

LAM NSO' ETHNOBOTANY



[DRAFT - FOR COMMENT ONLY]

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TABLE OF CONTENTS

TABLE OF CONTENTS.....	1
TABLES.....	1
1. INTRODUCTION.....	2
2. LAM NSO' PHONOLOGY AND ORTHOGRAPHY.....	2
3. HOW PLANTS ARE CLASSIFIED.....	3
4. PLANT CATEGORIES.....	3
4.1 Domestic plants.....	3
4.1.1 Crops.....	3
4.2 Wild plants.....	9
4.2.1 Trees and shrubs.....	9
4.2.2 Grasses and herbs.....	13
4.2.3 Vines, creepers and lianas.....	16
4.2.4 Mushrooms.....	17
REFERENCES.....	18

TABLES

Table 1. Lam Nso' consonant phonemes.....	2
Table 2. Lam Nso' vowels.....	2
Table 3. Lam Nso' generic terms for plants.....	3
Table 4. Lam Nso' crop names.....	3
Table 5. Lam Nso' tree and shrub names.....	10
Table 6. Lam Nso' grass names.....	13
Table 7. Lam Nso' names for vines, creepers and lianas.....	17
Table 8. Lam Nso' mushroom names.....	17

1. Introduction

The Nso' people live around the *chefferie* of Kumbo in NW Cameroun. This paper describes the animals known to the Nso' people, together with their scientific names, as far as possible. The research described here is the result of a workshop held in Kumbo during the week of 31/3/14 to 4/4/14, facilitated by CABTAL through the kind assistance of Mathaus Njeck. The main participants were Alfred Vensu and Christopher Yungsi. The work would not have been possible without the many years of research on the Lam Nso' language by the late Karl Grebe, and the orthography used in this paper was established as the result of the literacy project established in the Kumbo area from the 1970s.

2. Lam Nso' phonology and orthography

This paper uses Lam Nso' orthography which can be transparently converted to an IPA-like transcription. Table 1 shows the consonant phonemes of Nso';

Table 1. Lam Nso' consonant phonemes

	Bilabial	Labio-dental	Alveolar	Palatal	Velar	Labio-velar	Glottal
Plosive	b		t d		k g	kp gb	ʔ
Affricate				tʃ dʒ			
Nasal	m			n ɲ	ŋ		
Fricative		f v	s		ɣ		
Lateral				l ʃ			
Flap			r				
Approximant	w			y			

and Table 2 the vowels;

Table 2. Lam Nso' vowels

	Front	Central	Back
High	i		u
Mid	ɛ	ə	ɔ
Low		a	

Nso' has no true long vowels, but vowels are often doubled. By convention, when the second vowel of a pair is marked with a tone, the first vowel has the same tone.

The following are the orthographic conventions for writing Nso';

IPA	Orthography
kp	kf
gb	gv
tʃ	c
dʒ	dz
ʔ	'
ɣ	gh
ɲ	ny
ɛ	e
ɔ	o

The IPA character /ŋ/ for the velar nasal is retained in the Nso' writing system.

Nso' tones are complex. There are three level tones;

High ´
 Mid unmarked
 Low `

The glide tones are as follows;

Rising tones Mid-High Low-High
 └ └
 Falling tones High-Mid High-Low Low-Falling
 └ └ └

Nso' orthography uses a simplified notation, consisting of a rising (´) and falling tone (`).

3. How plants are classified

Table 3 shows the Lam Nso' generic terms for plants.

Table 3. Lam Nso' generic terms for plants

sg.	pl.	NC	English
jíy			grass, generic
kfǎrkfǎr	5/10		creeping grass, general term
kicí			fruit or seeds of a tree
kikwiíy			herbs, generic
lâv	5/10		any vine that climbs up trees and covers them
shireevì			any immature fruit, animal or person
tíj			branch of a tree
tútú'			fruits of trees that are soft and fleshy, whether wild or domesticated

4. Plant categories


4.1 Domestic plants



4.1.1 Crops

Table 4 shows the names of the plants cultivated by the Nso' people.

