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COMMUNITY FOOD SYSTEM DATA TABLE # 5

Food category: Herbs

Scientific identification:

Acacia kirki

Local name & other common names:

olerai, Flood-plain thorn, flood-plain acacia (English)

Part(s) used:

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Ash, g	-
Vitamin A RE, µg	0
Vitamin A RAE, µg	0
Retinol, µg	-
Retinol, IU	-
β carotene, µg	0
Total carotene, µg	-
Vitamin C, mg	0.12
Iron, mg	3.07
Calcium, mg	78.42
Selenium, mg	2.64
Zinc, mg	6.09

Type of procurement:

Home harvested or purchased:

Seasonality of use: March - December

Cost of production, if known:

Importance value to the community by age/gender and other miscellaneous information:

Source of nutrient data: Analyzed at the University of Nairobi (ref # 1).

- = not analyzed

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use			*	*	*	*	*	*	*	*	*	*

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COMMUNITY FOOD SYSTEM DATA TABLE # 6

Food category: Herbs

Scientific identification:

Acacia nilotica

Local name & other common names:

olkiloriti, Arabic gum tree, babul (English)

Part(s) used:

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Ash, g	-
Vitamin A, RE- μ g	0
Vitamin A, RAE- μ g	0
Retinol, μ g	-
Retinol, IU	-
β carotene, μ g	0
Total carotene, μ g	-
Vitamin C, mg	6.76
Iron, mg	0.1
Calcium, mg	4.69
Selenium, mg	0.15
Zinc, mg	0.52

Type of procurement:
Home harvested or purchased:
Seasonality of use: Throughout the year
Cost of production, if known:
Importance value to the community by age/gender and other miscellaneous information:
Source of nutrient data: Analyzed at the University of Nairobi (ref # 1).

--- = not analyzed

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use	*	*	*	*	*	*	*	*	*	*	*	*

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COMMUNITY FOOD SYSTEM DATA TABLE # 7

Food category: Herbs

Scientific identification:

Acacia nubia

Local name & other common names:

oldepe

Part(s) used:

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Ash, g	-
Vitamin A RE, µg	0
Vitamin A RAE, µg	0
Retinol, µg	-
Retinol, IU	-
β carotene, µg	0
Total carotene, µg	-
Vitamin C, mg	3.78
Iron, mg	0.42
Calcium, mg	19
Selenium, mg	6.49
Zinc, mg	0.17

Type of procurement:
Home harvested or purchased:
Seasonality of use: N/A
Cost of production, if known:
Importance value to the community by age/gender and other miscellaneous information:
Source of nutrient data: Analyzed at the University of Nairobi (ref # 1).

--- = not analyzed

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 8

Food category: Herbs

Scientific identification:

Acacia senegal

Local name & other common names:

olibilie, Gum arabic, Senegal gum

Part(s) used:

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Ash, g	-
Vitamin A RE, µg	0
Vitamin A RAE, µg	0
Retinol, µg	-
Retinol, IU	-
β carotene, µg	0
Total carotene, µg	-
Vitamin C, mg	2.82
Iron, mg	0.28
Calcium, mg	10.1
Selenium, mg	0.03
Zinc, mg	0.28

Type of procurement:

Home harvested or purchased:

Seasonality of use: January -August

Cost of production, if known:

Importance value to the community by age/gender and other miscellaneous information:

Source of nutrient data: Analyzed at the University of Nairobi (ref # 1).

- = not analyzed

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use	*	*	*	*	*	*	*	*				

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COMMUNITY FOOD SYSTEM DATA TABLE # 9

Food category: Herbs

Scientific identification:

Albizia amara

Local name & other common names:

olperelong'o, Bitter albizia

Part(s) used:

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Ash, g	-
Vitamin A, RE- μ g	0
Vitamin A, RAE- μ g	0
Retinol, μ g	-
Retinol, IU	-
β carotene, μ g	0
Total carotene, μ g	-
Vitamin C, mg	0
Iron, mg	2.29
Calcium, mg	5.17
Selenium, mg	0.29
Zinc, mg	0.04

Type of procurement:

Home harvested or purchased:

Seasonality of use: Throughout the year

Cost of production, if known:

Importance value to the community by age/gender and other miscellaneous information:

Source of nutrient data: Analyzed at the University of Nairobi (ref # 1).

