

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
Months harvested												
Seasonality of use												

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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- μ g	8.3
Vitamin A, RAE- μ g	4.2
Retinol, μ g	-
Retinol, IU	-
β carotene, μ g	50
Total carotene, μ 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
Months harvested												
Seasonality of use									*	*	*	

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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- μ g	-
Vitamin A, RAE- μ g	-
Retinol, μ g	-
Retinol, IU	-
β carotene, μ g	0
Total carotene, μ 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
Months harvested												
Seasonality of use											*	*

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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- μ g	5.0
Vitamin A, RAE- μ g	2.5
Retinol, μ g	-
Retinol, IU	-
β carotene, μ g (IU)	30 (100)
Total carotene, μ 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
Months harvested												
Seasonality of use												

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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- μ g	126
Vitamin A, RAE- μ g	63
Retinol, μ g	-
Retinol, IU	-
β carotene, μ g (IU)	757 (2523)
Total carotene, μ 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
Months harvested												
Seasonality of use												

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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- μ g	28.3
Vitamin A, RAE- μ g	14.2
Retinol, μ g	-
Retinol, IU	-
β carotene, μ g	170
Total carotene, μ g	-
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
Months harvested												
Seasonality of use					*	*	*					

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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
Months harvested												
Seasonality of use							*	*				

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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
Months harvested												
Seasonality of use									*	*	*	

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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- μ g	1.7
Vitamin A, RAE- μ g	.83
Retinol, μ g	-
Retinol, IU	-
β carotene, μ g	10
Total carotene, μ 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
Months harvested												
Seasonality of use						*	*	*	*	*	*	*

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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- μ g	32
Vitamin A, RAE- μ g	16
Retinol, μ g	-
Retinol, IU	-
β carotene, μ g	190
Total carotene, μ 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
Months harvested												
Seasonality of use					*	*	*					

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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- μ g	11.7
Vitamin A, RAE- μ g	5.8
Retinol, μ g	-
Retinol, IU	-
β carotene, μ g	70
Total carotene, μ 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
Months harvested												
Seasonality of use						*	*					

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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- μ g	-
Vitamin A, RAE- μ g	-
Retinol, μ g	-
Retinol, IU	-
β carotene, μ g	0
Total carotene, μ 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
Months harvested												
Seasonality of use								*	*			

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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- μ g	-
Vitamin A, RAE- μ g	-
Retinol, μ g	-
Retinol, IU	-
β carotene, μ g	0
Total carotene, μ 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
Months harvested												
Seasonality of use	*	*	*	*								

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