

**ROOTS, LEAFY VEGETABLES AND WILD FRUITS** *(Continued from the Herbs section)*  
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## COMMUNITY FOOD SYSTEM DATA TABLE # 19

**Food category:** Roots, leafy vegetables and wild fruits

**Scientific identification:**

*Acacia drepanolobium*

**Local name & other common names:**

eluai, Whistling thorn (English)

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/ 100g (edible portion)
Moisture	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Ash, g	
Vitamin A, RE, µg	80
Vitamin A RAE, µg	40
Retinol, µg	-
Retinol, IU	-
β carotene, µg	480
Total carotene, µg	-
Vitamin C, mg	65.93
Iron, mg	1.25
Calcium, mg	47.9
Selenium, mg	10.0
Zinc, mg	1.56

**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
<b>Months harvested</b>												
<b>Seasonality of use</b>												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 20

**Food category:** Roots, leafy vegetables and wild fruits

**Scientific identification:**

*Acacia tortolis*

**Local name & other common names:**

sagararam, Umbrella thorn fruit (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- $\mu$ g	8.3
Vitamin A, RAE- $\mu$ g	4.2
Retinol, $\mu$ g	-
Retinol, IU	-
$\beta$ carotene, $\mu$ g	50
Total carotene, $\mu$ g	-
Vitamin C, mg	7.61
Iron, mg	0
Calcium, mg	36.9
Selenium, mg	0
Zinc, mg	4.4

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** September - 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
<b>Months harvested</b>												
<b>Seasonality of use</b>									*	*	*	

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## COMMUNITY FOOD SYSTEM DATA TABLE # 21

**Food category:** Roots, leafy vegetables and wild fruits

**Scientific identification:**

*Balanites aegyptiaca*

**Local name & other common names:**

ilokua, Desert date (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- $\mu$ g	-
Vitamin A, RAE- $\mu$ g	-
Retinol, $\mu$ g	-
Retinol, IU	-
$\beta$ carotene, $\mu$ g	0
Total carotene, $\mu$ g	-
Vitamin C, mg	147
Iron, mg	1.26
Calcium, mg	122.6
Selenium, mg	2.5
Zinc, mg	250

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** November - 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
<b>Months harvested</b>												
<b>Seasonality of use</b>											*	*

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## COMMUNITY FOOD SYSTEM DATA TABLE # 22

**Food category:** Roots, leafy vegetables and wild fruits

**Scientific identification:**

*Brassica oleracea*

**Local name & other common names:**

mpuka, Cabbage (English)

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	93.51
Energy, Kcal	24
Protein, g	2.71
Fat, g	0.13
Carbohydrate, g	2.93
Ash, g	0.8
Vitamin A, RE- $\mu$ g	5.0
Vitamin A, RAE- $\mu$ g	2.5
Retinol, $\mu$ g	-
Retinol, IU	-
$\beta$ carotene, $\mu$ g (IU)	30 (100)
Total carotene, $\mu$ g	-
Vitamin C, mg	47.3
Iron, mg	1.69
Calcium, mg	125
Selenium, mg	-
Zinc, mg	-

--- = 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:** Sehmi, J.K. 1993. National food and composition tables and planning of satisfactory diets in Kenya. Ministry of Health/National Public Health Laboratory Services, Kenya. (ref # 2).

### Months Harvested and Seasonality of Use

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

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## COMMUNITY FOOD SYSTEM DATA TABLE # 23

**Food category:** Roots, leafy vegetables and wild fruits

**Scientific identification:**

*Brassica oleracea*

**Local name & other common names:**

mbenek, Kale (English)

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/ 100g (edible portion)
Moisture, g	83.12
Energy, Kcal	52
Protein, g	3.79
Fat, g	0.28
Carbohydrate, g	9.99
Ash, g	2.84
Vitamin A, RE- $\mu$ g	126
Vitamin A, RAE- $\mu$ g	63
Retinol, $\mu$ g	-
Retinol, IU	-
$\beta$ carotene, $\mu$ g (IU)	757 (2523)
Total carotene, $\mu$ g	-
Vitamin C, mg	133.5
Iron, mg	1.84
Calcium, mg	194
Selenium, mg	-
Zinc, mg	-

**Type of procurement:**

**Home harvested or purchased:** 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:** Sehmi, J.K. 1993. National food and composition tables and planning of satisfactory diets in Kenya. Ministry of Health/National Public Health Laboratory Services, Kenya. (ref # 2).

