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

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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- $\mu$ g	0
Vitamin A, RAE- $\mu$ g	0
Retinol, $\mu$ g	-
Retinol, IU	-
$\beta$ carotene, $\mu$ g	0
Total carotene, $\mu$ 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
<b>Months harvested</b>												
<b>Seasonality of use</b>	*	*	*	*	*	*	*	*	*	*	*	*

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

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

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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- $\mu$ g	0
Vitamin A, RAE- $\mu$ g	0
Retinol, $\mu$ g	-
Retinol, IU	-
$\beta$ carotene, $\mu$ g	0
Total carotene, $\mu$ 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
<b>Months harvested</b>												
<b>Seasonality of use</b>	*	*	*	*	*	*	*	*	*	*	*	*

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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- $\mu$ g	3000
Vitamin A, RAE- $\mu$ g	1500
Retinol, $\mu$ g	-
Retinol, IU	-
$\beta$ carotene, $\mu$ g	18000
Total carotene, $\mu$ 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
<b>Months harvested</b>												
<b>Seasonality of use</b>												

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

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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- $\mu$ g	0
Vitamin A, RAE- $\mu$ g	0
Retinol, $\mu$ g	
Retinol, IU	-
$\beta$ carotene, $\mu$ g	0
Total carotene, $\mu$ 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
<b>Months harvested</b>												
<b>Seasonality of use</b>	*	*	*	*	*	*	*	*	*	*		

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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- $\mu$ g	14266
Vitamin A, RAE- $\mu$ g	7133
Retinol, $\mu$ g	-
Retinol, IU	-
$\beta$ carotene, $\mu$ g	85600
Total carotene, $\mu$ 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
<b>Months harvested</b>												
<b>Seasonality of use</b>					*	*	*	*	*	*	*	*

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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- $\mu$ g	0
Vitamin A, RAE- $\mu$ g	0
Retinol, $\mu$ g	-
Retinol, IU	-
$\beta$ carotene, $\mu$ g	0
Total carotene, $\mu$ 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
<b>Months harvested</b>												
<b>Seasonality of use</b>	*	*	*	*	*	*	*	*	*	*	*	*

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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- $\mu$ g	3.3
Vitamin A, RAE- $\mu$ g	1.7
Retinol, $\mu$ g	-
Retinol, IU	-
$\beta$ carotene, $\mu$ g	20
Total carotene, $\mu$ 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
<b>Months harvested</b>												
<b>Seasonality of use</b>	*	*	*	*	*	*	*	*	*	*		

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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- $\mu$ g	0
Vitamin A, RAE- $\mu$ g	0
Retinol, $\mu$ g	-
Retinol, IU	-
$\beta$ carotene, $\mu$ g	0
Total carotene, $\mu$ 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
<b>Months harvested</b>												
<b>Seasonality of use</b>			*	*	*	*	*	*	*	*	*	

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

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

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