




















































➔  Traditional Food Plants of Kenya (National Museum of Kenya, 1999, 288 p.)

























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  -  *Acacia drepanolobium* Sjstedt
  -  *Acacia hockii* De Wild.
  -  *Acacia nilotica* (L.) Del.
  -  *Acacia senegal* (L.) Willd.
  -  *Acacia seyal* Del.
  -  *Acacia tortilis* (Forssk.) Hayne
  -  *Acokanthera schimperi* (A. DC.) Schweinf.
  -  *Adansonia digitata* L.
  -  *Aerva lanata* (L.) Schultes
  -  *Albizia amara* (Roxb.) Boivin
  -  *Amaranthus blitum* L.\*
  -  *Amaranthus dubius* Mart. ex Thell.\*
  -  *Amaranthus graecizans* L.

-  *Amaranthus hybridus* L.\*  
*Amaranthus sparganiocephalus* Thell.
-  *Amaranthus spinosus* L.\*
-  *Annona senegalensis* Pers. ssp. *senegalensis*
-  *Antidesma venosum* Tul.
-  *Asystasia gangetica* (L.) T. Anders.
-  *Asystasia mysorensis* (Roth) T. Anders.
-  *Azanza garckeana* (F. Hoffm.) Exell & Hillcoat
-  *Balanites aegyptiaca* (L.) Del.
-  *Balanites pedicellaris* Mildbr. & Schlecht.
-  *Balanites rotundifolia* (Van Tiegh.) Blatter
-  *Basella alba* L.
-  *Berchemia discolor* (Klotzsch) Hemsley
-  *Borassus aethiopum* Mart.
-  *Boscia coriacea* Pax
-  *Boswellia neglecta* S. Moore
-  *Brassica carinata* A. Br.
-  *Bridelia taitensis* Vatke & Pax
-  *Cajanus cajan* (L.) Millsp.
-  *Canthium glaucum* Hiern
-  *Canthium lactescens* Hiern
-  *Carissa edulis* (Forssk.) Vahl
-  *Catha edulis* Forssk.
-  *Citrullus lanatus* (Thunb.) Mansf.
-  *Cleome gynandra* L.






















-  *Coccinia grandis* (L.) Voigt
-  *Coffea arabica* L.
-  *Commelina africana* L.
-  *Commelina benghalensis* L.
-  *Commelina forskolii* Vahl
-  *Commiphora africana* (A. Rich.) Engl.
-  *Commiphora rostrata* Engl.
-  *Commiphora schimperi* (O. Berg) Engl.
-  *Corchorus olitorius* L.
-  *Corchorus trilocularis* L.
-  *Cordia monoica* Roxb.
-  *Cordia sinensis* Lam.
-  *Crotalaria brevidens* Benth.
  
-  *Crotalaria ochroleuca* G. Don
-  *Cucumis dipsaceus* Spach
-  *Cyperus blysmoides* C. B. Cl.
-  *Cyphia glandulifera* A. Rich.
-  *Dactyloctenium aegyptium* (L.) Willd.
-  *Dactyloctenium giganteum* Fischer & Schweick.
-  *Dialium holtzii* Harms
-  *Dialium orientale* Bak. f.
-  *Digera muricata* (L.) Mart.
-  *Dioscorea bulbifera* L.
-  *Dioscorea dumetorum* (Kunth) Pax
-  *Dioscorea minutiflora* Engl.

-  Diospyros mespiliformis A. DC.
-  Dobera glabra (Forssk.) Poir.
-  Dovyalis abyssinica (A. Rich.) Warb.
-  Dovyalis macrocalyx (Oliver) Warb.
-  Eleusine coracana Gaertn.
-  Eragrostis tef (Zucc.) Trotter
-  Eriosema shirensense Bak. f.
-  Erucastrum arabicum Fisch. & Meyer
  
-  Euclea divinorum Hiern
-  Ficus sycomorus L.
-  Ficus thonningii Bl.
-  Flacourtia indica (Burm. f.) Merr.
-  Flueggea virosa (Willd.) J. Voigt
  
-  Garcinia livingstonei T. Anderson
-  Grewia bicolor Juss.
-  Grewia tembensis Fres.
-  Grewia tenax (Forssk.) Fiori
-  Grewia villosa Willd.
-  Hoslundia opposita Vahl
-  Hydnora abyssinica Schweinf.
-  Hyphaene compressa H. Wendl.
-  Hyphaene coriacea Gaertner
-  Ipomoea aquatica Forssk.
-  Ipomoea lapathifolia Hall. f.

-  Ipomoea longituba Hall. f.
-  Ipomoea mombassana Vatke
-  Ipomoea oenotherae (Vatke) Hall. f.
-  Kedrostis pseudogijef (Gilg) C. Jeffrey
-  Kigelia pinnata (Jacq.) DC.
-  Lablab purpureus (L.) Sweet
-  Lagenaria siceraria (Molina) Standley
-  Landolphia buchananii Stapf
-  Landolphia kirkii Dyer
-  Lannea alata (Engl.) Engl.
-  Lannea edulis (Sond.) Engl.
-  Lannea rivae (Chiov.) Sacleux
-  Lannea schimperi (A. Rich.) Engl.
-  Lannea triphylla (A. Rich.) Engl.
-  Lantana trifolia L.
-  Launaea cornuta (Oliv. & Hiern) Jeffr.
-  Leptadenia hastata (Pers.) Decne.
-  Lippia carviadora Meikle
-  Lippia kituiensis Vatke
-  Maerua decumbens (Brongn.) De Wolf
-  Manilkara mochisia (Baker) Dubard
-  Manilkara sansibarensis (Engl.) Dubard
-  Manilkara sulcata (Engl.) Dubard
-  Meyna tetraphylla (Hiern) Robyns

-  Mimusops fruticosa Bojer
-  Mimusops kummel A. DC.
-  Momordica rostrata A. Zimm.
-  Mondia whitei (Hook. f.) Skeels
-  Moringa oleifera Lam.
-  Myrianthus holstii Engl.
-  Nymphaea nouchali Burm. f. var. caerulea (Savigny) Verdc.
-  Oxygonum sinuatum (Meisn.) Dammer
-  Pachystigma schumannianum (Robyns) Bridson & Verdc.
-  Pappea capensis Eckl. & Zeyh.
-  Parinari curatellifolia Planch. ex Benth.
-  Pennisetum glaucum (L.) R. Br.
-  Phoenix reclinata Jacq.
-  Piliostigma thonningii (Schum.) Milne-Redh.
-  Portulaca oleracea L.
-  Rhus natalensis Krauss
-  Rhus tenuinervis Engl.
-  Rhus vulgaris Meikle
-  Rubus apetalus Poir.
-  Rubus pinnatus Willd.
-  Rubus volkensii Engl.
-  Rumex usambarensis (Damm.) Damm.
-  Saba comorensis (Bojer) Pichon
- 

-  *Salacia madagascariensis* (Lam.) DC.
-  *Salvadora persica* L.
-  *Sclerocarya birrea* (A. Rich.) Hochst.
-  *Scutia myrtina* (Burm. f.) Kurz
-  *Sesamum calycinum* Welw.
-  *Sesamum orientale* L.
-  *Solanum nigrum* L.
-  *Sorghum bicolor* (L.) Moench
-  *Sorindeia madagascariensis* DC.
-  *Stathmostelma propinquum* (N. E. Br) Schltr.
-  *Strychnos henningsii* Gilg
-  *Strychnos madagascariensis* Poir.
-  *Strychnos spinosa* Lam.
-  *Syzygium cordatum* Krauss
-  *Syzygium guineense* (Willd.) DC.
-  *Tamarindus indica* L.
-  *Thylachium thomasii* Gilg
-  *Tylosema fassoglense* (Schweinf.) Torre and Hillc.
-  *Urtica massaica* Mildbr.
-  *Uvaria acuminata* Oliv.
-  *Uvaria scheffleri* Diels.
-  *Vangueria apiculata* K. Schum.
-  *Vangueria infausta* Burch. ssp. *rotundata* (Robyns) Verdc.
-  *Vangueria madagascariensis* Gmel.
-  *Vangueria volkensii* K. Schum. var. *volkensii*

-  *Vatovaea pseudolablab* (Harms) J. B. Gillett
-  *Vernonia cinerea* Less.
-  *Vigna friesiorum* Harms var. *angustifolia* Verdc.
-  *Vigna membranacea* A. Rich.
-  *Vigna subterranea* (L.) Verdc.
-  *Vigna unguiculata* (L.) Walp.
-  *Vitex doniana* Sweet
-  *Vitex ferruginea* Schum. & Thonn.
  
-  *Vitex mombassae* Vatke
-  *Vitex payos* (Lour.) Merr.
-  *Ximenia americana* L
-  *Zanthoxylum chalybeum* Engl. var. *chalybeum*
-  *Ziziphus abyssinica* A. Rich.
-  *Ziziphus mauritiana* Lam.
-  *Ziziphus mucronata* Willd.
-  *Termitomyces*-mushrooms (edible fungi)
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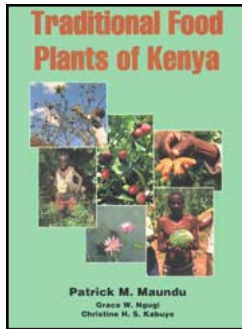














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**Patrick M. Maundu**

**Grace W. Ngugi and Christine H.S. Kabuye**

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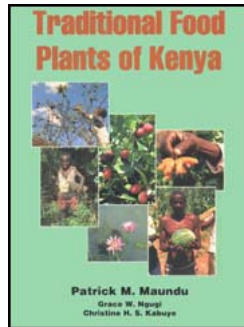
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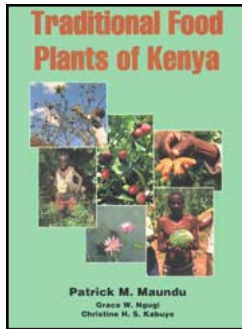


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## List of families and species

Main entries in **bold**.

Synonyms are in *italics*.

\* Species introduced from or found in other parts of the continent.

\*\* Species introduced into the continent.

### ACANTHACEAE

**Asystasia gangetica** (L.) T. Anders.

**Asystasia mysorensis** (Roth) T. Anders.

*Asystasia schimperii* T. Anders.

### ALOACEAE

Aloe deserti Berger

Aloe kedongensis Reynolds  
Aloe ngongensis Christian  
Aloe secundiflora Engl.

## AMARANTHACEAE

**Aerva lanata** (L.) Schultes

*Amaranthus angustifolius* Lam.

**Amaranthus blitum** L.\*\*

*Amaranthus cruentus* L.\*\*

**Amaranthus dubius** Mart ex Thell.\*\*

**Amaranthus graecizans** L.

**Amaranthus hybridus** L.\*\*

*Amaranthus hypochondriacus* L.\*\*

*Amaranthus lividus* L.\*\*

*Amaranthus paniculatus* L.\*\*

*Amaranthus patulus* Bertol.\*\*

**Amaranthus sparganiocephalus** Thell.

**Amaranthus spinosus** L.\*\*

**Amaranthus thunbergii** Moq.

*Digera angustifolia* Suesseng.

**Digera muricata** (L.) Mart.

## ANACARDIACEAE

**Lannea alata** (Engl.) Engl.

**Lannea edulis** (Sond.) Engl.

*Lannea floccosa* Sacleux

**Lannea rivae** (Chiov.) Sacleux

**Lannea schimperi** (A. Rich.) Engl.

*Lannea schweinfurthii* (Engl.) Engl.

*Lannea stuhlmannii* (Engl.) Engl.

**Lannea triphylla** (A. Rich.) Engl.\*\*

*Rhus longipes* Engl.

**Rhus natalensis** Krauss

*Rhus quartiniana* A. Rich.

*Rhus ruspolii* Engl.

**Rhus tenuinervis** Engl.

**Rhus vulgaris** Meikle

**Sclerocarya birrea** (A. Rich.) Hochst.

*Sclerocarya caffra* Sond.

**Sorindeia madagascariensis** DC.

*Sorindeia obtusifoliolata* Engl.

## **ANNONACEAE**

*Annona cherimola* Mill.\*\*

*Annona chrysophylla* Boj.

**Annona senegalensis** Pers.

*Annona stenophylla* Engl. & Diels

**Uvaria acuminata** Oliv.

*Uvaria kirkii* Oliv.

*Uvaria lucida* Benth.

**Uvaria scheffleri** Diels.

## **APOCYNACEAE**

*Acokanthera friesiorum* Markgr.

*Acokanthera longiflora* Stapf

*Acokanthera oppositifolia* (Lam.) Codd

**Acokanthera schimperii** (A. DC.) Schweinf.

*Carissa bispinosa* (L.) Desf.

**Carissa edulis** (Forssk.) Vahl

*Carissa tetramera* (Sacl.) Stapf

**Landolphia buchananii** Stapf

**Landolphia kirkii** Dyer

**Saba comorensis** (Bojer) Pichon

*Saba florida* (Benth.) Bullock

## ARACEAE

*Colocasia antiquorum* Schott\*\*

*Colocasia esculenta* (L.) Schott\*\*

## ASCLEPIADACEAE

*Caralluma* spp.

**Leptadenia hastata** (Pers.) Decne.

*Mondia ecornuta* (N. E. Br.) Bullock

**Mondia whitei** (Hook. f.) Skeels

*Pentarrhinum insipidum* E. Mey.

*Sarcostemma viminale* (L.) R. BR.

*Stathmostelma pedunculatum* (Decne.) K. Schum.

**Stathmostelma propinquum** (N. E. Br.) Schltr.

## BALANITACEAE

**Balanites aegyptiaca** (L.) Del.

Balanites glabra Mildbr. & Schlecht.

Balanites maughamii\*

*Balanites orbicularis* Sprague

**Balanites pedicellaris** Mildbr. & Schlecht.

**Balanites rotundifolia** (Van Tiegh.) Blatter

Balanites wilsoniana Dawe & Sprague

## **BASELLACEAE**

**Basella alba L.**

## **BIGNONIACEAE**

*Kigelia africana* (Lam.) Benth.

*Kigelia aethiopum* (Fenzl) Dandy

*Kigelia moosa* Sprague

**Kigelia pinnata** (Jacq.) DC.

## **BOMBACACEAE**

**Adansonia digitata L.**

## **BORAGINACEAE**

*Cordia crenata* Del.

*Cordia gharaf* Asch.

**Cordia monoica** Roxb.

*Cordia ovalis* DC.

**Cordia sinensis** Lam.

*Cordia somaliensis* Bak.

**BURSERACEAE**

*Boswellia carterii* Birdw.\*

*Boswellia frereana* Birdw.\*

*Boswellia hildebrandtii* Engl.

*Boswellia microphylla* Chiov.

**Boswellia neglecta** S. Moore

*Boswellia papyrifera* (Del.) Hochst.

*Boswellia rivae* Engl.

**Commiphora africana** (A. Rich.) Engl.

**Commiphora rostrata** Engl.

**Commiphora schimperi** (O. Berg) Engl.

*Commiphora trothae* Engl.

**CAESALPINIACEAE (FABACEAE)**

*Bauhinia fassoglensis* Schweinf.

*Bauhinia thonningii* Schum.

*Cordeauxia edulis* Hemsley

**Dialium holtzii** Harms

**Dialium orientale** Bak. f.

**Piliostigma thonningii** (Schum.) Milne-Redh.

**Tamarindus indica** L.

**Tylosema fassoglense** (Schweinf.) Torre & Hillc.

**CAMPANULACEAE**

**Cyphia glandulifera** A. Rich.

**CAPPARIDACEAE (CAPPARACEAE)**

**Boscia coriacea** Pax  
Cleome allamanii Chiov.

**Cleome gynandra** L.  
Cleome hirta (Kl.) Oliv.  
Cleome monophylla L.  
*Cleome pentaphylla* L.

*Gynandropsis gynandra* (L.) Briq.  
**Maerua decumbens** (Brongn.) De Wolf  
*Maerua edulis* De Wolf  
*Maerua subcordata* (Gilg) De Wolf  
**Thylachium thomasii** Gilg

## CELASTRACEAE

**Catha edulis** Forssk.  
Salacia erecta (G. Don) Walp  
**Salacia madagascariensis** (Lam.) DC.  
*Salacia* sp. = *ndendela* (Thui Hill)

## CHRYSOBALANACEAE

Hirtella zanzibarica Oliv.  
**Parinari curatellifolia** Benth.  
Parinari goetzeniana Engl.  
*Parinari mobola* Oliv.

## CLUSIACEAE (GUTTIFERAE)

Garcinia buchananii Bak.  
**Garcinia livingstonei** T. Anders.

Garcinia volkensis Engl.

## **COMMELINACEAE**

**Commelina africana L.**

**Commelina benghalensis L.**

**Commelina forskaolii Vahl**

Commelina imberbis Hassk.

## **COMPOSITAE (ASTERACEAE)**

Bidens pilosa L.\*\*

Galinsoga parviflora Cav.\*\*

**Launaea cornuta** (Oliv. & Hiern) Jeffr.

Vernonia amygdalina Del.

**Vernonia cinerea** Less.

## **CONVOLVULACEAE**

**Ipomoea aquatica** Forssk.

Ipomoea batatas (L.) Lam.\*\*

**Ipomoea lapathifolia Hall. f.**

**Ipomoea longituba Hall. f.**

**Ipomoea mombassana** Vatke

**Ipomoea oenotherae** (Vatke) Hall. f.

Ipomoea plebeia R. Br.

## **CRUCIFERAE (BRASSICACEAE)**

**Brassica carinata A. Br.\***



*Brassica integrifolia* (West) Rupr.

*Brassica juncea* (L.) Czern.\*\*

*Brassica oleracea* L.\*\*

***Brucastrium arabicum*** Fisch. & Mey.

*Rorippa nasturtium-aquaticum* (L.) Hayek\*\*

## CUCURBITACEAE

***Citrullus lanatus*** (Thunb.) Mansf.

***Coccinia grandis*** (L.) Voigt

*Coccinia trilobata* (Cogn.) C. Jeffrey

***Cucumis dipsaceus*** Spach

*Cucumis metuliferus* Naud.

*Cucumis prophetarum* L.

*Cucurbita ficifolia* Bouche\*\*

*Cucurbita maxima* Duchesne ex Lam.\*\*

*Cucurbita moschata* (Duchesne ex Lam.) Poir.\*\*

*Cucurbita pepo* L.\*\*

*Kedrostis gijef* (J. F. Gmel.) C. Jeffrey

***Kedrostis pseudogijef*** (Gilg) C. Jeffrey

*Lagenaria abyssinica* (Hook. f.) C. Jeffrey

***Lagenaria siceraria*** (Molina) Standley

*Lagenaria sphaerica* (Sond.) Naud.

*Lagenaria vulgaris* Ser.

***Momordica rostrata*** A. Zimm.

## CYPERACEAE

***Cyperus blysmoides*** C. B. Cl.

Cyperus bulbosus Vahl  
Cyperus giolii Chiov.  
Cyperus rotundus L.

## **DIOSCOREACEAE**

**Dioscorea bulbifera** L.  
**Dioscorea dumetorum** (Kunth) Pax  
**Dioscorea minutiflora** Engl.

## **EBENACEAE**

Diospyros consolatae Chiov.  
**Diospyros mespiliformis** A. DC.  
Diospyros scabra (Chiov.) Cuf.  
Diospyros squarrosa Klotzsch  
**Euclea divinorum** Hiern  
Euclea racemosa Murr.  
*Euclea schimperi* A. DC.

## **EUPHORBIACEAE**

**Antidesma venosum** Tul.  
Bridelia cathartica Bertol. f.  
**Bridelia taitensis** Vatke & Pax  
**Flueggea virosa** (Willd.) Voigt  
Manihot esculenta Crantz\*\*  
*Manihot utilissima* Pohl\*\*  
*Securinega virosa* (Willd.) Baill.

**FLACOURTIACEAE**

*Aberia abyssinica* Clos.

*Aberia macrocalyx* Oliv.

**Dovyalis abyssinica** (A. Rich.) Warb.

*Dovyalis caffra* (Hook. f. & Harv.) Warb.\*

**Dovyalis macrocalyx** (Oliv.) Warb.

*Flacourtia afra* Pic.-Ser.

**Flacourtia indica** (Burm. f.) Merr.

**GRAMINEAE (POACEAE)**

*Cymbopogon citratus* (Nees) Stapf\*\*

**Dactyloctenium aegyptium** (L.) Willd.

*Dactyloctenium bogdani* S. M. Phillips

**Dactyloctenium giganteum** Fischer & Schweinck.

**Eleusine coracana** Gaertn.

**Eragrostis tef** (Zucc.) Trotter\*

*Pennisetum americanum* (L.) Leeke

**Pennisetum glaucum** (L.) R. BR.\*

*Pennisetum malacochaete* Stapf and Hubbard\*

*Pennisetum typhoides* (Burm.) Stapf & Hubbard\*

*Setaria italica* P. Beauv.\*\*

*Sorghum arundinaceum* de Wet & Harlam\*

**Sorghum bicolor** (L.) Moench\*

**HYDNORACEAE**

**Hydnora abyssinica** Schweinf.

*Hydnora johannis* Becc.

**LABIATAE (LAMINACEAE)****Hoslundia opposita** Vahl

Ocimum basilicum L.

Ocimum gratissimum L.

Ocimum kilimandscharicum Guerke

*Ocimum suave* Willd.**LOGANIACEAE****Strychnos henningsii** Gilg

Strychnos innocua Del.

**Strychnos madagascariensis** Poir.**Strychnos spinosa** Lam.**MALVACEAE**

Abelmoschus esculentus (L.) Moench\*

**Azanza garckeana** (F. Hoffm.) Exell & Hillcoat**MIMOSACEAE (FABACEAE)****Acacia drepanolobium** Sjstedt**Acacia hockii** De Wild.**Acacia nilotica** (L.) Del.*Acacia raddiana* Savi**Acacia senegal** (L.) Willd.**Acacia seyal** Del.*Acacia spirocarpa* A. Rich.*Acacia subalata* Vatke

**Acacia tortilis** (Forssk.) Hayne  
Acacia xanthophloea Benth.  
**Albizia amara** (Roxb.) Boiv.

## MORACEAE

*Ficus capensis* Thunb.  
Ficus natalensis Hochst.  
Ficus sur Forssk.

**Ficus sycomorus L.**

**Ficus thonningii** Bl.

Ficus vallis-choudae Del.  
Myrianthus arboreus Pal.

**Myrianthus holstii** Engl.

## MORINGACEAE

**Moringa oleifera** Lam.\*\*

*Moringa pterygosperma* Gaertn.\*\*

*Moringa stenopetala* (Bak. f.) Cuf.

## MYRTACEAE

*Syzygium aromaticum* (L.) Merry. and Perry\*\*

**Syzygium cordatum** Krauss

*Syzygium cumini* (L.) Skeels\*\*

**Syzygium guineense** (Willd.) DC.

## NYMPHAEACEAE

*Nymphaea caerulea* Savigny

*Nymphaea lotus* L.

***Nymphaea nouchali*** Burm. f.

*Nymphaea zanzibariensis* Casp.

## **OLACACEAE**

***Ximenia americana* L.**

*Ximenia caffra* Sonder

## **PALMAE (ARECACEAE)**

***Borassus aethiopum*** Mart.

*Cocos nucifera* L.\*\*

*Elaeis guineensis* Jacq.

***Hyphaene compressa*** H. Wendl.

*Hyphaene coriacea* Gaertn.

*Phoenix dactylifera* L.\*\*

***Phoenix reclinata*** Jacq.

## **PAPILIONACEAE (FABACEAE)**

***Cajanus cajan*** (L.) Millsp.\*

*Cajanus kerstingii*\*

***Crotalaria brevidens*** Benth.

*Crotalaria intermedia* Kotschy

***Crotalaria ochroleuca*** G. Don

*Dolichos lablab* L.

*Dolichos purpureus* L.

***Eriosema shireense*** Bak. f.

*Lablab niger* Medic.

**Lablab purpureus** (L.) Sweet

*Lablab vulgaris* Savi

*Phaseolus vulgaris* L.\*\*

*Pisum sativum* L.\*\*

**Vatovaea pseudolablab** (Harms) Gillett

*Vigna caesia* Chiov.

**Vigna friesiorum** Harms

*Vigna frutescens* A. Rich.

**Vigna membranacea** A. Rich.

**Vigna subterranea** (L.) Verdc.\*

**Vigna unguiculata** (L.) Walp.

*Voandzeia subterranea* (L.) Thouars\*

## **PEDALIACEAE**

*Sesamum angustifolium* Engl.

**Sesamum calycinum** Welw.

*Sesamum indicum* L.

**Sesamum orientale** L.

## **POLYGONACEAE**

**Oxygonum sinuatum** (Meisn.) Dammer

*Rumex abyssinicus* Jacq.

*Rumex bequaertii* De Wild.

*Rumex steudelii* A. Rich.

**Rumex usambarensis** (Damm.) Damm.

## **PORTULACACEAE**

**Portulaca oleracea** L.

Portulaca quadrifida L.

## **RHAMNACEAE**

**Berchemia discolor** (Klotzsch) Hemsl.

Berchemia zeyheri (Sonder) Grabov

**Scutia myrtina** (Burm. f.) Kurz

**Ziziphus abyssinica** A. Rich.

**Ziziphus mauritiana** Lam.

**Ziziphus mucronata** Willd.

## **ROSACEAE**

**Rubus apetalus** Poir.

Rubus niveus Thunb.\*\*

**Rubus pinnatus** Willd.

Rubus rigidus SM.

Rubus scheffleri Engl.

**Rubus volkensii** Engl.

## **RUBIACEAE**

*Canthium crassum* Hiern

**Canthium glaucum** Hiern

*Canthium gueinzii* Sond.

**Canthium lactescens** Hiern

*Canthium pseudosetiflorum* Bridson

*Canthium setiflorum* Hiern

*Canthium zanzibaricum* Klotzsch



**Coffea arabica** L.

Keetia gueinzii (Sond.) Bridson

Keetia zanzibarica (Klotzsch) Bridson

**Meyna tetraphylla** (Hiern) Robyns

Multidentia crassa (Hiern) Bridson & Verdc.

**Pachystigma schumannianum** (Robyns) Bridson & Verdc.

*Tapiphyllum schumannianum* Robyns

*Vangueria acutiloba* Robyns

**Vangueria apiculata** K. Schum.

**Vangueria infausta** Burch.

*Vangueria linearisepala* K. Schum.

**Vangueria madagascariensis** Gmel.

*Vangueria rotundata* Robyns

**Vangueria volkensii** K. Schum.

**RUTACEAE**

*Fagara chalybea* (Engl.) Engl.

*Fagara usambarensis* Engl.

**Zanthoxylum chalybeum** Engl.

*Zanthoxylum usambarense* (Engl.) Kokwaro

**SALVADORACEAE**

**Dobera glabra** (Forssk.) Poir.

*Dobera loranthifolia* (Warb.) Harms

**Salvadora persica** L.

**SAPINDACEAE**

**Pappea capensis** Eckl. & Zeyh.

## **SAPOTACEAE**

Manilkara butugi Chiov.

Manilkara discolor (Sond.) J. H. Hemsel

**Manilkara mochisia** (Baker) Dubard

**Manilkara sansibarensis** (Engl.) Dubard

**Manilkara sulcata** (Engl.) Dubard

**Mimusops fruticosa** Bojer

**Mimusops kummel** A. DC.

*Mimusops schliebenii* Mildbr. & G. M. Schulze

*Mimusops somaliensis* Chiov.

*Pachystela brevipes* (Baker) Engl.

*Pachystela msolo* (Engl.) Engl.

*Synsepalum brevipes* (Baker) Pennington

*Synsepalum msolo* (Engl.) Pennington

## **SOLANACEAE**

*Lycium europaeum* L.

*Physalis minima* L.\*\*

*Physalis peruviana* L.\*\*

*Solanum aethiopicum* L.

*Solanum americanum* Mill.

*Solanum macrocarpon* L.\*

***Solanum nigrum*** L.

*Solanum scabrum* Mill.

## **TILIACEAE**

Corchorus aestuans L.

Corchorus fascicularis Lam.

**Corchorus olitorius** L.

Corchorus tridens L.

**Corchorus trilocularis** L.

**Grewia bicolor** Juss.

Grewia forbesii Mast.

Grewia similis K. Schum.

**Grewia tembensis** Fres.

**Grewia tenax** (Forssk.) Fiori

**Grewia villosa** Willd.

## **URTICACEAE**

**Urtica massaica** Mildbr.

## **VERBENACEAE**

Lantana camara L.\*\*

*Lantana rhodesiensis* Mold.

**Lantana trifolia** L.

Lantana ukambensis (Vatke) Verdc.

Lantana viburnoides (Forssk.) Vahl

**Lippia carviadora** Meikle

**Lippia kituiensis** Vatke

*Lippia ukambensis* Vatke (in KTS 1961)

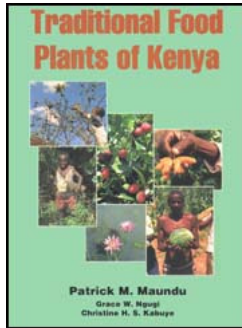
**Vitex doniana** Sweet














Vitex ferruginea Schum. & Thonn.

**Vitex mombassae** Vatke

**Vitex payos** (Lour.) Merr.

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**Back Cover**

The great range of climatic and ecological conditions prevailing in Kenya has resulted in a flora of about 7,100 distinct plant species and several thousand subspecies and varieties, some widely distributed, others endemic or more restricted in occurrence. Very many of these species are used traditionally for food as well as for a wide variety of other purposes. Leafy vegetables, fruit, roots and tubers collected from the wild often play a crucial nutritional role for rural communities, for

example in children's diets and in times of famine, and some are cultivated on a small scale in homegardens. But on the whole, as elsewhere in the world, these traditional food plants have been neglected in Kenya and their vast potential for domestication and improvement has barely begun to be exploited.

This book aims to help the user to appreciate this wealth of plant resources, the cultural traditions behind their use in Kenya and how to recognize and utilize them for the well-being of society, including urban communities, in these times of recurring food shortages and increasing reliance on a few commercial food crops. In addition to describing the ways in which the plants are used as food by the various communities, medicinal, ethnoveterinary, cultural, household and other uses are also given to show the value of each species to the communities concerned, as well as its potential for use elsewhere.

The book will be invaluable for researchers, development workers and all those working to conserve Kenya's cultures and plant resources. Some of its features are:

- Descriptions of 175 main and some 60 minor species with information on food, medicinal and other uses, distribution in Kenya and the rest of the world, ecology, commercial use, potential for domestication and status of the species in the wild
- Over 500 illustrations
- Over 3,250 local plant names with their scientific equivalents
- A food composition table
- Tables of domesticated and marketed species
- A glossary of botanical terms

- A linguistic classification of Kenyan communities
- Maps showing the distribution of the species within Kenya, administrative divisions, ethnic communities and agro-ecological zones.

The publication of this book was made possible by financial support from:

International Plant Genetics Resources Institute (IPGRI)  
Regional Land Management Unit (RELMA/Sida)

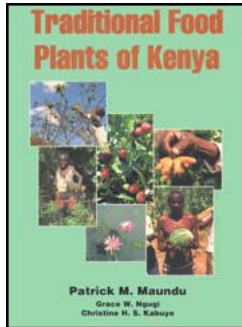
United Nations Educational, Scientific and Cultural Organisation (UNESCO)
















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**National Museums of Kenya**



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## Foreword

This book is a result of four years' research on indigenous food plants of Kenya. The original data was obtained from the plant collections in the East African Herbarium at the National Museums of Kenya (NMK) and was expanded through extensive ethnobotanical fieldwork carried out during the Indigenous Food Plants Programme (IFPP), 1989-1992.

The programme was implemented by the National Museums of Kenya in collaboration with the Kenya Freedom From Hunger Council (KFFHC) and Worldview International Foundation (WIF) (Kenya), covering Kajiado, Baringo, Turkana, Siaya, Nyandarua and Kilifi Districts.

During the final year, the programme also covered Machakos, Kitui, Mwingi and Makueni Districts, through a contract with World Neighbors.

The IFPP set up an Indigenous Food Plants Database, now at KENRIK in the NMK, which has data on over 800 indigenous plant species used for food in one way or another. Of these, fruits form about 50%, leafy vegetable 25%, tubers and roots 12.5%, gums, resins, spices, herbs and those used for tea, and other minor food products making up the rest. However, this book deals with 175 species, which are of particular importance, especially among the communities the programme worked with. The book also covers in less details about 130 other closely related species traditionally used for food in Kenya or elsewhere. Some of these species are little known because of their localized use or distribution but still have the potential to be used more widely. Many are collected from the wild, a few are in transition to domestication, while even fewer are well-established crops.

The book aims at helping the user appreciate the wealth of food-plant resources traditionally used in Kenya and how to recognize and utilize them for the well-being of society at large and particularly the local communities who are the custodians of the resources and information presented. Besides food use, other uses are mentioned. Of particular interest are medicinal uses where the distinction from food uses may sometimes be unclear, especially among pastoral communities who rely heavily on wild species. Ethnoveterinary, cultural, household and a host of other uses are also listed in an attempt to show the value of each species to the communities concerned, as well as its potential for use elsewhere. A salient characteristic of foods obtained from indigenous plants is their relatively high nutritional value, an important point for nutritionists in extension work.

Although this book deals with both naturally occurring and cultivated species, the emphasis is on the relatively less known but locally important species that are indigenous to Kenya. The book also



includes a few cosmopolitan exotic species of cultural and nutritional importance, such as some *Amaranthus* species, and a few traditional food plants whose specific origins are still debatable - *Solanum nigrum* being a good example.

Information on the status of the species and their distribution will be useful not only in decision making but also in efforts to encourage the sustainable use of food and other plant resources. The awareness created by this book will lead to increased use, more respect and appreciation for these valuable foods as well as conservation of the species, their various forms and the preservation of the associated indigenous knowledge.

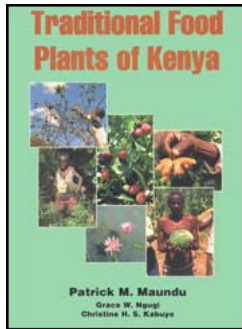
The book will be useful to researchers, social and development workers, those working in conservation and others interested in the subjects covered. It is my hope that it will also contribute to development, conservation of cultures and the associated plant resources.







*Mohamed Isahakia*  
Director-General, National Museums of Kenya



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Work of the Indigenous Food Plants Programme (IFPP) which led to this book would not have been possible without the generous grant from the Ford Foundation for which we are deeply grateful. In this connection special thanks go to Dianne Rocheleau and Eric Rusten, Program Officers at the Ford Foundation's Eastern and Southern Africa Office in Nairobi, for their great interest and encouragement throughout the IFPP period.