Table 4. Lam Nso' crop names

sg.	pl.	NC	English	Latin	Comments
Bananas					
ki-ŋgòm	vi-		banana or plantain fruit and tree	<i>Musa spp.</i>	generic for all Musaceae
dòŋmbò			banana cultivar, short	<i>Musa cavendishii</i>	also <i>mkfǎmliŋ</i>
mkfǎmliŋ			banana cultivar, short	<i>Musa cavendishii</i>	also <i>dòŋmbò</i>
ki-ŋgòm ké vày	vi-		banana cultivar	<i>Musa cavendishii</i>	lit. 'b. of fire'
ki-ŋgòm ké tom nta'			banana cultivar	<i>Musa cavendishii</i>	lit. 'b. that can be supported with a chair', i.e. a dwarf variety
ki-ŋgòm ké Bákwerì			banana cultivar	<i>Musa cavendishii</i>	lit. 'b. of Bakweri people'
ki-ŋgòm ké pòyó			banana cultivar	<i>Musa cavendishii</i>	lit. 'b. of ? Newly introduced cultivar'
Plantains					
ki-ŋgòm ké mbòŋ			plantain cultivar	<i>Musa paradisiaca</i>	lit. 'p. of taurine cattle', whose horn it resembles

sg.	pl.	NC	English	Latin	Comments
ki-ηgòm ké Nso			plantain cultivar	<i>Musa paradisiaca</i>	lit. 'p. of Nso people'
ki-ηgòm ké Jòtin			plantain cultivar	<i>Musa paradisiaca</i>	lit. 'p. of Jotin people'
ki-ηgòm ké mátu'			plantain cultivar	<i>Musa paradisiaca</i>	lit. 'p. of?'
ntàràη			plantain cultivar	<i>Musa paradisiaca</i>	
Yams					
ré'	—		yam, generic	<i>Dioscorea guineensis</i>	
ré' jòvrí			yam cultivar		'yam of x'
ré' ntèm			yam cultivar		'yam of Ntem settlement'
ré' ηkuùné			yam cultivar		'yam of x'
ré' kilù'ùn			yam cultivar		'yam of bad behaviour'
ré' Bàtákor			yam cultivar		'yam of Port Harcourt'
ré' ηkuùné Bàtákor			yam cultivar		
jòvrí mboòn			yam cultivar		'yam of Mboon village'
kijwè'			yam cultivar		
kirúη			yam sp.		
kirúη ke nso			yam cultivar		'yam of Nso'
kirúη ke vikuù			yam cultivar		'yam of Oku'
kirúη ke ηkàr			yam cultivar		'yam of Nkar village'
kirúη ke nyù			wild yam	<i>Dioscorea sp.</i>	'yam of God', not eaten
nkuù ni Tò'óy			yam cultivar		'yam of Tò'óy village'
nkuù ni kibaamù			yam cultivar		'yam of x'
nkuù ni wàn			yam cultivar		yam used to feed children
shindzà'			hairy domestic yam	<i>Dioscorea sp.</i>	is this the plural of the next one?
ndzà'			hairy domestic yam	<i>Dioscorea sp.</i>	
kiηkfór			domestic yam		
tú' ηgám			aerial yam	<i>Dioscorea bulbifera</i>	'potato of the spider'
					
kigwáálolon			wild aerial yam	<i>Dioscorea bulbifera</i>	used for medicines
ncé'			wild yam	<i>Dioscorea sp.</i>	not eaten
lòn se sù			'white carrot'	<i>Plectranthus esculentus</i>	<i>Plectranthus cv.</i>