--- = not analyzed

### Months Harvested and Seasonality of Use

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

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## COMMUNITY FOOD SYSTEM DATA TABLE # 24

**Food category:** Roots, leafy vegetables and wild fruits

**Scientific identification:**

*Carissa edulis*

**Local name & other common names:**

lamuriak, Natal plum (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	28.3
Vitamin A, RAE-μg	14.2
Retinol, μg	-
Retinol, IU	-
β carotene, μg	170
Total carotene, μg	-
Vitamin C, mg	54.07
Iron, mg	4.66
Calcium, mg	215
Selenium, mg	10
Zinc, mg	5.66

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** May - July

**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
<b>Months harvested</b>												
<b>Seasonality of use</b>					*	*	*					

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**COMMUNITY FOOD SYSTEM DATA TABLE # 25**

**Food category:** Roots, leafy vegetables and wild fruits

**Scientific identification:**

*Grewia bicolor*

**Local name & other common names:**

ositeti, White leaved raisin (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	40
Vitamin A RAE, µg	20
Retinol, µg	-
Retinol, IU	-
β carotene, µg	240
Total carotene, µg	-
Vitamin C, mg	17.33
Iron, mg	4.1
Calcium, mg	418.1
Selenium, mg	37.5
Zinc, mg	0

**Type of procurement:**  
**Home harvested or purchased:**  
**Seasonality of use:** July - 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
<b>Months harvested</b>												
<b>Seasonality of use</b>							*	*				

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## COMMUNITY FOOD SYSTEM DATA TABLE # 26

**Food category:** Roots, leafy vegetables and wild fruits

**Scientific identification:**

*Grewia tembensis*

**Local name & other common names:**

iyierr

**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	1022
Vitamin A RAE, µg	511
Retinol, µg	
Retinol, IU	
β carotene, µg	6130
Total carotene, µg	-
Vitamin C, mg	60.9
Iron, mg	2.5
Calcium, mg	158
Selenium, mg	11.03
Zinc, mg	0

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** September - 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
<b>Months harvested</b>												
<b>Seasonality of use</b>									*	*	*	

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## COMMUNITY FOOD SYSTEM DATA TABLE # 27

**Food category:** Roots, leafy vegetables and wild fruits

**Scientific identification:**

*Ipomoea longituba*

**Local name & other common names:**

enchiliwa, Root (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- $\mu$ g	1.7
Vitamin A, RAE- $\mu$ g	.83
Retinol, $\mu$ g	-
Retinol, IU	-
$\beta$ carotene, $\mu$ g	10
Total carotene, $\mu$ g	-
Vitamin C, mg	9.41
Iron, mg	0.63
Calcium, mg	147
Selenium, mg	5.0
Zinc, mg	0

**Type of procurement:**  
**Home harvested or purchased:**  
**Seasonality of use:** June - 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
<b>Months harvested</b>												
<b>Seasonality of use</b>						*	*	*	*	*	*	*

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## COMMUNITY FOOD SYSTEM DATA TABLE # 28

**Food category:** Roots, leafy vegetables and wild fruits

**Scientific identification:**

*Rhus natalensis*

**Local name & other common names:**

olmisigiyo, Kwazul natal rhus (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- $\mu$ g	32
Vitamin A, RAE- $\mu$ g	16
Retinol, $\mu$ g	-
Retinol, IU	-
$\beta$ carotene, $\mu$ g	190
Total carotene, $\mu$ g	-
Vitamin C, mg	33.63
Iron, mg	1.25
Calcium, mg	171
Selenium, mg	25
Zinc, mg	0

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** May - July

**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
<b>Months harvested</b>												
<b>Seasonality of use</b>					*	*	*					

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## COMMUNITY FOOD SYSTEM DATA TABLE # 29

**Food category:** Roots, leafy vegetables and wild fruits

**Scientific identification:**

*Unknown*

**Local name & other common names:**

ilpupuo

**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- $\mu$ g	11.7
Vitamin A, RAE- $\mu$ g	5.8
Retinol, $\mu$ g	-
Retinol, IU	-
$\beta$ carotene, $\mu$ g	70
Total carotene, $\mu$ g	-
Vitamin C, mg	5.78
Iron, mg	34.7
Calcium, mg	594
Selenium, mg	12.5
Zinc, mg	3.13

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** June - July

**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
<b>Months harvested</b>												
<b>Seasonality of use</b>						*	*					

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## COMMUNITY FOOD SYSTEM DATA TABLE # 30

**Food category:** Roots, leafy vegetables and wild fruits

**Scientific identification:**

*Unknown*

**Local name & other common names:**

iltipaila

**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- $\mu$ g	-
Vitamin A, RAE- $\mu$ g	-
Retinol, $\mu$ g	-
Retinol, IU	-
$\beta$ carotene, $\mu$ g	0
Total carotene, $\mu$ g	-
Vitamin C, mg	154
Iron, mg	3.13
Calcium, mg	68.2
Selenium, mg	0
Zinc, mg	68.7

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** August - September

**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
<b>Months harvested</b>												
<b>Seasonality of use</b>								*	*			

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## COMMUNITY FOOD SYSTEM DATA TABLE # 31

**Food category:** Roots, leafy vegetables and wild fruits

**Scientific identification:**

*Unknown*

**Local name & other common names:**

irkisubub

**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- $\mu$ g	-
Vitamin A, RAE- $\mu$ g	-
Retinol, $\mu$ g	-
Retinol, IU	-
$\beta$ carotene, $\mu$ g	0
Total carotene, $\mu$ g	-
Vitamin C, mg	23.35
Iron, mg	6.41
Calcium, mg	45.3
Selenium, mg	1.59
Zinc, mg	2.66

**Type of procurement:**  
**Home harvested or purchased:**  
**Seasonality of use:** January - April  
**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
<b>Months harvested</b>												
<b>Seasonality of use</b>	*	*	*	*								

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