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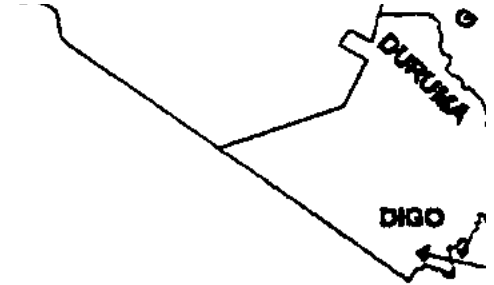
We are grateful to Abede Kifetew of Ethiopian Curio Centre in Nairobi for providing useful information on teff and coffee, Jacob Muhando for plotting species distribution on the maps, Pius Namachanja for preparing the agro-climatic zone map, and to Yasuyuki Morimoto, Geoffrey Kilili and Patrick Kobai for their input on the final layout. We are also grateful to Joshua Muasya who drew some last-minute illustrations.

Last but not least, our most sincere thanks go to Bettina Ng'weno, J. Nyokabi Oteba, Francis Sikuku, the late Joseph Musyoka Kavisa and Benedetta Nthenya who carefully entered the original work in WordPerfect and AskSam database, Jane M Macharia and Phyllis Karanja for carrying out corrections, Joyce Chege for entering data on late records and L. Sojah for painstakingly matching the local names in the index with those in the main text.





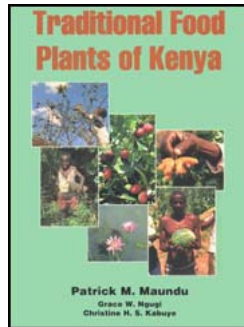




Map 1. Distribution of the major ethnic groups in Kenya



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- 📖 Traditional Food Plants of Kenya (National Museum of Kenya, 1999, 288 p.)
  - 📄 (introduction...)
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## Introduction

## Background

### Botanical and ecological diversity in Kenya

Plants are essential for human existence. They are the direct source of the world's staple foodstuffs in the form of their seeds, fruits, leaves and tubers, for example, or as less important products such as edible gums. Other species provide products or services that people depend on directly or indirectly, e.g. medicine, fodder for livestock, fibre, materials for construction, shade-the list is a long one!

Ecologically, there is a great deal of variation within Kenya which has extremes of environments (see Map 3). Land rises from the coastal zone and the lowlands of the north and north-east-where day temperatures exceed 40°C - to the cool highlands and mountain tops in the centre of the country, including Mt Kenya with a summit at 5,199 m, which is permanently snow covered. This great altitudinal range significantly influences rainfall and temperatures in various areas of the country, which in turn dictate the dominant vegetation types. Precipitation ranges from 150 mm annually in the dry low-lying deserts of the north and north-east to over 2,500 mm on the slopes of Mt Kenya. Likewise, vegetation ranges from almost bare rock and sand dunes in the deserts through *Acacia-Commiphora* bushland to grassland with scattered trees, dry highland forests, tropical rain forests and to alpine vegetation. This wide ecological range has resulted in a rich flora of about 7,100 distinct plant species and several thousand subspecies and varieties. Some of these species have a wide, almost world-wide distribution (e.g. some weedy species such as *Amaranthus* spp.), while others, or their subspecies or varieties, may have a more limited distribution. Some, for example *Bridelia taitensis*, are only found within the country (that is, they are endemic to Kenya),

and others occur in even more restricted areas; for example the yet-to-be-described *Salacia* sp. = *ndendela*, Thui Hill, has only been reported from a single hill that covers an area of less than 4 hectares.

## **Ethnic diversity**

The population of Kenya is also characterized by high diversity. Kenya is a meeting point of three major groups of people: Bantu, Nilotic and Cushitic speakers, each with a diversity of ethnic groups (see Map 1 and Table 1). Altogether, there are over 55 distinct languages and several hundred dialects. Some of these ethnic groups, such as the Kikuyu and Luo, comprise many millions of people, but others, like the Suba and El Molo, are small and their languages are on the verge of extinction. These original inhabitants of Kenya were later joined by people from other continents, e.g. the Arabian peninsular, India and Europe, thus further diversifying the linguistic and cultural situation. With the passage of time, and through observation and trial and error, a wealth of knowledge and experience about the environment, its resources and how best to exploit them was accumulated—for example, knowledge about the uses of plants as food, medicine and as poisons. This deep-rooted indigenous knowledge is necessary for the survival and well-being of a community in its environment. The Mijikenda, for example, use over 80 local species of plants as leafy vegetables, while the Turkana exploit over 140 species of edible plants obtained from their arid environment.

## **Historical and cultural change**

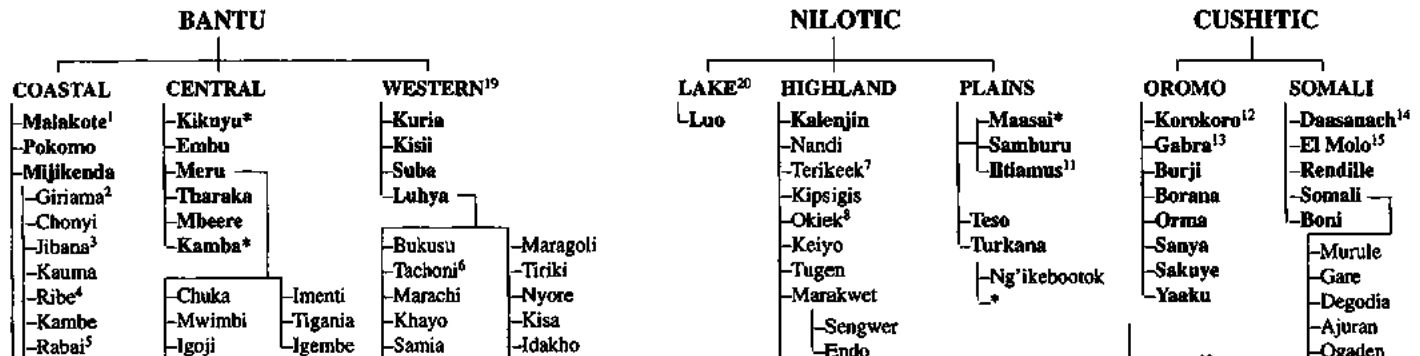
The last century has brought more change for the people of Kenya than perhaps any other before. Western culture and modern science and technology are encroaching on traditional practices and eroding local knowledge. Modern times have brought new food habits and even several new crops. The plants from which traditional foods were obtained are now suffering a double tragedy: genetic erosion and loss of traditional knowledge on how to grow and use them. Many traditional cultivars, which evolved with the cultures concerned as they were consciously selected to meet specific cultural roles, have disappeared within the lifespan of the present generation. In many areas, even

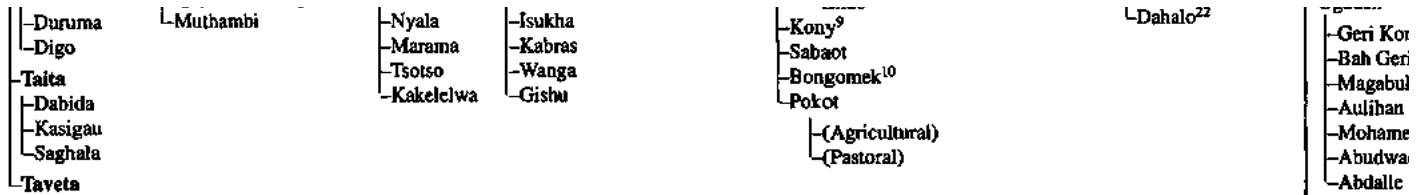
outside towns and cities, diets are based on fewer and fewer plant species: one in particular—maize—is becoming an increasingly dominant and widespread staple to the detriment of the health of families and national food security. This, coupled with low incomes and a misguided preference for expensive exotic foods, has contributed significantly to poverty in the country. Traditional farming systems, which are associated with specific traditional crops, varieties and technologies, are being abandoned, also resulting in increasingly monotonous diets and the loss of food-plant resources and indigenous knowledge about them. Specialized habitats such as indigenous forests and wetlands are being destroyed, similarly endangering specific forms and varieties of plants and sometimes resulting in the loss of entire species.

### The role of food from the wild

Food from the wide range of traditional food plants makes supplemental, seasonal and emergency contributions to household food supplies.

Supplements to the staple food add flavour, which enhances the appetite. Some foods increase the absorption of vitamins, e.g. gum arabic (from *Acacia senegal*), and may help maintain the normal intestinal flora.





Key to the superscript numerals	
1 Itwana	15 Classified as Cushitic but now speak a dialect closely related to Samburu
2 Jiriama	
3 Jihana	
4 Rive	16 Bantu (and others) x Arabic (and others)
5 Rahai	
6 Nandi x Maragoli	17 Mainly in urban centres
7 Terik = Nyang'ori	18 Mainly religious and urban
8 Also affiliated to Kisii and Maasai	19 Interlacustrine Bantu
9 Elgony (Kony), Sebei in Uganda	20 River-Lake Nilotes
10 Pok or Pongomek	21 Divided into Southern and Eastern speakers. Both the Oromo and Somali divisions belong to the Eastern Cushitic speakers.
11 Njemps	
12 Muryo	
13 Linguistically not distinct from Borana	22 The Dahalo, near the Tana River, are the only Southern Cushitic speakers in Kenya.
14 Ng'i-Marille (by Turkana), Shangila (by Gabra/Borana), Geleba (by Rendille)	



Table 1. Linguistic classification of the communities of Kenya

Many traditional plant foods are characteristically energy rich and play a crucial nutritional role during hunger periods. They may be equally important during periods when people have less time for food preparation, such as during peak agricultural seasons, or in arid regions where seasonal food-supply fluctuations are particularly acute. *Commelinia* spp., for example, are strategically available at the beginning of the rainy season before other species can be harvested.

Perhaps the most common use of food from the wild is as snacks. Traditionally, people ate fruit between meals while herding cattle or working in the fields. Snack foods are especially important for children since they need to eat more frequently than adults. In addition, these wild fruit may supply micronutrients that are very important for the healthy growth of children but may be deficient in the bulky cereal-based diet in the home. *Grewia* spp., for example, are a major nutritional resource for pastoralists in dry zones.

Leafy vegetables collected from the wild play an important role in traditional diets in rural areas. In some cultures such as the Luhya, Kisii, Luo and Mijikenda, traditional indigenous vegetables are a common food in the diet. While some may be collected from the wild, a sizeable number have now been cultivated, including *Cleome gynandra*, and *Crotalaria*, *Solarium*, and *Amaranthus* species.

### **Nutritional value of traditional food plants**

If hunger periods lead to actual starvation, or if other calamities such as war cause emergencies, a range of food plants, although sometimes requiring complex preparation to avoid toxicity, can provide a life-saving buffer, as is the case with *Balanites pedicellaris* and *Boscia coriacea* among the Turkana of north-western Kenya.

Although malnutrition and famine did also occur in the past, the nutritional benefits that resulted from the consumption of a wide variety of plants in the olden days were undoubtedly great and have been lost in modern times. If these traditional food plants could be promoted through extension work, better nutrition and better health could be achieved (see Appendix 1).

### **Nutritional problems in Kenya**

The main nutritional problems that occur currently in Kenya can be summarized as follows:

#### ***Low energy and protein intake***

People do not eat enough food of all kinds. In many areas food shortages are seasonal, being most severe at the end of the dry season and at the beginning of the rains. In addition, eating habits are changing-tea, for example, is replacing the more nutritious millet porridge for breakfast among many communities, a habit that is particularly detrimental for children's nutrition.

A number of traditionally used wild plants are good sources of unsaturated fats which, even in small quantities, can play a vital role in increasing the energy content of staple foods while making them more palatable and less bulky for children to eat.

### ***Lack of variety in the diet***

A varied diet is likely to be a well-balanced one. More important, the use of different foods, even in small quantities (snack foods), improves the flavour of the staple food and thus tends to increase overall consumption of the staple. Dietary deficiencies and food insecurity are strongly related to the decreasing diversity of traditional diets.

### ***Vitamins***

Vitamins are essential for the body's metabolic processes to take place normally.

***Lack of Vitamin A:*** Vitamin A deficiency can lead to dry-eye disease (xerophthalmia), night-blindness and eventually complete blindness. Children who are deficient in vitamin A are more likely than healthy children to die from infectious diseases. Yellow fruits and green vegetables, as well as dark green leaves, are good sources of this vitamin. Fats, protein and zinc help the body to absorb and use vitamin A, thus a diet low in these nutrients can contribute to vitamin A deficiency. Nuts and oil seeds, in addition to fruit and vegetables, help to meet this nutritional shortfall.

***Low levels of riboflavin (Vitamin B):*** Riboflavin deficiency is responsible for eye and skin disorders. Many wild foods, especially leaves, are good sources of this vitamin, and wild leafy

vegetables have sometimes been found to have significantly higher riboflavin levels than cultivated varieties.

**Other vitamins:** Several other vitamins are essential for a healthy body. Vitamin C (ascorbic acid) is readily obtainable from fruits and fresh vegetables. Fruits such as baobab (*Adansonia digitata*) and morula (*Sclerocarya birrea*) are exceptionally rich in the vitamin. Vitamin E is abundant in vegetables such as purslane (*Portulaca oleracea*).

### ***Iron and iodine deficiency***

Iron is essential for the manufacture of haemoglobin, the red pigment in the blood. Low levels of iron lead to anaemia which is a major health problem in many parts of eastern Africa, particularly for women. Many traditional foods, especially dark green leaves, are good sources of iron.

In some areas of Kenya, the soils are deficient in iodine and therefore the diet is also deficient in this mineral. Iodine deficiency causes goitre and mental retardation in children. This deficiency can be prevented by importation of foodstuffs grown in other areas where there is no iodine deficiency and by use of iodized salt.

Table 2. **Marketed species**

<b>Type/species</b>	<b>Common name</b>	<b>Areas commonly sold</b>
<b>Leafy vegetables</b>		
<i>Adansonia digitata</i>	baobab	Kitui, Coast
<i>Amaranthus hybridus</i>	amaranth	countrywide
<i>Amaranthus dubius</i>	amaranth	countrywide
<i>Amaranthus lividus</i>	amaranth	Kisii, Kericho, Nyanza, Western, central Rift Valley

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<i>Amaranthus spinosus</i>	spiny amaranth	meister10.htm Nyanza, countrywide
<i>Asystasia mysorensis</i>		Nairobi, West Pokot, Western, Nyanza
<i>Asystasia gangetica</i>		Nyanza, Western
<i>Basella alba</i>	vine spinach	Nairobi, Coast, Western, Nyanza, central Rift Valley
<i>Brassica carinata</i>	kandhira	Nyanza, Western
<i>Cleome (Gynandropsis) gynandra</i>	spider herb	Kisii, Nyanza, Western, Coast, Central and northern Rift Valley, Nairobi
<i>Corchorus trilocularis</i>		Nairobi, Coast, Western, Nyanza, central Rift Valley
<i>Corchorus olitorius</i>	jute	Nairobi, Coast, Western, central Rift Valley, Nyanza
<i>Crotalaria ochroleuca</i>		Nairobi, Western, Nyanza, central Rift Valley
<i>Crotalaria brevidens</i>		Nairobi, Western, Nyanza, central Rift Valley
<i>Digera muricata</i>		northern Rift Valley, Coast
<i>Ipomoea aquatica</i>		Coast, Malindi
<i>Kedrostis pseudogijef</i>		Voi
<i>Launaea cornuta</i>		Western, Nyanza, Coast
<i>Sesamum calycinum</i>	onyulo	Nyanza, Western
<i>Solanum nigrum</i>	black nightshade	Nairobi, Nyanza, Western, Coast, central Rift Valley, countrywide
<i>Vigna unguiculata</i>	cowpea	countrywide

### **Cucurbits**

<i>Citrullus lanatus</i>	water melon	large towns countrywide
<i>Coccinia grandis</i>	ivy gourd	northern Rift Valley, other parts of the world
<i>Cucumis metuliferus</i>	spiny cucumber	Nairobi

~~*Lagenaria siceraria*~~ ~~gourd~~ ~~Nyanza...Central Rift Valley, Eastern, Coast~~



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*Cucurbita maxima*

*Cucumis ficifolia*

рунрррн

kahurura

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countrywide

Central

### Flavouring/spices

*Zanthoxylum chalybeum*

mjafari

northern Rift Valley

*Lippia carvioidora*

eur

northern Rift Valley

*Tamarindus indica*

tamarind

Nairobi, Eastern, Coast, Western, Nyanza

Gums/resins

*Acacia Senegal*

gum arabic

Maralal, Isiolo, northern Kenya

*Acacia seyal*

Nairobi, Maralal, Isiolo, northern Kenya, exported

*Boswellia neglecta*

frankincense

northern Kenya

### Pulses/other seeds

*Cajanus cajan*

pegionpea

countrywide

*Lablab purpureus*

lablab bean

Nairobi, Central, Eastern, countrywide

*Sesamum orientale*

sesame

Nairobi, Coast, Western Nyanza, Central Rift Valley

*Vigna subterranea*

Bambara

Nairobi, Western, Nyanza, Coast

groundnut

*Vigna unguiculata*

cowpea

countrywide

### Grains

*Eleusine coracana*

finger millet

countrywide

*Eragrostis tef*

teff

Nairobi, northern Kenya

*Pennisetum glaucum*

pearl millet

Eastern, Nairobi, Coast

*Sorahum bicolor*

sorahum

countrywide

**Fruits**

<i>Acacia tortilis</i>		northern Rift Valley
<i>Adansonia digitata</i>	baobab	Coast, Eastern
<i>Annona senegalensis</i>	wild custard apple	Coast
<i>Azanza garckeana</i>		Embu, Tharaka, Kitui
<i>Balanites pedicellaris</i>		northern Rift Valley, Lodwar
<i>Berchemia discolor</i>		northern Rift Valley, Eastern
<i>Borassus aethiopum</i>	African fan palm	Coast
<i>Boscia coriacea</i>		northern Rift Valley
<i>Carissa edulis</i>		Nairobi, central and northern Rift Valley
<i>Citrullus lanatus</i>		Nairobi, northern Rift Valley
<i>Coccinia trilobata</i>		Eastern
<i>Cordia sinensis</i>		Lodwar, northern Rift Valley
<i>Dialium holtzii</i>		Coast
<i>Dialium orientale</i>		Malindi, Coast
<i>Flacourtia indica</i>	Indian plum	Kapenguria, Chepararia, northern Rift Valley
<i>Hyphaene compressa</i>	doum palm	Lodwar, northern Rift Valley
<i>Lagenaria siceraria</i>	gourd	countrywide
<i>Landolphia kirkii</i>	rubber vine	Coast
<i>Landolphia petersiana</i>		Coast
<i>Lannea alata</i>		Eastern, North Eastern
<i>Manilkara sansibarensis</i>		Kilifi
<i>Manilkara sulcata</i>		Kilifi

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<i>Myrianthus holstii</i>	giant yellow mulberry	Central
<i>Physalis peruviana</i> *	Cape gooseberry	Nairobi, Western, Nyanza Coast
<i>Salacia madagascariensis</i>		
<i>Sclerocarya birrea</i>	marula	northern Rift Valley, Eastern countrywide
<i>Syzygium cumini</i> *		
<i>Syzygium guineense</i>	water berry	northern Rift Valley
<i>Tamarindus indica</i>	tamarind	countrywide
<i>Vangueria infausta</i>	vangueria	central and northern Rift Valley, Eastern
<i>Vangueria madagascariensis</i>	vangueria	Eastern
<i>Vitex payos</i>	black plum	Embu, Kitui, Kilifi
<i>Ximenia americana</i>	tallow nut	Eastern, northern Rift Valley
<i>Ziziphus mauritiana</i>		Coast, northern Rift Valley

### **Tubers/roots**

<i>Colocasia esculenta</i> *	coco yam	Nairobi, Central, Eastern, countrywide
<i>Dioscorea bulbifera</i>		Western
<i>Dioscorea minutiflora</i>		Nairobi, Embu, Meru, Central
<i>Mondia whitei</i>		Nairobi

### **Stimulants**

<i>Catha edulis</i>	khat	Most towns, exported
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**Others**

<i>Termitomyces</i> spp.	edible fungi	Nyanza, Western, central Rift Valley
<i>Elaeis guineensis</i>	Guinea oil palm	commercial centres
<i>Kigelia pinnata</i> ( <i>K. africana</i> )	sausage tree	Eastern, southern Rift Valley

The species listed in Table 2 have either been seen in markets or are reported to be sold either in the raw or processed form. Most of the species are marketed in specific areas and seasons. The buyers may also be a specific group of people.

\* Exotic species

Notes:

1. Many important food plant species are normally protected in their wild state but only a few are widely cultivated.
2. This list excludes those species sold for medicinal and other purposes.
3. Nyanza, Western, Coast, Eastern, North Eastern, Nairobi, Rift Valley and Central refer to Kenyan administrative Provinces.

**Economic considerations****Easy access**

Many traditional food plants grow wild. Therefore, where they are accessible, they can be collected freely and are thus available to everyone, including the poor. But these traditional vegetables may also conveniently be grown within the homestead in kitchen or homegardens. This is a common practice among the Kisii, Luhya and Mijikenda.

## Contributions to household economy

Other traditional food plants are commercial in the sense that they are collected and sold, and yet others are cultivated either for household use or for sale. Many species, especially leafy vegetables, contribute to income generation, and such sources are often important for women and children in poor rural areas (Table 2).

## Plant domestication

All wild species treated in this book are occasionally consciously protected by the communities in areas where they occur and therefore are often spared when vegetation is being cleared. A few may also be managed in their natural habitat (e.g. by pruning), while in other species seeds, saplings, cuttings or other parts of the plant are collected for propagation in fields or homegardens. Selection of tree species for domestication or management is based on their overall usefulness (e.g. as a shade tree), availability of propagating material and convenience of growing it.

Table 3. **Wild food plants rated highly for domestication**

<b>Alcoholic beverage</b>	<i>Parinari curatellifolia</i>	<i>Kedrostis pseudogijef*</i>
<i>Borassus aethiopum</i>	<i>Rubus volkensis</i>	<i>Leptadenia hastata</i>
<i>Cordia sinensis</i>	<i>Saba comorensis</i>	<i>Portulaca oleracea</i>
<i>Sclerocarya birrea</i>	<i>Sclerocarya birrea</i>	<i>Sesamum calycinum*</i>
<i>Tamarindus indica*</i>	<i>Sorindeia madagascariensis</i>	<i>Solanum nigrum*</i>
	<i>Strychnos innocua</i>	<i>Solanum scabrum*</i>
<b>Fermentation media</b>	<i>Strychnos madagascariensis</i>	<i>Solanum villosum*</i>
<i>Aloe vera</i>	<i>Strychnos spinosa</i>	<i>Vatovaea pseudolablab*</i>

*Lycium pinnata* (L.  
*africana*)

*Zyzygium guineense*

*Vernonia amygdalina*

### **Fruits**

*Annona senegalensis*

*Tamarindus indica*\*

*Uvaria scheffleri*

*Vernonia cinerea*

*Vigna membranacea*

*Azanza garckeana*

*Balanites rotundifolia*

*Berchemia discolor*

*Borassus aethiopum*

*Vangueria infausta*

*Vangueria madagascariensis*

*Vitex doniana*

*Vitex payos*

### **Nuts and roasted seeds**

*Cordeauxia edulis*\*

*Sclerocarya birrea*

*Carissa edulis*

*Coccinia grandis*

*Cordia sinensis*

*Ximenia americana*

*Zanthoxylum chalybeum*

*Ziziphus mauritiana*

### **Pulses (legumes)**

*Vatovaea pseudolablab*

*Roots and tubers*

*Cucumis metuliferus*

*Diospyros mespiliformis*

*Dobera glabra*

### **Leafy vegetables**

*Amaranthus dubius*\*

*Amaranthus hybridus*\*

*Eriosema shirens*

*Ipomoea lapathifolia*

*Stathmostelma propinquum*

*Flacourtia indica*

*Amaranthus blitum* (*A. lividus*)\*

### **Spices, flavourings and tea substitutes**

*Basella alba*\*

*Lippia carviadora*

*Garcinia livingstonei*

*Cleome* (*Gynandropsis*)  
*gynandra*\*

*Ocimum gratissimum*

*Kedrostis pseudogijef*\*

*Corchorus olitorius*\*

*Zanthoxylum chalybeum*

*Landolphia buechananii*

*Corchorus trilocularis*\*

<i>Landolphia kirkii</i>	<i>Crotalaria brevidens</i> *	<b>Stimulants</b>
<i>Lansea alata</i>	<i>Crotalaria ochroleuca</i> *	<i>Catha edulis</i>
<i>Momordica rostrata</i>		
<i>Myrianthus holstii</i>	<i>Digera muricata</i> var. <i>patentipilosa</i>	<b>Others</b>
<i>Pappea capensis</i>	<i>Ipomoea aquatica</i>	<i>Mondia whitei</i>

\* = semi-domesticated: this group includes plants whose food resources are picked from the wild but which are also often planted on a small scale in cropland and near the homestead.

Considering the vast number of potentially edible plants that occur in the wild, many of them yet to be discovered, there is considerable scope for domestication and breeding of new crops (Table 3). Introduced crops often require reliable rainfall and large amounts of pesticides and fertilizers to perform well. Indigenous plants exist in a better balance with other components of the ecosystem, and can produce without expensive inputs.

Few of the plants described in this book are currently cultivated and little or no consideration has so far been given to their genetic improvement. Therefore the vast potential of the genetic resource represented by traditional food plants has barely begun to be exploited.

### **Cultivated species**

Out of some 3,000 different plant species that have been commercialized (1% of the total number of plant species in the world) only 20 are consumed on a large scale. In fact, as much as 80% of world human energy intake comes from only 15 species of plants and animals. These 15 main foods are, however, not always the most nutritious. As already pointed out, this concentration on a few species

has resulted in a vast number of potential food-plant species being neglected, genetic erosion and loss of associated indigenous knowledge.

The few crops that are now dominant were domesticated long ago, most in just a few regions in the world, e.g. the Middle East, the Ethiopian highlands, South East Asia and the highlands of South America (Table 4).

### **The promotion of traditional food plants**

Traditional food plants, both domesticated and non-domesticated, have been neglected throughout the world. Kenya is no exception. Instead of concentrating on commercial food crops, extension efforts should now be aimed at maintaining, popularizing and improving the accessibility of a wide range of species as this can do much to improve nutrition and food security. A rich flora providing a variety of snack foods located near or in school compounds, for example, would improve the health of school children.

Even as individual citizens we have a responsibility to maintain the maximum possible diversity in our food plants and use them for everyone's well-being. To achieve this we need to:

- Make sure we and our families eat more traditional foods;
- Discard the false and unwarranted notion that traditional foods are inferior;
- Take the initiative to grow those species that we can grow ourselves and to manage others in the wild while preserving their habitats and ecosystems, even in our own back yards;
- Promote and keep alive indigenous knowledge about edible plants, methods of preparation, local names, etc., pass this knowledge on to our children and, where possible, document it;
- Identify rare and endangered cultivars or varieties and liaise with the National Gene Bank



at the Kenya Agricultural Research Institute (KARI) for long-term conservation.

## Notes on the use of this book

### Distribution maps

The maps in the Species Accounts section indicate localities where specimens of each plant were collected and stored by the East African Herbarium at the National Museums of Kenya in Nairobi. But these maps should not be regarded as providing a complete picture of each species' distribution in Kenya as it may also occur in other areas not represented in the Herbarium collection. In the case of a crop species, the areas indicated are those where it is cultivated.

### Information for future editions

The authors welcome comments, corrections and additions from readers. These contributions (to be sent to KENRIK, National Museums of Kenya, P.O. Box 40658, Nairobi) should be accompanied by details of localities and person(s) supplying the information, and will be acknowledged appropriately.

### A note for genetic and information prospectors

The information and knowledge about the plants in this book, and the methods by which they are used traditionally, belong to the communities concerned. Any proposed commercialization of this intellectual property, and the associated genetic resources, should be initiated in good faith, with acknowledgement to and the full participation and knowledge of the relevant peoples.

Table 4. **Commonly used cultivated food species and their origins**

Species	Common name	Probable origin
<i>Abelmoschus esculentus</i> *	Okra. Iadv's fingers	Tropics of Old World. eastern

Africa

North Africa, Eurasia

Mediterranean region

Asia

Southern Europe, northern  
tropical Africa

Tropical America

Tropical America

Central America

South America

Northern South America

Western Asia

Western tropical South America

Tropical America

Brazil

*Allium ampeloprasum*

Leek

*Allium cepa*

Onion

*Allium sativum*

Garlic

*Amaranthus blitum* (*A.  
lividus*)\*

Amaranth

*Amaranthus cruentus*\*\*

Amaranth

*Amaranthus dubius*\*\*

Amaranth

*Amaranthus hybridus*\*\*

Amaranth

*Anacardium occidentale*\*\*

Cashew nut

*Ananas comosa*\*\*

Pineapple

*Anethum graveolens*

Dill

*Annona cherimola*

Custard apple, cherimoya

*Annona squamosa*

Custard apple

*Arachis hypogaea*

Groundnut, peanut

*Asparagus officinalis*

Garden asparagus

*Basella alba*\*

Vine spinach, Ceylon spinach

*Brassica carinata*\*\*Kandhira, Ethiopian cabbage, texsel  
greens*Brassica oleracea* var.  
*acephala*

Sukuma, kale

*Brassica oleracea* var.  
*capitata*

Cabbage

*Brassica oleracea* var.  
*botrytis*

Cauliflower, broccoli

North Africa to southern Europe

Africa, South Asia

Ethiopia, north-eastern Africa

Western Europe

Western Europe

Western Europe

<i>Cajanus cajan</i>	Pigeon pea	? Africa, Asia
<i>Camellia sinensis</i>	Tea	Southern China, South Asia
<i>Capsicum annuum</i>	Pepper	Tropical America
<i>Carica papaya</i>	Pawpaw, papaya	Tropical America, West Indies
<i>Catha edulis</i> *	Khat, Abyssinian tea	Africa
<i>Cinnamomum zeylanicum</i>	Cinnamon	Sri Lanka, South India
<i>Citrullus lanatus</i>	Water melon	Africa
<i>Citrus aurantiifolia</i>	Lime	? India
<i>Citrus aurantium</i>	Sour orange	S.E. Asia
<i>Citrus limon</i>	Lemon	Asia
<i>Citrus reticulata</i>	Tangerine, mandarin	Far East
<i>Citrus sinensis</i>	Sweet orange	China
<i>Citrus x paradisi</i>	Grapefruit	? West Indies
<i>Cleome (Gynandropsis) gynandra</i> *	Spider herb, cat's whiskers	Tropical Africa and Asia
<i>Coccinia grandis</i> *	Ivy gourd	Tropics of the Old World
<i>Cocos nucifera</i> **	Coconut	South Asia
<i>Coffea arabica</i> *	Coffee	Ethiopia, northern Kenya
<i>Colocasia esculenta</i>	Cocoyam, taro	Tropical Asia
<i>Corchorus olitorius</i> *	Jute, Jew's mallow	Africa, tropical Asia (India)
<i>Corchorus tridens (C. trilocularis)</i> *	Mrere	Africa
<i>Cordeauxia edulis</i>	Yeheb, yeheb nut	Somalia, eastern Ethiopia
<i>Coriandrum sativum</i>	Coriander	West Mediterranean
<i>Crotalaria brevidens</i> *	Mito	Tropical Africa

<i>Crotalaria ochroleuca</i> *	Mito	Tropical Africa
<i>Cucumis melo</i>	Sweet melon	? West Africa
<i>Cucumis metuliferus</i> *	Spiny cucumber, horned melon)	Africa
<i>Cucumis sativus</i>	Cucumber	Himalayas, western China
<i>Cucurbita ficifolia</i>	Malabar gourd	Central America, Mexico
<i>Cucurbita maxima</i>	Pumpkin	South America
<i>Cucurbita moschata</i>	Pumpkin	Tropical America
<i>Cymbopogon citratus</i>	Lemon grass	South India, Sri Lanka
<i>Cyphomandra crassicaulis</i>	Tree tomato	South America
<i>Daucus carota</i>	Carrot	Mediterranean region
<i>Dioscorea bulbifera</i>	Aerial yam, air potato	Africa, Asia
<i>Dioscorea minutiflora</i>	Kikuyu yam	Africa
<i>Dovyalis caffra</i>	Kei apple	Southern Africa
<i>Elaeis guineensis</i> *	Oil palm, Guinea oil palm	West to East Africa
<i>Eleusine coracana</i>	Finger millet	N.E. Africa
<i>Ensete ventricosum</i> *	False banana	N.E. and East Africa
<i>Eragrostis tef</i>	Teff	Ethiopia
<i>Eriobotrya japonica</i> **	Loquat	China, Japan
<i>Foeniculum vulgare</i>	Fennel	Mediterranean region
<i>Fragaria</i> spp.	Strawberry	?
<i>Species</i>	Common name	Probable origin
<i>Hordeum vulgare</i>	Barley	N.E. Africa to southern Europe
<i>Ipomoea aquatica</i> *	Water spinach	Tropics of the Old World
<i>Ipomoea batatas</i>	Sweet potato	Central America
<i>Kedrostis pseudoaiief</i> *	Mukauwu	East Africa

<i>Lablab purpureus*</i>	Hyacinth bean	Tropical Africa
<i>Lagenaria siceraria</i>	Gourd, calabash gourd	Africa
<i>Lantana camara**</i>	Curse of India	Tropical America
<i>Lycopersicon esculentum</i>	Tomato	The Andes
<i>Macadamia integrifolia</i>	Macadamia nut	Australia (Queensland)
<i>Mangifera indica**</i>	Mango	India, southern Asia
<i>Manihot esculenta</i>	Cassava, manioc, tapioca	Brazil
<i>Momordica charantia</i>	Balsam pear, bitter cucumber	? Tropical Africa, ? Tropical Asia
<i>Moringa oleifera</i>	Ben tree, horseradish tree	N.W. India
<i>Morus alba</i>	White mulberry	China
<i>Morus nigra</i>	Black mulberry	Western Asia
<i>Musa spp.</i>	Banana	Tropical Asia
<i>Musa x paradisiaca</i>	Plantain	Tropical Asia
<i>Ocimum basilicum</i>	Basil, sweet basil	Tropics
<i>Opuntia ficus-indica**</i>	Prickly pear	Mexico
<i>Oryza saliva</i>	Rice	Tropical Asia, ? Africa
<i>Passiflora edulis</i>	Passion fruit, purple granadilla	South America
<i>Passiflora mollissima**</i>	Banana passion fruit	Tropical America
<i>Pennisetum glaucum</i>	Pearl millet, bulrush millet	The Sahel
<i>Persea americana</i>	Avocado pear	Tropical America
<i>Petroselinum crispum</i>	Parsley, garden parsley	Europe, western Asia
<i>Phaseolus aureus</i>	Green gram	Asia
<i>Phaseolus coccineus</i>	Scarlet runner bean	Central America

*Phaseolus vulgaris* Kidney bean, French bean Tropical America . . .