sg.	pl.	NC	English	Latin	Comments
					
lòn se Kom			'white carrot'	<i>Plectranthus esculentus</i>	<i>Plectranthus</i> cv. from Kom
lòn se ngwì			'white carrot'	<i>Plectranthus esculentus</i>	<i>Plectranthus</i> cv.
lòn se ghà'			'white carrot'	<i>Plectranthus esculentus</i>	<i>Plectranthus</i> cv. but with veins inside
kikú'			cocoyam, taro	<i>Colocasia esculenta</i>	
kikú'	kee		cocoyam cultivar	<i>Colocasia esculenta</i>	c. of k. is part of a humorous folktale
kòóngwaan			cocoyam cultivar	<i>Colocasia esculenta</i>	c. of child
kikú' ké wan			cocoyam cultivar	<i>Colocasia esculenta</i>	
kikú' ké ntòn			cocoyam cultivar	<i>Colocasia esculenta</i>	c. Nton. Grown around the house for use of the Nton secret society.
kikú' ké mbòntó			cocoyam cultivar	<i>Colocasia esculenta</i>	c. of x
kikú' ké biìweé			cocoyam cultivar	<i>Colocasia esculenta</i>	c. of x. Grown only for medicine.
kikú' ké nsənnən			cocoyam cultivar	<i>Colocasia esculenta</i>	c. of x.
kikú' ké mbàr			cocoyam cultivar	<i>Colocasia esculenta</i>	c. of soup of cocoyam leaves
shikàvà	me-		cocoyam cultivar	<i>Colocasia esculenta</i>	
kikú'ándzəv			wild cocoyam	<i>Colocasia sp.</i>	edible
kikú' ké Nyù			wild cocoyam	<i>Colocasia sp.</i>	c. of God
Irish potato					
tú'			Irish potato	<i>Solanum esculentum</i>	
tú' doŋ			Irish potato cultivar	<i>Solanum esculentum</i>	long and white without deep eyes

sg.	pl.	NC	English	Latin	Comments
ngóŋ			Irish potato cultivar	<i>Solanum esculentum</i>	
Sweet potato					
mbù' lām			sweet potato	<i>Ipomoea batatas</i>	believed to weaken men sexually
kiyu'			nickname for sweet potato	<i>Ipomoea batatas</i>	
mfùn			nickname for sweet potato	<i>Ipomoea batatas</i>	because one has to struggle to swallow them down
ngàshíngá			cassava, manioc	<i>Manihot esculenta</i>	
Generic					
kighvǎǎnè			tuber that is old and spoiled		can be applied to any tuber
kiŋgèv			tuber that is watery		
rùn		5/10	tuber used for seed		
ngwàsán			maize, corn	<i>Zea mays</i>	
ngwàsán Nso			maize cultivar	<i>Zea mays</i>	m. of Nso
ngwàsán bà'ri			maize cultivar	<i>Zea mays</i>	m. of Bali
ngwàsán Bâtákor			maize cultivar	<i>Zea mays</i>	m. of Port Harcourt
ngwàsán góónà			maize cultivar, very tall	<i>Zea mays</i>	m. of Kona (a research station)
ngwàsán wo kókà			maize cultivar, improved	<i>Zea mays</i>	m. of Koka
ngwàsán wo pánà			maize cultivar, improved	<i>Zea mays</i>	m. of x
kisoó			heavy corn cob		It grows hanging down and has a curved stem
sán ñkòr			guinea-corn, sorghum	<i>Sorghum bicolor</i>	x of a village Nkor
faár			millet	<i>Pennisetum americanum</i>	
Pulses					
kún	—		beans, generic		
kún kiwar			cowpea	<i>Vigna unquiculata</i>	
kún kilan			red bean, very fat	? <i>Phaseolus sp.</i>	
kún kici			red bean	? <i>Phaseolus sp.</i>	climbs up a stick
kinyémburi			larger bean, red or black or white		
kòndénsià			bean sp.		< English. similar to <i>kó'tí</i>
kòkí			white bean, ? perhaps the Lima bean		
kó'tí			beans that are brown or		

