00:00:02:12 - 00:00:04:23

[Interviewer] So can you explain

00:00:04:23 - 00:00:09:19

[Interviewer] what are you doing and what is this plant?

00:00:09:21 - 00:00:13:11

Well, this one kills

00:00:13:13 - 00:00:14:21

is called,

00:00:14:21 - 00:00:17:09

we traditionally,

00:00:17:09 - 00:00:20:21

This is xxxx .

00:00:20:23 - 00:00:21:07

Yeah

00:00:21:07 - 00:00:25:16

and it is a bush, a sacred bush.

00:00:25:18 - 00:00:30:18

A sacred daughter of Mother Earth.

00:00:30:20 - 00:00:32:23

She is a woman too.

00:00:32:23 - 00:00:35:23

Therefore, when it grows

00:00:36:00 - 00:00:38:11

she blooms,

00:00:38:11 - 00:00:40:10

bloom and

00:00:40:10 - 00:00:43:19

bloom

00:00:43:21 - 00:00:46:04

and they vote for a fruit, the red seed,

00:00:46:04 - 00:00:50:18

Like us women who grow, we flourish

00:00:50:18 - 00:00:52:06

and we reproduce.

00:00:52:06 - 00:00:58:04

The same thing happens with the xxxx bush .

00:00:58:06 - 00:01:01:23

She is a sacred bush that we xxxx ,

00:01:02:01 - 00:01:04:13

Well, men xxxx , we

00:01:04:13 - 00:01:08:22

The women pick it up and the men

00:01:08:22 - 00:01:12:21

They roast it in a clay pot

00:01:12:23 - 00:01:16:07

and they chew it

00:01:16:09 - 00:01:18:08

with lime,

00:01:18:08 - 00:01:22:09

They chew it and then that leaf

00:01:22:11 - 00:01:24:20

they pass it to the calabash

00:01:24:20 - 00:01:28:12

which becomes the poporo.

00:01:28:14 - 00:01:33:12

So yes, it is a sacred bush.

00:01:33:14 - 00:01:35:04

[Interviewer] And that

00:01:35:04 - 00:01:40:18

[ Interviewer] because men use it, what is produced for them?

00:01:40:20 - 00:01:43:03

good since

00:01:43:03 - 00:01:43:22

the beginning

00:01:43:22 - 00:01:47:17

They left us this bush for men to chew

00:01:47:18 - 00:01:49:16

and

00:01:49:16 - 00:01:54:08

When they are men, they chew it and then

00:01:54:08 - 00:01:56:18

they deliver the mamos with their authorization,

00:01:56:18 - 00:01:59:14

Now they can chew,

00:01:59:14 - 00:02:03:14

symbolizing that a man can now have a woman.

00:02:03:16 - 00:02:05:11

So, that's why, since this is a woman,

00:02:05:11 - 00:02:07:08

now they can chew

00:02:07:08 - 00:02:08:07

the sheet

00:02:08:07 - 00:02:09:01

represents

00:02:09:01 - 00:02:13:02

the woman and that they can already have a woman.

00:02:13:04 - 00:02:16:13

This also helps

00:02:16:15 - 00:02:19:10

how to alleviate hunger,

00:02:19:10 - 00:02:21:09

that when he is on the hill,

00:02:21:09 - 00:02:24:07

when it's like in a meeting,

00:02:24:07 - 00:02:27:17

He starts chewing and concentrating.

00:02:27:19 - 00:02:32:05

When he is concentrated, he is with the bush, chewing the bush.

00:02:32:07 - 00:02:32:18

[Interviewer] Women too?

00:02:32:18 - 00:02:35:06

The leaves, the leaves, chewing the little leaves.

00:02:35:06 - 00:02:39:00

No, not women, we only collect them

00:02:39:02 - 00:02:43:06

here. We

00:02:43:08 - 00:02:45:04

we do the work.

00:02:45:04 - 00:02:47:10

[Interviewer] Is it a type, a plant,

00:02:47:10 - 00:02:50:14

[Interviewer] coke-like guy too, or not?