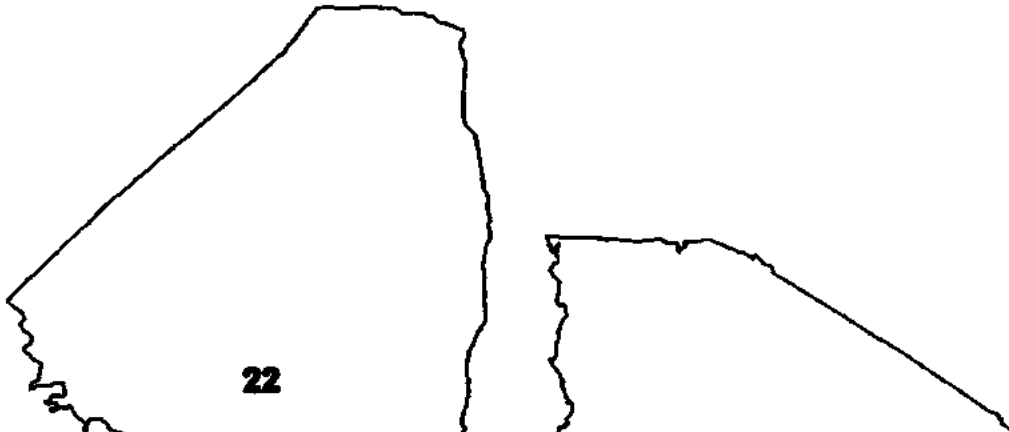
<i>Phoenix dactylifera</i>	Date palm	North Africa, western Asia
<i>Physalis minima</i> **		Tropical America
<i>Physalis peruviana</i> **	Cape gooseberry	Tropical South America
<i>Pisum sativum</i>	Garden pea	East Mediterranean to Iran
<i>Portulaca oleracea</i> *	Purslane	Africa, Europe, Asia
<i>Psidium guajava</i> **	Guava	Tropical America
<i>Punica granatum</i>	Pomegranate	S.E. Europe, western Asia
<i>Rosemarinus officinalis</i>	Rosemary	Mediterranean region
<i>Rubus niveus</i> **	Ceylon raspberry	India, western China
<i>Saccharum officinarum</i>	Sugarcane	S.E. Asia
<i>Sclerocarya birrea</i> *	Morula plum, morula nut	Tropical Africa
<i>Sesamum calycinum</i> *	Onyulo	Africa
<i>Sesamum orientale</i> *	Sesame, simsim, sesamum	Africa, northern Kenya
<i>Setaria italica</i>	Foxtail millet, Italian millet	East Asia
<i>Solanum macrocarpon</i>	African egg plant	Central to West Africa
<i>Solanum melongena</i>	Egg plant	India, East Indies
<i>Solanum nigrum</i> *	Black nightshade	Tropics and sub-tropics
<i>Solanum scabrum</i> *	Black nightshade, sunberry, wonderberry	Tropics and sub-tropics
<i>Solanum tuberosum</i>	English/Irish potato, potato	Chile, western Argentina
<i>Solarium villosum</i> *	Wonderberry, sunberry	Old World
<i>Sonchus oleraceus</i> **	Sow thistle	Mediterranean region, Eurasia
<i>Sorghum bicolor</i>	Sorghum	The Sahel
<i>Spinacia oleracea</i>	Spinach	? S.W. Asia
<i>Syzvium aromaticum</i>	Clove	Moluccas (S E Asia)

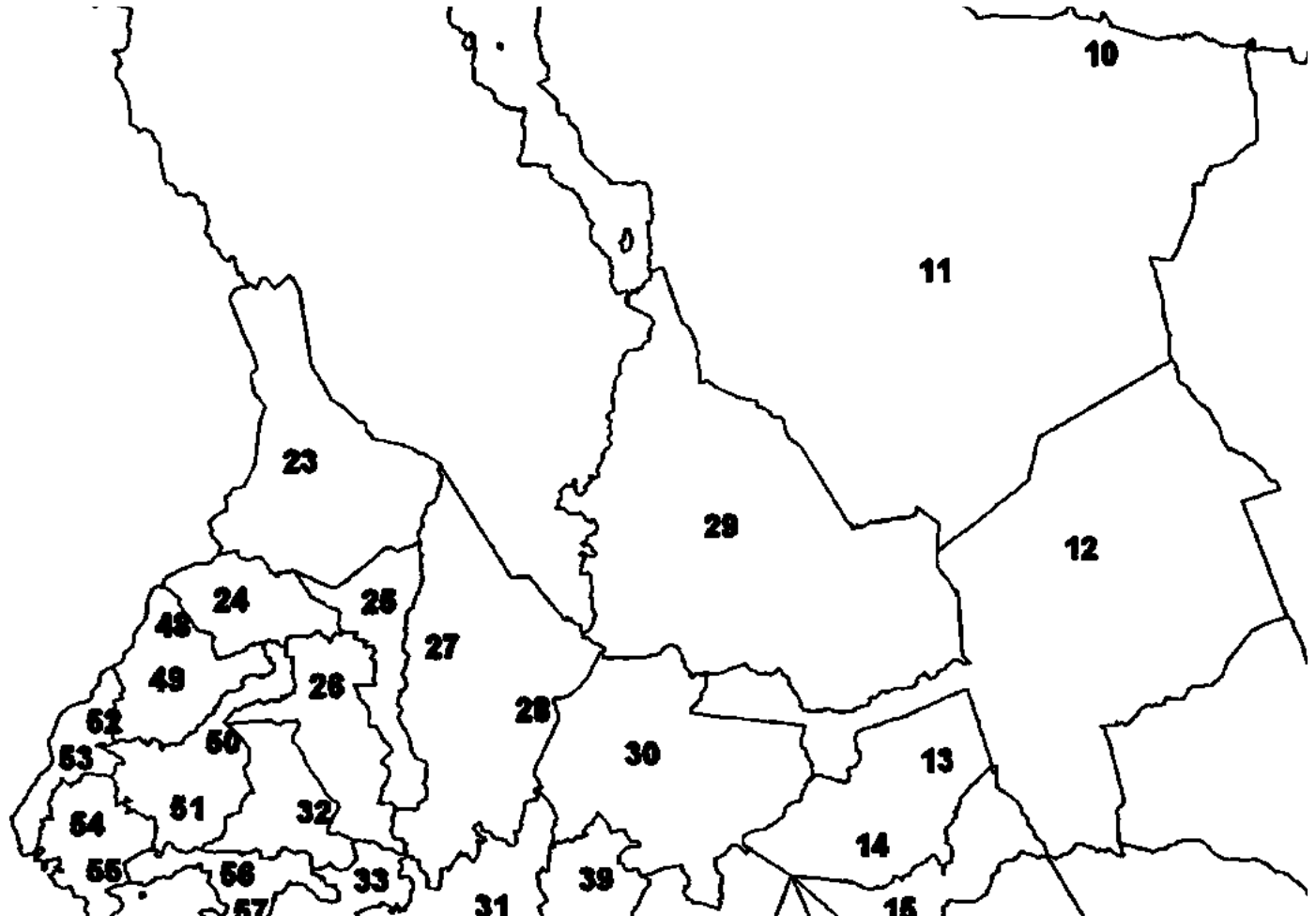
<i>Syzygium aromaticum</i>	Clove	Indonesia (SE Asia)
<i>Syzygium cumini</i> **	Java plum, jambolan	India, southern Asia
<i>Tamarindus indica</i> *	Tamarind	Tropical Africa and Asia
<i>Triticum aestivum</i>	Bread wheat	Middle East
<i>Vicia faba</i>	Broad bean	Tropics of the Old World
<i>Vigna subterranea</i>	Bambara groundnut	Central to West Africa
<i>Vigna unguiculata</i> *	Cowpea	Tropical Africa and Asia
<i>Zea mays</i>	Maize, com	Mexico
<i>Zingiber officinale</i>	Ginger	India, southern Asia
<i>Ziziphus mauritiana</i> *	Jujube	North Africa, Asia

\* = Indigenous to Kenya;

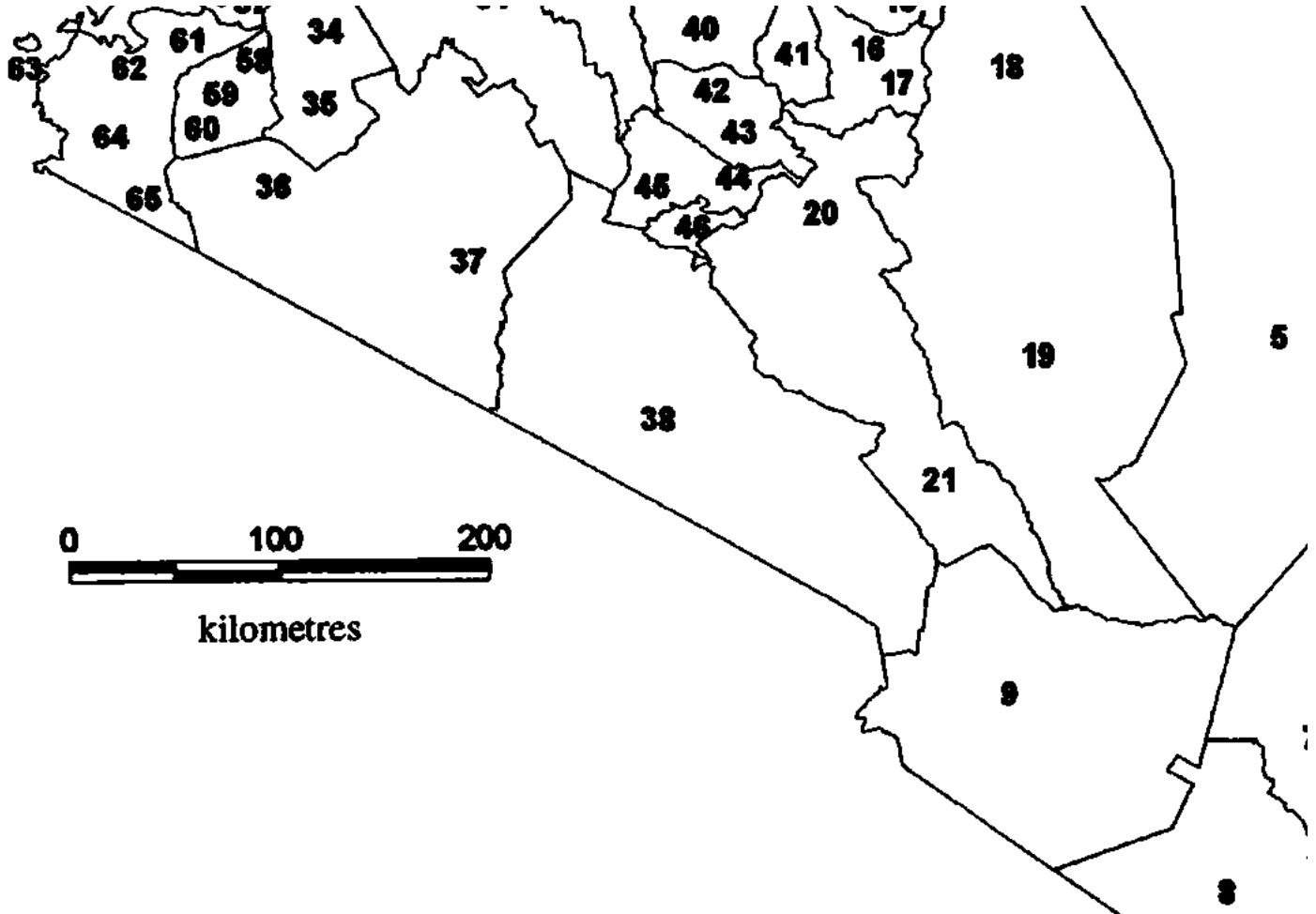
\*\* = Introduced but now naturalized in parts of Kenya;

? = Origin uncertain or disputed












## Map 2. Administrative Districts of Kenya (1998)

1. Mandera	12. Isiolo	23. West Pokot	34. Buret	45. Kiambu	56. Kisumu
2. Wajir	13. Nyambene	24. Trails Nzoia	35. Bomet	46. Nairobi	57. Nyando
3. Garissa	14. Meru	25. Elgeyo Marakwet	36. Trans Mara	47. Mombasa	58. Nyamira
4. Lamu	15. Tharaka-Nithi	26. Uasin Gishu	37. Narok	48. Mt Elgon	59. Kisii
5. Tana River	16. Embu	27. Baringo	38. Kajiado	49. Bungoma	60. Gucha
6. Malindi	17. Mbeere	28. Koibatek	39. Nyandarua	50. Kakamega	61. Rachuonyo
7. Kilifi	18. Mwingi	29. Samburu	40. Nyeri	51. Vihiga	62. Homa Bay
8. Kwale	19. Kitui	30. Laikipia	41. Kirinyaga	52. Teso	63. Suba
9. Taita Taveta	20. Machakos	31. Nakuru	42. Murang'a	53. Busia	64. Migori
10. Moyale	21. Makueni	32. Nandi	43. Maragwa	54. Siaya	65. Kuria
11. Marsabit	22. Turkana	33. Kericho	44. Thika	55. Bondo	



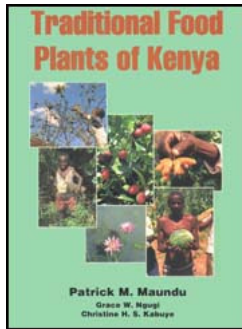
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 Traditional Food Plants of Kenya (National Museum of Kenya, 1999, 288 p.)

 *(introduction...)*

 Foreword

 Acknowledgements



- ➔ Introduction
- Local names
- Colour plates
- Species accounts
- Appendix: Nutritional composition of edible parts of plants
- Glossary
- Bibliography
- List of families and species
- Back Cover

## Local names

\* = exotic

### Bajun

Also see under Swahili.

abiro	<i>Maerua decumbens</i>
mchunda-kula	<i>Ximenia americana</i>
mkuraki	<i>Manilkara sulcata</i>
myae	<i>Strychnos spinosa</i>
ukwaju	<i>Tamarindus indica</i>
warendi	<i>Manilkara mochisia</i>

### Boni

dabeh	<i>Landolphia kirkii</i>
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daber	<i>Landolphia kirkii</i>
digi	<i>Dioscorea dumetorum</i>
gonyooriya	<i>Phoenix reclinata</i>
gurguo	<i>Hoslundia opposita</i>
halas	<i>Uvaria scheffleri</i>
kedura	<i>Sesamum calycinum</i>
kuragi	<i>Manilkara sulcata</i>
malamoto	<i>Annona senegalensis</i>
mangales	<i>Garcinia livingstonei</i>
mangula	<i>Strychnos madagascariensis</i>
mangula	<i>Strychnos spinosa</i>
mangura	<i>Strychnos madagascariensis</i>
mangura	<i>Strychnos spinosa</i>
mede	<i>Hyphaene coriacea</i>
mishothie	<i>Hoslundia opposita</i>
mkalashote	<i>Vitex ferruginea</i>
mkalijote	<i>Vitex mombassae</i>
mlamote	<i>Annona senegalensis</i>
mogalishat	<i>Vitex ferruginea</i>
mukai	<i>Tamarindus indica</i>
mulilago	<i>Antidesma venosum</i>
ngogaje	<i>Antidesma venosum</i>
oh	<i>Hyphaene coriacea</i>
ong	<i>Borassus aethiopum</i>
sheshubla	<i>Dialium orientale</i>

shishobli	<i>Dialium orientale</i>
sisin	<i>Sesamum calycinum</i>
tomur	<i>Uvaria acuminata</i>
tsina	<i>Scutia myrtina</i>
tumorr	<i>Uvaria acuminata</i>
unglise	<i>Garcinia livingstonei</i>

### **Boran (Borana)**

Note: c- is pronounced *ch-*. Many of the words with *k-* here are normally written with *q-*; thus *kalkacha* would be written *qalqaca*.

adesa	<i>Rhus natalensis</i>
agarnyaab	<i>Maerua decumbens</i>
andarak	<i>Lannea triphylla</i>
andaraka	<i>Lannea schimperi</i>
awagino	<i>Flueggea virosa</i>
baabido (gum)	<i>Acacia senegal</i>
baddan	<i>Balanites aegyptiaca</i>
baddan	<i>Balanites rotundifolia</i>
badoda	<i>Cucurbita moschata</i>
bariyub	<i>Maerua decumbens</i>
bododa	<i>Cucurbita maxima</i>
boraati	<i>Aerva lanata</i>
buge	<i>Lagenaria siceraria</i>
bun	<i>Coffea arabica</i>
burate-harre	<i>Cucumis dipsaceus</i>

buriri	<i>Vangueria madagascariensis</i>
burquqe	<i>Acacia nilotica</i>
burquqis	<i>Acacia nilotica</i>
burra diima	<i>Acacia senegal</i>
buruudo	<i>Grewia villosa</i>
buruuri	<i>Vangueria apiculata</i>
chame	<i>Vigna membranacea</i>
chati	<i>Catha edulis</i>
dabobes	<i>Ximenia americana</i>
daboobes	<i>Rhus natalensis</i>
dadach	<i>Acacia tortilis</i>
dadacha	<i>Acacia tortilis</i>
dagams	<i>Carissa edulis</i>
dakar	<i>Boswellia neglecta</i>
dakkar	<i>Boswellia neglecta</i>
dakkar gurate	<i>Boswellia neglecta</i>
dakkara	<i>Boswellia neglecta</i>
daraara	<i>Aerva lanata</i>
deeka	<i>Grewia tenax</i>
deeka-diima	<i>Grewia tenax</i>
deeka-imimo	<i>Grewia tenax</i>
deka	<i>Grewia tembensis</i>
denyo	<i>Mimusops fruticosa</i>

didisa *Sclerocarya birrea*

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uiriada

*Commiphora robusta*

gaabbe

*Vatovaea pseudolablab*

gabbe

*Vatovaea pseudolablab*

gadda

*Zanthoxylum chalybeum*

gadu

*Thylachium thomasii*

galgacha-hareh

*Boscia coriacea*

galgethoom

*Digera muricata*

garse

*Dobera glabra*

gda

*Zanthoxylum chalybeum*

getgedaan

*Digera muricata*

hancha-dakkara

*Boswellia neglecta*

(resin)

hancha-lubadin

*Boswellia neglecta*

(incense)

harores

*Cordia sinensis*

huda

*Salvadora persica*

iddado

*Acacia senegal*

irgegud

*Grewia tenax*

jajab

*Berchemia discolor*

jejab

*Berchemia discolor*

kada

*Syzygium guineense*

karaa

*Strychnos henningsii*

karo

*Bridelia taitensis*

kate

*Lantana trifolia*

kone

*Hyphaene compressa*

kumude

*Lannea alata*

kurawa	<i>Dovyalis abyssinica</i>
kurkuurah	<i>Ziziphus mauritiana</i>
kurquura	<i>Ziziphus mucronata</i>
kurte	<i>Cyphia glandulifera</i>
ladana	<i>Canthium pseudosetiflorum</i>
luuftoole	<i>Corchorus tridens</i>
luuftoole	<i>Corchorus trilocularis</i>
maa	<i>Dactyloctenium aegyptium</i>
madeer	<i>Cordia sinensis</i>
madeer-qoowe	<i>Cordia sinensis</i>
mader	<i>Cordia monoica</i>
mader-boor	<i>Cordia sinensis</i>
maqala	<i>Dactyloctenium aegyptium</i>
meeti	<i>Hyphaene compressa</i>
meti	<i>Phoenix reclinata</i>
misinga	<i>Sorghum bicolor</i>
moorodah	<i>Grewia villosa</i>
murie	<i>Grewia tenax</i>
od	<i>Ficus sycomorus</i>
oda	<i>Ficus sycomorus</i>
odda	<i>Ximenia americana</i>
ogomdi	<i>Grewia villosa</i>
pika	<i>Pappea capensis</i>
qaaleda	<i>Meyna tetraphylla</i>
qadu	<i>Thvlachium thomasii</i>



qalqalq	<i>Boscia coriacea</i>
qoone	<i>Hyphaene compressa</i>
gotte	<i>Cordia monoica</i>
quaqura	<i>Ziziphus mauritiana</i>
roka	<i>Tamarindus indica</i>
roqa	<i>Tamarindus indica</i>
sapans diima	<i>Acacia senegal</i>
sarkam	<i>Grewia tenax</i>
tafi	<i>Eragrostis tef</i>
tende	<i>Phoenix dactylifera</i>
toga	<i>Hydnora abyssinica</i>
uda	<i>Ximenia americana</i>
urbu-ree (fruit)	<i>Acacia tortilis</i>
waachu	<i>Acacia seyal</i>
waachu-adi	<i>Acacia seyal</i>
waaqu-hallu	<i>Acacia seyal</i>
wachu dima	<i>Acacia seyal</i> var. <i>fistula</i>
wanreh	<i>Lannea alata</i>
woda	<i>Ficus sycomorus</i>

## Chonyi

Note: the prefix *chi-* in most Mijikenda groups will normally change to *ki-* for Giriama

chibuzi	<i>Vernonia cinerea</i>
chidunaadunqa	<i>Bidens pilosa</i>

chidungadunga	<i>Bidens</i> spp.
chikosho	<i>Corchorus olitorius</i>
chikosho	<i>Corchorus tridens</i>
chikosho	<i>Corchorus trilocularis</i>
chimbiri	<i>Keetia zanzibarica</i>
chirenje	<i>Lagenaria siceraria</i>
chirunji	<i>Nymphaea nouchali</i>
chiswenya	<i>Amaranthus hybridus</i>
chivuma nyuchi	<i>Aerva lanata</i>
dzadza	<i>Commelina africana</i>
dzadza	<i>Commelina forskaolii</i>
dzadza	<i>Commelina imberbis</i>
fudu (fruit)	<i>Vitex</i> spp.
fula (fruits)	<i>Sclerocarya birrea</i>
kahawa	<i>Coffea arabica</i>
kipuru	<i>Lagenaria siceraria</i>
kunazi (fruits)	<i>Ziziphus mauritiana</i>
kunde	<i>Vigna unguiculata</i>
kwamba (fruits)	<i>Flueggea virosa</i>
maburu (leaves)	<i>Colocasia esculenta</i>
mabwe (leaves)	<i>Ipomoea batatas</i>
mahwa	<i>Solanum macrocarpon</i>
manga (tuber)	<i>Manihot esculenta</i>
mani qa mabenda	<i>Abelmoschus esculentus</i>

(leaves)	<i>Adansonia digitata</i>
matyu (fruits)	
mbalazi (fruit)	<i>Cajanus cajan</i>
mbata (flesh)	<i>Cocos nucifera</i>
mdungatundu	<i>Dovyalis abyssinica</i>
mdungu	<i>Zanthoxylum chalybeum</i>
mfudu madzi	<i>Vitex ferruginea</i>
mfudu	<i>Vitex mombassae</i>
mfudu	<i>Vitex payos</i>
mfudu-unga	<i>Vitex payos</i>
mfudukoma	<i>Vitex mombassae</i>
mfula	<i>Sclerocarya birrea</i>
mgugune	<i>Ziziphus mucronata</i>
mhango (leaves)	<i>Cucurbita maxima</i>
miraa	<i>Catha edulis</i>
miunga (plural)	<i>Acacia</i> spp.
mkayamba	<i>Piliostigma thonningii</i>
mkayukayu	<i>Cordia sinensis</i>
mkoma	<i>Hyphaene compressa</i>
mkone	<i>Grewia bicolor</i>
mkone	<i>Grewia</i> spp.
mkonga	<i>Balanites aegyptiaca</i>
mkuha	<i>Dobera glabra</i>
mkuha	<i>Dobera loranthifolia</i>
mkulu	<i>Berchemia discolor</i>

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mkwakwa	<i>Strychnos madagascariensis</i>
mnavu jangaa	<i>Solanum nigrum</i>
mnavu	<i>Solanum nigrum</i>
mnavu tsaka	<i>Solanum nigrum</i>
mnazi*	<i>Cocos nucifera</i>
mng'ambo kapehe	<i>Mimusops fruticosa</i>
mng'ambo	<i>Manilkara sansibarensis</i>
mnyumbu	<i>Lannea schweinfurthii</i>
mpea (leaves)*	<i>Manihot esculenta</i>
mpupu	<i>Lablab purpureus</i>
mpweke	<i>Diospyros squarrosa</i>
mshomoro	<i>Lantana camara</i>
mswaki	<i>Salvadora persica</i>
mtamba-kiko	<i>Meyna tetraphylla</i>
mtambachiko	<i>Canthium glaucum</i>
mtandamboo	<i>Carissa edulis</i>
mtandamboo	<i>Carissa tetramera</i>
mtikiti	<i>Citrullus lanatus</i>
mtongazi	<i>Landolphia petersiana</i>
mtsemeri	<i>Acacia nilotica</i>
mtserere	<i>Hoslundia opposita</i>
mtsumbwi	<i>Dialium orientale</i>
mtsunga	<i>Launaea cornuta</i>
mtsunga wa	<i>Launaea cornuta</i>
utsungu	

mtundukuia	<i>Ximenia americana</i>
mubalazi	<i>Cajanus cajan</i>
mudungatundu	<i>Flacourtia indica</i>
mudzipo	<i>Salacia madagascariensis</i>
mueza-moyo	<i>Salvadora persica</i>
mugazija*	<i>Manihot esculenta</i>
muhama	<i>Sorghum bicolor</i>
muizu-wa-arisa	<i>Thylachium thomasii</i>
mukunazi	<i>Ziziphus mauritiana</i>
mukuyu	<i>Ficus sycomorus</i>
mukwamba	<i>Flueggea virosa</i>
munago	<i>Manilkara mochisia</i>
mung'ambo	<i>Manilkara sansibarensis</i>
munga	<i>Acacia nilotica</i>
musimbiji	<i>Antidesma venosum</i>
mutserere	<i>Hoslundia opposita</i>
mutsumbwi	<i>Dialium orientale</i>
mutunguru	<i>Thylachium thomasii</i>
muungo	<i>Landolphia kirkii</i>
muyu	<i>Adansonia digitata</i>
muzhumaa	<i>Cymbopogon citratus</i>
mzungi	<i>Moringa oleifera</i>
mwangani	<i>Cleome gynandra</i>
nago (fruits)	<i>Manilkara mochisia</i>
nazi (fruits)*	<i>Cocos nucifera</i>

nduma (tuber)	<i>Colocasia esculenta</i>
ng'ambo (fruits)	<i>Manilkara sansibarensis</i>
nzugu mawe	<i>Vigna subterranea</i>
pupu (fruits)	<i>Lablab purpureus</i>
tendegwa	<i>Vigna subterranea</i>
tsafe	<i>Vigna unguiculata</i>
tsalakushe	<i>Asystasia gangetica</i>
ufuha	<i>Sesamum orientale</i>
vimumunye (edible)	<i>Lagenaria siceraria</i>
viyogbwe (root)*	<i>Ipomoea batatas</i>
viyogbwe	<i>Ipomoea batatas</i>
vombo	<i>Corchorus olitorius</i>
wimbi	<i>Eleusine coracana</i>

### **Daasanach (Merille)**

bal-burach	<i>Digera muricata</i>
barbar	<i>Grewia villosa</i>
bunite	<i>Dactyloctenium bogdanii</i>
daal-guo,	<i>Coccinia grandis</i>
daale (fruit)	<i>Coccinia grandis</i>
damich	<i>Grewia tenax</i>
damich-arab	<i>Grewia tembensis</i>
dang'ite	<i>Acacia senegal</i>
dhuorich	<i>Boscia coriacea</i>

dong'od-nee- dhieroka	<i>Boswellia eglecta</i>
dong'od-salab- g'ayyua	<i>Commiphora rostrata</i>
g'ayyuka	<i>Commiphora rostrata</i>
gabite	<i>Ziziphus mauritiana</i>
hocholoch*	<i>Moringa oleifera</i>
holshe	<i>Commelina benghalensis</i>
huluf	<i>Maerua decumbens</i>
kadite	<i>Dobera glabra</i>
kerech-dhata	<i>Commiphora africana</i>
kulidhe	<i>Hyphaene compressa</i>
kuute	<i>Balanites rotundifolia</i>
seech-geebe	<i>Acacia tortilis</i>
suriech	<i>Grewia bicolor</i>
yierit-etha	<i>Kedrostis gijef</i>

## Digo

chigbwada	<i>Manihot esculenta</i>
chigundigundi	<i>Acacia nilotica</i>
chikuse	<i>Vernonia cinerea</i>
chiswenya	<i>Amaranthus dubius</i>
chiswenya	<i>Amaranthus graecizans</i>

dradra ~~Commelina benghalensis~~

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uzeuza

*Commelina torrkaviii*

dzedza

*Commelina imberbis*

futsure

*Asystasia gangetica*

futswe

*Asystasia gangetica*

kigundi

*Acacia nilotica*

kihuro

*Antidesma venosum*

kikwata

*Acacia senegal*

kisambwe

*Garcinia livingstonei*

kitoria (fruit)

*Landolphia kirkii*

libugu

*Landolphia kirkii*

mbara

*Diospyros mespiliformis*

mbokwe

*Annona senegalensis*

mbuyu

*Adansonia digitata*

mbwana nyahi

*Rhus vulgaris*

mchindu

*Phoenix reclinata*

mdungu

*Zanthoxylum chalybeum*

mfundukoma

*Vitex mombassae*

mfunga-tanzu

*Garcinia livingstonei*

mgorodo

*Ziziphus mucronata*

mgwanyahi

*Rhus natalensis*

mhama

*Sorghum bicolor*

mkoma

*Hyphaene compressa*

mkoma lume

*Hyphaene compressa*

mkone

*Grewia tembensis*

mkulu

*Diospyros mespiliformis*



mkunguma	<i>Sorindeia madagascariensis</i>
mkwaju	<i>Tamarindus indica</i>
mkwamba	<i>Flueggea virosa</i>
mlenda	<i>Corchorus olitorius</i>
mng'ongo	<i>Sclerocarya birrea</i>
mnyondoiya	<i>Flacourtia indica</i>
mpira	<i>Landolphia kirkii</i>
mrenda	<i>Sesamum calycinum</i>
msami	<i>Synsepalum brevipes</i>
mtandambo	<i>Carissa edulis</i>
mtandambo	<i>Carissa tetramera</i>
mtsekesh	<i>Piliostigma thonningii</i>
mtserere	<i>Hoslundia opposita</i>
mtundakula	<i>Ximenia americana</i>
mudhungu	<i>Zanthoxylum chalybeum</i>
mudzala	<i>Uvaria acuminata</i>
mugiaki	<i>Syzygium guineense</i>
muhonga	<i>Strychnos madagascariensis</i>
muhonga	<i>Strychnos spinosa</i>
mumbweni	<i>Uvaria acuminata</i>
mung'ambo	<i>Manilkara sansibarensis</i>
munyunzu	<i>Keetia zanzibarica</i>
mutseketse	<i>Piliostigma thonningii</i>
mutsunaa	<i>Launaea cornuta</i>

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muvuma	<i>Vangueria apiculata</i>
muziahi	<i>Syzygium cordatum</i>
muziahi	<i>Syzygium guineense</i>
muziyahe	<i>Syzygium guineense</i>
mviru	<i>Vangueria infausta</i>
mwambangoma	<i>Balanites aegyptiaca</i>
mwatsaka wa bara	<i>Corchorus olitorius</i>
mzangatchango	<i>Antidesma venosum</i>
tala-kushe	<i>Asystasia gangetica</i>
toro	<i>Nymphaea nouchali</i>
ufuha	<i>Sesamum orientale</i>
utundi	<i>Sarcostemma viminale</i>

## **Duruma**

(Also see Giriama)

kifuka	<i>Vernonia cinerea</i>
lufia	<i>Vernonia cinerea</i>
madungatundu	<i>Flacourtia indica</i>
mdzala	<i>Uvaria acuminata</i>
msanzanza	<i>Sorindeia madagascariensis</i>
mugumo	<i>Borassus aethiopum</i>

## **Embu**

Also see vernacular names in other Central Bantu groups

gikwa	<i>Dioscorea minutiflora</i>
ikwa (plural)	<i>Dioscorea minutiflora</i>
kaua	<i>Coffea arabica</i>
kinya (fruit)	<i>Lagenaria siceraria</i>
makunu	edible fungi
managu	<i>Solanum nigrum</i>
mbiruiru (fruit)	<i>Vangueria spp</i>
mbota*	<i>Physalis peruviana</i>
mtogotorgo	<i>Pachystigma schumannianum</i>
mucimoro*	<i>Lantana camara</i>
mugaa	<i>Acacia spp</i>
mugimbi	<i>Eleusine coracana</i>
mugumo	<i>Ficus natalensis</i>
mugumo	<i>Ficus thonningii</i>
mukawa	<i>Carissa edulis</i>
mukengeria	<i>Commelina benghalensis</i>
mukombi*	<i>Setaria italica</i>
mukuu	<i>Ficus sycomorus</i>
munathi*	<i>Cocos nucifera</i>
muramba	<i>Adansonia digitata</i>
muthithi	<i>Tamarindus indica</i>
mutimoko*	<i>Annona cherimola</i>
muvia	<i>Sorghum bicolor</i>

mweref...i)\* *Pennisetum glaucum*

ndare	<i>Cocos nucifera</i>
ndaugu	<i>Rubus spp</i>
ndende*	<i>Oxygonum sinuatum</i>
nduma*	<i>Phoenix dactylifera</i>
ngwaci	<i>Colocasia esculenta</i>
njavi	<i>Ipomoea batatas</i>
njugu	<i>Lablab purpureus</i>
nthoroko	<i>Cajanus cajan</i>
nzavi	<i>Vigna unguiculata</i>
rungu	<i>Lablab purpureus</i>
rwoga	<i>Lagenaria siceraria</i>
rwoga	<i>Amaranthus graecizans</i>
thatha	<i>Amaranthus spp</i>
ugimbi	<i>Urtica massaica</i>
	<i>Eleusine coracana</i>