sg.	pl.	NC	English	Latin	Comments
shileŋ			speckled Bambara groundnut	<i>Vigna subterranea</i>	
ndzərèŋ			groundnut, peanut	<i>Arachis hypogaea</i>	
Generic					
sə̀'ri			beans that ripen after a short while		
nshiy			tiny beans or groundnuts that will not mature		
Vegetables					
bó'			pumpkin, generic	<i>Cucurbita pepo</i>	
bó' bàrà'			pumpkin sp.	<i>Cucurbita sp.</i>	'foreign pumpkin'
bó' màmbilà			pumpkin sp.	<i>Cucurbita sp.</i>	'Mambila pumpkin'
bó' mènjilà			pumpkin sp.	<i>Cucurbita sp.</i>	'x pumpkin'
bó' nso'			pumpkin sp.	<i>Cucurbita sp.</i>	'Nso' pumpkin'
foo			creeping plant sp.		Cultivated for making mucilaginous sauce, bark is used and leaves thrown away.
nyóo			vegetable, generic		
nyóo sé jì			green vegetable, huckleberry		popular in Nso'
nsèmri			okra	<i>Abelmoschus esculentus</i>	
hányor kitootó'		h	onion amaranthus leaves	<i>Allium cepa Amaranthus hybridus</i>	? < Fr.
káfáji kitú'			growing cabbage cabbage stripped for eating	<i>Brassica sp. Brassica sp.</i>	< E.
shishúr			hot chilli pepper either as pods or as ground pepper	<i>Capsicum sp.</i>	mass noun form; for count noun see <i>meshúr</i>
meshúr ŋámrí			pepper varieties chilli pepper cultivar	<i>Capsicum sp. Capsicum sp.</i>	
ŋámrí bvəy			chilli pepper cultivar	<i>Capsicum sp.</i>	
sónbaá			chilli pepper cultivar	<i>Capsicum sp.</i>	et. 'tooth of leopard'
nèéné			chilli pepper cultivar	<i>Capsicum sp.</i>	
shishúr shee vibò'			chilli pepper cultivar	<i>Capsicum sp.</i>	yellow colour
shinyá'			local garden egg or tomato, plant or fruit		

sg.	pl.	NC	English	Latin	Comments
tùmátù			tomato	<i>Lycopersicon esculentum</i>	< English
Fruits					
mángòrì			mango tree and fruit	<i>Mangifera indica</i>	fruit eaten
kigìrìṅ kící			grapefruit guava	<i>Citrus paradisi Psidium guajava</i>	? < English
ké bàrà'			guava	<i>Psidium guajava</i>	foreign thing
wórèn nyõmle			orange passion fruit	<i>Citrus sinensis Passiflora edulis</i>	< English et. what is the taste?
nánár			pineapple	<i>Ananas comosus</i>	< French
pòpó kòkònor			pawpaw coconut	<i>Carica papaya Cocos nucifera</i>	< English < English
Stimulants					
kòfí			coffee beans, plants or trees	<i>Coffea spp.</i>	< English
bíy			kola, trees or nuts	<i>Cola acuminata</i>	
bíy kòvì			kola nut sp.	<i>Cola acuminata</i>	
ṅgálím			kola nut cultivar	<i>Cola acuminata</i>	cures gastritis
ntu'			small pod of kola nuts	<i>Cola acuminata</i>	
mbàṅ			palm kernel or nut	<i>Elaeis guineensis</i>	
tii			tea	<i>Camellia sinensis</i>	< English
nàmà'			tobacco	<i>Nicotiana rustica</i>	
ṅkfəm			locally grown tobacco	<i>Nicotiana rustica</i>	
ṅwájwáj			sugar cane	<i>Saccharum officinarum</i>	
Calabashes					
bíṅ			calabash, small for storing medicine or salt	<i>Cucurbita sp.</i>	
bír			small calabash	<i>Cucurbita sp.</i>	for gunpowder or wine
bó' shìṅv̀àr			calabash vessel	<i>Cucurbita sp.</i>	filled with oil and used as a gift
kikà'			calabash, special	<i>Cucurbita sp.</i>	used by the <i>kighaa</i> circle of the <i>manjoṅ</i> society
kikómrí			spherical calabash	<i>Cucurbita sp.</i>	It has a hole in the sidewall used to serve wine. A small version of <i>ṅgìv</i>

