



# "How I became an ethnobotanist" an interview with ERA Associate Editor Dr. Narel Paniagua Zambrana

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## Notes on Ethnobotany

### Abstract

An interview with Narel Paniagua-Zambrana, Senior Scientist of the Department of Ethnobotany at the Institute of Botany, Iliia State University, Georgia, Associated Researcher of Herbario Nacional de Bolivia and co-director of Saving Knowledge. Her work focuses on ethnobotanical research and the preservation of traditional knowledge, in the Andes, the Caucasus, and the Himalayas.



Narel Paniagua-Zambrana interviewing Ese Eja indigenous people in the community of Palma Real, Tambopata, Peru (Photo RW Bussmann).

## Do you consider yourself primarily an ethnobotanist or do you have another way of seeing yourself?

I am an ethnobotanist, and I study the complex relationship that people establish with plants through their use. This implies aspects related to their culture, their history, their socioeconomic context, and the environment in which they develop. I started studying ecology, seeking to understand the effect of the use of plants on ecosystems, and very quickly I understood that without incorporating people, their vision, knowledge, and perceptions, we could never conserve the ecosystems and plants that we wanted to protect. We now collaborate with local communities to protect and preserve their knowledge as the most important tool in conservation.



Pressing the collection of the day, one of the most common activities in botany and ethnobotany. Rio Marañon, Peru 2013 (Photo RW Bussmann).

## Describe your work/what you see as your mission

My motivation / mission has changed a lot over the years that I have been collaborating with indigenous and local communities. It started with a fascination for the way people use plants, and now it has morphed into a deep respect for the way they "relate" to plants. After more than 15 years working on this issue, I must say that the word "use" does not fit at all for the "relationship" that people establish with plants that allows them to take advantage of their benefits. It is a relationship that involves social, cultural, historical, economic, and environmental aspects, and it is as complex as it is fascinating.

And precisely to contribute to understanding this complex relationship, our research consists of documenting this knowledge and correctly identifying the plants to which people attribute a use. In this way we have the information on use, local names and local classification provided by members of the community, and we also have a scientific collection of plants that allows us to know exactly what species we are talking about. These collections are deposited in local (national) herbaria, and in this way, they also serve to protect the Natural Heritage in their own countries.

In addition, the results of all our research have been returned to the local populations in formats and languages chosen by them (Balslev *et al.*, 2012; Paniagua-Zambrana *et al.*, 2011, 2012a - e, 2017c; Paniagua-Zambrana & Bussmann 2018; Vega *et al.*, 2014), and in many cases this material has been incorporated into educational materials in local schools or as support material for declarations of national heritage. In this way we support the processes of transmission of knowledge between generations, which in many communities is at risk of being lost due to so many social, environmental, and cultural changes to which they have been subjected. Seeing the reaction of people, old and young, when they hold the books is a huge motivation.

An important aspect has been to recognize local participants as the main authors in all our publications, including scientific articles published in International Journals (Paniagua-Zambrana *et al.*, 2017a, 2018a - d). This form of publication guarantees the intellectual property of this knowledge for the owners of the knowledge because this information is in the public domain and cannot be patented. And it also puts the decision of how to use it in your hands.

All our investigations are carried out with a Prior Informed Consent, which guarantees that they have the approval and permission of the communities where we work. The methods we apply are discussed and modified according to their requirements (Paniagua-Zambrana & Bussmann, 2021). In this way we ensure that the information we generate responds to a local need and that in the future it can be used as a tool that helps them make better decisions, use, management and / or conservation of their resources or the knowledge associated with them. Certainly, you cannot protect or conserve what you do not know.

Another important aspect in our investigations has been the repatriation of ethnobotanical information to the communities (Paniagua-Zambrana *et al.*, 2014a, 2018e), in order to allow them to have all the information that was part of previous investigations and that previously was never returned to them



Grandmother and granddaughter of the Lamas indigenous group in Peru reading the books that were produced as result of our research, generating a processes of knowledge transmission (Photo RW Bussmann).