00:02:50:14 - 00:02:52:11

This is the same coke.

00:02:52:11 - 00:02:57:10

But here the non-indigenous calls it coca, which

00:02:57:11 - 00:03:00:08

It sounds very very ugly,

00:03:00:08 - 00:03:03:06

that that name

00:03:03:06 - 00:03:05:02

that the non-indigenous gave him

00:03:05:02 - 00:03:08:22

They misused it, so they see it as a bad plant,

00:03:08:22 - 00:03:10:07

but it's not a bad bush,

00:03:10:07 - 00:03:14:15

It is a normal bush, for us it is a bush that does not have,

00:03:14:17 - 00:03:18:15

It doesn't do any harm, nothing.

00:03:18:17 - 00:03:21:16

The woman, yes a woman then

00:03:21:16 - 00:03:24:12

They train her badly because she is bad,

00:03:24:12 - 00:03:27:22

It's the same, for us it is a normal bush,

00:03:28:00 - 00:03:32:18

It doesn't have any, it doesn't do any damage, it's a normal bush.

00:03:32:20 - 00:03:35:16

[Interviewer] But what does it do very well?

00:03:35:16 - 00:03:39:15

Yeah.

[Interviewer] And they plant it here?

Yeah.

00:03:39:16 - 00:03:42:11

All. Every family

00:03:42:13 - 00:03:44:11

or each couple has their…

00:03:44:11 - 00:03:49:20

its nuance of xxxx , that is its traditional name.

00:03:49:22 - 00:03:52:21

xxxx .

00:03:53:00 - 00:03:56:23

[Interviewer] And it also grows here, like naturally here?

00:03:57:01 - 00:04:01:12

Yes, this is natural here in the mountains, in any climate,

00:04:01:14 - 00:04:04:14

It is born in any climate.

00:04:04:15 - 00:04:08:10

[Interviewer] Very good.

00:04:12:18 - 00:04:16:22

[Interviewer] How

00:04:17:00 - 00:04:19:04

[Interviewer ]

00:04:19:04 - 00:04:23:11

[Interviewer] do you collect?

00:04:23:13 - 00:04:26:16

We pick it up individually, as a group.

00:04:26:16 - 00:04:30:11

When we are in a meeting in the town, well

00:04:30:13 - 00:04:32:11

we go in a small group and

00:04:32:11 - 00:04:36:12

We pick up, we help each other just like what happens in the Big House.

00:04:36:12 - 00:04:39:12

In xxxx

00:04:39:13 - 00:04:43:08

to help us,

00:04:43:10 - 00:04:44:19

I don't know if you have heard the word xxxx ,

00:04:44:19 - 00:04:50:01

It's like helping each other,

00:04:50:03 - 00:04:53:15

being together, xxxx , like always helping each other.

00:04:53:17 - 00:04:54:20

[Interviewer] Like the store?

00:04:54:20 - 00:04:57:20

Like the store, that's why it's called xxxx .

00:04:57:20 - 00:05:00:01

[Interviewer] And that's like helping each other?

00:05:00:01 - 00:05:01:18

Mutually.

00:05:01:18 - 00:05:06:09

This also helps us

00:05:06:11 - 00:05:08:04

that we share, that

00:05:08:04 - 00:05:12:11

Let's talk, one is picking up the bush and is talking, this...

00:05:12:13 - 00:05:14:12

Yeah.

00:05:14:12 - 00:05:18:05

[Interviewer] So the leaves grow back?

00:05:18:10 - 00:05:21:06

If one removes all the leaves

00:05:21:06 - 00:05:22:06

and that's it

00:05:22:06 - 00:05:25:23

After two weeks it comes back and sprouts, it grows little leaves.

00:05:26:01 - 00:05:30:06

and now they turn this color like this.

00:05:30:08 - 00:05:31:19

When they are cool

00:05:31:19 - 00:05:35:02

They are like more yellowish green.

