

DESCRIPTOR FOR FARMERS' KNOWLEDGE ON "KIHU" LOCAL VEGETABLE.

1 IDENTIFIERS
FIELD WORK DATE 2019/06/17
FIELD WORK ACTIVITY FOCUS GROUP DISCUSSION
NAME OF LOCAL INFORMATION PROVIDER: GATUME SELF HELP GROUP
AGE: 44-83 YEARS
MAIN OCCUPATION: FARMING.
ADDRESS : GATUNDU
ETHNIC GROUP : AGIKUYU
NAME OF PERSON CONDUCTING THE INTERVIEW : PERIS KAMAU-SEED SAVERS NETWORK
2 PLANT IDENTIFICATION
GENUS - SPECIES-
COMMON NAME OF CROP OR WILD SPECIES: KIHU
SPECIES RICHNESS:
3 SITE (ECOGEOGRAPHICAL CONTEXT)
COUNTRY : KENYA
LATITUDE S0° 29.496' LONGITUDE E36° 23.611' ELEVATION 6591 ft
LOCATION OF FIELDWORK SITE GATUNDU
NAME OF THE LOCATION OR NEAREST PLACE GATUNDU
DISTANCE TO SITE: 12 KMS FROM SEED SAVERS NETWORK OFFICES
TYPE OF DISTANCE: ROAD DISTANCE.

DIRECTION FROM THE NEAREST PLACES: NEAR LANGALANGA SHOPPING CENTRE
LAND ELEMENT : VALLEY
4 RELATIVE ABUNDANCE
IN CULTIVATED AREAS: -
TOTAL AREA OF FARM LAND USED IN HA: -
IN UNCULTIVATED AREAS:-
NUMBER OF COLLECTING SITES/NICHES:-
ESTIMATED AREA OF EACH COLLECTING SITE-FREQUENCY OF COLLECTION (IF UNCULTIVATED): -
REASON FOR FREQUENCY OF COLLECTION: -



Name of the cultivar/landrace/botanical variety or wild form				
Plant further identification	Local vernacular names	Kihiu		
	Language(s) of local vernacular name	Kikuyu		
	Local name meaning	-		
	Biological status	Weedy; wild		
Relative abundance	Area cultivated for each cultivar	-		
	Number of plants	-		
	Total uncultivated area	-		
	Relative abundance of the plant (if uncultivated)	Rare.		
TRADITIONAL KNOWLEDGE ABOUT PLANT	Main reasons for using the cultivar / landrace or wild form	Food security.		
		Parts of the plant used	Leaf	
	Distinguishing traits /characteristics used	plant uses	Food (cooked).	
		Parts of the plant used	Leaf.	
		Traits attribute	Taste(sweet)	
		Agronomic traits	Earliness	
		Abiotic stresses	High temperature	
		Biotic stresses	Diseases	-
			Pests	-
	Other biotic stresses		-	
	Quality	Organoleptic qualities	Taste(bitter)	

	traits related to the food uses	Nutritional qualities		Source of vitamins.
		Other quality traits		Cooks very fast.
	Market traits			
	Social aspects	Division of labour by gender	Labour	Harvesting.
			Gender	Predominantly female.
	Socio-economic characteristics		Seed supply	Naturally occurring.
			Main use of plant	Home consumption.
			Main form of market outlet	-

Collectors Note.

- The plant resembles “muthunga” a weedy vegetable but ‘Kihiu” doesn’t grow tall like Muthunga.
- It also have big stem compared to “Muthunga”and it’s usually hollow.
- Good for people living with diabetes, believed to normalize blood sugar
- Good to manage arthritis.