### **Did you ever think you would be an ethno/botanist growing up? [Or work with plants?]. What did you want to be when you were a child?**

I grew up and studied in the mining camps in Bolivia, in small towns nestled in the mountain ecosystems above 4000 m of altitude. As a child, I would never have imagined being an ethnobotanist, not even a botanist. For me, plants were just another “toy”, or part of an environment that we enjoyed.

My oldest and closest memory to people and the use of plants are the weekend “peasant fairs”. The peasants came from the towns or farms near the camps to exchange or sell their agricultural products. These were days that I was looking forward to a lot during the week, because there was always the possibility of trying or seeing something new. These experiences were the ones that initially made me to decide studying agronomy. After a quick passage (one class only) through agronomy, I discovered biology and with-it ethnobotany.

**What/where did you study? Do you think this influences you in any particular way? If you were not an ethnobotanist, what would you be?**

I studied Biology at the Universidad Mayor de San Andrés in La Paz, Bolivia. After spending the first years as a volunteer in various departments, I decided to study Botany because in 1993 was accepted into a Rapid Biology Assessments course organized by Conservation International, as member of the botanist team. There, under the guidance of one of the world's leading specialists in Tropical Flora, Dr. Robin Foster of the Field Museum in Chicago, I began my passion for plants. Until then I had never seen a tropical forest. Learning to know a forest as Dr. Foster showed us, was the best gift I could have in my first steps as a botanist. His incredible knowledge, his humility, and his patience were a very important example for me as a person. As a result of this trip, I decided to choose a species of palm tree widely used in the Amazon, *Attalea princeps* Mart, for my undergraduate thesis, for which I studied the impact of the use of fruits and leaves on the natural populations of this species, with a primarily ecological and management approach (Paniagua-Zambrana & Moraes, 2009). It was my first approach to ethnobotany.



Narel Paniagua-Zambrana with her brother in the Chorolque mining camp at an altitude of 4850 m, 1976. (Family Photo)

My passion for ethnobiology was consolidated when I again chose palm trees as my study group in my post graduate studies. In 2005 I obtained my Masters' degree at the University of Aarhus in Denmark, and I had the opportunity to develop my thesis comparing the factors that influence the knowledge and use of palm trees in two regions, one in Peru and the other in Bolivia (Paniagua-Zambrana *et al.*, 2007). This opportunity allowed me to meet and learn from different specialists in palm ecology and taxonomy and it was a very important opportunity for the development of my career. However, my most important experience and the one that defined me as ethnobotanical, was the development of my doctoral thesis. In 2010 I began my doctoral studies in Biology at the Autonomous University of Madrid, Spain, as part of a regional project that sought to understand the impact of the use of palm trees in tropical forests. My research was part of the component that studied the use of palm trees, specifically seeking to understand what the socioeconomic factors that determined the knowledge of people in the north-west region of the Amazon

were (Bussmann & Paniagua-Zambrana, 2013; Paniagua-Zambrana *et al.*, 2014b, 2015, 2016, 2017b). The research had a fairly ambitious methodological approach (Paniagua-Zambrana *et al.*, 2010). We had to cover all forests below 1000 m in the Amazon, the Andes, and the Chocó, conducting interviews in four countries (Ecuador, Colombia, Peru, and Bolivia), including information on the distribution and impact of the socioeconomic conditions that we were interested in evaluating. On over 18 months in the field, we conducted approximately 2300 interviews in 68 communities and 38 different indigenous groups, I believe that I will never in my life speak with so many different people in a single year.

But, beyond the “impressive” data we obtained, this experience allowed me to have a much more realistic perception of the way in which people in the communities understand and define words like “traditional knowledge” and “use”. It helped me to better understand the close relationship that they establish with the resources they use, and without a doubt this was the most important contribution to the future approach of our new research projects.