### English and standard names

Abyssinian banana	<i>Ensete ventricosum</i>
Abyssinian tea	<i>Catha edulis</i>
African ebony	<i>Diospyros mespiliformis</i>
African fan palm	<i>Borassus aethiopum</i>
African olive	<i>Olea africana ssp. africana</i>
air potato	<i>Dioscorea bulbifera</i>
amaranth	<i>Amaranthus dubius</i>

amaranth\* ~~*Amaranthus graecizans*~~

amharic tea	<i>Amharic tea hybridus</i>
Arabian tea	<i>Catha edulis</i>
arrow poison plant	<i>Acokanthera oppositifolia</i>
arrow poison plant	<i>Acokanthera schimperi</i>
Bambara bean	<i>Vigna subterranea</i>
Bambara groundnut	<i>Vigna subterranea</i>
baobab	<i>Adansonia digitata</i>
bastard mustard	<i>Cleome gynandra</i>
ben tree*	<i>Moringa oleifera</i>
bird plum	<i>Berchemia discolor</i>
black-galled acacia	<i>Acacia drepanolobium</i>
black nightshade	<i>Solanum nigrum</i>
black plum	<i>Vitex doniana</i>
black plum	<i>Vitex payos</i>
blackjack*	<i>Bidens pilosa</i>
blue lotus of Egypt	<i>Nymphaea nouchali</i>
blue water lily	<i>Nymphaea nouchali</i>
bonavist bean	<i>Lablab purpureus</i>
borassus palm	<i>Borassus aethiopum</i>
bottle gourd	<i>Lagenaria siceraria</i>
brown ivory	<i>Berchemia discolor</i>
buffalo thorn	<i>Ziziphus mucronata</i>
bulrush millet	<i>Pennisetum glaucum</i>
bush okra	<i>Corchorus olitorius</i>

calabash gourd	<i>Lagenaria siceraria</i>
calabash	<i>Lagenaria siceraria</i>
camel foot	<i>Piliostigma thonningii</i>
camphor basil	<i>Ocimum kilimandscharicum</i>
Cape fig	<i>Ficus sur</i>
careless weed	<i>Amaranthus spinosus</i>
cassava*	<i>Manihot esculenta</i>
cat's whiskers	<i>Cleome gynandra</i>
catch thorn	<i>Ziziphus abyssinica</i>
Ceylon raspberry*	<i>Rubus niveus</i>
Ceylon spinach	<i>Basella alba</i>
cherimoya*	<i>Annona cherimola</i>
Chinese date	<i>Ziziphus mauritiana</i>
Chinese spinach	<i>Amaranthus hybridus</i>
cider tree	<i>Sclerocarya birrea ssp. caffra</i>
clove basil	<i>Ocimum gratissimum</i>
clove*	<i>Syzygium aromaticum</i>
coconut*	<i>Cocos nucifera</i>
coco yam*	<i>Colocasia esculenta</i>
coffee	<i>Coffea arabica</i>
crow foot grass	<i>Dactyloctenium aegyptium</i>
custard apple*	<i>Annona squamosa</i>
date palm*	<i>Phoenix dactylifera</i>
deleb palm	<i>Borassus aethiopum</i>
desert date	<i>Balanites aeavptiaca</i>

doum palm	<i>Hyphaene compressa</i>
doum palm	<i>Hyphaene coriacea</i>
drumstick tree*	<i>Moringa oleifera</i>
East Indian basil	<i>Ocimum gratissimum</i>
Egyptian lotus	<i>Nymphaea lotus</i>
Egyptian mimosa	<i>Acacia nilotica</i>
Egyptian thorn	<i>Acacia nilotica</i>
Ethiopian cabbage	<i>Brassica carinata</i>
Ethiopian mustard	<i>Brassica carinata</i>
false medlar	<i>Vangueria infausta</i>
false sandalwood	<i>Ximenia americana</i>
fever plant	<i>Ocimum kilimandscharicum</i>
finger millet	<i>Eleusine coracana</i>
foxtail millet*	<i>Setaria italica</i>
frankincense	<i>Boswellia carterii</i>
frankincense	<i>Boswellia frereana</i>
frankincense	<i>Boswellia neglecta</i>
giant yellow mulberry	<i>Myrianthus holstii</i>
gourd	<i>Lagenaria siceraria</i>
governor's plum	<i>Flacourtia indica</i>
Guinea oil palm	<i>Elaeis guineensis</i>
gum arabic	<i>Acacia senegal</i>
horned cucumber	<i>Cucumis metuliferus</i>
horseradish tree	<i>Morinda oleifera</i>

horseradish tree	<i>Moringa stenopetala</i>
hyacinth bean	<i>Lablab purpureus</i>
Indian plum	<i>Flacourtia indica</i>
Indian plum	<i>Ziziphus mauritiana</i>
Indian spinach	<i>Basella alba</i>
Italian millet*	<i>Setaria italica</i>
ivy gourd	<i>Coccinia grandis</i>
jackal berry	<i>Diospyros mespiliformis</i>
jackal plum	<i>Pappea capensis</i>
jambolan*	<i>Syzygium cumini</i>
Java plum*	<i>Syzygium cumini</i>
jelly melon	<i>Cucumis metuliferus</i>
Jew's mallow	<i>Corchorus olitorius</i>
jujube	<i>Ziziphus mauritiana</i>
jute	<i>Corchorus olitorius</i>
Kaffir orange	<i>Strychnos spinosa</i>
kat	<i>Catha edulis</i>
Kei apple*	<i>Dovyalis caffra</i>
khat	<i>Catha edulis</i>
lablab bean	<i>Lablab purpureus</i>
Malabar gourd*	<i>Cucumis ficifolia</i>
Malabar spinach	<i>Basella alba</i>
morula	<i>Sclerocarya birrea ssp. caffra</i>
mustard tree	<i>Salvadora persica</i>
Natal orange	<i>Strychnos spinosa</i>



oil palm	<i>Elaeis guineensis</i>
okra	<i>Abelmoschus esculentus</i>
Palmyra palm	<i>Borassus aethiopum</i>
pearl millet	<i>Pennisetum glaucum</i>
pharaoh's fig	<i>Ficus sycomorus</i>
pigeon pea	<i>Cajanus cajan</i>
potato yam	<i>Dioscorea bulbifera</i>
prickly amaranth*	<i>Amaranthus spinosa</i>
prostrate amaranth	<i>Amaranthus graecizans</i>
purple amaranth	<i>Amaranthus blitum</i> ( <i>A. lividus</i> )
purslane	<i>Portulaca oleracea</i>
quick weed*	<i>Galinsoga parviflora</i>
rubber vine	<i>Landolphia kirkii</i>
sandpaper tree	<i>Cordia monoica</i>
sausage tree	<i>Kigelia pinnata</i> ( <i>K. africana</i> )
scarlet gourd	<i>Coccinia grandis</i>
Senegal date	<i>Phoenix reclinata</i>
sesame	<i>Sesamum orientale</i>
sorghum	<i>Sorghum bicolor</i>
sorrel	<i>Rumex usambarensis</i>
sour plum	<i>Ximenia americana</i>
soursop*	<i>Annona cherimola</i>
spider flower	<i>Cleome gynandra</i>
spider herb	<i>Cleome gynandra</i>
sniked millet	<i>Pennisetum glaucum</i>

spiny amaranth*	<i>Amaranthus hybridus</i> ssp. <i>Hybridus</i>
spiny amaranth*	<i>Amaranthus spinosus</i>
spiny cucumber	<i>Cucumis metuliferus</i>
spleen amaranth*	<i>Amaranthus hybridus</i>
stinging nettle	<i>Urtica massaica</i>
Sudan gum arabic	<i>Acacia senegal</i>
sunhemp	<i>Crotalaria ochroleuca</i>
sweet basil	<i>Ocimum basilicum</i>
sweet potato*	<i>Ipomoea batatas</i>
sycamore fig	<i>Ficus sycomorus</i>
tallow nut	<i>Ximenia americana</i>
tamarind	<i>Tamarindus indica</i>
taro*	<i>Colocasia esculenta</i>
teff	<i>Eragrostis tef</i>
toothbrush bush	<i>Salvadora persica</i>
torchwood	<i>Balanites wilsoniana</i>
tree hibiscus	<i>Azanza garckeana</i>
umbrella thorn	<i>Acacia tortilis</i>
vine spinach	<i>Basella alba</i>
water berry	<i>Syzygium cordatum</i>
water berry	<i>Syzygium guineense</i>
water lily	<i>Nymphaea lotus</i>
water lily	<i>Nymphaea nouchali</i>
water pear	<i>Syzygium guineense</i>
water spinach	<i>Ipomoea aquatica</i>

water spinach	<i>Ipomoea aquatica</i>
watermelon	<i>Citrullus lanatus</i>
whistling thorn	<i>Acacia seyal</i> ssp. <i>fistula</i>
whistling thorn	<i>Acacia drepanolobium</i>
white lotus	<i>Nymphaea lotus</i>
wild custard apple	<i>Annona senegalensis</i>
wild date palm	<i>Phoenix reclinata</i>
wild date	<i>Phoenix reclinata</i>
wild plum	<i>Ximenia americana</i>
wild soursop	<i>Annona senegalensis</i>
wild tea	<i>Lippia javanica</i>
winter lotus	<i>Nymphaea lotus</i>
winter spinach	<i>Ipomoea aquatica</i>
wonderberry	<i>Solanum nigrum</i>
yeheb	<i>Cordeauxia edulis</i>

## Gabra

See also Borana names for *equivalents*. Note: *c-* is pronounced *ch-*. Many of the words with *k-* are normally written with *q-*; thus *burk'uk'e* would normally be written *burquqe*.

aadde	<i>Salvadora persica</i>
baddana	<i>Balanites aegyptiaca</i>
baddana	<i>Balanites rotundifolia</i>
buratte	<i>Cucumis dipsaceus</i>

burk'uk'e	<i>Acacia nilotica</i>
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durquqe	<i>Acacia nilotica</i>
c'iimap'a	<i>Vigna frutescens</i>
d'addaca	<i>Acacia tortilis</i>
d'eeka	<i>Grewia tenax</i>
dabobbessa	<i>Rhus natalensis</i>
dagams	<i>Carissa edulis</i>
dakkara	<i>Boswellia neglecta</i>
gaabbe	<i>Vatovaea pseudolablab</i>
gaale	<i>Kedrostis gijef</i>
gaddaa	<i>Zanthoxylum chalybeum</i>
gelgedaana	<i>Digera muricata</i>
hammeesaa	<i>Commiphora africana</i>
iddaad'o	<i>Acacia senegal</i>
iddaado	<i>Acacia seyal</i>
iddad'o	<i>Acacia seyal</i>
k'alk'acca	<i>Boscia coriacea</i>
k'arraaru	<i>Acokanthera schimperi</i>
k'urk'uura	<i>Ziziphus abyssinica</i>
luftoole	<i>Corchorus tridens</i>
luftoole	<i>Corchorus trilocularis</i>
mad'eer	<i>Cordia sinensis</i>
meetti	<i>Hyphaene compressa</i>
ogomdi	<i>Grewia villosa</i>

## Giriama

**(Giryama)**

## Notes:

- (a) Some writers would prefer to omit the *u* that follows the prefix *m-*, while others would prefer to retain it. Thus *mfula* may also appear as *mufula*.
- (b) The prefix *ka-* is diminutive
- (c) The prefix *ki-* in Giryama will normally change to *chi-* for other Mijikenda groups.
- (d) The suffix *-koma* implies its use as a food is forbidden.
- (e) Some of the names below may be a corruption of Chonyi and Sanya names.

budzi	<i>Vernonia cinerea</i>
burutula	<i>Asystasia gangetica</i>
bwere	<i>Ipomoea batatas</i>
bwere-mlungu	<i>Ipomoea aquatica</i>
dungatundu (fruit)	<i>Dovyalis abyssinica</i>
dzadza	<i>Commelina africana</i>
dzadza	<i>Commelina forskaolii</i>
dzadza	<i>Commelina imberbis</i>
fudu (fruit)	<i>Vitex</i> spp.
fula (fruits)	<i>Sclerocarya birrea</i>
fulafula (fruits)	<i>Sclerocarya birrea</i>
gune (tuber)	<i>Nymphaea nouchali</i>
kadzadza	<i>Commelina africana</i>
kadzadza	<i>Commelina forskaolii</i>
kahawa	<i>Coffea arabica</i>
kahedtho	<i>Ipomoea mombassana</i>

kibudzi	<i>Vernonia cinerea</i>
kidungadunga	<i>Bidens</i> spp.
kigbwada (leaves)*	<i>Manihot esculenta</i>
kigulukimwenga	<i>Digera muricata</i>
kikosho	<i>Corchorus olitorius</i>
kikosho	<i>Corchorus tridens</i>
kikosho	<i>Corchorus trilocularis</i>
kimbiri	<i>Oxygonum salicifolium</i>
kindwi (fruit)	<i>Phoenix reclinata</i>
kipuru	<i>Lagenaria siceraria</i>
kirunji	<i>Nymphaea nouchali</i>
kiswenya	<i>Amaranthus hybridus</i>
kiswenya-chamiya	<i>Amaranthus spinosus</i>
kivuma nyuchi	<i>Aerva lanata</i>
kunazi (fruits)	<i>Ziziphus mauritiana</i>
kwamba (fruits)	<i>Flueggea virosa</i>
logatsi	<i>Amaranthus graecizans</i>
mafa	<i>Solanum macrocarpon</i>
marabu (fruits)	<i>Cucurbita maxima</i>
matikiti	<i>Citrullus lanatus</i>
mauyu (fruits)	<i>Adansonia digitata</i>
mazaladowe (fruits)	<i>Uvaria scheffleri</i>
mbalazi (fruit)	<i>Cajanus cajan</i>
mbat'the	<i>Diospyros consolatae</i>
mbata (flesh)	<i>Cocos nucifera</i> . . .

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mbathe	<i>Strychnos henningsii</i>
mbokwe	<i>Annona senegalensis</i>
mdevere	<i>Flacourtia Indica</i>
mdungatundu	<i>Dovyalis abyssinica</i>
mdungu	<i>Zanthoxylum chalybeum</i>
mfudu	<i>Vitex mombassae</i>
mfudu	<i>Vitex payos</i>
mfudu-madzi	<i>Vitex ferruginea</i>
mfudu-unga	<i>Vitex payos</i>
mfudukoma	<i>Vitex mombassae</i>
mfula	<i>Sclerocarya birrea</i>
mfuranje	<i>Canthium glaucum</i>
mgugune	<i>Ziziphus mucronata</i>
miraa	<i>Catha edulis</i>
miunga (plural)	<i>Acacia</i> spp.
mjungumoto	<i>Salvadora persica</i>
mkalakala	<i>Bridelia cathartica</i>
mkambi-kikambi	<i>Asystasia gangetica</i>
mkayamba	<i>Piliostigma thonningii</i>
mkayukayu	<i>Cordia sinensis</i>
mkindu	<i>Phoenix reclinata</i>
mkindwi	<i>Phoenix reclinata</i>
mkoma	<i>Hyphaene compressa</i>
mkone	<i>Grewia bicolor</i>

mkone . . . *Grewia* spp.

mkone-kilaa	<i>Grewia tenax</i>
mkonga	<i>Balanites aegyptiaca</i>
mkuha	<i>Dobera glabra</i>
mkuha	<i>Dobera loranthifolia</i>
mkulu	<i>Berchemia discolor</i>
mkulube	<i>Diospyros mespiliformis</i>
mkwakwa	<i>Strychnos madagascariensis</i>
mlori	<i>Uvaria acuminata</i>
mnavu mahombo	<i>Physalis minima</i>
mnavu	<i>Solanum nigrum</i>
mnavu-jangaa	<i>Solanum nigrum</i>
mnavu-tsaka	<i>Solanum nigrum</i>
mnazi	<i>Cocos nucifera</i>
mng'ambo	<i>Manilkara sansibarensis</i>
mng'ambo-kapehe	<i>Mimusops fruticosa</i>
mnthungu	<i>Lannea alata</i>
mnyumbu	<i>Lannea schweinfurthii</i>
mpupu	<i>Lablab purpureus</i>
mpweke	<i>Diospyros squarrosa</i>
mrenda	<i>Sesamum calycinum</i>
mswaki	<i>Salvadora persica</i>
mtamba-kiko	<i>Meyna tetraphylla</i>
mtandambo	<i>Carissa edulis</i>
mtandambo	<i>Carissa tetramera</i>
mtoria.	<i>Landolphia kirkii</i>



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mtsami	<i>Mimusops truticosa</i>
mtsami	<i>Synsepalum brevipes</i>
mtsami	<i>Synsepalum msolo</i>
mtsemeri	<i>Acacia nilotica</i>
mtserere	<i>Hoslundia opposita</i>
mtsumbwi	<i>Dialium orientale</i>
mtundukula	<i>Ximenia americana</i>
mubalazi	<i>Cajanus cajan</i>
mubenda	<i>Abelmoschus esculentus</i>
mudungatundu	<i>Flacourtia indica</i>
mudzaladowe	<i>Uvaria scheffleri</i>
mudzipo	<i>Salacia madagascariensis</i>
mueza-moyo	<i>Salvadora persica</i>
mufodzohi	<i>Garcinia livingstonei</i>
mufula	<i>Sclerocarya birrea</i>
mugazija*	<i>Manihot esculenta</i>
mugumo	<i>Borassus aethiopum</i>
muhama	<i>Sorghum bicolor</i>
muizu-wa-arisa	<i>Thylachium thomasii</i>
mujaje	<i>Strychnos madagascariensis</i>
mujaje	<i>Strychnos spinosa</i>
mukimbiri	<i>Keetia zanzibarica</i>
mukipo	<i>Salacia madagascariensis</i>
mukunazi	<i>Ziziphus mauritiana</i>
mukuvu .	<i>Eicus svcomorus</i>

mukwamba	<i>Fueggee virosa</i>
mulori	<i>Uvaria acuminata</i>
munago	<i>Manilkara mochisia</i>
mung'ambo	<i>Manilkara sansibarensis</i>
munga	<i>Acacia nilotica</i>
munyee	<i>Dovyalis macrocalyx</i>
munyhee	<i>Dovyalis macrocalyx</i>
murabu (leaves)	<i>Cucurbita maxima</i>
mushomoro	<i>Lantana camara</i>
musimbiji	<i>Antidesma venosum</i>
musishwi	<i>Commiphora africana</i>
mutakuma	<i>Annona senegalensis</i>
mutokera	<i>Dioscorea bulbifera</i>
mutongazi	<i>Landolphia petersiana</i>
mutsedzi	<i>Manilkara sulcata</i>
mutserere	<i>Hoslundia opposita</i>
mutsuchwi	<i>Commiphora africana</i>
mutsumbwi	<i>Dialium orientale</i>
mutsungu	<i>Launaea cornuta</i>
mutunguru	<i>Thylachium thomasii</i>
muungo	<i>Landolphia kirkii</i>
muviru	<i>Vangueria infausta</i>
muyu	<i>Adansonia digitata</i>
muzhumaa	<i>Cymbopogon citratus</i>

muzundi . . *Morina oleifera* .

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muzungu wa mboko	<i>Lagenaria siceraria</i>
muzungwi	<i>Moringa oleifera</i>
muzunzwi	<i>Keetia zanzibarica</i>
mviru	<i>Vangueria infausta</i>
mwanakabaga	<i>Lannea schimperi</i>
mwangani	<i>Cleome gynandra</i>
mzaladowe	<i>Uvaria scheffleri</i>
nago (fruits)	<i>Manilkara mochisia</i>
nazi (fruits)*	<i>Cocos nucifera</i>
ng'ambo (fruits)	<i>Manilkara sansibarensis</i>
nzugu mawe	<i>Vigna subterranea</i>
pupu (fruits)	<i>Lablab purpureus</i>
talakushe	<i>Asystasia gangetica</i>
thalakushe	<i>Asystasia gangetica</i>
t(h)oro (tuber)	<i>Nymphaea nouchali</i>
tsafe	<i>Vigna unguiculata</i>
tsatsatsa (leaves)	<i>Cucurbita maxima</i>
ufuha	<i>Sesamum orientale</i>
viasi tamu*	<i>Ipomoea batatas</i>
vilo(ro)ri (fruits)	<i>Uvaria acuminata</i>
vimumunye (edible)	<i>Lagenaria siceraria</i>
vitoria (fruit)	<i>Landolphia kirkii</i>
viyogwe*	<i>Ipomoea batatas</i>
vombo	<i>Corchorus olitorius</i>
vonaonva	<i>Asvsatasia aanaetica</i>

wimbi

*Eleusine coracana***Ilchamus (Iltiamus, Njemps)**

i-okuronit

*Amaranthus dubius*

i-okuroniti

*Amaranthus dubius*

ikilorit

*Acacia nilotica*

ikiloriti

*Acacia nilotica*

ikogom

*Grewia tembensis*

ikogomi

*Grewia tembensis*

ilkogomi

*Grewia tenax*

l-naboli

*Ficus sycomorus*

lama

*Ximenia americana*

lamai

*Ximenia americana*

lamalogi

*Maerua decumbens*

lamaloki

*Maerua decumbens*

lamayoki

*Maerua decumbens*

lamayokin

*Maerua decumbens*

lderende

*Ziziphus mucronata*

lderendei

*Ziziphus mucronata*

lderkesi

*Acacia senegal*

lera

*Acacia seyal*

lerai

*Acacia seyal*

lgweita

*Cordia sinensis*

limambai

*Ziziphus mucronata*

Ikunvi

*Acacia tortilis*

Imampaa	<i>Ziziphus mauritiana lam.</i>
Imampaan	<i>Ziziphus mauritiana lam.</i>
Imang'wa	<i>Sclerocarya birrea</i>
Imang'wai	<i>Sclerocarya birrea</i>
Imisigiyo	<i>Rhus natalensis</i>
Imisigiyo	<i>Rhus natalensis</i>
Imomo	<i>Solanum nigrum</i>
Imomoi	<i>Solanum nigrum</i>
Imuleel	<i>Cordia monoica</i>
Imuleelin	<i>Cordia monoica</i>
loisuki	<i>Zanthoxylum chalybeum</i>
lokuronit	<i>Amaranthus graecizans</i>
lokuroniti	<i>Amaranthus graecizans</i>
longoosoiro	<i>Flueggea vimsa</i>
lousuk	<i>Zanthoxylum chalybeum</i>
lousukui	<i>Zanthoxylum chalybeum</i>
lowa	<i>Balanites aegyptiaca</i>
lowei	<i>Balanites aegyptiaca</i>
lparrua	<i>Hyphaene compressa</i>
lparruai	<i>Hyphaene compressa</i>
lpupo	<i>Grewia villosa</i>
lpupoi	<i>Grewia villosa</i>
lteses	<i>Acacia tortilis</i>
muleelin	<i>Cordia monoica</i>

nkampiror	<i>Lannea triphylla</i>
nkampurok	<i>Lannea triphylla</i>
nkampurori	<i>Lannea triphylla</i>
olmomo	<i>Solanum nigrum</i>
raprapa	<i>Amaranthus dubius</i>
raprapa	<i>Amaranthus graecizans</i>
salapani	<i>Cordia sinensis</i>
sek	<i>Cordia monoica</i>
seki	<i>Cordia monoica</i>
sericho	<i>Boscia coriacea</i>
serichoi (plural)	<i>Boscia coriacea</i>

### **Kamba**

Notes: The prefixes *mu-* and *ki-* are normally used interchangeably, thus *kiae* may also be referred to as *muae*. The letter *r* is normally used in Mwingi District only.

ikii	<i>Lagenaria siceraria</i>
ikulutui	<i>Ensete ventricosum</i>
ikunu	mushroom
ikwasi (tuber)	<i>Ipomoea batatas</i>
ilenge	<i>Cucurbita maxima</i>
ilenge	<i>Cucurbita moschata</i>
imondiu	<i>Coccinia grandis</i>
imore	<i>Coccinia grandis</i>
ithookwe	<i>Viana membranacea</i>

itikitiki	<i>Citrullus lanatus</i>
itula	<i>Commelina benghalensis</i>
iunga (plural)	<i>Acacia drepanolobium</i>
ivole	<i>Tylosema fassoglense</i>
kamumama	<i>Portulacca</i> spp.
kamusuusuu	<i>Crotalaria brevidens</i>
kiae	<i>Ziziphus abyssinica</i>
kiae	<i>Ziziphus mucronata</i>
kiathani	<i>Flacourtia indica</i>
kieema	<i>Basella alba</i>
kikalwa	<i>Grewia bicolor</i>
kikangakanywa	<i>Garcinia livingstonei</i>
kikathani	<i>Flacourtia indica</i>
kikoe	<i>Commelina forskaoilii</i>
kikole	<i>Acacia senegal</i>
kikolya	<i>Lannea alata</i>
kikowe	<i>Commelina africana</i>
kikowe	<i>Commelina forskaoilii</i>
kikowe	<i>Commelina imberbis</i>
kikungi	<i>Cucumis dipsaceus</i>
kikwa	<i>Dioscorea minutiflora</i>
kikwasu	<i>Tamarindus indica</i>
kikweo	<i>Acokanthera oppositifolia</i>
kilali	<i>Uvaria scheffleri</i>
kilia	<i>Saha comorensis</i>

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king'ole	<i>Saba comorensis</i>
kilului	<i>Balanites aegyptiaca</i>
kimee	<i>Strychnos spinosa</i>
kimowe	<i>Coccinia grandis</i>
kimuu	<i>Vitex payos</i>
kimuya	<i>Coccinia grandis</i>
kimuya	<i>Coccinia trilobata</i>
king'ole	<i>Acacia senegal</i>
king'olola	<i>Acacia senegal</i>
kinondo	<i>Boswellia neglecta</i>
kinyonywe	<i>Rumex usambarensis</i>
kinyua	<i>Acacia hockii</i>
kinyukwi	<i>Portulacca spp.</i>
kiongoa	<i>Momordica rostrata</i>
kiongwa	<i>Saba comorensis</i>
kiongwa	<i>Landolphia buchananii</i>
kisaa	<i>Manilkara mochisia</i>
kisaaya	<i>Berchemia discolor</i>
kisambalau*	<i>Syzygium cumini</i>
kisanawa	<i>Berchemia discolor</i>
kisemei	<i>Acacia nilotica</i>
kisewa	<i>Acacia seyal</i>
kisiu	<i>Dobera glabra</i>
kisiu	<i>Dobera loranthifolia</i>
kisyoo	<i>Dobera glabra</i>
kitae	<i>Rubus anetalus</i>



kitae	<i>Rubus pinattus</i>
kitelanthia	<i>Antidesma venosum</i>
kithaala	<i>Lannea rivae</i>
kithaala	<i>Lannea triphylla</i>
kithaalwa	<i>Lannea triphylla</i>
kithaalwa	<i>Lannea triphylla</i>
kithambalau*	<i>Syzygium cumini</i>
kithauna	<i>Lannea schimperi</i>
kithea	<i>Cordia sinensis</i>
kithei	<i>Cordia monoica</i>
kitheu	<i>Rhus tenuinervis</i>
kithia	<i>Cordia sinensis</i>
kithoona	<i>Lannea schimperi</i>
kithumula	<i>Tamarindus indica</i>
kitolanthia	<i>Antidesma venosum</i>
kitolosuu	<i>Ziziphus mucronata</i>
kitootoo	<i>Meyna tetraphylla</i>
kitootoo	<i>Pachystigma schumannianum</i>
kitotoo	<i>Meyna tetraphylla</i>
kitulu	<i>Solanum nigrum</i>
kitumbuu	<i>Scutia myrtina</i>
kitungu	<i>Lannea alata</i>
kitungu	<i>Commiphora africana</i>
kitunaulu	<i>Thylachium thomasii</i>

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kituva	<i>Grewia tenuensis</i>
kiumo	<i>Ficus thonningii</i>
kiunga	<i>Acacia drepanolobium</i>
kiva	<i>Pappea capensis</i>
kyaa	<i>Manilkara mochisia</i>
kyae	<i>Strychnos spinosa</i>
kyambatwa	<i>Cucumis dipsaceus</i>
kyanga	<i>Manihot esculenta</i>
kyongoa	<i>Momordica rostrata</i>
kyongonywe	<i>Rumex abyssinicus</i>
kyuasi	<i>Lannea schweinfurthii</i>
kyunyu	<i>Erucastrum arabicum</i>
luta	<i>Sesamum calycinum</i>
mae (fruits)	<i>Strychnos spinosa</i>
mailiungi	<i>Catha edulis</i>
makulo (fruits)	<i>Annona senegalensis</i>
makunu (plural)	edible fungi
maongwa (fruits)	<i>Landolphia buchananii</i>
mauw'a (fruits)	<i>Sclerocarya birrea</i>
mba (fruit)	<i>Pappea capensis</i>
mbisavisi (fruit)	<i>Lantana</i> spp.
mbu (fruit)	<i>Grewia villosa</i>
mbueni (fruit)	<i>Syzygium</i> spp.
mbumbu	<i>Lablab purpureus</i>

muua *Acacia tortilis*

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muuæ

*Ziziphus muu uita*

muamba

*Adansonia digitata*

muandi

*Bridelia taitensis*

mukakai

*Cleome gynandra*

mukala

*Antidesma venosum*

mukambua

*Dovyalis abyssinica*

mukanga

*Garcinia livingstonei*

mukanu

*Zanthoxylum chalybeum*

mukauw'u

*Kedrostis pseudogijef*

mukawa

*Carissa edulis*

mukayau

*Salvadora persica*

mukenea

*Zanthoxylum chalybeum*

mukindu

*Phoenix reclinata*

mukinyai

*Euclea divinorum*

mukiti\*

*Lantana camara*

mukolokolo

*Piliostigma thonningii*

mukoma

*Hyphaene compressa*

mukomoa

*Vangueria infausta*

mukomoa

*Vangueria madagascariensis*

mukomoa

*Vangueria volkensii*

mukomoa

*Vangueria volkensii*

mukomole

*Pachystigma schumannianum*

mukukuma

*Uvaria scheffleri*

mukuluu

*Flueggea virosa*

mukumuti

*Keetia aueinzii*

mukururu	<i>Flueggea virosa</i>
mukuthi	<i>Euclea divinorum</i>
mukuyu	<i>Ficus sycomorus</i>
mulaa	<i>Acacia tortilis</i>
mulawa	<i>Grewia bicolor</i>
munatha	<i>Maerua decumbens</i>
munathi*	<i>Cocos nucifera</i>
munganga*	<i>Bidens pilosa</i>
munzee*	<i>Bidens pilosa</i>
musee*	<i>Bidens pilosa</i>
musemeli	<i>Acacia nilotica</i>
musomolo*	<i>Lantana camara</i>
musovasovi	<i>Hoslundia opposita</i>
musovi	<i>Hoslundia opposita</i>
musuu	<i>Cajanus cajan</i>
musyavisi	<i>Lantana</i> spp.
muteleli	<i>Vangueria infausta</i>
muteta	<i>Strychnos henningsii</i>
muthaalwa	<i>Lannea rivae</i>
muthaalwa	<i>Lannea triphylla</i>
mutheu	<i>Rhus vulgaris</i>
mutheu	<i>Rus natalensis</i>
muthiiti	<i>Lippia kituiensis</i>
muthunga	<i>Launaea cornuta</i>
mutomoko	<i>Annona cherimola</i>

mutomoko	<i>Annona senegalensis</i>
mutoo	<i>Azanza garckeana</i>
mutote	<i>Carissa edulis</i>
mutula	<i>Ximenia americana</i>
muu (fruit)	<i>Vitex payos</i>
muuw'a	<i>Sclerocarya birrea</i>
muvisavisi	<i>Lantana trifolia</i>
muvisavisi	<i>Lantana ukambensis</i>
muvisavisi	<i>Lantana viburnoides</i>
muvu	<i>Grewia villosa</i>
muvuena	<i>Syzygium cordatum</i>
muvueni	<i>Syzygium cordatum</i>
muvueni	<i>Syzygium guineense</i>
muvya	<i>Sorghum bicolor</i>
mwaamba	<i>Adansonia digitata</i>
mwanga	<i>Manihot esculenta</i>
mwee	<i>Pennisetum glaucum</i>
mweya	<i>Acacia xanthophloea</i>
mwianzo	<i>Cleome gynandra</i>
ndae (fruit)	<i>Rubus</i> spp.
ndelanthia (fruit)	<i>Antidesma venosum</i>
ndootoo (fruit)	<i>Pachystigma schumannianum</i>
ndote (fruit)	<i>Carissa edulis</i>
ndula (fruit)	<i>Ximenia americana</i>
ndunau (fruits)	<i>Commiphora africana</i>

ndungu (fruits)	<i>Lannea alata</i>
nduva (fruits)	<i>Grewia tembensis</i>
ng'athu	<i>Cyphia glandulifera</i>
ng'athu	<i>Eriosema shirensense</i>
ngaatu	<i>Cyperus blysmoides</i>
ngaatu	<i>Cyperus giolii</i>
ngalwa (fruit)	<i>Grewia bicolor</i>
ngangakanywa (fruit)	<i>Garcinia livingstonei</i>
ngavu*	<i>Physalis peruviana</i>
ngawa (fruit)	<i>Carissa edulis</i>
ngiima	<i>Lablab purpureus</i>
nginyai (fruit)	<i>Euclea divinorum</i>
ngolya (fruit)	<i>Lannea alata</i>
ngomo	<i>Cyphia glandulifera</i>
ngomoa (fruit)	<i>Vangueria</i> spp.
ngomole (fruit)	<i>Pachystigma schumannianum</i>
ngweo (fruit)	<i>Acokanthera oppositifolia</i>
nthei (fruit)	<i>Cordia monoica</i>
nthooko	<i>Vigna unguiculata</i>
nthoona (fruit)	<i>Lannea schimperi</i>
nthumula (fruit)	<i>Tamarindus indica</i>
nzaala (fruits)	<i>Lannea triphylla</i>
nzaaya (fruits)	<i>Berchemia discolor</i>
nzanawa (fruits)	<i>Berchemia discolor</i>

nzavi	<i>Labiab purpureus</i>
nzavisi (fruit)	<i>Lantana</i> spp.
nzola	<i>Ipomoea lapathifolia</i>
nzola	<i>Ipomoea oenotherae</i>
nzooko	<i>Vigna unguiculata</i>
nzumula (fruit)	<i>Tamarindus indica</i>
nzuu (fruits)	<i>Cajanus cajan</i>
sake	<i>Cleome gynandra</i>
telele	<i>Amaranthus dubius</i>
telele	<i>Maranthus graecizans</i>
telele	<i>Amaranthus hybridus</i>
telele munene	<i>Amaranthus hybridus</i>
terere*	<i>Amaranthus dubius</i>
terere	<i>Amaranthus graecizans</i>
terere	<i>Amaranthus hybridus</i>
uimbi	<i>Eleusine coracana</i>
ukuku	<i>Dactyloctenium aegyptium</i>
ukuku	<i>Dactyloctenium giganteum</i>
ukwasi	<i>Ipomoea batatas</i>
ukwasi wa nthi	<i>Ipomoea mombassana</i>
ulaa (fruits)	<i>Acacia tortilis</i>
uthunga	<i>Launaea cornuta</i>
w'oa	<i>Amaranthus dubius</i>
w'oa	<i>Amaranthus graecizans</i>
w'oa	<i>Amaranthus hvbridus</i>

walange	<i>Digera muricata</i>
woa	<i>Amaranthus graecizans</i>
yanga (tuber)	<i>Manohot esculenta</i>

### **Kambe**

Note: The prefix *chi-* in most Mijikenda groups will normally change to *ki-* for Giriama.