--- = not analyzed

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use	*	*	*	*	*	*	*	*	*	*	*	*

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COMMUNITY FOOD SYSTEM DATA TABLE # 10

Food category: Herbs

Scientific identification:

Lansea schweinfurthii

Local name & other common names:

olpanti, False marula

Part(s) used:

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Ash, g	-
Vitamin A, RE- μ g	3000
Vitamin A, RAE- μ g	1500
Retinol, μ g	-
Retinol, IU	-
β carotene, μ g	18000
Total carotene, μ g	-
Vitamin C, mg	1.34
Iron, mg	0.27
Calcium, mg	12.4
Selenium, mg	2.06
Zinc, mg	0.3

Type of procurement:
Home harvested or purchased:
Seasonality of use: N/A
Cost of production, if known:
Importance value to the community by age/gender and other miscellaneous information:
Source of nutrient data: Analyzed at the University of Nairobi (ref # 1).

-- = not analyzed

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 11

Food category: Herbs

Scientific identification:

Mystrolyxon aethiopicum

Local name & other common names:

olgdonga

Part(s) used:

Preparation:

Nutrient	Nutrient Composition/ 100g (edible portion)
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Ash, g	-
Vitamin A, RE- µg	0
Vitamin A, RAE- µg	0
Retinol, µg	-
Retinol, IU	-
β carotene, mg	0
Total carotene, µg	-
Vitamin C, mg	0.03
Iron, mg	9.3
Calcium, mg	9.6
Selenium, mg	1.28
Zinc , mg	1.67

Type of procurement:
Home harvested or purchased:
Seasonality of use: N/A
Cost of production, if known:
Importance value to the community by age/gender and other miscellaneous information:
Source of nutrient data: Analyzed at the University of Nairobi (ref # 1).

--- = not analyzed

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 12

Food category: Herbs

Scientific identification:

Osyris lanceolata santalaceae

Local name & other common names:

olosesiae, Transvaal sumach, rock tannin-bush (English)

Part(s) used:

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, Kcal, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Ash, g	-
Vitamin A, RE- μ g	0
Vitamin A, RAE- μ g	0
Retinol, μ g	
Retinol, IU	-
β carotene, μ g	0
Total carotene, μ g	-
Vitamin C, mg	0.23
Iron, mg	7.5
Calcium, mg	4.9
Selenium, mg	42.6
Zinc, mg	5.34

Type of procurement:

Home harvested or purchased:

Seasonality of use: January - October

Cost of production, if known:

Importance value to the community by age/gender and other miscellaneous information:

Source of nutrient data: Analyzed at the University of Nairobi (ref # 1).

- = not analyzed

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use	*	*	*	*	*	*	*	*	*	*		

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COMMUNITY FOOD SYSTEM DATA TABLE # 13

Food category: Herbs

Scientific identification:

Secamone punctulata

Local name & other common names:

osimantel

Part(s) used:

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Ash, g	-
Vitamin A, RE- μ g	14266
Vitamin A, RAE- μ g	7133
Retinol, μ g	-
Retinol, IU	-
β carotene, μ g	85600
Total carotene, μ g	-
Vitamin C, mg	3.9
Iron, mg	2.08
Calcium, mg	15.1
Selenium, mg	0.86
Zinc, mg	0.51

--- = not analyzed

Type of procurement:

Home harvested or purchased:

Seasonality of use: May - December

Cost of production, if known:

Importance value to the community by age/gender and other miscellaneous information:

Source of nutrient data: Analyzed at the University of Nairobi (ref # 1).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use					*	*	*	*	*	*	*	*

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COMMUNITY FOOD SYSTEM DATA TABLE # 14

Food category: Herbs

Scientific identification:

Sterculia africana

Local name & other common names:

olkarasha, African star chestnut (English)

Part(s) used:

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Ash, g	-
Vitamin A, RE- μ g	0
Vitamin A, RAE- μ g	0
Retinol, μ g	-
Retinol, IU	-
β carotene, μ g	0
Total carotene, μ g	-
Vitamin C, mg	8.58
Iron, mg	4.58
Calcium, mg	1729
Selenium, mg	0.31
Zinc, mg	3.13

Type of procurement:

Home harvested or purchased:

Seasonality of use: Throughout the year

Cost of production, if known:

Importance value to the community by age/gender and other miscellaneous information:

Source of nutrient data: Analyzed at the University of Nairobi (ref # 1).