00:05:35:06 - 00:05:39:04

When they are ready to chew,

00:05:39:04 - 00:05:44:02

collect, for consumption it is already like this, it turns greener,

00:05:44:04 - 00:05:44:23

dark green.

00:05:44:23 - 00:05:46:02

[Interviewer] Can you show us the yellow ones?

00:05:46:02 - 00:05:51:18

The yellow ones are cooler here.

00:05:51:20 - 00:05:53:05

Are

00:05:53:05 - 00:05:55:19

They are bugs,

00:05:55:19 - 00:05:58:18

They are very buggy.

00:05:58:18 - 00:06:01:18

On the other hand, this one is already good.

00:06:01:20 - 00:06:04:09

So when one is collecting nothing

00:06:04:09 - 00:06:08:10

collect these more, the ones that are like more

00:06:08:12 - 00:06:10:15

already like jecha

00:06:10:15 - 00:06:13:14

and leave this, only this.

00:06:16:17 - 00:06:19:19

[Interviewer] Are plants asked for permission to do,

00:06:19:19 - 00:06:24:01

[Interviewer] like to remove the sheets or

00:06:24:06 - 00:06:25:21

[Interviewer] Is it an equally natural process?

00:06:25:21 - 00:06:29:13

No, it's the same, just the same

00:06:29:13 - 00:06:31:11

that when removing the leaves

00:06:31:11 - 00:06:34:08

You just don't have to mistreat them,

00:06:34:10 - 00:06:35:20

but to keep taking

00:06:35:20 - 00:06:40:17

only these leaves,

00:06:40:19 - 00:06:42:12

do not mistreat them,

00:06:42:12 - 00:06:45:04

Don't hurt this one,

00:06:45:04 - 00:06:48:04

because this is a new one that is coming out,

00:06:48:08 - 00:06:51:06

This is new, so you don't have to remove this one,

00:06:51:06 - 00:06:54:02

but just get here.

00:06:54:02 - 00:06:55:17

[Interviewer] Know the plant.

00:06:55:17 - 00:06:59:21

Yes, leave this one, because this one is for the next one

00:06:59:22 - 00:07:02:09

consumption.

00:07:02:09 - 00:07:03:21

Untill there.

00:07:03:21 - 00:07:05:22

[Interviewer] And men do something

00:07:05:22 - 00:07:09:20

[Interviewer] also for the poporo process with the shell?

00:07:09:22 - 00:07:11:09

Yes, with the shell.

00:07:11:09 - 00:07:14:06

[Interviewer] And what is the process you do?

00:07:14:06 - 00:07:16:21

They collect the shell from the sea

00:07:16:21 - 00:07:20:11

They bring it and burn it

00:07:20:13 - 00:07:23:13

with

00:07:23:18 - 00:07:26:05

palm of… with palm stick,

00:07:26:05 - 00:07:29:18

They burn it and it turns to dust

00:07:29:20 - 00:07:34:06

and that's what they throw her in the dungeon

00:07:34:08 - 00:07:35:22

and consume it

00:07:35:22 - 00:07:40:01

with this.

00:07:40:03 - 00:07:44:22

[Interviewer] From what age can plants be collected?

00:07:45:00 - 00:07:46:21

From what age do we collect it?

00:07:46:21 - 00:07:51:03

At the age of six, seven years

00:07:51:03 - 00:07:53:23

The girls now accompany their mother

00:07:53:23 - 00:07:56:20

to see and

00:07:56:20 - 00:07:57:08

already…

00:07:57:08 - 00:07:57:22

and to her

00:07:57:22 - 00:08:01:10

is collecting the leaves,

00:08:01:12 - 00:08:04:14

one tells him how he is going to do it

00:08:04:14 - 00:08:06:06

and they go

00:08:06:06 - 00:08:07:15

learning.