Together with Dr. Robin Foster and Dra. Marielos Peña in the Caparuch Mountains (Noel Kempff Mercado National Park, Bolivia), during the Rapid Biological Assessments course, 1993 (Photo NY Paniagua Zambrana)

### **What got you interested in ethnobotany?**

My interest in studying the use of plants began with my undergraduate thesis where I studied the impact of the use of fruits and leaves on the natural populations of *Attalea princeps* Mart, A species of palm tree widely used in the Amazon, with a focus mainly ecological and management (Paniagua-Zambrana & Moraes, 2009). Initially I underestimated the importance of people's knowledge in managing the species. It was a somewhat empirical ethnobotanical work, guided by the needs that appeared with the population data, but very important for the formulation of a management plan for the species. This was my first approach to ethnobotany.

But my interest was reinforced with an expedition organized by Conservation International in 1997 where I was invited as part of the team of botanists, to inventory the biodiversity of the Madidi National Park and Natural Area of Integrated Management, when it still did not have this category and its incredible biodiversity was hardly known. During that expedition we met an indigenous couple of the Tacana ethnic group, who for a whole day showed us plants and talked about the use that their people made of plants. A few years later I received my first research grant to develop my first ethnobotanical study in San José de Uchupiamonas, the Tacana community where this couple lived. Together with them and all the community members as authors, I wrote my first book, with which I returned

traditional knowledge to each of the families in this indigenous community (Paniagua-Zambrana & Comunidad San José de Uchupiamonas, 2001). The limitations of financial resources did not allow us to produce a book with the quality that we would have liked, they were simply ringed photocopies, but after more than 20 years a colleague who visited San José told me, that several members of the community still kept the book and used it in their ecotourism activities. And now, after many years researching under an academic system that only recognizes the Impact Factor of a journal as the impact of your publications, I can say that for me this is the true impact of our research, and it is what we try to show.

One reason to emphasize the devolution of information to the original knowledge holders is related to the importance of transmitting this knowledge to the younger generations. In most communities, knowledge transmission is oral and through direct practice. However, for different reasons, including economic, social, and even political, these processes have been changing and have even been lost. For example, the loss of the language is one reason why a lot of knowledge can no longer be transmitted, the new generations no longer speak the local language, so it is important to find a way to transmit this knowledge considering all these changes. Here enters the importance of documenting this knowledge and putting it in their hands in a language they understand and use. And many times, seeing how rich their knowledge is, the next step for young people is to learn their local language. Our research seeks to strengthen these transmission processes in a globalized and constantly changing world, understanding this important aspect we will be able to better focus our efforts so that these important processes still exist.



With the family of Pae Chavez, in the Chacobo indigenous community of Alto Ivon (Bolivia), reviewing the books that were returned with their traditional knowledge, 2011 (Photo RW Bussmann).

### **What made you choose your research themes in ethnobotany**

In a specialty such as ethnobotany, the diversity of topics that can be addressed by our research is so wide that choosing is always a challenge. However, in most cases the research interests are often set by the funders, and where so much information needs to be documented, I believe that many researchers cannot afford the luxury to choose.

As in the case of many ethnobotanists, my research began as a support to ecological and taxonomic investigations (Beck *et al.*, 2001; Fairbain *et al.*, 2001; Moraes & Paniagua-Zambrana, 2006; Paniagua-Zambrana, 2005), seeking to understand the ecosystems that we studied. We quickly began to direct our research towards documenting ethnobotanical knowledge in general (Bussmann *et al.*, 2016a - d, 2017a, 2018a, 2020a,b, 2021a, b; Kupradze *et al.*, 2015; Paniagua-Zambrana *et al.*, 2017a) as a way to have information that communities and researchers could use as conservation tools. Some of this research was aimed at providing relevant information in relation to resource

management and the impact of its use (Moraes & Paniagua-Zambrana, 2007; Moraes *et al.*, 2008; Paniagua-Zambrana & Moraes, 2009; Preston *et al.*, 2003).