sg.	pl.	NC	English	Latin	Comments
kintímbí'			three-quarters calabash	<i>Cucurbita sp.</i>	used for storage of dry things
kitém			calabash sp.	<i>Cucurbita sp.</i>	It grows on the <i>ngi'</i> plant, fixed for holding and carrying liquids by cutting off part of the neck or drilling a hole into the neck
kitoór			calabash vessel	<i>Cucurbita sp.</i>	also <i>kitotór</i> . Used for drinking palm-wine
kitotór			calabash vessel	<i>Cucurbita sp.</i>	also <i>kitoór</i> . Used for drinking palm-wine
kiwóy			calabash cup	<i>Cucurbita sp.</i>	Used for sucking blood from the body for healing purposes.
kóm kiban			calabash piece	<i>Cucurbita sp.</i>	used to transfer hot food
mbántoór			calabash vessel	<i>Cucurbita sp.</i>	The curved neck is used as a handle. For carrying liquids
mbvə̀'ər			calabash bottle	<i>Cucurbita sp.</i>	A wide neck that has been cut in a triangle shape to become like a funnel
nsee			calabash bottle	<i>Cucurbita sp.</i>	A wide neck that has been cut in a round shape to act as a cover
nsho'			small calabash	<i>Cucurbita sp.</i>	contains wine
nsij			calabash vessel	<i>Cucurbita sp.</i>	The neck narrows down to a constricted opening. Used as a bottle or a cup for palmwine for women
ntin ηkáj			calabash vessel	<i>Cucurbita sp.</i>	used for putting corn beer spherical
ngi'			calabash seed	<i>Cucurbita sp.</i>	
ngiv			spherical calabash	<i>Cucurbita sp.</i>	It has a hole in the sidewall and is used to serve wine for measuring gunpowder
ngiv nekàη			small calabash	<i>Cucurbita sp.</i>	
sho'			calabash	<i>Cucurbita sp.</i>	It has a straight neck
wíibi'			calabash vessel	<i>Cucurbita sp.</i>	It is used to store food to keep it warm, or to store cornflour away from rats.
shijáv			calabash growing on a tree	<i>Crescentia cujete</i>	also <i>wúwúv</i>
wúwúv			calabash growing on a tree	<i>Crescentia cujete</i>	also <i>shijáv</i>




(der.of 2) types of pumpkin named after the tribes they originate from.



4.2 Wild plants

4.2.1 Trees and shrubs

Table 5 shows the names recorded for trees and shrubs in Lam Nso'.

Table 5. Lam Nso' tree and shrub names

sg.	pl.	NC	English	Latin	Comments
bév			tree sp.		very poisonous sap and bark
bóbór			monkey sandals	<i>Piliostigma thonningii</i>	
daɲdàɲ			tree sp.		low tree growing in swampy areas or at river banks
dzə́			tree sp.		
dzə́'ə̀y			'cypress' tree		
fàɲ			tree sp.	<i>Trema orientalis</i>	wood easy to work
					
fə̀mnìn			tree sp.		
jày			tree sp.		grows only in swampy places
kfə̀nkír			tree sp.		
kibay			tree sp.		
kicí			tree sp. or woody shrub		
kidzəm			fig tree sp.	<i>Ficus glumosa</i>	produces a white gum-like liquid similar to natural rubber
kifam			tree sp.		short
kifə̀ə̀			tree sp.		
kighvəm			tree sp.		produces cotton
kighvén			tree sp.	<i>Carappa grandiflora</i>	tall, wood is used for making xylophones
					
kijá́			tree sp.		poisonous fruit resembling garden eggs
kijám			tree sp.		

sg.	pl.	NC	English	Latin	Comments
kijíŋ			tree sp.		
kijoó			tree sp.		
kimbuùnshúm			tree sp.		
kinghay			tree sp.		
kinjür			tree sp.		has an itchy sap
kinsə̀ə̀y			tree sp. and its fruit		bears a tuber like fruit that is poisonous and is used for treating arthritis
kiŋkiŋ			tree sp.		
kirá			tree sp.	<i>Prunus africana</i>	bark is used to prepare medicines for stomach disorder
kirarà			tree sp.		has red wood; small leaf tree
kirúm			tree sp.	<i>Grewia flavescens</i>	
					
kirùm ñkà'			fruit of the <i>mfüŋgò'</i> tree		
kisav			tree sp.	<i>Lansea schimperi</i>	
kiwaá			tree sp.		
kiwaà̀y			tree sp.		sheds its leaves in dry season
kiwúv			tree sp.		
kóko			tree sp.		native to Nso
làv			silk-cotton tree	<i>Ceiba pentandra</i>	
					
lím			tree sp.		
liv			tree sp.		
lor			tree sp.		used to make protective charms against false accusation
mbíí			bush-candle	<i>Canarium schweinfurthii</i>	resembling plums in shape and colour but smaller with a hard seed. Seeds used for paying games
mfüŋgò'			tree sp.		leaves are used for making termite containers
ná'			wild date-palm	<i>Phoenix reclinata</i>	fruits not edible. Leaves used for hats and mats
ntòv			fig tree sp.	<i>Ficus sycomorus</i>	fruits eaten
ngá'			fig tree sp.	<i>Ficus vogelii</i>	also a personal name

