

**Utilization of forest plant resources by the local people around Kalinzu Forest Reserve, South-Western Uganda.**

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This paper describes the plant resources harvested, plus frequency, quantities and mode of harvest, to make recommendations that can encourage sustainable forest resource use in the Kalinzu Forest Reserve in south-western Uganda. Observation and interviews with resource harvesters were used to identify plant products harvested and the species from which they were harvested. Interviews were held with heads of randomly selected households to obtain more information about plant products harvested from the forest. The frequency of resource harvest was determined by noting the number of people that harvested a particular resource on each day of harvest.

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