Chibudzi	<i>Vernonia cinerea</i>
chikosho	<i>Corchorus olitorius</i>
chikosho	<i>Corchorus tridens</i>
chikosho	<i>Corchorus trilocularis</i>
chimbiri	<i>Keetia zanzibarica</i>
chimbiri	<i>Oxygonum salicifolium</i>
chirenje	<i>Lagenaria siceraria</i>
chirunji	<i>Nymphaea nouchali</i>
chiswenya*	<i>Amaranthus hybridus</i>
chivuma nyuchi	<i>Aerva lanata</i>
dzadza	<i>Commelina africana</i>
dzadza	<i>Commelina forskaolii</i>
dzadza	<i>Commelina imberbis</i>
fudu (fruit)	<i>Vitex</i> spp.
fula (fruits)	<i>Sclerocarya birrea</i>
kahawa	<i>Coffea arabica</i>
kipuru	<i>Lagenaria siceraria</i>
kunazi (fruits)	<i>Ziziphus mauritiana</i>



kuhwe	<i>Vigna unguiculata</i>
kwamba (fruits)	<i>Flueggea virosa</i>
matikiti	<i>Citrullus lanatus</i>
mauyu (fruits)	<i>Adansonia digitata</i>
mbalazi (fruit)	<i>Cajanus cajan</i>
mbata (flesh)*	<i>Cocos nucifera</i>
mbokwe	<i>Annona senegalensis</i>
mdungatundu	<i>Dovyalis abyssinica</i>
mdungu	<i>Zanthoxylum chalybeum</i>
mfudu	<i>Vitex mombassae</i>
mfudu	<i>Vitex mombassae</i>
mfudu	<i>Vitex payos</i>
mfudu-madzi	<i>Vitex ferruginea</i>
mfudu-unga	<i>Vitex payos</i>
mfudukoma	<i>Vitex mombassae</i>
mfula	<i>Sclerocarya birrea</i>
mgugune	<i>Ziziphus mucronata</i>
miraa	<i>Catha edulis</i>
miunga (plural)	<i>Acacia</i> spp.
Mkayamba	<i>Piliostigma thonningii</i>
mkayukayu	<i>Cordia sinensis</i>
mkoma	<i>Hyphaene compressa</i>
mkone	<i>Grewia bicolor</i>
mkone	<i>Grewia</i> spp.
Mkonga	<i>Balanites aegyptiaca</i>
mkuba	<i>Dehnera glabra</i>

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mkuha	<i>Dobera giavira</i>
mkuha	<i>Dobera loranthifolia</i>
mkulu	<i>Berchemia discolor</i>
mkulwe	<i>Diospyros mespiliformis</i>
mkwakwa	<i>Strychnos madagascariensis</i>
mnavu	<i>Solanum nigrum</i>
mnavu-jangaa	<i>Solanum nigrum</i>
mnavu-tsaka	<i>Solanum nigrum</i>
mnazi*	<i>Cocos nucifera</i>
mng'ambo kapehe	<i>Mimusops fruticosa</i>
mng'ambo	<i>Manilkara sansibarensis</i>
mnyumbu	<i>Lannea schweinfurthii</i>
mnyumbu	<i>Lannea schweinfurthii</i>
mpupu	<i>Lablab purpureus</i>
mpweke	<i>Diospyros squarrosa</i>
mswaki	<i>Salvadora persica</i>
mtamba-kiko	<i>Meyna tetraphylla</i>
mtambachiko	<i>Canthium glaucum</i>
mtandambo	<i>Carissa edulis</i>
mtandambo	<i>Carissa tetramera</i>
mtsemeri	<i>Acacia nilotica</i>
mtserere	<i>Hoslundia opposita</i>
mtsumbwi	<i>Dialium orientale</i>
mtundukula	<i>Ximenia americana</i>

mubalazi . . . *Caianus caian*

mudungatundu	<i>Flacourtia indica</i>
mudzipo	<i>Salacia madagascariensis</i>
mudzipo	<i>Salacia madagascariensis</i>
mudzipo	<i>Salacia madagascariensis</i>
mueza-moyo	<i>Salvadora persica</i>
mugazija*	<i>Manihot esculenta</i>
muhama	<i>Sorghum bicolor</i>
muhama	<i>Sorghum bicolor</i>
muizu-wa-arisa	<i>Thylachium thomasii</i>
mukunazi	<i>Ziziphus mauritiana</i>
mukuyu	<i>Ficus sycomorus</i>
mukwamba	<i>Flueggea virosa</i>
munago	<i>Manilkara mochisia</i>
mung'ambo	<i>Manilkara sansibarensis</i>
munga	<i>Acacia nilotica</i>
mupea (leaves)*	<i>Manihot esculenta</i>
mushomoro	<i>Lantana camara</i>
musimbiji	<i>Antidesma venosum</i>
mutongazi	<i>Landolphia petersiana</i>
mutserere	<i>Hoslundia opposita</i>
mutsumbwi	<i>Dialium orientale</i>
mutsunga	<i>Launaea cornuta</i>
mutunguru	<i>Thylachium thomasii</i>
muungo	<i>Landolphia kirkii</i>
muwele	<i>Pennisetum .alaucum</i>

muyu	<i>Adansonia digitata</i>
muyu	<i>Adansonia digitata</i>
mzungwi	<i>Moringa oleifera</i>
mwangani	<i>Cleome gynandra</i>
nago (fruits)	<i>Manilkara mochisia</i>
nazi (fruits)*	<i>Cocos nucifera</i>
ng'ambo (fruits)	<i>Manilkara sansibarensis</i>
nzugu mawe	<i>Vigna subterranea</i>
pupu (fruits)	<i>Lablab purpureus</i>
talakushe	<i>Asystasia gangetica</i>
tendegwa	<i>Vigna subterranea</i>
tsafe	<i>Vigna unguiculata</i>
ufuha	<i>Sesamum orientale</i>
vimumunye (edible)	<i>Lagenaria siceraria</i>
viyogwe*	<i>Ipomoea batatas</i>
vombo	<i>Corchorus olitorius</i>
wimbi	<i>Eleusine coracana</i>

### **Keiyo (Elgeyo)**

chepkerta	<i>Amaranthus hybridus</i>
chepkerte	<i>Amaranthus hybridus</i>
kiprutyot (fruit)	<i>Acacia nilotica</i>
kipsongik	<i>Eleusine coracana</i>
kisuchot	<i>Solanum nigrum</i>
komoluet	<i>Vanaueria madaaascariensis</i>

komoluet	<i>Vangueria volkensii</i>
moosong'	<i>Sorghum bicolor</i>
moosongik	<i>Sorghum bicolor</i>
nderemia	<i>Basella alba</i>
ng'osonaik (plural)	<i>Balanites aegyptiaca</i>
ng'oswet	<i>Balanites aegyptiaca</i>
ng'osyet (fruit)	<i>Balanites aegyptiaca</i>
nterere	<i>Corchorus olitorius</i>
saka	<i>Cleome gynandra</i>
siwot	<i>Urtica massaica</i>
suchot	<i>Solanum nigrum</i>
tamanges	<i>Uvaria scheffleri</i>
tamangesig	<i>Uvaria scheffleri</i>
tamangesyat (singular)	<i>Uvaria scheffleri</i>
tungururak (fruit)	<i>Flacourtia indica</i>
tungururwet	<i>Flacourtia indica</i>

### **Kikuyu**

Note: the prefix *mu-* normally signifies the singular and *mi-* the plural form.

cong'e	<i>Oxygonum sinuatum</i>
gatumia	<i>Portulaca oleracea</i>
gatumia	<i>Portulaca quadrifida</i>
aikwa	<i>Dioscorea minutiflora</i>

hatha	<i>Urtica massaica</i>
ihindu	<i>Ensete ventricosum</i>
ikwa (plural)	<i>Dioscorea minutiflora</i>
inagu	<i>Solanum nigrum</i>
kagiri	<i>Lantana camara</i>
kahua	<i>Coffea arabica</i>
kahurura*	<i>Cucumis ficifolia</i>
kaiyaba*	<i>Dovyalis caffra</i>
kang'ei	<i>Galinsoga parviflora</i>
kanyuria*	<i>Cucumis ficifolia</i>
karumaa	<i>Syzygium cordatum</i>
kigerema	<i>Coccinia grandis</i>
kigerema	<i>Coccinia trilobata</i>
kinya	<i>Lagenaria siceraria</i>
kiruru	<i>Acokanthera oppositifolia</i>
kiururu	<i>Acokanthera oppositifolia</i>
macahi (leaves)	<i>Lablab purpureus</i>
mahura nugu (fruits)	<i>Strychnos spinosa</i>
mairungi	<i>Catha edulis</i>
makunu	edible fungi
managu	<i>Solanum nigrum</i>
mararia	<i>Erucastrum arabicum</i>
marenge*	<i>Cucurbita maxima</i>
marera nuu	<i>Strvchnos spinosa</i>

(fruits)	
mathoroko (leaves)	<i>Vigna unguiculata</i>
matuya (fruits)	<i>Myrianthus holstii</i>
mbiru (fruit)	<i>Vangueria</i> spp.
mboco*	<i>Phaseolus vulgaris</i>
minji*	<i>Pisum sativum</i>
mubiru	<i>Vangueria apiculata</i>
mubiru	<i>Vangueria infausta</i>
mubiru	<i>Vangueria madagascariensis</i>
mubiru	<i>Vangueria volkensii</i>
mubiru-ng'ombe	<i>Vangueria volkensii</i>
mucege*	<i>Bidens pilosa</i>
mucohi	<i>Lippia kituiensis</i>
mugaa	<i>Acacia hockii</i>
mugaa	<i>Acacia nilotica</i>
mugaa	<i>Acacia seyal</i>
mugagatio	<i>Rumex abyssinicus</i>
mugagatio	<i>Rumex usambarensis</i>
mugimbi	<i>Eleusine coracana</i>
mugu	<i>Landolphia buchananii</i>
mugu-wa-munyati	<i>Landolphia buchananii</i>
mugua nugu	<i>Aloe secundiflora</i>
mugucwa	<i>Zanthoxylum usambarensis</i>
mugumo	<i>Ficus thonningii</i>
muqumo-ciano	<i>Mimusops kummel</i>

mugunguma	<i>Keetia gueinzii</i>
muhehenje*	<i>Bidens pilosa</i>
muheheti	<i>Zanthoxylum usambarense</i>
muhia	<i>Sorghum bicolor</i>
muhika-naihu	<i>Asystasia mysorensis</i>
muhindu	<i>Ensete ventricosum</i>
muhoigwa	<i>Antidesma venosum</i>
muhukura	<i>Mondia whiteii</i>
muhura-thi	<i>Strychnos spinosa</i>
muhuru	<i>Vitex doniana</i>
muieri	<i>Syzygium cordatum</i>
mukambura	<i>Dovyalis abyssinica</i>
mukawa	<i>Carissa edulis</i>
mukengeria	<i>Commelina africana</i>
mukengeria	<i>Commelina benghalensis</i>
mukenia	<i>Lantana trifolia</i>
mukigi	<i>Lantana camara</i>
mukinda	<i>Dactyloctenium aegyptium</i>
mukinda	<i>Dactyloctenium giganteum</i>
mukindu	<i>Phoenix reclinata</i>
mukinyai	<i>Euclea divinorum</i>
mukinyai	<i>Euclea schimperi</i>
mukinyei	<i>Euclea divinorum</i>
mukoe	<i>Syzygium cordatum</i>
mukoe	<i>Svzvaium auineense</i>



mukombi*	<i>Setaria italica</i>
mukondwe	<i>Antidesma venosum</i>
mukuo	<i>Cordia monoica</i>
mukuu	<i>Cordia monoica</i>
mukuyu	<i>Ficus sur</i>
mukuyu	<i>Ficus sycomorus</i>
mungu	<i>Lagenaria siceraria</i>
murama	<i>Piliostigma thonningii</i>
murangari	<i>Scutia myrtina</i>
murerema	<i>Basella alba</i>
muricu	<i>Acokanthera schimperi</i>
muriru	<i>Syzygium cordatum</i>
muroro	<i>Flacourtia indica</i>
muroroma	<i>Ximenia americana</i>
mururu	<i>Acokanthera oppositifolia</i>
mutandambogo	<i>Scutia myrtina</i>
mutare	<i>Rubus apetalus</i>
mutare	<i>Rubus pinatus</i>
mutare-kigombe	<i>Rubus volkensii</i>
muteta	<i>Strychnos henningsii</i>
mutherengendi	<i>Grewia tembensis</i>
mutherengendin	<i>Grewia similis</i>
mutherengendu	<i>Grewia similis</i>
muthigi	<i>Cordia monoica</i>
muthiaio	<i>Rhus natalensis</i>

muthigio	<i>Rhus vulgaris</i>
muthigira	<i>Hydnora abyssinica</i>
muthiriti	<i>Lippia kituiensis</i>
muthoroti	<i>Lippia kituiensis</i>
muthuga	<i>Launaea cornuta</i>
muthunga	<i>Launaea cornuta</i>
muthunga	<i>Sonchus schweinfurthii</i>
mutuhacu	<i>Flacourtia indica</i>
mutuya	<i>Myrianthus holstii</i>
mwere	<i>Pennisetum glaucum</i>
nagu (fruit)	<i>Solanum nigrum</i>
nathi*	<i>Physalis peruviana</i>
ndare (fruit)	<i>Rubus</i> spp.
ndirikumi	<i>Pappea capensis</i>
nduma*	<i>Colocasia esculenta</i>
nduma ya mwanake	<i>Colocasia</i> spp.
ngawa (fruits)	<i>Carissa edulis</i>
ngoe (fruit)	<i>Syzygium cordatum</i>
nguirubi	<i>Ipomoea oenotherae</i>
nguyu (fruit)	<i>Ficus sur</i>
nguyu (fruit)	<i>Ficus sycomorus</i>
njahi	<i>Lablab purpureus</i>
njugu	<i>Cajanus cajan</i>
nyaragita	<i>Dactyloctenium aegyptium</i>
nvatana	<i>Lantana camara</i>

rungu	<i>Lagenaria siceraria</i>
ruta	<i>Sesamum calycinum</i>
rutana	<i>Lantana camara</i>
terere	<i>Amaranthus blitum</i> ( <i>A. lividus</i> )
terere	<i>Amaranthus dubius</i>
terere	<i>Amaranthus graecizans</i>
terere	<i>Amaranthus hybridus</i>
terere wa gikuyu	<i>Amaranthus graecizans</i>
terere wa kigombe	<i>Amaranthus spinosus</i>
terere-wa-ng'ombe	<i>Amaranthus spinosus</i>
thabai	<i>Urtica massaica</i>
thageti	<i>Cleome gynandra</i>
thagiti	<i>Cleome gynandra</i>
theregendu (fruit)	<i>Grewia similis</i>
thigi (fruits)	<i>Rhus natalensis</i>
thigi (fruits)	<i>Rhus vulgaris</i>
thoroko	<i>Vigna unguiculata</i>
togotia	<i>Erucastrum arabicum</i>
ugimbi	<i>Eleusine coracana</i>

### **Kipsigis**

bek ap torit	<i>Lantana trifolia</i>
chebitet	<i>Acacia nilotica</i>
chebitet	<i>Acacia tortilis</i>
cheplekwelet	<i>Keetia aueinzii</i>

cheplemindet	<i>Erucastrum arabicum</i>
chepleminik	<i>Erucastrum arabicum</i>
cheptokdogan	<i>Amaranthus hybridus</i>
cherungut	<i>Hoslundia opposita</i>
chesarebut	<i>Grewia tembensis</i>
degainmatniet	<i>Rubus volkensis</i>
engongaat	<i>Pappea capensis</i>
isagek (plural)	<i>Cleome gynandra</i>
isakiat	<i>Cleome gynandra</i>
isakyat	<i>Cleome gynandra</i>
isoiyot	<i>Solanum nigrum</i>
kelichot	<i>Amaranthus dubius</i>
kelichot	<i>Amaranthus graecizans</i>
kimolwet	<i>Vangueria apiculata</i>
kimolwet	<i>Vangueria infausta</i>
kimolwet	<i>Vangueria madagascariensis</i>
kimolwet	<i>Vangueria volkensis</i>
kimolwet-ne-ingin	<i>Vangueria volkensis</i>
kipkurkuriyet	<i>Crotalaria brevidens</i>
kipkurkuriyet	<i>Crotalaria ochroleuca</i>
kipkururiyet	<i>Crotalaria brevidens</i>
kipkururiyet	<i>Crotalaria ochroleuca</i>
kipsoeniot	<i>Rubus volkensis</i>
komolik	<i>Vanaueria infausta</i>

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komoiik

*vangueria madagascariensis*

kopko

*Acacia nilotica*

laiyo-nebo-sin

*Corchorus trilocularis*

laiyonebo-soin

*Corchorus tridens*

lamaiyat

*Syzygium guineense*

legetetyet

*Carissa edulis*

legetiet

*Carissa edulis*

leraecwhet

*Syzygium guineense*

lemeyet

*Syzygium cordatum*

loplitet

*Commelina forskalaolii*

maset

*Strychnos henningsii*

mborochet

*Amaranthus blitum (A. lividus)*

mborochet

*Amaranthus spinosus*

mindeiywet

*Rumex usambarensis*

mindoywet

*Rumex abyssinicus*

mindoywet

*Rumex usambarensis*

mindoywet

*Rumex usambarensis*

mogoiwet

*Ficus sycomorus*

mon-foronat

*Rhus vulgaris*

monjororriat

*Rhus vulgaris*

muekelwet

*Vitex doniana*

mugurit

*Acacia seyal*

muguruit

*Acacia drepanolobium*

mwokiot

*Dovyalis abyssinica*

mwokiot . . . . . *Libidia kituiensis*

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nderemek (piural)	<i>Basella alba</i>
nderemiat	<i>Basella alba</i>
nemingin	<i>Rubus volkensii</i>
ng'oswet	<i>Balanites aegyptiaca</i>
ngiingichet	<i>Landolphia buchananii</i>
ngonyet	<i>Pappea capensis</i>
nogirwet	<i>Cordia monoica</i>
nokirwet	<i>Cordia sinensis</i>
nukiat	<i>Dovyalis abyssinica</i>
robuonjot-ab-tirita	<i>Ipomoea oenotherae</i>
saiyakirur	<i>Scutia myrtina</i>
sirontet	<i>Rhus natalensis</i>
sitetet	<i>Grewia bicolor</i>
sitetoik (plural)	<i>Grewia bicolor</i>
siwot	<i>Urtica massaica</i>
sosiyot	<i>Phoenix reclinata</i>
soyot	<i>Solanum nigrum</i>
suriat	<i>Rhus natalensis</i>
suriat	<i>Rhus vulgaris</i>
tagaimamiet	<i>Rubus volkensii</i>
tangaimamiet	<i>Rubus pinnatus</i>
tunguroloet	<i>Flacourtia indica</i>
tunoiyet	<i>Landolphia buchananii</i>
turkwot	<i>Asystasia gangetica</i>

❖:~:~

**KISII**

abanyabwasi*	<i>Ipomoea batatas</i>
amaemba	<i>Sorghum bicolor</i>
amoba (plural)	edible fungi
chichungu	<i>Vigna subterranea</i>
chimbinsi	<i>Cajanus cajan</i>
chinduma (plural)	<i>Dioscorea</i> spp.
chinkomoni (fruits)	<i>Vangueria apiculata</i>
chinkomoni (fruits)	<i>Vangueria madagascariensis</i>
chinkongonywa*	<i>Dovyalis caffra</i>
chinsaga	<i>Cleome gynandra</i>
chinsobosobo (fruits)	<i>Physalis peruviana</i>
egesare	<i>Vigna unguiculata</i>
ekahawa	<i>Coffea arabica</i>
ekawa	<i>Coffea arabica</i>
ekayaba	<i>Dovyalis caffra</i>
ekerandi (fruit)	<i>Lagenaria siceraria</i>
emboga	<i>Amaranthus blitum</i> ( <i>A. lividus</i> )
emboga	<i>Amaranthus dubius</i>
emboga	<i>Amaranthus hybridus</i>
emboga	<i>Amaranthus</i> spp.
enderema	<i>Basella alba</i>
enduruma (singular)	<i>Dioscorea</i> spp.
enkomoni (fruit)	<i>Vanuaria apiculata</i>

enkonomi (fruit)	<i>Vangueria madagascariensis</i>
ensobosobo (fruit)	<i>Physalis peruviana</i>
esarara	<i>Flueggea virosa</i>
mitoo	<i>Crotalaria brevidens</i>
mutahuru	<i>Vitex doniana</i>
oboba (singular)	edible fungus
obori	<i>Eleusine coracana</i>
omokera*	<i>Annona cherimola</i>
omokomoni	<i>Vangueria apiculata</i>
omokomoni	<i>Vangueria infausta</i>
omokomoni	<i>Vangueria madagascariensis</i>
omokorogoinwa	<i>Dovyalis abyssinica</i>
omonyangateti	<i>Carissa edulis</i>
omonyenya	<i>Acacia</i> spp.
omoraa	<i>Parinari curatellifolia</i>
omosobosobo*	<i>Physalis peruviana</i>
omotere	<i>Corchorus olitorius</i>
omuongo (fruit)	<i>Cucurbita maxima</i>
omwogo*	<i>Manihot esculenta</i>
rikongiro	<i>Commelina</i> spp.
rinagu	<i>Solanum nigrum</i>
risosa*	<i>Cucurbita maxima</i>

### **Kuria**

iciikomani *Vanaueria apiculata*



igikomani	<i>Vangueria infausta</i>
ikikumuni	<i>Vangueria apiculata</i>
munyoke	<i>Carissa edulis</i>
mutaburu	<i>Parinari curatellifolia</i>

## Luhya

Notes: Buk: Bukusu; Gis: (Ba-)Gishu; Ida: Idakho; Isu: Isukha; Kab: Kabras; Kha: (Ba-)Khayo; Ksa: Kisa; Man: Banyala; Mrc: Marachi; Mrg: Maragoli; Mrm: Marama; Nya: (Ba-)Nyala; Nyo: (Ba-)Nyore; Sma: Samia; Tac: Tachoni; Tir: Tiriki; Tso: Tsotso; Wan: Wanga.

amabele (Tac)	<i>Sorghum bicolor</i>
amabera (Ksa)	<i>Sorghum bicolor</i>
amabere (Sma)	<i>Sorghum bicolor</i>
amakhuyu (fruit) (Tac)	<i>Ficus sycomorus</i>
amarinda (fruit) (Tac)	<i>Pappea capensis</i>
amarinda (Tac)	<i>Pappea capensis</i>
amatekesi (Tac)	<i>Syzygium guineense</i>
biembaemba	<i>Lantana trifolia</i>
bubwoba (Buk)	edible fungi
bufutu (fruit) (Buk)	<i>Vitex doniana</i>
bukararambi (Buk)	<i>Rubus apetalus</i>
bukararambi (Buk)	<i>Rubus pinnatus</i>
bukhakasu (fruit)	<i>Antidesma venosum</i>

bulo (Buk)	<i>Eleusine coracana</i>
bunyinyi (Buk)	<i>Multidentia crassa</i>
bunyungululwe (fruit) (Buk)	<i>Flacourtia indica</i>
burobelo (fruit) (Buk)	<i>Lannea edulis</i>
burwa (fruit) (Buk)	<i>Carissa edulis</i>
busangura (fruit) (Buk)	<i>Rhus vulgaris</i>
busangura busecha (fruit) (Buk)	<i>Rhus natalensis</i>
busemwa (fruit) (Buk)	<i>Syzygium guineense</i>
busongolomunwa (fruit) (Buk)	<i>Dovyalis macrocalyx</i>
chifutu (Tac) (Buk)	<i>Vitex doniana</i>
chiisaka (plural) (Tac)	<i>Gynandropsis gynandra</i>
chikhanu (Buk)	<i>Sesamum orientale</i>
chimbande (Tac)	<i>Vigna subterranea</i>
chinduli- chimbukusu (fruit) (Buk)	<i>Ximenia americana</i>
chingaayu (fruit) (Ta)	<i>Tylosema fassoglense</i>
chiniavu (Buk)	<i>Lablab purpureus</i>

chisaka (plural) (Buk)	<i>Gynandropsis gynandra</i>
chisaka (Tac)	<i>Gynandropsis gynandra</i>
ekawa (Buk)	<i>Coffea arabica</i>
ekhubi (Sma)	<i>Vigna unguiculata</i>
ekiragai	<i>Mimusops fruticosa</i>
emboka (Buk)	<i>Amaranthus dubius</i>
emboka (Buk)	<i>Amaranthus</i> spp.
emifwora (fruit)	<i>Annona senegalensis</i>
emiro (Ksa, Kab, Tac)	<i>Crotalaria brevidens</i>
emiro (Ksa, Tac)	<i>Crotalaria ochroleuca</i>
emuka (fruit) (Buk)	<i>Lagenaria siceraria</i>
endelema (Buk)	<i>Basella alba</i>
enderema (Tir, Sma)	<i>Basella alba</i>
esaka (singular) (Buk, Sma)	<i>Gynandropsis gynandra</i>
esebebe (Sma)	<i>Cucurbita maxima</i>
eshingayangaya (Kab)	<i>Commelina africana</i>
eshivetso (Kab)	<i>Basella alba</i>
esidiba (Sma)	<i>Asystasia mysorensis</i>
esitipa (Tac)	<i>Asystasia mysorensis</i>
esufwa (hairv)	<i>Solanum niarum</i>

(Buk)	
bunabuni (Mrg)	<i>Sonchus schweinfurthii</i>
ihranda (Mrg)	<i>Lablab purpureus</i>
imbasa (Mrc)	<i>Tylosema fassoglense</i>
imboka (Tac)	<i>Solanum nigrum</i>
imito (Mrg)	<i>Crotalaria brevidens</i>
imito (Mrg)	<i>Crotalaria ochroleuca</i>
inderema (Tac)	<i>Basella alba</i>
itogotia	<i>Erucastrum arabicum</i>
itungu (Mrg)	<i>Dioscorea bulbifera</i>
kamachabungwe (fruits) (Buk)	<i>Saba comorensis</i>
kamachayu (fruits) (Buk)	<i>Tylosema fassoglense</i>
kamaemba (plural) (Buk)	<i>Sorghum bicolor</i>
kamafwora (fruits) (Buk)	<i>Annona senegalensis</i>
kamakhuyu (fruit) (Buk)	<i>Ficus sycomorus</i>
kamarinda (fruit) (Buk)	<i>Pappea capensis</i>
kamatekesi (Buk)	<i>Syzygium guineense</i>
kihuma (Mrg)	<i>Hoslundia opposita</i>
kimiro (Buk)	<i>Crotalaria brevidens</i>

kimiro (Buk) . . . *Crotalaria ochroleuca*

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kumuro (singular) *Crotalaria ochroleuca*  
(Buk)

kisuvu *Asystasia mysorensis*

kumuchabungwe *Saba comorensis*  
(Buk)

kumuchayu (Buk) *Tylosema fassoglense*

kumufutu (Buk) *Vitex doniana*

kumufwora (Buk) *Annona senegalensis*

kumukhaku (Buk) *Antidesma venosum*

kumukhomoli (Buk) *Vangueria infausta*

kumukhubwe (Buk) *Tamarindus indica*

kumukhuwa (Buk) *Tamarindus indica*

kumukhuyu (Buk) *Ficus sycomorus*

kumukombera *Mondia whitei*  
(Buk)

kumulamalama *Piliostigma thonningii*  
(Buk)

kumulinda (Buk) *Pappea capensis*

kumunasi (Buk) *Cocos nucifera*

kumunyanya (Buk) *Acacia* spp.

kumunyanya (Buk) *Acacia xanthophloea*

kumunyinyi (Buk) *Multidentia crassa*

kumunyungululwe *Flacourtia indica*  
(Buk)

kumurwa (Buk) *Carissa edulis*

kumusanaura (Buk) *Rhus vulgaris*

kumusangura	<i>Rhus natalensis</i>
kumusecha (Buk)	
kumusemwa (Buk)	<i>Syzygium cordatum</i>
kumusemwa (Buk)	<i>Syzygium guineense</i>
kumusitole (Buk)	<i>Syzygium guineense</i>
kumusitole	<i>Syzygium cordatum</i>
kumusongolomunwa (Buk)	<i>Dovyalis macrocalyx</i>
kumutekesi (Buk)	<i>Syzygium guineense</i>
kumutuli-	<i>Ximenia americana</i>
kumubukusu (Buk)	
kumuumbu (Buk)	<i>Lansea schimperii</i>
kumuyenjayenja (Buk)	<i>Piliostigma thonningii</i>
lidodo (Mrc)	<i>Amaranthus hybridus</i>
lidodo (Sma, Mrc, Bah)	<i>Amaranthus spp.</i>
liemba (singular) (Buk)	<i>Sorghum bicolor</i>
lifwafwa (Buk, Tac)	<i>Commelina benghalensis</i>
lifwora (fruit) (Buk, Mrc)	<i>Annona senegalensis</i>
lihu (Tac)	<i>Corchorus trilocularis</i>
likhubi (Ksa, Mrc)	<i>Vigna unguiculata</i>
liliahunwa (Buk)	<i>Dioscorea bulbifera</i>

lilyololololo (Buk)	<i>Commelina benghalensis</i>
linyororo (Mrg)	<i>Commelina africana</i>
liola (Buk)	<i>Amaranthus</i> spp.
liondo (fruit) (Buk, Mrc)	<i>Cucurbita maxima</i>
lirungu	<i>Dioscorea bulbifera</i>
lisaka (Mrc, Wan)	<i>Gynandropsis gynandra</i>
lisebebe (Mrc)	<i>Cucurbita maxima</i>
lisiebeb (Buk)	<i>Cucurbita maxima</i>
lisiebebe (Buk)	<i>Cucurbita moschata</i>
lisutsa (Kab, Mrc)	<i>Solanum nigrum</i>
lisutsa (Tir)	<i>Solanum nigrum</i>
litolotolo (Buk)	<i>Colocasia esculenta</i>
litoto (Buk, Mr'g, Mrc, Wan)	<i>Amaranthus</i> spp.
litoto (Tac)	<i>Amaranthus hybridus</i>
litoto-lia-bamia (Buk)	<i>Portulaca oleracea</i>
lukhanukhanu (Buk)	<i>Sesamum calycinum</i>
lumenenambuli	<i>Lantana trifolia</i>
luoba (Mrc)	edible fungi
lurabu (Buk)	<i>Lagenaria siceraria</i>
lusebi	<i>Keetia gueinzii</i>
lushindu (Mrc)	<i>Phoenix reclinata</i>
mboka (Tac)	<i>Amaranthus dubius</i>

miroo (Mrc)	<i>Crotalaria brevidens</i>
miroo (Mrc)	<i>Crotalaria ochroleuca</i>
mito (Mrg)	<i>Crotalaria brevidens</i>
mito (Mrg)	<i>Crotalaria ochroleuca</i>
mughomoli (Mrg)	<i>Vangueria infausta</i>
mugombero (Mrg)	<i>Mondia whitei</i>
muholu	<i>Vitex doniana</i>
mukhomoli	<i>Vangueria madagascariensis</i>
murere (Buk, Mrc)	<i>Corchorus olitorius</i>
murere musatsa	<i>Corchorus trilocularis</i>
murere nalubonga (Buk)	<i>Corchorus trilocularis</i>
murere-nalubembe (Buk)	<i>Corchorus trilocularis</i>
musioma (Mrg)	<i>Syzygium cordatum</i>
muvalu (Buk)	<i>Annona senegalensis</i>
nabikumba (Buk)	<i>Oxygonum sinuatum</i>
nabusuma	<i>Keetia gueinzii</i>
nalubembe (Buk)	<i>Corchorus trilocularis</i>
namasaka (Buk, Tac)	<i>Solanum nigrum</i>
namawa (Buk)	<i>Oxygonum sinuatum</i>
namwirobelo	<i>Lannea edulis</i>
neloba (Buk)	<i>Lannea edulis</i>
nvaa'ori	<i>Asystasia mysorensis</i>



obengele (Mrc)	<i>Lantana tritolia</i>
obukararambi (Tac)	<i>Rubus apetalus</i>
obukararambi (Tac)	<i>Rubus pinnatus</i>
obule (Mrc, Tac)	<i>Eleusine coracana</i>
obure (Mrc, Tac)	<i>Eleusine coracana</i>
oburwa (fruit) (Tac)	<i>Carissa edulis</i>
obusangura (fruit) (Tac)	<i>Rhus vulgaris</i>
obusangura busecha (fruit) (Tac)	<i>Rhus natalensis</i>
obusemwa (fruit) (Tac)	<i>Syzygium guineense</i>
obusemwa (Tac)	<i>Syzygium cordatum</i>
obwoba (plural) (Tac, Mrc, Sma)	edible fungi
olukenukenu (Tac)	<i>Sesamum calycinum</i>
olwoba (singular) (Tac)	<i>edible fungus</i>
omboga	<i>Amaranthus lividus</i>
omufudu (Mrc)	<i>Vitex doniana</i>
omufutu (Tac)	<i>Vitex doniana</i>
omufutu	<i>Vitex doniana</i>
omugombera (Mrc)	<i>Mondia whiteii</i>
omukhulumuru (Mrm)	<i>Syzygium cordatum</i>
omukhulumuru	<i>Svzvaium cordatum</i>