sg.	pl.	NC	English	Latin	Comments
ɲkandzərəm ru'			slender tree raffia palm, grove of raffia palms	<i>Raffia sudanica</i>	planted within fences Used construction, weaving and many other purposes. Fruits eaten.
sáringánj			shea tree	<i>Vitellaria paradoxa</i>	
sèm shinyá'			tree sp. poisonous apple of the <i>kilún</i> tree		when it is put on the spear used to direct a palace masquerade
shwaáy tánrín tén			tree sp. small tree sp. oil-palm	<i>Elaeis guineensis</i>	used for firewood very tough wood oil extracted for food
yúkálètùr			eucalyptus	<i>Eucalyptus spp.</i>	< English
Tree parts					
bii			camwood powder		
kinyòŋ nyo'òr			cotton		obtained from the <i>kiyon</i> grass or the <i>kifam</i> tree
lànlanj			raffia-palm midrib with one flat side		
tútú'			fruits of trees that are soft and fleshy, whether wild or domesticated		
gìm kilún			latex, rubber poisonous fruit of the <i>kija'</i> tree		natural rubber from <i>kidzəm</i> tree resembles garden eggs or apples
shibá'áy			thin raffia poles		
Shrubs					
sg.	pl.	NC	English	Latin	Comments
dzèŋ kifán kikéŋ			shrub sp. shrub sp. 'peace-plant', reed-like plant,	tall <i>Dracaena sp.</i>	has aromatic leaves very green leaves often planted as a fence
kimbin kindzónj			shrub sp. shrub sp.	<i>Entada abyssinica</i>	with pithy stems with very long pods
kinshwémnshwem kinyá'nya'			shrub sp. turkeyberry, shrub sp.	thorny <i>Solanum torvum</i>	with pithy stems produces a poisonous fruit that looks like garden eggs
koorìn			fish-poison shrub	<i>Tephrosia vogelii</i>	seeds used to poison fish
láv mbu'			sisal	<i>Agave sisalana</i>	used to produce fibres for making nets and ropes
ndzèndzəv			shrub sp.		does not get killed in a bushfire

sg.	pl.	NC	English	Latin	Comments
nsàŋ			thorny shrub		
nsəm			shrub sp.		
nsəner			shrub sp.		with dark green leaves
ntòm ɲgò'			shrub sp.		with a soft core in the stem
ɲgwer			shrub sp.		
shíjý			shrub sp.		used as firewood
támbàv			shrub sp.	<i>Sericanthe chevalieri</i>	
wíy			shrub sp.		leaves used as a vegetable; bitterleaf
yír			shrub sp.	<i>Phyllanthus amarus</i>	with a hollow stem
yòm			plum-like fruit		called bush butter in pidgin

4.2.2 Grasses and herbs

Table 6 shows the names recorded for grasses and herbs in Lam Nso'.

Table 6. Lam Nso' grass names

sg.	pl.	NC	English	Latin	Comments	Page
jíy			grass, generic			
kfǎrkfǎr			grass, general term			
jíy mensíngìy			tamborkigrass	<i>Hyparrhenia involucrata</i>	The <i>shinsíngìy</i> beetle likes to settle on it	493, 495
kfǎrkfǎr nà'			grass eaten by cattle			
kija'			grass sp.	<i>Schizachyrium exile</i>	similar to elephant grass but not as tall	527
kika'ày			elephant grass	<i>Pennisetum violaceum</i>	also <i>kinyoònyo`òr</i>	519
kimvəymvəy			soft grass sp.		used for thatching houses	
kinsuŋnsuŋ			blanketgrass	<i>Rhynchelytrum repens</i>		525
kinyoònyo`òr			elephant grass	<i>Pennisetum violaceum</i>	also <i>kika'ày</i>	519
kiròmcúru'			reed sp.		with a broad leaf on the top grows mostly in raffia groves	
kishò'			fruit of the <i>kiròmcúru'</i> reed		consists of a seed pod with an edible white pulp inside	
kisúsu			grass sp.		with a hollow pithy stem easily catches fire	
kiv			lovegrass spp.	<i>Eragrostis tenella</i>		485
kiwawà			giant bluestem, grass sp.	<i>Andropogon tectorum</i>		449
kiye'			soft grass		falls over easily	
kiyon			speargrass	<i>Imperata cylindrica</i>		497
mborrù'			soft grass sp.		grows in palm groves	
nàŋnàŋ			Indian bamboo	<i>Bambusa vulgaris</i>	formerly used as walking sticks	
njeè			grass sp.		medical	

