Indigenous Solutions to Food Insecurity:

Wild Food Plants of South Sudan.

Michael Arensen and Martin Lubang. Oxfam, 2015.

Although vital during times of food shortage, wild plants are also a normal part of diets in South Sudan. Research conducted by Gullick & Grosskinsky (1999), Exploring the Potential of Indigenous Wild Foods Plants in Southern, has found that wild plants are “the nutritional equivalent of- and in some cases are superior to- introduced vegetables and fruits” and their use both diversifies and improves diets. Some wild plants are particularly nutritious and could potentially play a significant role in creating a sustainable source of much needed nutrients in South Sudan. Further some wild plants also hold economic value and are already traded in local, and even international markets. The domestication or sustainable collection of wild plants with agricultural or economic potential could create alternative sources of both income and food. The potential for developing or promoting a local, sustainable food source should not be ignored. Utilizing and sharing indigenous knowledge on wild plants, including which ones are edible, how to prepare them and which have economic value, could play an important role in supporting communities. The correct utilization of indigenous wild food plants could play a significant role in improving the lives of people suffering due to conflict and food insecurity.

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