(Mrm)	
omukhuyu (Mrc)	<i>Ficus sycomorus</i>
omukhuyu (Tac)	<i>Ficus sycomorus</i>
omukombela (Tac)	<i>Mondia whiteii</i>
omukombera (Mrm)	<i>Mondia whiteii</i>
omukombera	<i>Mondia whiteii</i>
omurele (Ksa)	<i>Corchorus olitorius</i>
omurere (Kab, Tir)	<i>Corchorus olitorius</i>
omurinda (Tac)	<i>Pappea capensis</i>
omusangura (Tac)	<i>Rhus vulgaris</i>
omusemwa (Tac)	<i>Syzygium cordatum</i>
omusitole (Tac)	<i>Syzygium guineense</i>
omutekesi (Tac)	<i>Syzygium guineense ssp. senegalensis</i>
shikomoli	<i>Vangueria apiculata</i>
shikomoli	<i>Vangueria infausta</i>
shikuma	<i>Hoslundia opposita</i>
shimanyamunyi	<i>Vangueria apiculata</i>
shingayangaya (Tir)	<i>Commelina africana</i>
sikandakanda (Buk)	<i>Lablab purpureus</i>
sikayangaya (Buk)	<i>Commelina africana</i>
sikhubi (Buk)	<i>Vigna unguiculata</i>
sikhuvbi (Buk)	<i>Vigna unguiculata</i>
simbande	<i>Vigna subterranea</i>
sinyamanyama (Buk)	<i>Pappea capensis</i>

sinyungulwe (Buk)	<i>Flacourtia indica</i>
sitanyamurwe (Buk)	<i>Physalis peruviana</i>
sitipa (Buk)	<i>Asystasia mysorensis</i>
tsibande	<i>Vigna subterranea</i>
tsiderema (plural)	<i>Basella alba</i>
tsimbande (Tac)	<i>Vigna subterranea</i>
tsimboga (Buk)	<i>Amaranthus</i> spp.
tsimboka (Ksa)	<i>Amaranthus</i> spp.
tsinuni (Mrc)	<i>Sesamum orientale</i>
tsisaka (Ks'a, Kab, Tir)	<i>Gynandropsis gynandra</i>
yisaka (singular) (Tac)	<i>Gynandropsis gynandra</i>
yisufwa (Tae)	<i>Solanum nigrum</i>

### **Luo**

abuna	<i>Saba comorensis</i>
abune	<i>Saba comorensis</i>
achak	<i>Launaea cornuta</i>
achokra	<i>Keetia gueinzii</i>
adugo	<i>Acacia drepanolobium</i>
afwong'o	<i>Hoslundia opposita</i>
akado	<i>Euclea divinorum</i>
akeyo	<i>Cleome gynandra</i>
akudtho	<i>Dovvalis abvssinica</i>

akudtho	<i>Dovyalis macrocalyx</i>
akwalakwala-liech	<i>Strychnos spinosa</i>
ali	<i>Acacia seyal</i>
alikra*	<i>Amaranthus hybridus</i>
alot-bo	<i>Vigna unguiculata</i>
alot-dek	<i>Cleome gynandra</i>
amoyo	<i>Maerua decumbens</i>
ang'were-rao	<i>Lippia javanica</i>
anyuka	<i>Vangueria infausta</i>
anyuka	<i>Vangueria madagascariensis</i>
apindi	<i>Vangueria infausta</i>
apindi	<i>Vangueria madagascariensis</i>
apoth	<i>Corchorus olitorius</i>
apoth	<i>Corchorus tridens</i>
apoth	<i>Corchorus trilocularis</i>
apoth-nyapololo	<i>Corchorus olitorius</i>
aroya	<i>Grewia similis</i>
arumbe	<i>Acacia hockii</i>
arupiny	<i>Commiphora africana</i>
atego	<i>Keetia gueinzii</i>
atek	<i>Lantana camara</i>
athuno	<i>Keetia gueinzii</i>
atipa	<i>Asystasia gangetica</i>
atipa	<i>Asvstasia mvsorensis</i>

awayo	<i>Oxygonum sinuatum</i>
awayo	<i>Rhus vulgaris</i>
bel	<i>Sorghum bicolor</i>
bo	<i>Vigna unguiculata</i>
bongu	<i>Ficus sur</i>
budho*	<i>Cucurbita maxima</i>
bwar	<i>Ocimum basilicum</i>
bwar	<i>Ocimum gratissimum</i>
chumo	<i>Diospyros mespiliformis</i>
chumu	<i>Diospyros mespiliformis</i>
chwaa	<i>Tamarindus indica</i>
deg-akeyo	<i>Cleome gynandra</i>
dek	<i>Cleome gynandra</i>
demra	<i>Basella alba</i>
dodo	<i>Amaranthus spp.</i>
dugna	<i>Acacia drepanolobium</i>
dunga	<i>Acacia drepanolobium</i>
jamna*	<i>Syzygium cumini</i>
jobune	<i>Saba comorensis</i>
juelu	<i>Vitex doniana</i>
jwelo	<i>Vitex doniana</i>
kagen	<i>Flueggea virosa</i>
kagna	<i>Flueggea virosa</i>
kal	<i>Eleusine coracana</i>
kandhira	<i>Brassica carinata</i>

kang'o	<i>Synsepalum brevipes</i>
kango	<i>Olea europaea ssp. africana</i>
kawa	<i>Coffea arabica</i>
kikumba	<i>Keetia gueinzii</i>
kiluor	<i>Acacia senegal</i>
kuogo	<i>Lannea schimperi</i>
kuogo	<i>Lannea schweinfurthii</i>
kwogo	<i>Lannea schimperi</i>
lang'o	<i>Ziziphus mucronata</i>
lang'u	<i>Ziziphus mucronata</i>
magwaga	<i>Lantana trifolia</i>
magwagwa*	<i>Lantana camara</i>
magwagwa	<i>Lantana trifolia</i>
majand-lum	<i>Cymbopogon citratus</i>
mang'u	<i>Sclerocarya birrea</i>
mariwa*	<i>Manihot esculenta</i>
mbaas	<i>Cajanus cajan</i>
mbande	<i>Vigna subterranea</i>
migodha	<i>Scutia myrtina</i>
mito	<i>Crotalaria ochroleuca</i>
mitoo	<i>Crotalaria brevidens</i>
mitoo	<i>Crotalaria ochroleuca</i>
mukutao achak	<i>Syzygium cordatum</i>
mutkuru	<i>Coccinia grandis</i>
mutn	<i>Crotalaria ochroleuca</i>

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mweny	<i>Lippia javanica</i>
naas*	<i>Cocos nucifera</i>
ndemra	<i>Basella alba</i>
nderma	<i>Basella alba</i>
ner-powo	<i>Grewia villosa</i>
ng'ong'o	<i>Sclerocarya birrea</i>
ng'owo	<i>Ficus vallis-choudae</i>
ngwenye	<i>Hoslundia opposita</i>
nyabend-winy	<i>Lantana trifolia</i>
nyabolo	<i>Annona senegalensis</i>
nyabondo	<i>Mimusops kummel</i>
nyabuth-muok	<i>Cucumis dipsaceus</i>
nyakonglo ojuo*	<i>Physalis mimina</i>
nyakonglo ojuo*	<i>Physalis peruviana</i>
nyakonglo*	<i>Physalis peruviana</i>
nyamridh*	<i>Lantana camara</i>
nyamutkuru	<i>Coccinia grandis</i>
nyaner kadhira	<i>Erucastrum arabicum</i>
nyanyiek-mon*	<i>Bidens pilosa</i>
nyathund-guok	<i>Coccinia grandis</i>
nyatiend-gueno	<i>Oxygonum sinuatum</i>
nyatonglo ojuo*	<i>Physalis mimina</i>
nyatonglo ojuo*	<i>Physalis peruviana</i>
nvatonlo*	<i>Physalis peruviana</i>

nyim	<i>Sesamum orientale</i>
obengle*	<i>Lantana camara</i>
obengle	<i>Lantana trifolia</i>
obolo	<i>Annona senegalensis</i>
obong	<i>Cajanus cajan</i>
obuolo	edible fungi
obwanda	<i>Portulaca quadrifida</i>
obwolo	edible fungi
ochol	<i>Euclea divinorum</i>
ochuoga	<i>Carissa edulis</i>
ochwa	<i>Tamarindus indica</i>
ochwaa	<i>Tamarindus indica</i>
odielo	<i>Commelina africana</i>
odielo	<i>Commelina benghalensis</i>
ododo*	<i>Amaranthus blitum</i> ( <i>A. lividus</i> )
ododo*	<i>Amaranthus dubius</i>
ododo*	<i>Amaranthus hybridus</i>
odok	<i>Ficus sycomorus</i>
ofuong'o	<i>Hoslundia opposita</i>
ofwong'o	<i>Hoslundia opposita</i>
ogaka	<i>Aloe secundiflora</i>
ogaka	<i>Aloe</i> spp.
ogal	<i>Piliostigma thonningii</i>
oalo	<i>Piliostigma thonningii</i>



ogombo	<i>Mondia whitei</i>
ogonjo	<i>Scutia myrtina</i>
oguombula	<i>Antidesma venosum</i>
ojuelo	<i>Vitex doniana</i>
okinga	<i>Ocimum basilicum</i>
okinga	<i>Ocimum gratissimum</i>
okuoro	<i>Pappea capensis</i>
okuru	<i>Oxygonum sinuatum</i>
okworo	<i>Pappea capensis</i>
olemo	<i>Ximenia americana</i>
olemo	<i>Sclerocarya birrea</i>
olimbochok	<i>Ximenia americana</i>
olusia	<i>Vernonia amygdalina</i>
omaange	<i>Pappea capensis</i>
ombasa	<i>Tylosema fassoglense</i>
omboga*	<i>Amaranthus dubius</i>
omboga	<i>Amaranthus graecizans</i>
omboga*	<i>Amaranthus hybridus</i>
ombok-alikra	<i>Amaranthus graecizans</i>
omuya	<i>Vangueria infausta</i>
omwogo*	<i>Manihot esculenta</i>
ong'eni	<i>Ipomoea oenotherae</i>
ong'ong'o	<i>Sclerocarya birrea</i>
ong'ono	<i>Sclerocarya birrea</i>
onaenv	<i>Ipomoea oenotherae</i>

ongono	<i>Scutia myrtina</i>
ongoro	<i>Parinari curatelifolia</i>
onyalobiro*	<i>Lantana camara</i>
onyiego	<i>Bidens pilosa</i>
onyulo	<i>Sesamum calycinum</i>
oriang'	<i>Acacia hockii</i>
oroka	<i>Dioscorea bulbifera</i>
oruka	<i>Dioscorea bulbifera</i>
osangla	<i>Rhus natalensis</i>
oseno	<i>Cordia monoica</i>
osiri	<i>Scutia myrtina</i>
osuga	<i>Solanum nigrum</i>
osuyo	<i>Hydnora abyssinica</i>
otangre	<i>Cucumis dipsaceus</i>
othith	<i>Phoenix reclinata</i>
othith	<i>Phoenix reclinata</i>
otho	<i>Balanites aegyptiaca</i>
othoo	<i>Balanites aegyptiaca</i>
otiep	<i>Acacia senegal</i>
otonglo*	<i>Physalis peruviana</i>
oyuelo	<i>Vitex doniana</i>
oyusu	<i>Hydnora abyssinica</i>
pocho	<i>Ficus thonningii</i>
powo	<i>Grewia bicolor</i>
rabuon*	<i>Ipomoea batatas</i>

rayuthu	<i>Flueggea virosa</i>
roko	<i>Zanthoxylum usambarense</i>
roko	<i>Zanthoxylum chalybeum</i>
sangla	<i>Rhus natalensis</i>
songola	<i>Dovyalis abyssinica</i>
tagalo	<i>Piliostigma thonningii</i>
tek-taguari	<i>Lantana camara</i>
tende*	<i>Phoenix dactylifera</i>
yago	<i>Kigelia pinnata (K. africana)</i>
yunga	<i>Nymphaea lotus</i>
yunga	<i>Nymphaea nouchali</i>

## Maasai

Notes:

- (a) Words beginning with *il-* normally signify the plural form.
- (b) The prefixes *or-* and *ol-* are normally interchangeable in speech and normally refer to the mature plants, while *e-* refers to young plants; *ol* is associated with masculine while *e* signifies feminine.

eirri-narok	<i>Grewia tenax</i>
eleleshwa-enkop	<i>Vernonia cinerea</i>
elerai	<i>Acacia seyal</i>
eluaai	<i>Acacia drepanolobium</i>
eluai	<i>Acacia drepanolobium</i>
emankulai	<i>Grewia villosa</i>

embokwe	<i>Dactyloctenium aegyptium</i>
emungushi	<i>Rhus vulgaris</i>
enchilewa	<i>Ipomoea longituba</i>
enderkesi	<i>Acacia senegal</i>
engoiswashi	<i>Ipomoea longituba</i>
enkaikuinyoi	<i>Eriosema shirensense</i>
enkaikuji	<i>Rubus volkensii</i>
enkaisijoi	<i>Oxygonum sinuatum</i>
enkaisijoi	<i>Rumex abyssinicus</i>
enkaisijoi	<i>Rumex usambarensis</i>
enkaiswishoi	<i>Rumex usambarensis</i>
enkaiteteyiai	<i>Commelina benghalensis</i>
enkamai (plural)	<i>Ximenia americana</i>
enkampa	<i>Dactyloctenium aegyptium</i>
enkamposhi	<i>Momordica rostrata</i>
enkorir	<i>Pentarrhinum insipidum</i>
enkurma-oonkayiok	<i>Lantana trifolia</i>
enonkepiren	<i>Garcinia livingstonei</i>
enoonkoroi	<i>Digera muricata</i>
entamejoi	<i>Urtica massaica</i>
entiangege	<i>Landolphia buchananii</i>
entuyesi	<i>Strychnos henningsii</i>
enyaru	<i>Erucastrum arabicum</i>
envaru-nanvokie	<i>Amaranthus hybridus</i>

enyaru-olmuaate	<i>Amaranthus hybridus</i>
erukunyi	<i>Hydnora abyssinica</i>
ilama (plural)	<i>Ximenia americana</i>
ilamuriak (plural)	<i>Carissa edulis</i>
ilgum (plural)	<i>Vangueria apiculata</i>
ilkinye (plural)	<i>Euclea divinorum</i>
ilmang'ua (plural)	<i>Sclerocarya birrea</i>
ilmankula (plural)	<i>Grewia villosa</i>
ilmisigiyo (plural)	<i>Rhus natalensis</i>
ilmisigyio (plural)	<i>Rhus vulgaris</i>
ilmorog (plural)	<i>Dovyalis abyssinica</i>
ilokwa (fruits)	<i>Balanites aegyptiaca</i>
ilsagararam	<i>Piliostigma thonningii</i>
ilsek (plural)	<i>Cordia monoica</i>
iluua (plural)	<i>Acacia drepanolobium</i>
intamejo (plural)	<i>Urtica massaica</i>
interkes (plural)	<i>Acacia senegal</i>
iremit (plural)	<i>Salvadora persica</i>
irgum (fruit)	<i>Vangueria</i> spp.
iri (plural)	<i>Grewia tembensis</i>
iri (plural)	<i>Grewia tenax</i>
isanankurur (plural)	<i>Scutia myrtina</i>
isek	<i>Cordia monoica</i>
isinon (plural)	<i>Lippia kituiensis</i>
isoion (plural)	<i>Euclea divinorum</i>

lemba-e-nabo	<i>Cleome gynandra</i>
msigwe	<i>Rhus vulgaris</i>
mushae	<i>Sorghum bicolor</i>
naibor-lukunya	<i>Cleome gynandra</i>
nangua	<i>Amaranthus sparganiocephalus</i>
nanyi	<i>Amaranthus dubius</i>
nanyi	<i>Amaranthus graecizans</i>
nanyi	<i>Amaranthus hybridus</i>
nanyi	<i>Amaranthus thunbergii</i>
nanyi	<i>Amaranthus sp.</i>
natua-ekong'o	<i>Pappea capensis</i>
natwa-ong'o	<i>Pappea capensis</i>
ngoswaki	<i>Ipomoea longituba</i>
nkosida	<i>Asystasia gangetica</i>
nyani	<i>Amaranthus graecizans</i>
nyani	<i>Amaranthus sp.</i>
nyanyi	<i>Amaranthus graecizans</i>
nyanyi	<i>Amaranthus thunbergii</i>
oirri	<i>Grewia tembensis</i>
oirri	<i>Grewia tenax</i>
ol'matakuroi	<i>Parinari curatellifolia</i>
olaikuinyoi	<i>Eriosema shirensense</i>
olaimurunyai	<i>Dovyalis abyssinica</i>
olamai	<i>Ximenia americana</i>
olamnoshi	<i>Momordica rostrata</i>

olamuriaki	<i>Carissa edulis</i>
olaposhi	<i>Coccinia grandis</i>
olayakuji	<i>Rubus</i> spp.
olbida	<i>Acacia senegal</i>
olchaki	<i>Vigna membranacea</i>
oldelemet	<i>Sesamum angustifolium</i>
olderkesi	<i>Acacia senegal</i>
oldongururwo	<i>Flacourtia indica</i>
oldorko	<i>Cordia sinensis</i>
oleechei	<i>Crotalaria brevidens</i>
oleechei	<i>Crotalaria ochroleuca</i>
olemuran	<i>Hoslundia opposita</i>
olemuran	<i>Ocimum gratissimum</i>
oleragai	<i>Syzygium guineense</i>
oleragi	<i>Syzygium guineense</i>
olerai	<i>Acacia seyal</i>
olerai-oibor	<i>Acacia seyal</i>
olgum	<i>Vangueria infausta</i>
olgumi	<i>Vangueria apiculata</i>
olgumi	<i>Vangueria infausta</i>
olgumi	<i>Vangueria madagascariensis</i>
olgumi	<i>Vangueria volkensis</i>
oljani-lool-tatwa	<i>Cleome gynandra</i>
oljerai	<i>Acacia seyal</i>
olkalei	<i>Vatovaea pseudolablab</i>

olkiage	<i>Maerua decumbens</i>
olkifulwa	<i>Garcinia livingstonei</i>
olfciloriti	<i>Acacia nilotica</i>
olkinyei	<i>Euclea divinorum</i>
olmagirigiriani	<i>Lantana trifolia</i>
olmang'ua (fruit)	<i>Sclerocarya birrea</i>
olmang'uai	<i>Sclerocarya birrea</i>
olmankulai	<i>Grewia villosa</i>
olmesera	<i>Adansonia digitata</i>
olmiraa	<i>Catha edulis</i>
olmisigiyioi	<i>Rhus natalensis</i>
olmisigiyioi	<i>Rhus tenuinervis</i>
olmisigiyioi	<i>Rhus vulgaris</i>
olmorijoi	<i>Acokanthera oppositifolia</i>
olmorijoi	<i>Acokanthera schimperi</i>
olmorogi	<i>Dovyalis abyssinica</i>
olmotoo	<i>Azanza garckeana</i>
olmpombo	<i>Lablab purpureus</i>
olmuateni	<i>Cleome gynandra</i>
olnasi*	<i>Physalis peruviana</i>
olng'oswa	<i>Balanites aegyptiaca</i>
olng'oswa	<i>Balanites glabra</i>

olnvaasi\* here ~~*Physalis peruviana*~~ *Physalis peruviana*



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olubare bare	<i>Dioscorea dumetorum</i>
oloikimbe	<i>Eleusine coracana</i>
oilalei	<i>Ziziphus mauritiana</i>
oilalei	<i>Ziziphus mucronata</i>
oliragai	<i>Syzygium cordatum</i>
olirangai	<i>Syzygium cordatum</i>
olireroi	<i>Flacourtia indica</i>
oliropiji	<i>Ipomoea oenotherae</i>
olisijoi	<i>Tamarindus indica</i>
olisugi	<i>Zanthoxylum chalybeum</i>
olisugi	<i>Zanthoxylum usambarense</i>
olisuki	<i>Zanthoxylum chalybeum</i>
olokwai	<i>Balanites aegyptiaca</i>
olorok-kilele	<i>Ipomoea oenotherae</i>
otwalan	<i>Crotalaria brevidens</i>
otwalan	<i>Crotalaria ochroleuca</i>
olowon	<i>Erucastrum arabicum</i>
olperetini	<i>Ziziphus mucronata</i>
olpombo	<i>Lablab purpureus</i>
olpomboi	<i>Lablab purpureus</i>
olremit	<i>Salvadora persica</i>
olsagararam	<i>Piliostigma thonningii</i>
olsinoni	<i>Lippia kituiensis</i>
olsiteti	<i>Grewia bicolor</i>
oltaraboi	<i>Kiaelia pinnata (K. africana)</i>

oltepesi	<i>Acacia tortilis</i>
oltimigomi	<i>Pappea capensis</i>
oltipilikwa	<i>Strychnos henningsii</i>
oltukai	<i>Phoenix reclinata</i>
onyalugwai	<i>Grewia similis</i>
orcharpalani	<i>Acacia hockii</i>
oremit	<i>Salvadora persica</i>
oretiti	<i>Ficus thonningii</i>
orkalei	<i>Vatovaea pseudolablab</i>
orkisikong'o	<i>Pappea capensis</i>
orkorirr	<i>Pentarrhinum insipidum</i>
ormomoi	<i>Solanum nigrum</i>
orng'aboli	<i>Ficus sycomorus</i>
orng'oting'ot	<i>Vigna frutescens</i>
orpande	<i>Lannea schweinfurthii</i>
osananguruti	<i>Scutia myrtina</i>
osanankururi	<i>Scutia myrtina</i>
osaragi	<i>Balanites aegyptiaca</i>
oseki	<i>Cordia monoica</i>
osilalei	<i>Commiphora africana</i>
osilalei	<i>Commiphora schimperi</i>
osinon-kurruti	<i>Scutia myrtina</i>
osinoni	<i>Lippia kituiensis</i>
osoivai	<i>Basella alba</i>

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osojo	<i>Euclea divinorum</i>
osoyai	<i>Basella alba</i>
osukuro	<i>Aloe</i> spp.
osuyai	edible fungi
oyiri	<i>Grewia similis</i>
oyiri	<i>Grewia tembensis</i>
oyirri	<i>Grewia tenax</i>
sagararam (fruit)	<i>Acacia tortilis</i>
warkisikong'o	<i>Pappea capensis</i>

### **Malakote**

Note: some words are borrowed from Somali.

choneh	<i>Commiphora rostrata</i>
dadacha	<i>Acacia tortilis</i>
dadech (young)	<i>Acacia tortilis</i>
dadwota	<i>Acacia tortilis</i>
dawa-aaze	<i>Maerua decumbens</i>
dawa-nyoka	<i>Maerua decumbens</i>
gedo	<i>Phoenix reclinata</i>
huda-hudo	<i>Ximenia americana</i>
jajabho (fruit)	<i>Berchemia discolor</i>
kaka-mchangani	<i>Carissa edulis</i>
kalaqacha	<i>Boscia coriacea</i>
kukube	<i>Thvlachium thomasii</i>

loguo	<i>Saba comorensis</i>
mezi (young)	<i>Hyphaene compressa</i>
mokalakala	<i>Carissa edulis</i>
mokoma	<i>Hyphaene compressa</i>
mokopa	<i>Dobera glabra</i>
mokororo	<i>Flueggea virosa</i>
mokowlo	<i>Diospyros mespiliformis</i>
mokoyo	<i>Ficus sycomorus</i>
morhoqa	<i>Tamarindus indica</i>
mubadana	<i>Balanites aegyptiaca</i>
mubadana	<i>Balanites rotundifolia</i>
mubururi	<i>Meyna tetraphylla</i>
mubuyu	<i>Dansonia digitata</i>
mujajabho	<i>Berchemia discolor</i>
munugau	<i>Mimusops fruticosa</i>
murifate	<i>Borassus aethiopum</i>
musigisigi	<i>Antidesma venosum</i>
muswaki	<i>Salvadora persica</i>
mutaale	<i>Cordia sinensis</i>
mutalya-chan	<i>Cordia sinensis</i>
muwarande	<i>Manilkara mochisia</i>
mwebebe	<i>Sorindeia madagascariensis</i>
mwitwa-mow	<i>Salacia madagascariensis</i>
sufi-bara	<i>Lannea alata</i>

**Marakwet**

adomoyon	<i>Cordia sinensis</i>
arol (plural)	<i>Sclerocarya birrea</i>
arol	<i>Sclerocarya birrea</i>
arolwo	<i>Sclerocarya birrea</i>
bapchebilil	<i>Dovyalis abyssinica</i>
bochon	edible fungi
bukanar	small edible fungi
chebilio (plural)	<i>Maerua decumbens</i>
chebilis	<i>Maerua decumbens</i>
chebiliswo	<i>Maerua decumbens</i>
chebololo	<i>Cucurbita maxima</i>
chementri	<i>Oxygonum sinuatum</i>
chepiliowo (plural)	<i>Maerua decumbens</i>
chepiliswo	<i>Maerua decumbens</i>
chepkarta	<i>Amaranthus hybridus</i>
cherat (plural)	<i>Commelina forskalaei</i>
imito	<i>Crotalaria brevidens</i>
imito	<i>Crotalaria ochroleuca</i>
karkar (plural)	<i>Corchorus trilocularis</i>
kibiryak	<i>Pappea capensis</i>
kibiryokwo	<i>Pappea capensis</i>
kimeley	<i>Urtica massaica</i>
kipchimchim	<i>Coccinia arandis</i>

kipiriak (plural)	<i>Pappea capensis</i>
kipiriokwa	<i>Pappea capensis</i>
kipkanding'wa	<i>Amaranthus dubius</i>
kipkanding'wa	<i>Amaranthus graecizans</i>
kisoyo	<i>Solanum nigrum</i>
kolowo	<i>Vatovaea pseudolablab</i>
komohuo	<i>Vangueria volkensii</i>
komol (plural)	<i>Vangueria madagascariensis</i>
komolwo	<i>Vangueria madagascariensis</i>
korkorwo	<i>Hoslundia opposita</i>
koros (plural)	<i>Dobera glabra</i>
korosion	<i>Dobera glabra</i>
ksoiyek	<i>Solanum nigrum</i>
kunyat (plural)	<i>Ximenia americana</i>
kunyotwo	<i>Ximenia americana</i>
lalat (plural)	<i>Lannea rivae</i>
lalat (plural)	<i>Lannea schimperi</i>
lamai	<i>Syzygium guineense</i>
leketet (plural)	<i>Carissa edulis</i>
leketetwa	<i>Carissa edulis</i>
leketetwo	<i>Carissa edulis</i>
lolotwa	<i>Lannea rivae</i>
lolotwa	<i>Lannea schimperi</i>
lom (plural)	<i>Balanites pedicellaris</i>
lomion	<i>Balanites pedicellaris</i>

lomion	<i>Balanites rotundifolia</i>
lomoiywo	<i>Syzygium guineense</i>
makany	<i>Ficus sycomorus</i>
makany	<i>Ficus sycomorus</i>
malkach	<i>Uvaria scheffleri</i>
malkat	<i>Canthium pseudosetiflorum</i>
malkatwo	<i>Canthium pseudosetiflorum</i>
man (plural)	<i>Lannea schweinfurthii</i>
mendililwa	<i>Dovyalis abyssinica</i>
mendiril	<i>Oxygonum sinuatum</i>
mendirlwo	<i>Dovyalis abyssinica</i>
mendril	<i>Oxygonum sinuatum</i>
merkwo	<i>Garcinia livingstonei</i>
mito	<i>Crotalaria brevidens</i>
mito	<i>Crotalaria ochroleuca</i>
mokongwo	<i>Ficus sycomorus</i>
mokung'ua	<i>Ficus sycomorus</i>
momoon	<i>Rubus pinnatus</i>
monwo	<i>Lannea schweinfurthii</i>
morkut	<i>Cyperus blysmoides</i>
mosiyon	<i>Sorghum bicolor</i>
mosong	<i>Sorghum bicolor</i>
muchuk (plural)	<i>Berchemia discolor</i>
muchukwo	<i>Berchemia discolor</i>
nderemia	<i>Basella alba</i>

ng'eng'ech (plural)	<i>Landolphia buchananii</i>
ng'eng'echwo	<i>Landolphia buchananii</i>
ochon	<i>Saba comorensis</i>
oroluo	<i>Sclerocarya birrea</i>
oron	<i>Tamarindus indica</i>
piriak (plural)	<i>Pappea capensis</i>
rena	<i>Acacia seyal</i>
renon (plural)	<i>Acacia seyal</i>
reper (plural)	<i>Syzygium cordatum</i>
reperwo	<i>Syzygium cordatum</i>
sachan	<i>Cleome gynandra</i>
ses	<i>Acacia tortilis</i>
sesoy (plural)	<i>Acacia tortilis</i>
siitet	<i>Grewia bicolor</i>
simat (plural)	<i>Ficus thonningii</i>
simotwo	<i>Ficus thonningii</i>
sitit (plural)	<i>Grewia bicolor</i>
sorik (plural)	<i>Boscia coriacea</i>
sorikwo	<i>Boscia coriacea</i>
sot	<i>Lagenaria siceraria</i>
suroyo	<i>Cleome gynandra</i>
tabirir	<i>Vangueria volkensii</i>
tabirirwo	<i>Vangueria volkensii</i>
tamalak	<i>Uvaria scheffleri</i>
tarak (plural)	<i>Zizinhus mucronata</i>



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taran (plural)	<i>Ziziphus mucronata</i>
tarokwo	<i>Grewia tenax</i>
tilam (plural)	<i>Ziziphus mucronata</i>
tilam	<i>Ziziphus mauritiana</i>
tiling'wo	<i>Meyna tetraphylla</i>
tilingwo	<i>Meyna tetraphylla</i>
tiliny (plural)	<i>Meyna tetraphylla</i>
tilomwa	<i>Ziziphus mauritiana</i>
tilomwo	<i>Ziziphus mauritiana</i>
tingas (plural)	<i>Flacourtia indica</i>
tingoswo	<i>Flacourtia indica</i>
tomolokwo	<i>Uvaria scheffleri</i>
tungururwa	<i>Flacourtia indica</i>
tuyun	<i>Balanites aegyptiaca</i>
tuyunwo (plural)	<i>Balanites aegyptiaca</i>

### **Mbeere**

cong'e	<i>Oxygonum sinuatum</i>
gikungui	<i>Cucumis dipsaceus</i>
ginda-arithi	<i>Maerua decumbens</i>
gingara	<i>Dactyloctenium aegyptium</i>
gitangira	<i>Boscia coriacea</i>
gitiko	<i>Dactyloctenium aegyptium</i>

iauko *Dactyloctenium aegyptium*

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IKUNU	musnroom
inagu (singular)	<i>Solanum nigrum</i>
irara	<i>Hyphaene compressa</i>
kagura mbeu	<i>Cleome monophylla</i>
karimi-ka-nthia	<i>Cleome monophylla</i>
karimi-kanthia	<i>Asystasia mysorensis</i>
kigerema	<i>Coccinia grandis</i>
kigerema	<i>Coccinia trilobata</i>
kii	<i>Kedrostis foetidesma</i>
kikiare	<i>Boscia coriacea</i>
kimore	<i>Commelina africana</i>
kimore	<i>Commelina benghalensis</i>
kimore	<i>Commelina forskalaei</i>
king'ong'oya	<i>Momordica rostrata</i>
kirigirigi	<i>Coccinia grandis</i>
kirigirigi	<i>Coccinia trilobata</i>
kirugurugu	<i>Commiphora africana</i>
kithi	<i>Commelina forskalaei</i>
macica	<i>Amaranthus spinosus</i>
managu	<i>Solanum nigrum</i>
mathorokwe	<i>Vigna membranacea</i>
rnatu-ma-nthia	<i>Vigna membranacea</i>
mingongoya	<i>Momordica rostrata</i>
mubaa	<i>Pappea capensis</i>

mubaae ..... *Strvchnos spinosa*

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mudage wa anou	<i>Strycnos spinosa</i>
mubebiaiciya	<i>Rhus vulgaris</i>
mubiruiru	<i>Vangueria infausta</i>
mubiruiru	<i>Vangueria madagascariensis</i>
mubiruiru	<i>Vangueria volkensii</i>
mububua	<i>Balanites aegyptiaca</i>
muburu	<i>Vitex payos</i>
mubuu	<i>Grewia villosa</i>
muce	<i>Bridelia taitensis</i>
mucemeri	<i>Acacia nilotica</i>
mucigara	<i>Uvaria scheffleri</i>
mucigara	<i>Manilkara mochisia</i>
mucimoro	<i>Lantana camara</i>
mucobi	<i>Hoslundia opposita</i>
mucururi	<i>Urtica massaica</i>
mudundi	<i>Flacourtia indica</i>
mugaa	<i>Acacia tortilis</i>
mugagu	<i>Ziziphus abyssinica</i>
mugambu	<i>Acacia drepanolobium</i>
muguagua	<i>Commiphora africana</i>
mugucu	<i>Grewia fallax</i>
mugucwa	<i>Zanthoxylum chalybeum</i>
mugumo	<i>Ficus thonningii</i>
mugumo-ciano	<i>Mimusops kummel</i>

mugumba... *Acacia drepanolobium*

mukandakiria	<i>Cynna glanduifera</i>
mukanga-arithi	<i>Antidesma venosum</i>
mukangati	<i>Commelina forskalaei</i>
mukangati	<i>Commelina imberbis</i>
mukawa	<i>Carissa edulis</i>
mukenenga	<i>Zanthoxylum chalybeum</i>
mukengeria	<i>Commelina benghalensis</i>
mukenia	<i>Lantana trifolia</i>
mukiare	<i>Boscia coriacea</i>
mukiinyi	<i>Uclea divinorum</i>
mukinda-arithi	<i>Maerua decumbens</i>
mukinda-athuri	<i>Antidesma venosum</i>
mukinyi	<i>Euclea divinorum</i>
mukomboiru	<i>Vangueria volkensii</i>
mukomora	<i>Vangueria infausta</i>
mukomothi	<i>Sclerocarya birrea</i>
mukoro	<i>Diospyros mespiliformis</i>
mukui	<i>Syzygium cordatum</i>
mukumuti	<i>Annona senegalensis</i>
mukungui	<i>Cucumis dipsaceus</i>
mukunya-nthegere	<i>Ziziphus mucronata</i>
mukura	<i>Piliostigma thonningii</i>
mukururu	<i>Flueggea virosa</i>
mukuura	<i>Piliostigma thonningii</i>
mukuvu	<i>Ficus svcomorus</i>

mumuu	<i>Annona senegalensis</i>
mundarithi	<i>Maerua decumbens</i>
mung'othi	<i>Acacia senegal</i>
mungo	<i>Saba comorensis</i>
munyei	<i>Commiphora rostrata</i>
munyua	<i>Acacia hockii</i>
muracu	<i>Lannea schweinfurthii</i>
muraga	<i>Dovyalis abyssinica</i>
muraga	<i>Flacourtia indica</i>
muragwa	<i>Grewia bicolor</i>
muramba	<i>Adansonia digitata</i>
murawa	<i>Grewia bicolor</i>
mureera	<i>Acacia seyal</i>
muriru	<i>Syzygium cordatum</i>
muriru	<i>Syzygium guineense</i>
muruba	<i>Grewia tembensis</i>
muruguci	<i>Zanthoxylum chalybeum</i>
muruoga	<i>Amaranthus</i> spp.
mururu	<i>Acokanthera oppositifolia</i>
musamburu	<i>Lantana camara</i>
mutamaiyu	<i>Flacourtia indica</i>
mutamayu	<i>Flacourtia indica</i>
mutambananguru	<i>Commelina africana</i>
mutambi	<i>Strvchnos henninasii</i>

mutanga	<i>Citrullus lanatus</i>
mutangira	<i>Boscia coriacea</i>
muterere	<i>Amaranthus dubius</i>
muterere	<i>Amaranthus</i> spp.
muthanguta	<i>Rhus natalensis</i>
muthanguta	<i>Rhus vulgaris</i>
mutheru	<i>Rhus natalensis</i>
mutheru	<i>Rhus tenuinervis</i>
mutheru	<i>Rhus vulgaris</i>
muthethuka	<i>Antidesma venosum</i>
muthigiya	<i>Rhus natalensis</i>
muthigiya	<i>Rhus vulgaris</i>
muthiigi	<i>Rhus natalensis</i>
muthiigi	<i>Rhus vulgaris</i>
muthithi	<i>Tamarindus indica</i>
muthithio	<i>Antidesma venosum</i>
muthiu	<i>Boscia coriacea</i>
muthunga	<i>Launaea cornuta</i>
muthwana	<i>Berchemia discolor</i>
mutogotogo	<i>Pachystigma schumannianum</i>
mutoo	<i>Azanza garckeana</i>
mutoroma	<i>Diospyrus consolatae</i>
mutunga ariithi	<i>Maerua decumbens</i>
mutunau ..	<i>Lannea alata</i>

mutungurutha	<i>Scutia myrtina</i>
mutura	<i>Ximenia americana</i>
mutuura	<i>Ximenia americana</i>
muura	<i>Parinari curatellifolia</i>
muvuu	<i>Grewia villosa</i>
mwange	<i>Strychnos spinosa</i>
mwange-wa-ndue	<i>Strychnos spinosa</i>
mwere	<i>Pennisetum glaucum</i>
nakamwe	<i>Landolphia buchananii</i>
nang'ombwe	<i>Commelina benghalensis</i>
ndamba na ngaa	<i>Coccinia trilobata</i>
ndambawangaa	<i>Coccinia grandis</i>
ndera	<i>Garcinia livingstonei</i>
ndongoraniria	<i>Eriosema shirensense</i>
ng'iru	<i>Ipomoea oenotherae</i>
rwarange	<i>Digera muricata</i>
rwonge	<i>Saba comorensis</i>
rwongi	<i>Saba comorensis</i>
terere	<i>Amaranthus dubius</i>
terere	<i>Amaranthus graecizans</i>
terere	<i>Amaranthus hybridus</i>
tiko	<i>Dactyloctenium aegyptium</i>

## Meru

Note: *n*ce- is pronounced as *n*che-. In Tiaania and Iaembe (Nvambene), *r*- is replaced by *l*-, thus  
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*rungu* would be *lungu*.

atha	<i>Urtica massaica</i>
cong'e	<i>Oxygonum sinuatum</i>
dilikoni	<i>Pappea capensis</i>
gikiri (fruit)	<i>Lagenaria siceraria</i>
gikwa	<i>Dioscorea minutiflora</i>
ikuo	<i>Cordia monoica</i>
ituma* (singular)	<i>Colocasia esculenta</i>
kahuwa	<i>Coffea arabica</i>
kariaba*	<i>Dovyalis caffra</i>
kauwa	<i>Coffea arabica</i>
kimore	<i>Commelina benghalensis</i>
maguru (leaves)	<i>Colocasia esculenta</i>
makunu	edible fungi
managu	<i>Solanum nigrum</i>
marenge	<i>Cucurbita maxima</i>
matomoko (fruits)	<i>Annona cherimola</i>
matoo (plural)	<i>Azanza garckeana</i>
matuma* (plural)	<i>Colocasia esculenta</i>
miraa	<i>Catha edulis</i>
mirimamuthua	<i>Rhus vulgaris</i>
mirimuthu	<i>Rhus vulgaris</i>
mpuru (fruit) (Mwimbi)	<i>Vitex payos</i>
muhiru (Mwimbi)	<i>Vangueria infausta</i>



muburu (Mwimbi)	<i>Vangueria madausla</i>
mubiru	<i>Vangueria madagascariensis</i>
muburu	<i>Vitex payos</i>
mubuu	<i>Grewia villosa</i>
mubuyu	<i>Ziziphus mucronata</i>
muchimbi	<i>Strychnos henningsii</i>
mucimoro (Mwimbi)	<i>Lantana camara</i>
mugaa	<i>Acacia</i> spp.
muguchwa	<i>Zanthoxylum chalebeum</i>
mugugu	<i>Keetia gueinzii</i>
mugumo	<i>Ficus natalensis</i>
mugumo	<i>Ficus thonningii</i>
muiru	<i>Vangueria volkensii</i>
mukanjukanju	<i>Hoslundia opposita</i>
mukawa	<i>Carissa edulis</i>
mukengeya	<i>Commelina benghalensis</i>
mukirinyei	<i>Euclea divinorum</i>
mukura	<i>Piliostigma thonningii</i>
mukururu	<i>Flueggea virosa</i>
mukuyu	<i>Ficus sycomorus</i>
munathi*	<i>Cocos nucifera</i>
mung'ei	<i>Bidens pilosa</i>
mungu	<i>Lagenaria siceraria</i>
munyugunyugu	<i>Cleome gynandra</i>

mucaca... *Milacourtia indica*...