sg.	pl.	NC	English	Latin	Comments	Page
nsàŋ			grass sp.	<i>Loudetia arundinacea</i>	resembles elephant grass but has a thin, hollow stem	503
nsaànsà'			grass sp.	<i>Mariscus longibracteatus</i>		39
nsaŋnsàŋ			grass sp.		with sharp leaves	
ŋgùŋ			grass sp.		tall	
ŋgvərjij			grass sp.		has oily leaves	
ŋki'			grass sp.		grows in swampy places, medicinal, used for children's flutes	
ŋwán			grass sp.		with a sweet stem	
səó			grass sp.		eaten by cattle	
shighám			grass sp.		very good thatching	
shwà' Nyù			sharp grass		growing in swamps	
suú			səó grass		tied into a loop as an emblem of the <i>njòŋ</i> society	
tómtóm			Indian bamboo	? <i>Oxytenanthera abyssinica</i>		
General terms						
kiye'			new grass sprouting after burning off the old			
ncem			bundle of grass cut to be carried off			
Herbs						
sg.	pl.	NC	English	Latin	Comments	Page
kikwiíy			herbs, generic			
bamkwàn			fleabane	<i>Conyza sumatrensis</i>		275
bánén			herb sp.	<i>Mimosa pudica</i>	sensitive to touch	315
bu'lúŋlúŋ			wild onion		not edible and irritates the skin	
fəy			green amaranth	<i>Amaranthus viridis</i>	occasionally cultivated. The leaves are used for soup.	147
foo shiŋkàŋ			algae		<i>foo</i> of the <i>shiŋkaŋ</i> masquerade	
fòv			weed sp.		grows only in cultivated places	
fòvta'			blackjack, cobblers' pegs	<i>Bidens pilosa</i>		169
gháŋmbuùndzè			herb sp.	<i>Aneilema aequinoctiale</i>		427
ghayghày			herb sp.		has thorns	
joò			herb, tall		growing in swampy places	



sg.	pl.	NC	English	Latin	Comments	Page
jweèjweé			herb sp.		edible	
kaáyá			goatweed		fine leaved weed growing in farms	
kàvâ'			herb sp.		Grows in the forest. Used as a charm by secret societies	
kàvâ' kwa'			broad-leaved herb			
kfèàrì			bad smelling plant		found in the plains	
kibuushi			flower			
kifóm			wild leafy vegetable			
kifú			medicinal herbs and minerals			
kighàvir			haemorrhage plant	<i>Aspilia africana</i>	feels rough. Used to staunch bleeding	165
kimán			herb sp.		has one long banana type leaf which is used for the <i>Kimán</i> ritual	
kinsovànjonjon			thorny herb sp.			
kintoóntonj			herb sp.	<i>Melastomastrum capitatum</i>	stems and leaves have a pleasantly sour taste	59
kiŋgà			grass or weeds			
kiróv			spreading dayflower	<i>Commelina diffusa</i>	medical	433
kishèv			wild fruit		resembling garden eggs	
kishwi			nettleweed	<i>Laportea aestuans</i>		413
kiwoòy			herb sp.		ritually used to sprinkle water	
kiwuú ké nsán			herb sp.	<i>Spermacoce ocymoides</i>		389
kiyóyo			vegetable			
			<i>mensuŋsuŋ</i> that has become tough from age			
koorin			legume sp.		has a hollow stem which can grow to the size of a small tree trunk. Used for fences, and gives fertility to the soil	
laashaà			beggarweed	<i>Desmodium scorpiurus</i>	et. 'take me along' because it is so sticky when you touch it. Introduced as a pasture grass.	325
láj			herb sp.		used as medicine	
lòŋkiŋa'			herb sp.			
mensuŋsuŋ			wild plant		used for sauce	
mfer			fine, green moss		growing on tree trunks and wet stones.	
ndzə'nyù			creeping thorny plant			
nsaà			black nightshade	<i>Solanum nigrum</i>	edible	403
nsèmri ŋgvəv			wild okra	<i>Hibiscus asper</i>	edible leaves	345

