

Plants_Of_The_Desert_Food_Drink_2004.txt

WARNING! WARNING! WARNING!

THE FOLOWING FILE IS NOT TERMINATED AS USUAL AND WILL BE DONE ASAP IN HYPERTEXT MEANWHILE STICK AROUND, MUCH INFORMATION IS STILL USABLE, IF YOU HAVE ANY TIPS SEND THEM UP TO:

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PLANTS OF THE DESERT:

NORTHERN CACTI FURNISH FOOD & DRINK:

The fruits & fleshy sections of N. American Cacti ARE EDIBLE raw, boiled, roasted even fried. Yet be very careful in removing the bristles & spikes usually this is done easier by heat or by cutting off the outer tissue.

DESERT KALAHARI PLANT: *

COOKING DESERT PLANT:

Click-clack our Bantu guide went into the bush and came back after 15 min with a harmful of plants that had yellow nodules about the size of a golf ball on their stalks.

He tore off the foliage and puts the nodules in the hot sand near the remains of the campfire. Then he tore a long tendril out of the ground and picked its bulbous pods until he had gathered enough for a meal.

He peeled the thumb sized beans from the pods and added them to the nodules. They took a long time to cook but were survival food to eat.

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