Much of my ethnobotanical research focused on documenting the use of palm trees (Arecaceae) mainly in Latin America (Balslev *et al.*, 2008; Bussmann & Paniagua-Zambrana, 2014; Macía *et al.*, 2011, 2014; Moraes *et al.*, 2014; Paniagua-Zambrana *et al.*, 2007, 2015, 2017b) and based on these experiences we were also able to study palm uses in other diverse regions such as Madagascar (Bussmann *et al.*, 2015a). I applied our research in relation to palm use to identify patterns that would allow us to understand and explain the traditional knowledge associated with them both from an ecological point of view and from a socioeconomic point of view (Bussmann & Paniagua-Zambrana, 2013; Cámara-Leret *et al.*, 2014; Paniagua-Zambrana *et al.*, 2014b, c, 2015, 2016).

Like many other researchers, I focused part of my research on documenting the use of medicinal plants (Bussmann *et al.*, 2015b, 2016a,c, 2017b; Vidaurre *et al.*, 2006). However, many of the medicinal plants are currently sold in rural and urban markets, so I also focused my studies on documenting the knowledge related to the plants that are sold in such markets (Bussmann *et al.*, 2016e, 2018b, c; Castañeda *et al.*, 2021; da Costa Ferreira *et al.*, 2021), which allowed to identify problems in the identification of commercialized plant species (Bussmann *et al.*, 2013, 2015c). Recently, during the pandemic, we tried to provide information mainly related to the taxonomy of medicinal plants used as part of the treatments against coronavirus (COVID-19) (Maldonado *et al.*, 2020).

The study of plants used in food has been another focus of my research, especially in the Caucasus region (Bussmann *et al.*, 2014, 2016a, b, c, 2021b), where many of our publications were also distributed in local language.



Educational material with the information documented in ethnobotanical research on the use of palm trees delivered in the schools of the Awajun community of Yamayakat in Peru, 2012 (Photo RW Bussmann).

Our investigations addressed controversial issues in our science. The loss of knowledge for example has been one of the objectives that has guided many investigations, starting with our participatory research (Bussmann *et al.*, 2014, 2018d; Paniagua-Zambrana *et al.*, 2018b) and we were able to address it through a different approach that allowed us to demonstrate the importance of the participation of local counterparts in our investigations and their final results (Paniagua-Zambrana *et al.*, 2018a, b, c). The publication of our standardized research protocols (Cámara-Leret *et al.*, 2012; Paniagua-Zambrana *et al.*, 2010), and our experience with quantitative ethnobotany methods (Paniagua-Zambrana *et al.*, 2018c, d; Zenderland *et al.*, 2019) allowed us to contribute to the methodological development of ethnobotany.

The need to have up to date information regarding the most important useful plants in different countries and regions has always been a necessity in our science. Over the last few years, we have thus started to report on important useful plants in all mountains of the world, acting as editors in chief and volume editors for the Springer Series "Ethnobotany of Mountain Regions" (Bussmann & Paniagua-Zambrana, 2020; Paniagua-Zambrana & Bussmann, 2020).



In the Chacobo community of Alto Ivon, together with the members of the Chacobo Ethnobotany Project. A participatory project that documented traditional knowledge of plant use across the indigenous group, 2013 (Photo RW Bussmann)

### **Who was the most influential person(s) on your career? Was there ever an act of (kindness/fate) that changed your life course?**

I think that the first person who has influenced my career as an ethnobotanist has been Dr. Robin Foster, who opened the doors to the fabulous world of botany, not only in my first real field-expedition as a botanist, but by also allowing me to know other scientific institutions outside of Bolivia, and that exchange experience was very important in my training. Knowing plants from a taxonomic and ecological perspective, which has been my basic training, has been my main tool to understand the relationship that local populations establish for the use of plants, and to be able to make this information a tool in conservation.

As an ethnobotanist, without a doubt each of the people with whom we have collaborated in our research has been and are an inspiration to me. With great certainty I can say that they have not only taught me to "walk through the forest", but they have also taught me to "walk through life". The lessons that I have learned with them have allowed me to relate and learn differently both personally and professionally. The humility and detachment with which they share their knowledge, their house, their food ... their home, are lessons that I try to apply in daily life and transmit to the students with whom we work. Without their selfless collaboration, our research would not exist.

