowers on a spike. Feeds mole rats and porcupines.</p>	

## Cape Lowland Freshwater Wetland species:

<p><b>Cliffortia ericifolia</b></p>		<p><b>Elegia tectorum (Restio)</b></p> <p>Cape Thatching Reed (E), Dakriet (Afr)</p>	
		<p>Occurs in marshes and seeps on deep sand in the Western and Eastern Cape.. Plants may reach up to 1.5m in height with a spread of up to 2-3m. has been used for thatching</p>	
<p><b>Ficinia nodosa</b> Knobby Club rush</p>		<p><b>Freylinia lanceolata</b></p> <p>honeybells, honeybell bush, heuningklokkiesbos</p>	
<p>Upright/ weeping sedge</p>		<p>A small tree (4.5m) with long arching willow like branches and clusters of small flowers which attract butterflies</p>	
<p><b>Juncus kraussii</b></p> <p>Dune slack rush, matting rush (E); Incema (Z)</p>		<p><b>Muraltia mitior</b></p>	
<p>A tough rush that grows up to 1.5m. Used for making sleeping mats, baskets beer strainers and other products</p>			

<p><b>Orphium frutescens</b></p> <p>Sea-rose, Sticky flower, Teringbos</p>		<p><b>Plecostachys serpyllifolia</b></p> <p>Cobwebbush (Eng.); vaaltee, kooigoed</p>	
<p>Evergreen perennial, growing to about 60 cm. The lush green leaves and stems have small white hairs. The leaves are long and narrow, pointing upwards. The flowers anthers open pores only when visited by a certain bee whose wings vibrate at a particular frequency.</p>		<p>A leafy sprawling perennial up to 1 m with long slender tangled stems and all parts greyish and woolly. Flowerheads are in rounded clusters at the tips of the branchlets, flowers from March to May with a peak in April. Traditionally used for bedding by the Khoi.</p>	
<p><b>Psoralea pinnata</b></p> <p>Fountain bush, Fonteinbos Bloukeur Penwortel umHlonishwa (Zulu)</p>		<p><b>Serruria foeniculacea</b></p> <p>strawberry spiderhead</p> <p><b>ENDANGERED</b></p>	
<p>An erect shrub or small tree, which grows up to 4 m high, with blue, lilac and white, pea-shaped flowers which bloom from October to December.</p>		<p>A sprawling, much-branched shrublet reaching a height of 0.5 m. The leaves are finely dissected and point upward and with its tangled branch structure produce an overall woolly effect. The plant produces many silky silvery- pink, sweetly scented flowers from July to October.</p>	
<p><b>Struthiola dodecandra</b></p>	