00:08:07:15 - 00:08:10:08

[Interviewer] Yes,

00:08:10:08 - 00:08:11:00

[Interviewer ] and then

00:08:11:00 - 00:08:15:03

[Interviewer] there are many plants here, how many,

00:08:15:05 - 00:08:17:19

[Interviewer] I don't know, how much do they collect each time?

00:08:17:19 - 00:08:20:03

What we need, a backpack

00:08:20:03 - 00:08:26:13

two backpacks and tomorrow again and so on, whatever we need.

00:08:26:15 - 00:08:30:06

[Interviewer] The work is constant.

As?

00:08:30:08 - 00:08:31:18

[Interviewer] I mean, they constantly collect.

00:08:31:18 - 00:08:33:03

Yes, yes, always.

00:08:33:03 - 00:08:35:07

When we see that

00:08:35:07 - 00:08:37:07

our husbands are already running out,

00:08:37:07 - 00:08:39:00

We go and pick it up.

00:08:39:00 - 00:08:41:13

[Interviewer] And I see that men also share leaves.

00:08:41:13 - 00:08:46:03

If they share it, it is a means of greeting.

00:08:46:05 - 00:08:50:00

This is not how you greet with your hand, but only the

00:08:50:02 - 00:08:50:18

you share

00:08:50:18 - 00:08:53:23

That's called sharing.

00:09:05:08 - 00:09:08:18

Yes, they share

00:09:08:20 - 00:09:11:05

the coke like that to the other

00:09:11:05 - 00:09:16:10

and the other shares.

00:09:27:21 - 00:09:29:15

One picks these seeds

00:09:29:15 - 00:09:32:20

and he plants them in another place and it is born.

00:09:35:09 - 00:09:37:14

Sometimes the leaves

00:09:37:14 - 00:09:41:02

We use the leaves as medicine,

00:09:41:04 - 00:09:44:16

It is used for... like for headaches, for ailments,

00:09:44:16 - 00:09:45:20

for pain inside the body.

00:09:45:20 - 00:09:49:04

One takes enough leaves, cooks them

00:09:49:06 - 00:09:51:21

and with that he bathes.

00:09:51:21 - 00:09:53:23

Yes, and that calms

00:09:53:23 - 00:09:56:15

pain.

00:09:57:13 - 00:09:59:20

This would be the seed.

00:09:59:20 - 00:10:01:00

It is not bad.

00:10:01:00 - 00:10:05:06

You can take it home as a decoration for the house.

00:10:05:06 - 00:10:08:17

No problem.

00:10:08:19 - 00:10:11:19

[Interviewer] Isn't that prohibited?

00:10:11:19 - 00:10:13:13

[Interviewer] how do you cook then?

00:10:15:00 - 00:10:18:22

Take plenty of leaves and cook with other plants,

00:10:18:22 - 00:10:24:17

like when the child has the flu that gives him a little pain,

00:10:24:19 - 00:10:27:14

headache, pain all over the body,

00:10:27:14 - 00:10:32:04

then take lemon leaves, lemon leaf, several leaves

00:10:32:06 - 00:10:35:23

They are used for the flu and you take a lot of this and put it on,

00:10:36:01 - 00:10:39:17

It is cooked and when it is already medium cold

00:10:39:22 - 00:10:44:17

you bathe with it or the baby or the person

00:10:44:19 - 00:10:47:19

and also the leaves can cook

00:10:47:22 - 00:10:52:11

about five or ten leaves and cook enough

00:10:52:13 - 00:10:54:19

and drink with tea.

00:10:54:19 - 00:10:57:01

Tea that also works

00:10:57:01 - 00:11:00:15

as for the pain

00:11:02:18 - 00:11:06:11

Yes, then the kill is not bad.

00:11:12:18 - 00:11:16:13

I looked at how it turned out, now

00:11:16:15 - 00:11:23:16

It is, it was left without leaves.

00:11:24:12 - 00:11:27:01

[Interviewer] To be reborn again in

00:11:27:01 - 00:11:28:11

[Interviewer] two weeks?

00:11:28:11 - 00:11:35:09

In two weeks that's it, it's already growing leaves.