And finally, as a female scientist, without a doubt the person that I today consider my greatest inspiration, is my husband, Dr. Rainer Bussmann, with whom, for already 11 years, I have shared my life and my research as an ethnobotanist. Working together with my husband has allowed us to show that women and men can do the same job with mutual respect. And I am convinced that this can help to give value to the position of women in environments where gender differences still create conflict.





With Dr. Rainer Bussmann, my husband, in one of our botanical expeditions in the montane forests of northern Peru, 2010 (Photo Carlos Vega)

### **What was the highlight of your career? A moment you were proud of?**

Each book delivered to a family in the communities to return their knowledge to them, with all the limitations that we still have in research in Latin America, I consider as a special achievement in my career. Seeing their surprise because we returned with “those books”, reading their names as authors and finding themselves in one of the photographs that we include, are some of the reasons why we developed our research.

There have been other achievements that have also been important, such as the use of one of our publications with the Ese Eja (an indigenous group from the Peruvian-Bolivian Amazon) (Paniagua-Zambrana *et al.*, 2012d) to declare the use of palm fibers in basket weaving as Cultural Heritage in Peru.

However, one of the achievements that has been very important came in February 2019, when I received the award for early career researchers in the world from the Organization for Women in Science for the Developing World (OWSD) and the Elsevier Foundation for my work in Ethnobotany. Only five scientists in the world receive this award each year, and I received it on behalf of Latin America and the Caribbean.

Personally, it turned out a very shocking experience for me, because from one day to the next my entire country was talking about the award, our research and ethnobotany. But the most important thing was that the award highlighted the indigenous and local communities with which we carry out our research, and their traditional knowledge as an important tool in the conservation of our cultural and natural heritage. The message was so strong that we were invited by the president of Bolivia to show him our work, many national media gave us space to talk about ethnobotany and its importance, and institutions such as the World Food Program Bolivia chose me as an image to paint a mural with my story in a school in the city of La Paz celebrating the International Day of Women. Additionally, I like to highlight an aspect that perhaps not seems important but coming from a Latin country it is very important. Receive the award highlighted the importance of family support. The family must support and believe in a scientific woman, and this often means relieving her of certain activities that our society considers exclusive responsibility of women.



At the 2019 Organization for Women in Science for the Developing World (OWSD) and Elsevier Foundation (Washington, USA) award ceremony (Photo Alison Bert, Elsevier)

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Hoy #IWD2019 rendimos homenaje a las mujeres que nos motivan a romper barreras y soñar sin límites. Este año, reconocemos a la científica boliviana #NareIPaniagua en un mural pintado por una artista local que permitirá a transeúntes conocer a Narel y su labor 🙌 #MujeresEnCiencia

🌐 Translate Tweet



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Twitter of the World Food Program Bolivia announcing the completion of the mural celebrating International Women's Day 2019 (La Paz, Bolivia).

**And a lowlight? Was there ever a point you looked at yourself and thought what am I doing/how the hell did I get here?**

You can say that there were frequent low points for a long time. It is difficult to reach a community and talk to them about conserving their traditional knowledge and their resources when they themselves have many other more important needs (e.g., health, education). Thus, transmitting the importance that research had for me was frustrating. That frustration was constant for a long time, until I understood that it was me who should listen and not them. When I began to understand that we both had common interests and we needed just to identify them, when I stopped "applying protocol recipes," and recognized each community as unique, I finally began to develop research with a more participatory approach. The frustration still exists, but it is becoming easier to accept when a community gives "no" for an answer when we propose research or certain aspects of it, and to respect it.

