Traditional food plants of Kenya [1999]

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Abstract
This book aims to help the user to appreciate this wealth of plant resources, the cultural traditions behind their use in Kenya and how to recognize and utilize them for the wellbeing of society, including urban communities, in these times of recurring food shortages and increasing reliance on a few commercial food crops. In addition to describing the ways in which the plants are used as food by the various communities, medicinal, ethnovegetarian, cultural, household and other users are also given to show the value of each species to the communities concerned, as well as its potential for use elsewhere. The great range of climatic and ecological conditions prevailing in Kenya has resulted in a flora of about 7100 distinct plant species and several thousand subspecies and varieties, some widely distributed, others endemic or more restricted in occurrence. Very many of these species are used traditionally for food as well as a wide variety of other purposes. Leafy vegetables, fruit, roots and tubers collected from the wild often play a crucial nutritional role for rural communities, for example in children's diets and in times of famine, and some are cultivated on a small scale in homegardens. But on the whole, as elsewhere in the world, these traditional food plants have been neglected in Kenya and their vast potential for domestication and improvement has barely begun to be exploited. The book will be invaluable for researchers, development workers and
What does it taste like: The Kenyan edition of chapati has a mild sweet taste, and the addition of clarified butter adds to its exotic classic flavor. If you are reading this list, you are surely a lover of foods from around the world; and now that you are acquainted with these famous Kenyan dishes, why not plan for a trip to the country? You would board your flight back home with a mind to pay a second trip to Kenya! Like this? If you like this, you will love our Facebook updates. Just the best travel and food photography and experiences from across the world that will brighten up your day! 1 Foreword Acknowledgements Introduction Local names Colour plates Species accounts Appendix: Nutritional composition of edible parts of plants Glossary Bibliography. 1/13. 19/10/2011. Traditional Food Plants of Kenya (Nati... List of families and species Back Cover. Glossary. Anther The part of a flower producing pollen. Variety Characteristics and. Production. Guidelines of Traditional Food Crops. (Funded by Eastern Province Horticulture and Traditional Food Crops project (EPHTFCP)/IFAD. ) IFAD. The Eastern province of Kenya, accounts for about 10% production in Kenya. The cultivation of crop is on the increase in the semi-arid lands due to its high adaptability and utilization. The crop is mainly grown by small-scale resource-poor farmers, with minimal inputs. Spatial planting has the following advantages: Risk management: Planting at two different times increases, the farmer chances of harvesting a crop.