sg.	pl.	NC	English	Latin	Comments	Page
nsənnəsən			wild cocoyam		not edible but used for medicines that grows in raffia groves	
ntàmèr			herb sp.			
ntsəm			wireweed	<i>Sida rhombifolia</i>		357
ɲé'tí			herb sp.		the stalk can be split	
ɲkéɲ			herb sp.		used for making charms	
ɲkfə			herb sp.		planted in the compound for protection against ancestral spirits	
ɲkun			fern, bracken	<i>Pteridium aquilinum</i>	with edible tips	445
shijíy she sò'			goatweed	<i>Ageratum conyzoides</i>		163
shileɲ she gwiy			wild gooseberry	Cape <i>Physalis angulata</i>	edible fruit	397
shinjáaɲ			castor oil seed or oil plant,			
shishúr shé shìv			herb sp.	<i>Spilanthes filicaulis</i>	like a pepper used for medicine	189
tá'kán			forest herb sp.		tips resemble a penis	
tóɲmbòɲ			herb sp.			
vínwan			herb sp.		sap that resembles milk	
vitu'úr	vé		yellow tasselflower	<i>Emilia coccinea</i>	lit. 'ears of the rabbit'	177
waàɲgáa			wild banana	<i>Ensete gillettii</i>	eaten by monkeys	
wómkán			grass sp.		onion like tuber used for medicine	
yú'			resurrection plant	<i>Bryophyllum pinnatum</i>	has a milky sap	243
Generic						
kifú			broad soft leaf like that of bananas and cocoyams			
fláwà			decorative flowers		< English	
mbor			various types of medicinal herbs			
ɲkwír			weeds piled up in the furrow for burning			

4.2.3 Vines, creepers and lianas

Table 7 shows the names recorded for different types of vines, creepers and lianas in Lam Nso'. There is a generic term for 'vine' in Lam Nso' roughly *lav*.

Table 7. Lam Nso' names for vines, creepers and lianas

sg.	pl.	NC	English	Latin	Comments
lav			any vine that climbs up trees and covers them		
biybïylâm			mistletoe	<i>Tapinanthus, Loranthus spp.</i>	
bó' ghwéáy			balsam pear	<i>Momordica charantia</i>	
kfǽv			vine sp.		used for weaving winds itself tightly around a tree trunk
kím			vine sp.		
kiv			vine sp.		growing in forest areas grows in tree forks
lév			broad-leaved parasitic plant		
ntinkir			creeping plant		comes apart easily
ngâr			fruit of a climbing vine		
ror			vine sp.		
sòvànjoŋjoŋ			thorny creeping plant		
tù'			thorny, creeping plant		

4.2.4 Mushrooms

Table 8 shows the names recorded for different types of mushroom and fungus in Lam Nso'. Regrettably so far none are identified, for lack of a field guide.

Table 8. Lam Nso' mushroom names

sg.	pl.	NC	English	Comments
kikûr			mushroom sp.	<i>Nyam yee la kighvər' jo'si kikir.</i> (Prov.) Most things have their difficulties.
kikur ke lav			small mushroom sp.	grows in large clumps
ki				
kikur ke wiy			large mushroom sp.	does not grow in clumps
kí				
kirím			fungus	
kisíy			white edible mushroom	The <i>kisíy</i> mushroom only comes up at the beginning of the rains. Grows in grassy places.

sg.	pl.	NC	English	Comments
kiwó'			large white edible mushroom sp.	The <i>kiwo'</i> mushroom only comes up at the beginning of the rains. growing in grassy places.
shingo'bii			small mushroom sp.	
shiró mnte			very small mushroom sp.	also <i>shitir</i> . Appears in Sept/Oct. Covers a wide area. edible
shitir			mushroom sp.	also <i>shiró mnte</i> . Appears in Sept/Oct. Covers a wide area. edible
tséə jwi			mushroom sp.	poisonous. Lit. 'penis of dog'

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