However, although the way of conceiving ethnobotanical research is changing, certain aspects are not. Recently we were victims of a type of racism that, as a scientist, is very difficult to understand: the resistance of scientific journals to accept our collaborators in the communities as co-authors in the publications generated as products of our participatory research. Many journals that publish articles related to ethnobotany and traditional knowledge, and many reviewers and editors, are of the opinion that all authors in a publication must have some academic training. In some instances, editors and reviewers asked us if our local collaborators knew how to read and write and what their academic degree was, totally unaware that they in fact were the original owners of the knowledge that was included in these publications! As scientists we must learn to value all kinds of knowledge. Such attitudes seem predatory to me, as much or even more than the article processing charges that we as researchers are often asked to pay to publish our manuscripts, and that researchers in developing countries often cannot afford. This point of view has been highlighted in some regional publications (<https://ojo-publico.com/2931/como-cientificos-debemos-valorar-todos-los-tipos-de-conocimiento>) Publication practice simply must change to do what is ethically correct.

Finally, and speaking of ethics, an attitude that I see often among colleagues is the "indiscriminate" use of data obtained in the field. It is true that in many institutions our success is measured by the Impact Factor of our publications, and in the quest to have more "impact" many researchers simply "re-use" the information they have e.g. obtained for their theses, without consulting the original knowledge holders whether this use beyond the original purpose (a thesis publication) was permitted, and often not even recognizing the contribution of our indigenous and local colleagues and research participants (which are often only mentioned in the acknowledgments, if at all). Very few Journals are clear about these aspects and use them as criteria to accept or reject this type of manuscript. Others simply ignore them and contribute to the perception that ethnobotanists "steal" knowledge. We should clearly denounce this type of action, and this type of colleagues that harm the development of future research.

**What would be your top advice for a student of ethnobotany? (1 or 2 tips, or things you had wish you had known as a student)**

One aspect that is essential for us as ethnobotanists is remembering that we are all the same. That your position as a "researcher" does not make you better, more important, or more intelligent than the people with whom you collaborate in your research. Without THEIR PARTICIPATION and without THEIR KNOWLEDGE our research would not exist. It is important to involve local participants in all aspects of the research, from design, field work (collections and interviews) to publications, without forgetting to return the documented knowledge to its original owners. These actions empower them and generate a vision of value, which originally, they sometimes did not perceive in their traditional knowledge and in your research. Sometimes you don't realize the value of knowledge and research until you see it, and the same thing happens to them. If you go and explain your work to them, you give them the chance to participate, take their comments and suggestions and include them in the project, you make them more confident that the research we are doing can really serve them, and not just us (the researchers).

Never forget that you are working with people, and that any difference that we might have with them (perceptions, ideas, actions) must be respected. Sometimes this requires developing a lot of patience and empathy, which are very important. We must consider that we ourselves can be the main "artifact" in our research. It is important to understand that conducting ethnobotanical research is like a bread recipe, it must be adjusted according to where it is baked (due to the possible effects of altitude, pressure, toppings, etc.) and you will likely only make the best bread when you have probably burned a lot.

And finally, the success of a good relationship is trust, and this is what we want to develop in our research. So, it is important to develop actions that lead us to it, and one of the first is NOT TO PROMISE something that you will not be able to give, just to achieve your goals.

**How do you see the future of ethnobotany? i.e., new trends, areas not yet researched, areas that are over researched? What do you see as the most important mission of ethnobotany for the future?**

The future of ethnobotany, in my opinion, lies in applied research. During the year of the pandemic, the importance of using medicinal plants in response to SARS-CoV-2 has resurfaced, but an aspect that has always been highlighted in ethnobotanical research has been neglected, and that is food. Local communities consider that good health is in a good diet, which involves taking care of their resources in their own ecosystems, what is known today as Food Security, these are aspects that will undoubtedly be important to know and understand better (Pieroni *et al.*, 2020).

Knowledge is the way in which people relate to the environment and what allows us to adapt to it, which means that knowledge is not static. In this last aspect lies the importance of studying it continuously. Local communities and indigenous peoples have traditional knowledge that allows them to "relate" to nature and this knowledge goes far beyond just using it for their benefit. Understanding this relationship can allow us to understand what "quality of life" is for them. Their relationship involves many other aspects that we must consider when we speak of traditional knowledge. Understanding these and applying them as a tool to improve their quality of life is essential considering that they are an integral part of the natural and cultural ecosystems that we want to conserve.



