

Reporting Summary

Nature Portfolio wishes to improve the reproducibility of the work that we publish. This form provides structure for consistency and transparency in reporting. For further information on Nature Portfolio policies, see our [Editorial Policies](#) and the [Editorial Policy Checklist](#).

Statistics

For all statistical analyses, confirm that the following items are present in the figure legend, table legend, main text, or Methods section.

n/a	Confirmed
☐	☒ The exact sample size (<i>n</i>) for each experimental group/condition, given as a discrete number and unit of measurement
☐	☒ A statement on whether measurements were taken from distinct samples or whether the same sample was measured repeatedly
☐	☒ The statistical test(s) used AND whether they are one- or two-sided <i>Only common tests should be described solely by name; describe more complex techniques in the Methods section.</i>
☒	☐ A description of all covariates tested
☒	☐ A description of any assumptions or corrections, such as tests of normality and adjustment for multiple comparisons
☐	☒ A full description of the statistical parameters including central tendency (e.g. means) or other basic estimates (e.g. regression coefficient) AND variation (e.g. standard deviation) or associated estimates of uncertainty (e.g. confidence intervals)
☒	☐ For null hypothesis testing, the test statistic (e.g. <i>F</i> , <i>t</i> , <i>r</i>) with confidence intervals, effect sizes, degrees of freedom and <i>P</i> value noted <i>Give P values as exact values whenever suitable.</i>
☒	☐ For Bayesian analysis, information on the choice of priors and Markov chain Monte Carlo settings
☒	☐ For hierarchical and complex designs, identification of the appropriate level for tests and full reporting of outcomes
☒	☐ Estimates of effect sizes (e.g. Cohen's <i>d</i> , Pearson's <i>r</i>), indicating how they were calculated

Our web collection on [statistics for biologists](#) contains articles on many of the points above.

Software and code

Policy information about [availability of computer code](#)

Data collection	not applicable
Data analysis	GAUSS runtime free and open source software https://archaeometry.missouri.edu/gauss.html

For manuscripts utilizing custom algorithms or software that are central to the research but not yet described in published literature, software must be made available to editors and reviewers. We strongly encourage code deposition in a community repository (e.g. GitHub). See the Nature Portfolio [guidelines for submitting code & software](#) for further information.

Data

Policy information about [availability of data](#)

All manuscripts must include a [data availability statement](#). This statement should provide the following information, where applicable:

- Accession codes, unique identifiers, or web links for publicly available datasets
- A description of any restrictions on data availability
- For clinical datasets or third party data, please ensure that the statement adheres to our [policy](#)

All original data generated in this research have been provided with this manuscript or as supplementary data tables.

Research involving human participants, their data, or biological material

Policy information about studies with [human participants or human data](#). See also policy information about [sex, gender \(identity/presentation\), and sexual orientation](#) and [race, ethnicity and racism](#).

Reporting on sex and gender	not applicable
Reporting on race, ethnicity, or other socially relevant groupings	not applicable
Population characteristics	not applicable
Recruitment	not applicable
Ethics oversight	not applicable

Note that full information on the approval of the study protocol must also be provided in the manuscript.

Field-specific reporting

Please select the one below that is the best fit for your research. If you are not sure, read the appropriate sections before making your selection.

☐ Life sciences ☒ Behavioural & social sciences ☐ Ecological, evolutionary & environmental sciences

For a reference copy of the document with all sections, see [nature.com/documents/nr-reporting-summary-flat.pdf](https://www.nature.com/documents/nr-reporting-summary-flat.pdf)

Behavioural & social sciences study design

All studies must disclose on these points even when the disclosure is negative.

Study description	The study includes quantitative analysis of research materials and statistical interpretation of the resulting trace element compositional data.
Research sample	not applicable
Sampling strategy	not applicable
Data collection	not applicable
Timing	not applicable
Data exclusions	not applicable
Non-participation	not applicable
Randomization	not applicable

Reporting for specific materials, systems and methods

We require information from authors about some types of materials, experimental systems and methods used in many studies. Here, indicate whether each material, system or method listed is relevant to your study. If you are not sure if a list item applies to your research, read the appropriate section before selecting a response.

Materials & experimental systems

n/a	Involved in the study
☒	☐ Antibodies
☒	☐ Eukaryotic cell lines
☐	☒ Palaeontology and archaeology
☒	☐ Animals and other organisms
☒	☐ Clinical data
☒	☐ Dual use research of concern
☒	☐ Plants

Methods

n/a	Involved in the study
☒	☐ ChIP-seq
☒	☐ Flow cytometry
☒	☐ MRI-based neuroimaging

Palaeontology and Archaeology

Specimen provenance	All research specimens were collected between 2019-2022 under permits from the Eswatini National Trust Commission. They include survey and collection of geological source materials at various sites in Eswatini as well as an assemblage of artifacts that are under the curation of the Eswatini National Museum in Lobamba, Eswatini.
Specimen deposition	Upon completion of the ongoing study, all unconsumed sample material will be returned to archive in the Eswatini National Museum to be made available to other researchers.
Dating methods	New radiocarbon and OSL (optically stimulated luminescence) dating was undertaken on charcoal and sediment samples from a selection of sites included in the study. The radiocarbon dates were done at Beta Analytic using their standard procedures. The OSL sample preparation and dating was performed at the Uni Cologne (Germany) and Technical University of Denmark (Denmark) by Co-author Svenja Reidesel . All dating methods (pre-treatment, processing, etc.) are described in full detail in the manuscript and supplementary information.
☒ Tick this box to confirm that the raw and calibrated dates are available in the paper or in Supplementary Information.	
Ethics oversight	No university-level ethical protocols were required (e.g. Institutional Review Board) as no living subjects were included. All export permits granted by the Eswatini National Trust include a memorandum of understanding that destructive analyses would be kept to a minimum and return of all unused research materials to the Eswatini National Museum would take place upon the conclusion of the project.

Note that full information on the approval of the study protocol must also be provided in the manuscript.

Plants

Seed stocks	not applicable
Novel plant genotypes	not applicable
Authentication	not applicable