--- = not analyzed

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use	*	*	*	*	*	*	*	*	*	*	*	*

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COMMUNITY FOOD SYSTEM DATA TABLE # 15

Food category: Herbs

Scientific identification:

Vatovaea pseudolablab

Local name & other common names:

olkalei

Part(s) used:

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Ash, g	-
Vitamin A, RE- μ g	3.3
Vitamin A, RAE- μ g	1.7
Retinol, μ g	-
Retinol, IU	-
β carotene, μ g	20
Total carotene, μ g	-
Vitamin C, mg	14.7
Iron, mg	2.29
Calcium, mg	693
Selenium, mg	2.6
Zinc, mg	1.56

Type of procurement:
Home harvested or purchased:
Seasonality of use: January - October
Cost of production, if known:
Importance value to the community by age/gender and other miscellaneous information:
Source of nutrient data: Analyzed at the University of Nairobi (ref # 1).

--- = not analyzed

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use	*	*	*	*	*	*	*	*	*	*		

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COMMUNITY FOOD SYSTEM DATA TABLE # 16

Food category: Herbs

Scientific identification:

Ximenia americana

Local name & other common names:

olamai, False santalwood (English)

Part(s) used:

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Ash, g	-
Vitamin A, RE- μ g	0
Vitamin A, RAE- μ g	0
Retinol, μ g	-
Retinol, IU	-
β carotene, μ g	0
Total carotene, μ g	-
Vitamin C, mg	2.2
Iron, mg	0.22
Calcium, mg	9.31
Selenium, mg	0.33
Zinc, mg	0.17

Type of procurement:

Home harvested or purchased:

Seasonality of use: March - November

Cost of production, if known:

Importance value to the community by age/gender and other miscellaneous information:

Source of nutrient data: Analyzed at the University of Nairobi (ref # 1).

--- = not analyzed

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use			*	*	*	*	*	*	*	*	*	

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COMMUNITY FOOD SYSTEM DATA TABLE # 17

Food category: Herbs

Scientific identification:

Unknown

Local name & other common names:

olkimitare

Part(s) used:

Preparation:

Nutrient	Nutrient Composition/ 100g (edible portion)
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Ash, g	-
Vitamin A, RE-μg	0
Vitamin A, RAE-μg	0
Retinol, μg	-
Retinol, IU	-
β carotene, μg	0
Total carotene, μg	-
Vitamin C, mg	25.41
Iron, mg	2.09
Calcium, mg	750
Selenium, mg	4.06
Zinc, mg	15.52

--- = not analyzed

Type of procurement:
Home harvested or purchased:
Seasonality of use: N/A
Cost of production, if known:
Importance value to the community by age/gender and other miscellaneous information:
Source of nutrient data: Analyzed at the University of Nairobi (ref # 1).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 18

Food category: Herbs

Scientific identification:

Unknown

Local name & other common names:

olpupuoi

Part(s) used:

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Ash, g	-
Vitamin A RE, µg	11.7
Vitamin A RAE, µg	5.8
Retinol, µg	-
Retinol, IU	-
β carotene, µg	70
Total carotene, µg	-
Vitamin C, mg	2.05
Iron, mg	0.26
Calcium, mg	9.92
Selenium, mg	1.55
Zinc, mg	0.21

Type of procurement:
Home harvested or purchased:
Seasonality of use: March - December
Cost of production, if known:
Importance value to the community by age/gender and other miscellaneous information:
Source of nutrient data: Analyzed at the University of Nairobi (ref # 1).

--- = not analyzed

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use			*	*	*	*	*	*	*	*	*	*

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