Interviewing a young Chacobo indigenous, accompanied by a student who learns to conduct interviews. Bolivia, 2010 (Photo RW Bussmann).

**Favorite ethnobotanical researcher?**

A colleague and friend that I admire for her dedication and commitment to ethnobotany, but also to the people she collaborates with is Dra. Ina Vandebroek at The University of the West Indies, Mona in Jamaica.

Almost at the end of the world, in Bariloche, there is Dra. Ana Ladio at INBIOMA who develops fabulous research that involves indigenous groups in her region and has trained many of the future ethnobotanists in Argentina.

And in Bolivia, my country, I deeply admire and respect Dr. Stephan Beck, founder of the Herbario Nacional de Bolivia, who is not an ethnobotanist, nor is he Bolivian (he is German) but who has a passion for botany and for

Bolivia that is inspiring. Without all that he taught me about botany and ecology as my professor at the university and later as my colleague in our research, I could not be the ethnobotanist that I am.

### Have you any 'must read' ethnobotany books?

Very difficult question to answer. I don't think I have any, because all or most of these books have been written from the perspective / experience / knowledge / needs of the author (s). So "all" provide valuable and important information and should be read with that vision. The important thing, from my point of view, are the "complementary books" to your ethnobotanical research, and a good book about the history and culture of the place where you are going to work, can be essential.

### What do you do in your downtime? Any secret hobbies?

I don't think I have activities that can be identified with "my free time." All the activities I do at home or outside have some connection with ethnobotany. In some way it is always a way of learning or applying what has been learned.

Cooking is one of the passions that I share with my husband, it is a ritual that allows us to connect with the product, its origin, and through the recipe with different cultures. It's a great way to experiment, eat delicious, and practice applied ethnobotany at home.

I really like to do things with my hands. Once I used dry leaves to make postcards that I gave to my friends on special occasions, I also do origami as a way to relax and test my patience. During the year of the pandemic, I really enjoyed knitting, for now with two needles and with wool, but hopefully one day I can learn to weave baskets using natural fibers and thus I can replicate the baskets that I have been collecting in all the communities and countries that I have been able to know.

And together with my husband I learned to enjoy dogs, and now I can't imagine a life without them.



Rainer W. Bussmann and Narel Paniagua-Zambrana with Ravi and Leo, St. Louis, 2014 (Photo RW Bussmann)

### What is your favorite plant and why?

My favorite plant is *Attalea princeps* Mart, The palm that made me have my first approach to ethnobotany and that has been identified as one of the most used in tropical forests. I was so passionate about studying it that for a long time many colleagues only identified me by its local name in Bolivia, Motacu. It is the palm tree that I chose to show with me in the mural made by the World Food Program in Bolivia.



During my PhD work I "hugged" a bunch of fruits from *Attalea princes* Mart. in Riberalta, Bolivia, 2010. (Photo E. Blacutt).

And a second plant has been a "gift" that my husband gave me. *Blakea nareliana* (Melastomataceae) is a small tree, endemic to the cloud forest area in the Huallaga area in the Andes of northern Peru, collected in the place where we carried out our first field expedition together in 2010.

## Declarations

**List of abbreviations:** N/A

**Ethics approval and consent to participate:** Narel Paniagua-Zambrana authorized the interview and read and approved the text.

**Consent for publication:** All persons shown in any image gave their permission to have the images published. All image authors agreed to have the images published.

**Availability of data and materials:** All the data are in manuscript and supporting documents.

**Author's contributions:** The author conducted the interview and wrote the article.

**Funding:** This study did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

**Conflict of interest:** The authors declares that they have no conflict of interest.



*Blakea nareliana* (Melastomataceae) collected in the cloud forest zone in the Huallaga River region in the Andes of northern Peru, 2010. (Photo RW Bussmann).

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