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muradiba	<i>Auansonia uigilata</i>
murawa	<i>Grewia bicolor</i>
murikitha	<i>Rhus natalensis</i>
muro	<i>Dovyalis abyssinica</i>
muroko	<i>Diospyros mespiliformis</i>
muroroma	<i>Ximenia americana</i>
mururu	<i>Acokanthera oppositifolia</i>
muthigiyu	<i>Rhus vulgaris</i>
muthiriti	<i>Lippia kituiensis</i>
muthithi	<i>Tamarindus indica</i>
muthithiu	<i>Rhus natalensis</i>
muthunka	<i>Launaea cornuta</i>
muthwaye	<i>Berchemia discolor</i>
mutimoko*	<i>Annona cherimola</i>
mutonye	<i>Antidesma venosum</i>
mutoo	<i>Azanza garckeana</i>
mutungururi	<i>Commiphora eminii</i>
muura	<i>Sclerocarya birrea</i>
muya	<i>Sorghum bicolor</i>
mwere	<i>Pennisetum glaucum</i>
nathi*	<i>Cocos nucifera</i>
ncabi	<i>Lablab purpureus</i>
ncugu	<i>Cajanus cajan</i>
ndagarago*	<i>Cymbopogon citratus</i>
ndoroma (fruit)	<i>Ximenia americana</i>

nguyu (fruit)	<i>Ficus sycomorus</i>
njabi	<i>Lablab purpureus</i>
njugu (Mwimbi)	<i>Cajanus cajan</i>
nkamba	<i>Commelina forskaolii</i>
nkawa (fruit) (Mwimbi)	<i>Carissa edulis</i>
ntende*	<i>Phoenix dactylifera</i>
nthoroko	<i>Vigna unguiculata</i>
ntirikomi	<i>Pappea capensis</i>
pau (fruit) (Mwimbi)	<i>Lagenaria siceraria</i>
rukwa	<i>Dioscorea minutiflora</i>
rungu	<i>Lagenaria siceraria</i>
rwoga	<i>Amaranthus blitum (A. lividus)</i>
rwoga	<i>Amaranthus hybridus</i>
rwoga ra kicuka	<i>Amaranthus graecizans</i>
terere	<i>Amaranthus hybridus</i>
terere	<i>Amaranthus spp.</i>
thaa	<i>Urtica massaica</i>
ugimbi	<i>Eleusine coracana</i>

### **Nandi**

kaptowinet	<i>Dovyalis macrocalyx</i>
kipsarkiat	<i>Piliostigma thonningii</i>
kwetingwet	<i>Lannea schimperi</i>
lamavuet	<i>Svzvaium auineense</i>

legetetwa	<i>Carissa edulis</i>
lichet	<i>Flacourtia indica</i>
limaiyua	<i>Syzygium guineense</i>
mangwanyet	<i>Lablab purpureus</i>
monion	<i>Erucastrum arabicum</i>
monjororoyot	<i>Rhus natalensis</i>
ngungyet	<i>Landolphia buchananii</i>
nokok	<i>Dovyalis abyssinica</i>
nonion	<i>Erucastrum arabicum</i>
nyingiget	<i>Landolphia buchananii</i>
petiapteriet	<i>Lantana trifolia</i>
pipterit	<i>Lantana trifolia</i>
sebetwet	<i>Ficus sycomorus</i>
tungururiet	<i>Flacourtia indica</i>
usuet	<i>Euclea divinorum</i>

### Orma

See also Borana names. Note: *c-* is pronounced *ch-*. Many of the words with *k-* are normally written with *q-*, thus *kolati* would be written *qolati*.

adhe	<i>Salvadora persica</i>
araba	<i>Cordia monoica</i>
baddan	<i>Balanites aegyptiaca</i>
baddan	<i>Balanites rotundifolia</i>
bura-diima	<i>Acacia senegal</i>

bururi	<i>Meyna tetraphylla</i>
chalado	<i>Acacia nilotica</i>
dakar	<i>Boswellia neglecta</i>
deka-dubra	<i>Grewia tembensis</i>
dika	<i>Thylachium thomasii</i>
gashir	<i>Dobera glabra</i>
gudis	<i>Acacia tortilis</i>
hadaraku	<i>Lannea triphylla</i>
haroru	<i>Grewia bicolor</i>
huda-hudo	<i>Ximenia americana</i>
jajab	<i>Berchemia discolor</i>
kalkach	<i>Boscia coriacea</i>
kolati	<i>Mimusops fruticosa</i>
kolati-gurati	<i>Diospyros mespiliformis</i>
komper	<i>Commiphora africana</i>
konchor	<i>Phoenix reclinata</i>
kone	<i>Hyphaene compressa</i>
kororo	<i>Flueggea virosa</i>
kukube-tari	<i>Maerua decumbens</i>
kumudhe	<i>Lannea alata</i>
mader	<i>Cordia sinensis</i>
marafa	<i>Borassus aethiopum</i>
meti (young)	<i>Hyphaene compressa</i>
odha	<i>Ficus sycomorus</i>

roka	<i>Tamarindus indica</i>
udesi	<i>Commiphora rostrata</i>
waradhe	<i>Manilkara mochisia</i>
yak	<i>Adansonia digitata</i>

### **Pokomo**

bungo	<i>Strychnos spinosa</i>
mchanga	<i>Elaeis guineensis</i>
mfudu	<i>Vitex mombassae</i>
mhali	<i>Cordia sinensis</i>
mtale	<i>Cordia sinensis</i>
muhale	<i>Cordia sinensis</i>
mukuha	<i>Dobera glabra</i>
munyiza	<i>Euclea divinorum</i>
nyambembe	<i>Sorindeia madagascariensis</i>

### **Pokot**

Note: in some cases, the spellings of words that have *a* or *o* are difficult as their pronunciation may lie between the two vowels as *a* in *aron*.

adome (fruit)	<i>Cordia sinensis</i>
adomeyon	<i>Cordia sinensis</i>
alaskau	<i>Cucumis dipsaceus</i>
allechuwa	<i>Commiphora africana</i>
apertoteyon	<i>Commelina forskalaei</i>

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apoi totoyon	<i>Coccinella turkscaiaei</i>
ariapongos	<i>Coccinia grandis</i>
ariapongos	<i>Cucumis dipsaceus</i>
arol (plural)	<i>Sclerocarya birrea</i>
aron	<i>Tamarindus indica</i>
ashokonyon	<i>Salvadora persica</i>
asiokon	<i>Salvadora persica</i>
asiokonion	<i>Salvadora persica</i>
aurieng'o	<i>Hydnora abyssinica</i>
chapkamkam	<i>Strychnos henningsii</i>
chekirio	<i>Digera muricata</i>
chemalokutan	<i>Mimusops kummel</i>
chemanka	<i>Acacia senegal</i>
chemankayan	<i>Acacia senegal</i>
chemchai	<i>Lippia carviadora</i>
chementril	<i>Oxygonum sinuatum</i>
chepchai	<i>Lippia kituiensis</i>
chepiliswo	<i>Maerua decumbens</i>
chepiwa	<i>Hoslundia opposita</i>
chepkarkarian	<i>Corchorus trilocularis</i>
chepkuratian	<i>Amaranthus spinosus</i>
chepiliswo	<i>Maerua decumbens</i>
chepochepkai	<i>Flueggea virosa</i>
cheprukwo	<i>Lannea schimperi</i>
cheptapesyit	<i>Lannea edulis</i>

cheptuya	<i>Euclea divinorum</i>
chepuluswo	<i>Maerua decumbens</i>
chererayan	<i>Digera muricata</i>
cheretwo	<i>Commelina forskalaei</i>
cheriyan	<i>Digera muricata</i>
cherotwo	<i>Commelina forskalaei</i>
chesapulian	<i>Cucumis dipsaceus</i>
chesokisyon	<i>Leptadenia hastata</i>
chesuwancha	<i>Vigna sp.</i>
chesuwarian	<i>Vernonia cinerea</i>
chokow'o	<i>Salvadora persica</i>
chow	<i>Corchorus olitorius</i>
chuchween (plural)	<i>Dovyalis macroalyx</i>
chuchwenion	<i>Dovyalis macrocalyx</i>
chururkchir	<i>Erucastrum arabicum</i>
chuwugh	<i>Acacia seyal</i>
kamra	<i>Crotalaria brevidens</i>
kamra	<i>Crotalaria ochroleuca</i>
kaprimot	<i>Digera muricata</i>
karaturwa	<i>Dovyalis abyssinica</i>
karelnet	<i>Cleome gynandra</i>
karelnet	<i>Crotalaria ochroleuca</i>
katagh	<i>Commiphora africana</i>
kaworiongo	<i>Hydnora abyssinica</i>
kela (plural)	<i>Vatovaea pseudolablab</i>



kelion	<i>Acokanthera schimperi</i>
kelowo	<i>Vatovaea pseudolablab</i>
kelpomough	<i>Portulaca oleracea</i>
kelyomough	mushroom
ketporapis	<i>Coccinia grandis</i>
kinyat (plural)	<i>Ximenia americana</i>
kinyotwo	<i>Ximenia americana</i>
kiptanya	<i>Amaranthus thunbergii</i>
kiptarpotich	<i>Flueggea virosa</i>
komol (plural)	<i>Vangueria madagascariensis</i>
komolwo	<i>Vangueria infausta</i>
komolwo	<i>Vangueria madagascariensis</i>
kopko	<i>Acacia nilotica</i>
korosion	<i>Dobera glabra</i>
ksoiyo	<i>Solanum nigrum</i>
ksoyo	<i>Solanum nigrum</i>
kukugho	<i>Strychnos spinosa</i>
kuutitan (fruit)	<i>Cucumis dipsaceus</i>
lakatetwa	<i>Carissa edulis</i>
lamaiwa	<i>Syzygium guineense</i>
lamaiyua	<i>Syzygium guineense</i>
lokimeta	<i>Commiphora rostrata</i>
lokotetwo	<i>Carissa edulis</i>
lolutwo	<i>Lannea rivae</i>

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iomā (fruits)	<i>Balanites rotundifolia</i>
lomion	<i>Balanites pedicellaris</i>
lomion	<i>Balanites rotundifolia</i>
makow (plural)	<i>Grewia villosa</i>
mamachemelo	<i>Corchorus trilocularis</i>
mamapatontolwo	<i>Corchorus trilocularis</i>
matagh	<i>Eleusine coracana</i>
mataighio (singular)	<i>Eleusine coracana</i>
meley	<i>Urtica massaica</i>
merwo	<i>Garcinia livingstonei</i>
meworil	<i>Oxygonum sinuatum</i>
mintirilwo	<i>Dovyalis abyssinica</i>
mochonyon	<i>Lippia kituiensis</i>
moikut	<i>Cyperus blysmoides</i>
moino	<i>Lansea schweinfurthii</i>
mojonyon	<i>Lippia kituiensis</i>
mokoghio	<i>Grewia villosa</i>
mokong'wo	<i>Ficus sycomorus</i>
mokono	<i>Dactyloctenium aegyptium</i>
mokuwo	<i>Grewia villosa</i>
molkech	<i>Uvaria scheffleri</i>
molkotwo	<i>Canthium pseudosetiflorum</i>
monmonwo	<i>Rubus pinnatus</i>
monmoon (plural)	<i>Rubus pinnatus</i>
mosongh (plural)	<i>Sorghum bicolor</i>
mosongh	<i>Sorghum bicolor</i>

miosyoon	<i>Sorghum bicolor</i>
muchuk (plural)	<i>Berchemia discolor</i>
muchukwo	<i>Berchemia discolor</i>
muikisia	<i>Uvaria scheffleri</i>
ng'eng'echwo	<i>Landolphia buchananii</i>
ng'eng'eech (fruit)	<i>Landolphia buchananii</i>
nokow'o	<i>Ficus vallis-choudae</i>
oota	mushroom
ooten (plural)	mushroom
oroluo	<i>Sclerocarya birrea</i>
oron	<i>Tamarindus indica</i>
orongwo	<i>Asystasia mysorensis</i>
pchichen	<i>Coccinia grandis</i>
pchichin (fruit)	<i>Coccinia grandis</i>
portotion	<i>Commelina benghalensis</i>
portotoyon	<i>Commelina forskalaei</i>
priak (plural)	<i>Pappea capensis</i>
priokwo	<i>Pappea capensis</i>
ptanya	<i>Amaranthus dubius</i>
ptanya	<i>Amaranthus graecizans</i>
ptanya	<i>Amaranthus thunbergii</i>
puriokwo	<i>Pappea capensis</i>
pusyoon	<i>Mimusops kummel</i>
putoro	<i>Canthium lactescens</i>
rachan	<i>Basella alba</i>
rapa	<i>Ascia covell</i>

repa	<i>Acacia seyal</i>
reper (plural)	<i>Syzygium cordatum</i>
reperwo	<i>Syzygium cordatum</i>
ses	<i>Acacia tortilis</i>
sesoy (plural)	<i>Acacia tortilis</i>
sikukuu	<i>Amaranthus spinosus</i>
simayon	<i>Hoslundia opposita</i>
simaywa	<i>Hoslundia opposita</i>
simbai (plural)	<i>Hoslundia opposita</i>
simboywo	<i>Hoslundia opposita</i>
simotwo	<i>Ficus thonningii</i>
siria (plural)	<i>Rhus natalensis</i>
siryewo-kaptamu	<i>Rhus vulgaris</i>
siryowo	<i>Rhus natalensis</i>
sitet	<i>Grewia bicolor</i>
sitowonyon	<i>Acacia draepanlobium</i>
sonkoou (plural)	<i>Zanthoxylum chalybeum</i>
sonkouwo	<i>Zanthoxylum chalybeum</i>
sorich (plural)	<i>Boscia coriacea</i>
sorichon	<i>Boscia coriacea</i>
sunkululwo	<i>Boswellia neglecta</i>
suriyo	<i>Cleome gynandra</i>
takayua	<i>Hyphaene compressa</i>
tamrenwo	<i>Uvaria scheffleri</i>

tamuketwo      *Uvaria scheffleri*

tapa-murkutwo	<i>Lippia carviadora</i>
taparper	<i>Vangueria apiculata</i>
tapirpirwo	<i>Vangueria volkensii</i>
tapoyo	<i>Lannea triphylla</i>
taran (plural)	<i>Grewia tenax</i>
tarmuch	<i>Coccinia grandis</i>
tilam (plural)	<i>Ziziphus mauritiana</i>
tiling (plural)	<i>Meyna tetraphylla</i>
tiling'wo	<i>Meyna tetraphylla</i>
tilomwo	<i>Ziziphus mauritiana</i>
tinkas (plural)	<i>Flacourtia indica</i>
tinkoswo	<i>Flacourtia indica</i>
tirak (plural)	<i>Ziziphus abyssinica</i>
tirak (plural)	<i>Ziziphus mucronata</i>
tirkirwo	<i>Vitex doniana</i>
tirokwo	<i>Ziziphus abyssinica</i>
tirokwo	<i>Ziziphus mucronata</i>
tlomwo	<i>Ziziphus mauritiana</i>
tomekekwo	<i>Uvaria scheffleri</i>
toopererwo	<i>Cordia monoica</i>
tooperpirwo	<i>Vangueria apiculata</i>
toporewo	<i>Cordia monoica</i>
toprepirwo	<i>Vangueria apiculata</i>

toronwo	<i>Grewia tenax</i>
timelirin	<i>Portulaca oleracea</i>

tuunigim	<i>Balanites aegyptiaca</i>
tuyun (plural)	<i>Balanites aegyptiaca</i>
tuyunwo	<i>Balanites aegyptiaca</i>

### **Rendille**

abah (gum)	<i>Acacia senegal</i>
akhai (fruit)	<i>Salvadora persica</i>
arlilo (fruit)	<i>Grewia bicolor</i>
baar	<i>Hyphaene compressa</i>
bejelo	<i>Lannea alata</i>
bekeila-ki-dakhan	<i>Cleome gynandra</i>
bubunto	<i>Ficus sycomorus</i>
dabach	<i>Grewia bicolor</i>
dahar	<i>Acacia tortilis</i>
domook (fruit)	<i>Grewia tenax</i>
fulai	<i>Acacia seyal</i>
gab	<i>Ziziphus mauritiana</i>
gab	<i>Ziziphus mucronata</i>
galafu	<i>Lippia carviadora</i>
galdayan	<i>Commiphora rostrata</i>
gayer	<i>Cordia sinensis</i>
geiybekeila	<i>Cleome gynandra</i>
gengalat	<i>Solanum nigrum</i>
gey-gidhan	<i>Digera muricata</i>

gey-ri-ooona      *Hyphaene compressa*

giddan	<i>Digera muricata</i>
giddan-ki-dahn	<i>Digera muricata</i>
hadhaadh	<i>Acacia senegal</i>
halale	<i>Boswellia neglecta</i>
hanja (resin)	<i>Boswellia neglecta</i>
hayayi	<i>Salvadora persica</i>
henadi	<i>Vatovaea pseudolablab</i>
hinaadi	<i>Vatovaea pseudolablab</i>
ilbule (fruits)	<i>Balanites rotundifolia</i>
ilbule	<i>Balanites pedicellaris</i>
ilgiliti	<i>Acacia nilotica</i>
ilmasara	<i>Commiphora africana</i>
ilmo (fruit)	<i>Ficus sycomorus</i>
irigormosso	<i>Vangueria madagascariensis</i>
kahabale (fruit)	<i>Vatovaea pseudolablab</i>
kahabele (tuber)	<i>Vatovaea pseudolablab</i>
kalum	<i>Balanites pedicellaris</i>
koh	<i>Cordia crenata</i>
kulum	<i>Balanites rotundifolia</i>
lahuhuge	<i>Coccinia grandis</i>
lerokoa	<i>Commiphora africana</i>
lyoror	<i>Boscia coriacea</i>
madeer	<i>Cordia sinensis</i>
mulahanyo	<i>Grewia tenax</i>
niondoh	<i>Lannea triphvlla</i>

obhoob	<i>Grewia villosa</i>
qabdo (fruit)	<i>Acacia tortilis</i>
qoona (fruit)	<i>Hyphaene compressa</i>
yoror	<i>Boscia coriacea</i>

### **Sabaot**

bulgelwa	<i>Vitex doniana</i>
cheptuishak	<i>Euclea divinorum</i>
chuuandet	<i>Balanites aegyptiaca</i>
katagi	<i>Ziziphus mauritiana</i>
kotelalam	<i>Sclerocarya birrea</i>
letwa	<i>Scutia myrtina</i>
marungiyandet	<i>Annona senegalensis</i>
mucukwet	<i>Dioscorea minutiflora</i>
mundililwet	<i>Dovyalis abyssinica</i>
musapchet	<i>Dioscorea minutiflora</i>
mutoywo	<i>Ximenia americana</i>
njowaruwa	<i>Rhus vulgaris</i>
pulgelwet	<i>Vitex doniana</i>
sakiantet	<i>Cleome gynandra</i>
shierendet	<i>Euclea divinorum</i>
sirwa	<i>Rhus natalensis</i>
tungururu	<i>Flacourtia indica</i>
uluteywa	<i>Ximenia americana</i>
uswa	<i>Euclea divinorum</i>



wuswet

*Euclea divinorum***Samburu**

dalamboi

*Tylosema fassoglense*

dorgo

*Cordia sinensis*

dudhu

*Cucumis dipsaceus*

ilchinge

*Euclea divinorum*

ilerendei

*Ziziphus mauritiana*

ilmisingiyot

*Rhus natalensis*

irri

*Grewia tembensis*

irri

*Grewia tenax*

labai

*Hoslundia opposita*

labebegi

*Vigna membranacea*

laburaun

*Dactyloctenium aegyptium*

lagat

*Lablab purpureus*

lagrat-denai

*Grewia bicolor*

lairakai

*Syzygium cordatum*

lairakai

*Syzygium guineense*

lamai

*Adansonia digitata*

lamai

*Ximenia americana*

lamantume

*Cordia monoica*

lampurori

*Lannea triphylla*

lamulii

*Syzygium cordatum*

lamulii:

*Syzygium guineense*

iamuriei	<i>Carissa edulis</i>
lamuriei	<i>Carissa edulis</i>
lamuyaki	<i>Maerua decumbens</i>
laparaan	<i>Dactyloctenium aegyptium</i>
lapironit	<i>Bridelia taitensis</i>
lapurori	<i>Lannea schweinfurthii</i>
lapurori	<i>Lannea triphylla</i>
lasaitet	<i>Cleome gynandra</i>
lchinge	<i>Euclea divinorum</i>
ldelopiji	<i>Ipomoea oenotherae</i>
lderendei	<i>Ziziphus mauritiana</i>
lderendei	<i>Ziziphus mucronata</i>
lderkesi	<i>Acacia senegal</i>
ldooge	<i>Digera muricata</i>
lecholoo	<i>Boswellia neglecta</i>
lejoro	<i>Rhus vulgaris</i>
lekawai	<i>Phoenix reclinata</i>
lekulee	<i>Launaea cornuta</i>
lekuruu	<i>Solanum nigrum</i>
leminyani	<i>Lippia carviadora</i>
lemoldongu	<i>Basella alba</i>
lemudong'o	<i>Basella alba</i>
leperiei	<i>Syzygium cordatum</i>
leperiei	<i>Syzygium guineense</i>
leperia	<i>Corchorus tridens</i>

Ieperia	<i>Corchorus trilocularis</i>
Iera	<i>Acacia seyal</i>
Iera	<i>Acacia seyal</i>
Ieroongo	<i>Pappea capensis</i>
Ieturmet	<i>Meyna tetraphylla</i>
Igerdedi	<i>Acacia senegal</i>
Igueita	<i>Cordia sinensis</i>
Igumi	<i>Vangueria volkensii</i>
Igurong'ui	<i>Pappea capensis</i>
Igurugu	<i>Pappea capensis</i>
Igweita-orok	<i>Cordia sinensis</i>
Ikarayoi	<i>Grewia tenax</i>
Ikarraiyo	<i>Grewia bicolor</i>
Ikasiyoi	<i>Garcinia livingstonei</i>
Ikiloriti	<i>Acacia nilotica</i>
Ikinoi	<i>Lannea alata</i>
Ikirebuk	<i>Flueggea virosa</i>
Ikiremichoi	<i>Meyna tetraphylla</i>
Ikogomi	<i>Grewia tenax</i>
Ikormosiyoi	<i>Vangueria madagascariensis</i>
Ikoromos/yoi	<i>Vangueria infausta</i>
Ikoromosien	<i>Vangueria infausta</i>
Ikoromosien	<i>Vangueria madagascariensis</i>
Ikoromosyei	<i>Vangueria apiculata</i>
Ikoromosveoi	<i>Vangueria apiculata</i>

Ikuroti	<i>Cyperus blysmoides</i>
Ikutetei	<i>Landolphia buchananii</i>
Imaim	<i>Commiphora rostrata</i>
Imakutikuti	<i>Lippia carviadora</i>
Imanturre	<i>Cordia sinensis</i>
Imisigiyoi	<i>Rhus natalensis</i>
Imludai	<i>Vangueria volkensii</i>
Imomoi	<i>Solanum nigrum</i>
Imoroo	<i>Dovyalis abyssinica</i>
Inanyo	<i>Vatovaea pseudolablab</i>
Ing'aboli	<i>Ficus sycomorus</i>
Ing'arboli	<i>Pentarrhinum insipidum</i>
Ingongomi	<i>Grewia tenax</i>
loilalei	<i>Ziziphus mucronata</i>
loisiasi	<i>Ipomoea longituba</i>
loisugi	<i>Zanthoxylum chalybeum</i>
loisuki	<i>Zanthoxylum chalybeum</i>
loiswasi	<i>Ipomoea longituba</i>
lokiteng'	<i>Ipomoea oenotherae</i>
lokwai	<i>Balanites aegyptiaca</i>
loloroi	<i>Flacourtia indica</i>
lomunyanyi	<i>Lippia carviadora</i>
loisietchi	<i>Ipomoea longituba</i>
lopisedi	<i>Pappea capensis</i>
lonoseta	<i>Pannea canensis</i>

lorumcheria	<i>Digera muricata</i>
lparwai	<i>Hyphaene compressa</i>
lpopoi	<i>Grewia villosa</i>
lpupoi	<i>Grewia villosa</i>
ltaai	<i>Basella alba</i>
ltani	<i>Basella alba</i>
ltebebiti	<i>Vigna membranacea</i>
ltepes	<i>Acacia tortilis</i>
ltilimani	<i>Commiphora rostrata</i>
ltooj	<i>Manilkara mochisia</i>
luai	<i>Acacia drepanolobium</i>
luoi	<i>Acacia drepanolobium</i>
lyoret	<i>Garcinia livingstonei</i>
manok (gum)	<i>Acacia senegal</i>
mir	<i>Amaranthus dubius</i>
mir	<i>Amaranthus graecizans</i>
musigio	<i>Rhus natalensis</i>
nairepirepi	<i>Amaranthus spinosus</i>
naisichoi	<i>Rumex abyssinicus</i>
naiteteyyai	<i>Commelina africana</i>
naketeyai	<i>Commelina africana</i>
nanyoi	<i>Vatovaea pseudolablab</i>
nchipilikwa	<i>Strychnos henningsii</i>
nchunge	<i>Oxygonum sinuatum</i>
nchundee	<i>Portulaca quadrifida</i>

ndaaruma	<i>Dobera glabra</i>
ndukee	<i>Digera muricata</i>
ng'aisichoi	<i>Basella alba</i>
ngabitoo	<i>Vigna frutescens</i>
ngaiteteyai	<i>Commelina benghalensis</i>
ngururusi	<i>Vangueria volkensii</i>
ngumrusia	<i>Vangueria volkensii</i>
njasi	<i>Vatovaea pseudolablab</i>
njunge	<i>Erucastrum arabicum</i>
njunge	<i>Oxygonum sinuatum</i>
nkaisiruaruai	<i>Coccinia grandis</i>
nkaisiruaruai	<i>Coccinia trilobata</i>
nkujit-ae-nkeok	<i>Hyphaene compressa</i>
ntalanwen	<i>Dactyloctenium aegyptium</i>
nterere	<i>Amaranthus dubius</i>
nterere	<i>Amaranthus graecizans</i>
ntererei	<i>Amaranthus dubius</i>
ntererei	<i>Amaranthus graecizans</i>
ntujuu	<i>Cucumis dipsaceus</i>
nturmayeri	<i>Portulaca oleracea</i>
nyoni	<i>Amaranthus dubius</i>
nyoni	<i>Amaranthus graecizans</i>
nyoni	<i>Amaranthus sparganiocephalus</i>
reteti	<i>Ficus thonninaii</i>

rogei	<i>Tamarindus indica</i>
sabai	<i>Cleome gynandra</i>
sagaram (fruits)	<i>Acacia tortilis</i>
sakurdumii	<i>Kedrostis pseudogijef</i>
sananguri	<i>Scutia myrtina</i>
santaiti	<i>Berchemia discolor</i>
sarai	<i>Balanites pedicellaris</i>
sarai	<i>Balanites rotundifolia</i>
se'eki	<i>Cordia monoica</i>
sebit	<i>Landolphia buchananii</i>
seketeti	<i>Lantana trifolia</i>
senoni	<i>Lippia kituiensis</i>
serichoi	<i>Boscia coriacea</i>
serr-i	<i>Dobera glabra</i>
seteti	<i>Grewia bicolor</i>
shinghe	<i>Euclea divinorum</i>
silalei	<i>Boswellia neglecta</i>
silapani	<i>Cordia sinensis</i>
sinoni	<i>Lippia kituiensis</i>
sioloran	<i>Rhus vulgaris</i>
sokotei	<i>Salvadora persica</i>
sokotu	<i>Salvadora persica</i>

**Liangulu)**

adhe	<i>Salvadora persica</i>
amosi kunde	<i>Vigna unguiculata</i>
auwaki	<i>Hyphaene compressa</i>
badhane	<i>Balanites aegyptiaca</i>
badhesa	<i>Mimusops fruticosa</i>
bombo	<i>Vangueria infausta</i>
buchuma	<i>Lagenaria siceraria</i>
chamari*	<i>Ipomoea batatas</i>
chamarirobia	<i>Ipomoea aquatica</i>
dhoka	<i>Manilkara sansibarensis</i>
doka	<i>Manilkara sansibarensis</i>
gadhayu	<i>Zanthoxylum chalybeum</i>
gony'ora	<i>Phoenix reclinata</i>
gune (tuber)	<i>Nymphaea nouchali</i>
gurura	<i>Carissa edulis</i>
gurura	<i>Carissa tetramera</i>
handaraku	<i>Lannea schweinfurthii</i>
haroru	<i>Grewia bicolor</i>
haroru korma	<i>Grewia tenax</i>
hathocha	<i>Landolphia kirkii</i>
ho'orocho	<i>Cordia sinensis</i>
horocha	<i>Strychnos madagascariensis</i>
hudahuda	<i>Ximenia americana</i>
itkindu	<i>Phoenix reclinata</i>



kabanesa	<i>Landolphia petersiana</i>
kahu	<i>Commelina africana</i>
kahu	<i>Commelina africana</i>
kahu	<i>Commelina forskaolii</i>
kahu	<i>Commelina imberbis</i>
kanjakanja	<i>Salacia madagascariensis</i>
karakacha	<i>Diospyros consolatae</i>
kikosho	<i>Corchorus olitorius</i>
kikosho	<i>Corchorus tridens</i>
kikosho	<i>Corchorus trilocularis</i>
kimanjala	<i>Piliostigma thonningii</i>
kiswenya	<i>Amaranthus hybridus</i>
kiswenya-korati	<i>Amaranthus spinosus</i>
kone	<i>Hyphaene compressa</i>
kukube	<i>Salacia madagascariensis</i>
kumudhin	<i>Oxygonum salicifolium</i>
kumunye (edible)	<i>Lagenaria siceraria</i>
kunazi (fruits)	<i>Ziziphus mauritiana</i>
kuraga	<i>Manilkara sulcata</i>
kuraga	<i>Manilkara sulcata</i>
magadhoguyo	<i>Garcinia livingstonei</i>
dhembela	
manga	<i>Manihot esculenta</i>
mangula	<i>Strychnos madagascariensis</i>
manwala	<i>Strychnos spinosa</i>

