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, ethnoveterinary, 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
Here are some of the traditional food plants of Kenya that you can find in the wild. Try some on safari! Humans have lived in Kenya for as long as there have been humans. And for the most part, the people of Kenya have historically lived a hunter-gatherer lifestyle, although pastoralists and their herds. When people talk about hunter-gatherers, they often tend to focus on the “hunting” aspect. After all, that part is pretty exciting. But in real life, gathering plant foods is an even bigger aspect of subsistence for people who live in traditional ways. As you can imagine, the people of Kenya have used many types of wild plants for sustenance for thousands and thousands of years. Many foods that w