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marafa	<i>Borassus aethiopum</i>
mbalazi (fruit)	<i>Cajanus cajan</i>
metsengwa	<i>Elaeis guineensis</i>
mkalakala	<i>Bridelia cathartica</i>
mkiboyea	<i>Flueggea virosa</i>
mkidonyathi	<i>Dovyalis abyssinica</i>
mkikili	<i>Citrullus lanatus</i>
mkikufathi	<i>Vitex ferruginea</i>
mkikufathi	<i>Vitex mombassae</i>
mkikufathi	<i>Vitex payos</i>
mkikufathi	<i>Vitex</i> spp.
mkukura	<i>Ziziphus mucronata</i>
mnavu	<i>Solanum nigrum</i>
mogodonya	<i>Flacourtia indica</i>
mpweke	<i>Diospyros squarrosa</i>
msinga	<i>Sorghum bicolor</i>
mthonokobada	<i>Annona senegalensis</i>
mtserere	<i>Hoslundia opposita</i>
mtsunga	<i>Launaea cornuta</i>
mukunazi	<i>Ziziphus mauritiana</i>
mushomoro	<i>Lantana camara</i>
muzungwe	<i>Moringa oleifera</i>
mwangani	<i>Cleome gynandra</i>
n'dufulukwa	<i>Vernonia cinerea</i>

nadhi	<i>Cocos nucifera</i>
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njugu	<i>Vigna subterranea</i>
odha	<i>Berchemia discolor</i>
odha	<i>Ficus sycomorus</i>
pea (leaves)	<i>Manihot esculenta</i>
pupu	<i>Lablab purpureus</i>
roka	<i>Tamarindus indica</i>
shilole dal thu	<i>Uvaria acuminata</i>
shilole korima	<i>Uvaria scheffleri</i>
shiyole	<i>Uvaria acuminata</i>
shoshobli	<i>Dialium orientale</i>
shoshole	<i>Dialium orientale</i>
shusholwe	<i>Dialium orientale</i>
sisino	<i>Sesamum orientale</i>
thalakushe	<i>Asystasia gangetica</i>
walidhenya	<i>Thylachium thomasii</i>
wario	<i>Aerva lanata</i>
wimbi	<i>Eleusine coracana</i>
yaka	<i>Adansonia digitata</i>

## Somali

Note: the letter c may be pronounced as *ah* or may be silent, only giving the next word a deeper sound.

abar mog	<i>Maerua decumbens</i>
aba	<i>Acacia tortilis</i>

abqo (pods)	<i>Acacia tortilis</i>
adad	<i>Acacia senegal</i>
adad ak	<i>Pappea capensis</i>
adad-geri	<i>Acacia senegal</i> var. <i>senegal</i> .
adadak	<i>Pappea capensis</i>
adde	<i>Salvadora persica</i>
ade	<i>Salvadora persica</i>
adhei	<i>Salvadora persica</i>
adishawel	<i>Carissa edulis</i>
alol	<i>Phoenix reclinata</i>
anri	<i>Lannea triphylla</i>
asel	<i>Pappea capensis</i>
ausdenan	<i>Dactyloctenium giganteum</i>
baamiya	<i>Azanza garckeana</i>
baar	<i>Hyphaene compressa</i>
baaror	<i>Lannea triphylla</i>
balambal	<i>Ipomoea oenotherae</i>
balanbal	<i>Ipomoea aquatica</i>
bar	<i>Commelina</i> spp.
bar	<i>Hyphaene coriacea</i>
baradurua	edible fungi
barambar	<i>Coccinia grandis</i>
barda	<i>Ficus sycomorus</i>
bardafa	<i>Borassus aethiopicum</i>

bassac	<i>Tylosema fassoglense</i>
berde	<i>Ficus sycomorus</i>
berde	<i>Ficus sur</i>
bire berfo	<i>Ipomoea mombassana</i>
bocore	<i>Nymphaea nouchali</i>
bukural	<i>Kigelia pinnata (K. africana)</i>
bun	<i>Coffea arabica</i>
cismaan	<i>Uvaria acuminata</i>
daargo sagar	<i>Amaranthus hybridus</i>
daargo-warabe	<i>Amaranthus hybridus</i>
dabaunun	<i>Commiphora africana</i>
dabell (young)	<i>Hyphaene compressa</i>
dainjo	<i>Commiphora rostrata</i>
damiek	<i>Grewia tenax</i>
dan-farur	<i>Grewia tenax</i>
danusagar	<i>Commiphora rostrata</i>
daresa	<i>Garcinia livingstonei</i>
dargu	<i>Amaranthus graecizans</i>
debhi	<i>Grewia bicolor</i>
deen	<i>Berchemia discolor</i>
deen	<i>Lannea schweinfurthii</i>
degeiyar	<i>Boscia coriacea</i>
degeiyar	<i>Boscia coriacea</i>
deka	<i>Grewia tenax</i>
demen	<i>Grewia temhensis</i>

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gumey	<i>Grewia tembensis</i>
dhangalow	<i>Saba comorensis</i>
dhayedhabe	<i>Lippia carviadora</i>
dheen-den ro'o	<i>Berchemia discolor</i>
dingah	<i>Hydnora abyssinica</i>
dongola	<i>Saba comorensis</i>
dowee	<i>Grewia bicolor</i>
dumeg	<i>Grewia tembensis</i>
dumod	<i>Lantana camara</i>
edaad	<i>Acacia senegal</i>
edad	<i>Acacia senegal</i>
ensili	<i>Dactyloctenium aegyptium</i>
fod cadde	<i>Aerva lanata</i>
frim	<i>Dialium orientale</i>
fulaay-boor	<i>Acacia drepanolobium</i>
fulai	<i>Acacia seyal</i>
fulaii	<i>Acacia seyal var. fistula</i>
fullai	<i>Acacia seyal</i>
garas	<i>Dobera glabra</i>
garso (plural)	<i>Dobera glabra</i>
ged hamu	<i>Lippia carviadora</i>
geed xamar	<i>Lantana viburnoides</i>
ghalangal	<i>Boscia coriacea</i>
ghalanghal	<i>Boscia coriacea</i>
gidami	<i>Sorghum bicolor</i>
nisren	<i>Alhizia amara</i>

gipcep	<i>Ziziphus mauritiana</i>
gob	<i>Ziziphus mauritiana</i>
gohosa	<i>Cyperus blysmoides</i>
gooso	<i>Cyperus blysmoides</i>
gora	<i>Xanthoxylum chalybeum</i>
gud	<i>Cordeauxia edulis</i>
guduud	<i>Keetia zanzibarica</i>
guider	<i>Acacia nilotica</i>
gup	<i>Ziziphus mauritiana</i>
hadesa	<i>Strychnos henningsii</i>
hamar	<i>Tamarindus indica</i>
hammes-sagara	<i>Commiphora africana</i>
hamur geb	<i>Ziziphus mucronata</i>
hamur-gob	<i>Ziziphus mauritiana</i>
hashanli	<i>Grewia tembensis</i>
hashileh	<i>Grewia tenax</i>
hayab	<i>Pentarrhinum insipidum</i>
hidow	<i>Dactyloctenium aegyptium</i>
hidowensili	<i>Dactyloctenium aegyptium</i>
hungureri	<i>Cucumis dipsaceus</i>
hungureri damer	<i>Cucumis dipsaceus</i>
infidi	<i>Brassica carinata</i>
jaad	<i>Catha edulis</i>
jag	<i>Adansonia digitata</i>
jano	<i>Commiphora rostrata</i>
iano saqarr	<i>Commiphora rostrata</i>

jarba	<i>Dactyloctenium aegyptium</i>
jenau	<i>Commiphora rostrata</i>
jeu-gurreh	<i>Cleome gynandra</i>
kalejeje	<i>Ficus thonningii</i>
kamasha	<i>Grewia tenax</i>
kamudhe	<i>Lannea alata</i>
kobish	<i>Grewia villosa</i>
kolati	<i>Mimusops fruticosa</i>
kolati	<i>Diospyros mespiliformis</i>
kor'guba	<i>Berchemia discolor</i>
korati	<i>Diospyros mespiliformis</i>
kula	<i>Lagenaria siceraria</i>
kullan	<i>Balanites aegyptiaca</i>
kullan	<i>Balanites rotundifolia</i>
kumudhe	<i>Lannea alata</i>
laka	<i>Hydnora abyssinica</i>
like	<i>Hydnora abyssinica</i>
maderie	<i>Salacia madagascariensis</i>
magafur	<i>Boswellia neglecta</i>
magafur	<i>Boswellia rivae</i>
malmalei	<i>Hoslundia opposita</i>
marah	<i>Acacia nilotica</i>
marai	<i>Acacia nilotica</i>
mareer	<i>Cordia sinensis</i>



mareer-booy	<i>Uvaria scheffleri</i>
marer	<i>Cordia sinensis</i>
marer-girgir	<i>Cordia monoica</i>
marer-koh	<i>Cordia crenata</i>
marergoh	<i>Cordia monoica</i>
marfi	<i>Vitex ferruginea</i>
mawa	<i>Moringa stenopetala</i>
maydho	<i>Phoenix reclinata</i>
mirafur	<i>Boswellia neglecta</i>
moroh	<i>Leptadenia hastata</i>
mugli	<i>Boswellia microphylla</i>
mukerafo	<i>Rorippa nasturtium-aquaticum</i>
murcud	<i>Ximenia americana</i>
murie	<i>Grewia tenax</i>
murie-bonati	<i>Grewia tembensis</i>
muryo	<i>Grewia tenax</i>
nasi	<i>Cocos nucifera</i>
natana	<i>Canthium pseudosetiflorum</i>
ohia	<i>Thylachium thomasii</i>
ohia-sagara	<i>Maerua decumbens</i>
ohob	<i>Grewia villosa</i>
parampar	<i>Coccinia grandis</i>
qat	<i>Catha edulis</i>
qoona (fruit)	<i>Hyphaene compressa</i>
aoone	<i>Hyphaene coriacea</i>

qumbe	<i>Cocos nucifera</i>
qup	<i>Ziziphus mauritiana</i>
quraa	<i>Acacia tortilis</i>
qurac	<i>Acacia tortilis</i>
qurah	<i>Acacia tortilis</i>
rahkai	<i>Tamarindus indica</i>
rasso	<i>Amaranthus sparganiocephalus</i>
reehan	<i>Ocimum gratissimum</i>
reexam	<i>Lippia carviadora</i>
roqe	<i>Tamarindus indica</i>
saar saar	<i>Ipomoea plebeia</i>
salalmac	<i>Sesamum orientale</i>
timir	<i>Phoenix dactylifera</i>
timir	<i>Phoenix dactylifera</i>
timir-duur	<i>Canthium glaucum</i>
tuger	<i>Acacia nilotica</i>
tuwer	<i>Acacia nilotica</i>
waanri	<i>Lannea triphylla</i>
waradhe	<i>Manilkara mochisia</i>
waradhei	<i>Manilkara mochisia</i>
yaaq	<i>Adansonia digitata</i>
yaq	<i>Adansonia digitata</i>
yeheb	<i>Cordeauxia edulis</i>
yhip	<i>Cordeauxia edulis</i>
vuumaruk	<i>Oxygonium sinuatum</i>

**Swahili**

bamba	<i>Oxygonum salicifolium</i>
bungo (fruit)	<i>Saba comorensis</i>
fiwi (fruit)	<i>Lablab purpureus</i>
fuchwe	<i>Asystasia gangetica</i>
jaja	<i>Commelina forskalaei</i>
kala	<i>Corchorus olitorius</i>
kanzira-sukuma	<i>Brassica carinata</i>
karacha	<i>Antidesma venosum</i>
kiazi kikuu	<i>Dioscorea dumetorum</i>
kiazi kikuu	<i>Dioscorea minutiflora</i>
kifuka	<i>Vernonia cinerea</i>
kikunde warimu	<i>Vigna membranacea</i>
kikwa	<i>Dioscorea dumetorum</i>
kikwakwa	<i>Strychnos madagascariensis</i>
kikwakwa	<i>Strychnos spinosa</i>
kikwata	<i>Acacia senegal</i>
kilungwana	<i>Landolphia kirkii</i>
kimbugimbugi	<i>Dactyloctenium aegyptium</i>
kimbugimbugi	<i>Dactyloctenium giganteum</i>
kindiri	<i>Oxygonum salicifolium</i>
kinongo	<i>Aerva lanata</i>

~~kanawa~~ *Commelina africana*

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kongwe	<i>Commelina torosa</i>
kongwe	<i>Commelina imberbis</i>
korie	<i>Strychnos madagascariensis</i>
kunde	<i>Vigna unguiculata</i>
mafa (leaves)	<i>Solanum macrocarpon</i>
makoma	<i>Hyphaene coriacea</i>
makombe	<i>Tamarindus indica</i>
mariga	<i>Dioscorea dumetorum</i>
maringa	<i>Dioscorea dumetorum</i>
matango	<i>Cucurbita maxima</i>
matoje (fruit)	<i>Rubus pinnatus</i>
mawele (plural)	<i>Pennisetum glaucum</i>
mbaazi	<i>Cajanus cajan</i>
mbalibali	<i>Acacia drepanolobium</i>
mbokwe	<i>Annona senegalensis</i>
mbua nono	<i>Antidesma venosum</i>
mbua ya nuno	<i>Antidesma venosum</i>
mbunga	<i>Landolphia kirkii</i>
mbungo	<i>Saba comorensis</i>
mbuyu	<i>Adansonia digitata</i>
mbwanga	<i>Vitex mombassae</i>
mchambigi	<i>Manilkara sulcata</i>
mchapa	<i>Borassus aethiopum</i>
mchedi	<i>Manilkara sulcata</i>
mcheqi	<i>Manilkara sansibarensis</i>

mcheje mume	<i>Maniikara sulcata</i>
mchekeche	<i>Piliostigma thonningii</i>
mchicha	<i>Amaranthus dubius</i>
mchicha	<i>Amaranthus graecizans</i>
mchicha	<i>Amaranthus hybridus</i>
mchicha mwitu	<i>Amaranthus graecizans</i>
mchikichi	<i>Elaeis guineensis</i>
mchikichi	<i>Piliostigma thonningii</i>
mchongoma	<i>Flacourtia indica</i>
mchungu	<i>Sonchus schweinfurthii</i>
mchunju	<i>Balanites aegyptiaca</i>
mdaha mwitu	<i>Hoslundia opposita</i>
mfiji	<i>Lablab purpureus</i>
mfudu	<i>Vitex doniana</i>
mfudu	<i>Vitex ferruginea</i>
mfudu	<i>Vitex mombassae</i>
mfudu	<i>Vitex payos</i>
mfukufuku	<i>Grewia bicolor</i>
mfundumaji	<i>Vitex mombassae</i>
mfuta mwitu	<i>Sesamum calycinum</i>
mfuta	<i>Sesamum orientale</i>
mganda	<i>Uvaria scheffleri</i>
mganda-simba	<i>Uvaria acuminata</i>
mgege	<i>Vitex mombassae</i>
mairiti	<i>Diospyros mespiliformis</i>

mgovigovi	<i>Flacourtia indica</i>
mgunga	<i>Acacia nilotica</i>
mgunga	<i>Acacia nilotica</i>
mgunga	<i>Acacia senegal</i>
mgunga	<i>Acacia tortilis</i>
mguvi	<i>Manilkara sansibarensis</i>
mgweni	<i>Uvaria acuminata</i>
mikoche	<i>Grewia bicolor</i>
miwele (plural)	<i>Pennisetum glaucum</i>
mjafari	<i>Zanthoxylum chalybeum</i>
mjenga	<i>Elaeis guineensis</i>
mjuari	<i>Syzygium cordatum</i>
mjungu	<i>Acacia nilotica</i>
mjunju	<i>Balanites aegyptiaca</i>
mkabili	<i>Cleome gynandra</i>
mkadi	<i>Diospyros mespiliformis</i>
mkandi	<i>Dactyloctenium giganteum</i>
mkarakara	<i>Bridelia cathartica</i>
mkarati	<i>Bridelia cathartica</i>
mkindu	<i>Phoenix reclinata</i>
mkingiri	<i>Flacourtia indica</i>
mkoche	<i>Hyphaene compressa</i>
mkoma	<i>Hyphaene compressa</i>
mkoma	<i>Hyphaene coriacea</i>
mkone	<i>Grewia bicolor</i>

mkono chuma	<i>Rhus natalensis</i>
mkonochuma	<i>Rhus vulgaris</i>
mkororo	<i>Commiphora africana</i>
mkulu	<i>Berchemia discolor</i>
mkuna chuma	<i>Rhus natalensis</i>
mkunazi	<i>Ziziphus mauritiana</i>
mkunazi	<i>Ziziphus mucronata</i>
mkunguma	<i>Sorindeia madagascariensis</i>
mkuyu	<i>Ficus sycomorus</i>
mkwaju	<i>Tamarindus indica</i>
mkwamba	<i>Flueggea virosa</i>
mlala	<i>Hyphaene compressa</i>
mlala	<i>Hyphaene coriacea</i>
mlama-mwitu	<i>Rhus vulgaris</i>
mlandege	<i>Ficus thonningii</i>
mlanyuni	<i>Hoslundia opposita</i>
mlenda	<i>Corchorus olitorius</i>
mlenda	<i>Corchorus tridens</i>
mlenda	<i>Corchorus trilocularis</i>
mlishangwe	<i>Rhus vulgaris</i>
mnafisi	<i>Boscia coriacea</i>
mnafu	<i>Solanum nigrum</i>
mnago	<i>Manilkara mochisia</i>
mnavu	<i>Solanum nigrum</i>
mna'ambo kone	<i>Mimusops fruticosa</i>

mng'ongo	<i>Sclerocarya birrea</i>
mngombe	<i>Diospyros mespiliformis</i>
mnguvi	<i>Mimusops fruticosa</i>
mnyaa	<i>Hyphaene compressa</i>
mnyambo	<i>Hydnora abyssinica</i>
mnyambo	<i>Hydnora africana</i>
mnyumbu	<i>Lannea schweinfurthii</i>
mongo	<i>Sclerocarya birrea</i>
moyo	<i>Landolphia kirkii</i>
mpekechu	<i>Dialium orientale</i>
mpekechu	<i>Garcinia livingstonei</i>
mpeketo	<i>Garcinia livingstonei</i>
mpepeta	<i>Dialium holtzii</i>
mpepeta	<i>Dialium orientale</i>
mpingi	<i>Ximenia americana</i>
mpira	<i>Landolphia kirkii</i>
mpira	<i>Saba comorensis</i>
mporopojo	<i>Keetia zanzibarica</i>
mpweke	<i>Diospyros mespiliformis</i>
mpweke	<i>Diospyros squarrosa</i>
mpyo	<i>Landolphia kirkii</i>
mrinja-kondo	<i>Rhus vulgaris</i>
mrongo	<i>Moringa stenopetala</i>
msambarau	<i>Syzvaaium cordatum</i>



msasa	<i>Cordia monoica</i>
msasuzi	<i>Antidesma venosum</i>
msega	<i>Dobera glabra</i>
msega	<i>Dobera loranthifolia</i>
msegese	<i>Piliostigma thonningii</i>
mshomoro	<i>Lantana camara</i>
mshonjie	<i>Manilkara sansibarensis</i>
msindi	<i>Diospyros mespiliformis</i>
msisi	<i>Tamarindus indica</i>
msunguti	<i>Acokanthera oppositifolia</i>
mswaki	<i>Dobera glabra</i>
mswaki	<i>Dobera loranthifolia</i>
mswaki	<i>Salvadora persica</i>
mtalawanda	<i>Manilkara mochisia</i>
mtama	<i>Sorghum bicolor</i>
mtandambo	<i>Carissa edulis</i>
mtandambo	<i>Carissa tetramera</i>
mtapa	<i>Borassus aethiopum</i>
mteja	<i>Flueggea virosa</i>
mtengeji	<i>Canthium glaucum</i>
mteremtere	<i>Hoslundia opposita</i>
mtetewe	<i>Acacia nilotica</i>
mteweji	<i>Manilkara sulcata</i>
mtikini	<i>Asystasia gangetica</i>
mtikiti	<i>Citrullus lanatus</i>

mtindapo	<i>Keetia gueinzii</i>
mtindapo	<i>Keetia zanzibarica</i>
mtishangwe	<i>Rhus natalensis</i>
mtoje	<i>Rubus pinnatus</i>
mtokuu	<i>Annona senegalensis</i>
mtomoko mwitu	<i>Annona senegalensis</i>
mtonga	<i>Salvadora persica</i>
mtonga	<i>Strychnos madagascariensis</i>
mtope tope	<i>Annona senegalensis</i>
mtotozi	<i>Garcinia livingstonei</i>
mtundakula	<i>Ximenia americana</i>
mtundukula	<i>Ximenia americana</i>
mtunguma	<i>Sorindeia madagascariensis</i>
muaa	<i>Hyphaene compressa</i>
muizu wa kirisa	<i>Thylachium thomasii</i>
mukhalita	<i>Ziziphus mauritiana</i>
mukorobosho	<i>Grewia villosa</i>
mulambulo	<i>Hoslundia opposita</i>
mulenda	<i>Corchorus olitorius</i>
mungango	<i>Sclerocarya birrea</i>
muuyu	<i>Adansonia digitata</i>
muwatata	<i>Azanza garckeana</i>
mvepe	<i>Lantana trifolia</i>
mviru	<i>Vanaueria infausta</i>

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mviru *vangueria madagascariensis*

mvumba *Vitex mombassae*

mvumo *Borassus aethiopum*

mvunja kondo *Rhus natalensis*

mwaacha *Uvaria acuminata*

mwangani *Cleome gynandra*

mwele *Pennisetum glaucum*

mwimbi *Eleusine coracana*

myungiyungi *Nymphaea nouchali*

mziwaziwa *Antidesma venosum*

mzuari *Syzygium cordatum*

mzuari *Syzygium guineense*

mzunze *Moringa stenopetala*

ndapo *Keetia zanzibarica*

ndiga *Dioscorea dumetorum*

nduwe *Azanza garckeana*

njugu mawe *Vigna subterranea*

simsim *Sesamum indicum*

sope tope *Annona senegalensis*

ubani *Boswellia neglecta*

ufuta *Sesamum indicum*

ulimbo *Landolphia kirkii*

uvuta *Sesamum indicum*

uwele *Pennisetum glaucum*

uvoaa edible funai

viazi tamu	<i>Ipomoea batatas</i>
viazi-vikuu (.plural)	<i>Dioscorea bulbifera</i>
vigongo	<i>Dioscorea dumetorum</i>
wimbi	<i>Eleusine coracana</i>

**Taita**

bule	<i>Rumex usambarensis</i>
chanya	<i>Amaranthus hybridus</i>
imbo (fruit)	<i>Salacia erecta</i>
kangalige	<i>Maerua decumbens</i>
kichanya	<i>Amaranthus dubius</i>
kichanya	<i>Amaranthus graecizans</i>
kigangachi	<i>Phoenix reclinata</i>
kimbungu	<i>Rhus longipes</i>
kirimba	<i>Carissa edulis</i>
kisambara	<i>Dactyloctenium giganteum</i>
kiwowa	<i>Balanites aegyptiaca</i>
kizanya	<i>Amaranthus dubius</i>
kizanya	<i>Amaranthus graecizans</i>
m'mbuku	<i>Euclea divinorum</i>
mako	<i>Dioscorea dumetorum</i>
makongo	<i>Oxygonum salicifolium</i>
mameru (plural)	<i>Saba comorensis</i>
maratua	<i>Rubus pinnatus</i>

mbaiu	<i>Digera muricata</i>
mboghombogho	<i>Vangueria infausta</i>
mbuche	<i>Dovyalis abyssinica</i>
mdolondolo	<i>Acokanthera oppositifolia</i>
meru	<i>Saba comorensis</i>
mhale	<i>Digera muricata</i>
mkongo	<i>Syzygium guineense</i>
mkunguruli	<i>Sorindeia madagascariensis</i>
mjarnba	<i>Adansonia digitata</i>
mmara	<i>Grewia bicolor</i>
mmbogha	<i>Grewia tembensis</i>
mmeru-sukari	<i>Landolphia kirkii</i>
mndendele	<i>Pappea capensis</i>
mnyinya	<i>Launaea cornuta</i>
mshashote	<i>Grewia villosa</i>
msheshere	<i>Rumex usambarensis</i>
mshoshoti	<i>Grewia villosa</i>
msungusungu	<i>Acokanthera oppositifolia</i>
mtandambo	<i>Carissa edulis</i>
mtandambo	<i>Carissa tetramera</i>
mtundukula	<i>Ximenia americana</i>
mtungu	<i>Boswellia neglecta</i>
mtunguru	<i>Thylachium thomasii</i>
muimbo	<i>Salacia erecta</i>
muku	<i>Ficus svcomorus</i>

mumeru	<i>Saba comorensis</i>
mung'anga	<i>Garcinia livingstonei</i>
munyanga	<i>Garcinia livingstonei</i>
mushiga	<i>Lannea alata</i>
musu	<i>Syzygium cordatum</i>
musu	<i>Syzygium guineense</i>
mvudi	<i>Lantana camara</i>
mvudi	<i>Lippia kituiensis</i>
mvumu	<i>Ficus thonningii</i>
mvunde	<i>Hoslundia opposita</i>
mwakiserere	<i>Rumex usambarensis</i>
mwemberi	<i>Lantana camara</i>
mwemberi	<i>Lantana trifolia</i>
mzwana	<i>Berchemia discolor</i>
ndaendae	<i>Rubus pinnatus</i>
ndaindai	<i>Rubus apetalus</i>
ndaindai	<i>Rubus pinnatus</i>
ndandai	<i>Rubus pinnatus</i>
ndandangoma	<i>Carissa edulis</i>
ndelema	<i>Basella alba</i>
ndendele (fruit)	<i>Pappea capensis</i>
ndimu	<i>Saba comorensis</i>
ndunda	<i>Solanum nigrum</i>
ndundukula (fruit)	<i>Ximenia americana</i>
ngariso	<i>Lannea alata</i>

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ngomba	<i>Erucastrum arabicum</i>
seria	<i>Rhus vulgaris</i>
shighiri	<i>Acacia nilotica</i>
tagashiko	<i>Ximenia americana</i>
vikunguu	<i>Rhus vulgaris</i>
voga	edible fungi

### **Taveta**

irara	<i>Hyphaene compressa</i>
ivungu	<i>Saba comorensis</i>
mase	<i>Syzygium guineense</i>
mdaria	<i>Vangueria madagascariensis</i>
mdaria	<i>Vangueria volkensis</i>
mhongana	<i>Phoenix reclinata</i>
mposi	<i>Elaeis guineensis</i>
mugongolo	<i>Diospyros mespiliformis</i>
mundaraha	<i>Sorindeia madagascariensis</i>
mwemba	<i>Grewia tembensis</i>

### **Teso**

abatot	<i>Dioscorea bulbifera</i>
akima	<i>Eleusine coracana</i>
aogot	<i>Dioscorea minutiflora</i>
atenum	<i>Garcinia livingstonei</i>
atiao	<i>Corchorus trilocularis</i>

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eborborei	<i>Ficus sycomorus</i>
ebubu	<i>Rhus natalensis</i>
ebwolo	<i>Annona senegalensis</i>
ecadoi	<i>Cleome gynandra</i>
echomai	<i>Balanites aegyptiaca</i>
edukudukut	<i>Borassus aethiopum</i>
edukut	<i>Borassus aethiopum</i>
eduro	<i>Ficus natalensis</i>
eduro	<i>Ficus sycomorus</i>
ejikai	<i>Sclerocarya birrea</i>
ekajikai	<i>Sclerocarya birrea</i>
ekapelimen	<i>Acacia nilotica</i>
ekarukei	<i>Vitex doniana</i>
ekarukei	<i>Vitex doniana</i>
ekisim	<i>Acacia hockii</i>
ekodokodoi	<i>Acacia senegal</i>
ekodokodoi	<i>Ziziphus abyssinica</i>
ekoramai	<i>Acacia seyal</i>
ekoropot	<i>Commelina benghalensis</i>
ekum	<i>Diospyros mespiliformis</i>
ekunoit	<i>Acacia senegal</i>
ekwalakwa	<i>Garcinia livingstonei</i>
ekwalakwalat	<i>Strychnos spinosa</i>
ekwatet	<i>Rhus vulaaris</i>



ekwayu	<i>Rhus vulgaris</i>
elakas	<i>Flueggea virosa</i>
elamai	<i>Ximenia americana</i>
emairungi	<i>Catha edulis</i>
emaniman	<i>Coccinia grandis</i>
emuriei	<i>Carissa edulis</i>
emus	<i>Euclea divinorum</i>
emusogot	<i>Phoenix reclinata</i>
epapai	<i>Piliostigma thonningii</i>
epeduru	<i>Tamarindus indica</i>
epena	<i>Cajanus cajan</i>
epwatet	<i>Rhus vulgaris</i>
esidiba	<i>Asystasia mysorensis</i>
esilang'	<i>Ziziphus abyssinica</i>
esilang'	<i>Ziziphus mauritiana</i>
eturukukut	<i>Strychnos spinosa</i>
eusuk	<i>Zanthoxylum chalybeum</i>
ewaya	<i>Rhus natalensis</i>
ewayo	<i>Rhus natalensis</i>
ewelo	<i>Vitex doniana</i>
eyelel	<i>Acacia drepanolobium</i>
ikanyum	<i>Sesamum indicum</i>
imomwa	<i>Sorghum bicolor</i>
olimu	<i>Ximenia americana</i>

**Tharaka**

ikuru (plural)	<i>Lagenaria siceraria</i>
ituma*	<i>Colocasia esculenta</i>
marenge*	<i>Cucurbita maxima</i>
mathoroko	<i>Vigna unguiculata</i>
mikwaji*	<i>Manihot esculenta</i>
mituungu	<i>Lannea alata</i>
muboobua	<i>Balanites aegyptiaca</i>
mubuu	<i>Grewia villosa</i>
muguna-kirindi	<i>Adansonia digitata</i>
muguunda	<i>Moringa stenopetala</i>
mukenia	<i>Lantana trifolia</i>
mukiindu	<i>Phoenix reclinata</i>
mukonde	<i>Euclea divinorum</i>
mukurungu	<i>Meyna tetraphylla</i>
mukururu	<i>Flueggea virosa</i>
mukuura	<i>Piliostigma thonningii</i>
munatha	<i>Maerua decumbens</i>
mungaritha	<i>Dobera glabra</i>
munya	<i>Sorghum bicolor</i>
muraagwa	<i>Grewia bicolor</i>
muramba	<i>Adansonia digitata</i>
murawa	<i>Grewia bicolor</i>
muroroma	<i>Ximenia americana</i>

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muruguyu	<i>Hyphaene compressa</i>
muthithi	<i>Tamarindus indica</i>
muthiuthiu	<i>Boscia coriacea</i>
muthuchi	<i>Lannea schweinfurthii</i>
muthugagu	<i>Cordia monoica</i>
muthunka	<i>Launaea cornuta</i>
muthuthuura	<i>Garcinia livingstonei</i>
muthwana	<i>Berchemia discolor</i>
mutugangu	<i>Cordia monoica</i>
mutunkuuri	<i>Commiphora rostrata</i>
muungu	<i>Lagenaria siceraria</i>
muyee	<i>Bridelia cathartica</i>
muyee	<i>Bridelia taitensis</i>
mwemba	<i>Acacia nilotica</i>
mwere	<i>Pennisetum glaucum</i>
ngurungu (fruit)	<i>Meyna tetraphylla</i>
ngwaci*	<i>Ipomoea batatas</i>
njavi	<i>Lablab purpureus</i>
njugu	<i>Cajanus cajan</i>
nthoroko	<i>Vigna unguiculata</i>
rwoga	<i>Amaranthus graecizans</i>
terere	<i>Amaranthus dubius</i>
ugimbi	<i>Eleusine coracana</i>

## Tuoen

adomewa	<i>Cordia sinensis</i>
adumewa	<i>Cordia sinensis</i>
barsute	<i>Salvadora persica</i>
biriokwo	<i>Pappea capensis</i>
chebiwa	<i>Acacia nilotica</i>
chebiwo	<i>Acacia nilotica</i>
edoma (leaves)	<i>Cordia sinensis</i>
kimolik	<i>Vangueria infausta</i>
kisakiat	<i>Cleome gynandra</i>
kisuchon	<i>Solanum nigrum</i>
kisuchot	<i>Solanum nigrum</i>
kokian	<i>Zanthoxylum chalybeum</i>
kokiin (plural)	<i>Zanthoxylum chalybeum</i>
komolik	<i>Vangueria madagascariensis</i>
lamaek (fruit)	<i>Syzygium guineense</i>
legetetwa	<i>Carissa edulis</i>
lobbitiet	<i>Commelina benghalensis</i>
lokoek (fruit)	<i>Ficus sycomorus</i>
lokoitwo	<i>Ficus sycomorus</i>
lokoowo	<i>Ficus sycomorus</i>
lomoowo	<i>Syzygium guineense</i>
lubchan	<i>Basella alba</i>
mokilokwa	<i>Keetia gueinzii</i>
mokuiwo	<i>Grewia villosa</i>

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momonwo	<i>Rubus pinnatus</i>
mowonwo	<i>Rubus pinnatus</i>
muchukwa	<i>Berchemia discolor</i>
myengwo	<i>Ximenia americana</i>
narogeki	<i>Nymphaea nouchali</i>
ngonswo	<i>Balanites aegyptiaca</i>
ngoswa	<i>Balanites aegyptiaca</i>
ninoiwa	<i>Ziziphus mucronata</i>
noswo	<i>Manilkara mochisia</i>
ntereryan	<i>Corchorus olitorius</i>
sekechewo	<i>Lantana trifolia</i>
sesya	<i>Acacia tortilis</i>
siesiet	<i>Acacia tortilis</i>
sirkwa	<i>Boscia coriacea</i>
siwon	<i>Urtica massaica</i>
sogotaiwa	<i>Salvadora persica</i>
talatany (fruit)	<i>Flacourtia indica</i>
tapuya	<i>Lannea triphylla</i>
taran	<i>Grewia tenax</i>
taronwet	<i>Grewia tenax</i>
tilattil	<i>Acacia hockii</i>
tilingwo	<i>Meyna tetraphylla</i>
tilinyek (fruit)	<i>Meyna tetraphylla</i>
tilomwo	<i>Ziziphus mauritiana</i>
tindaoswo	<i>Elacourtia indica...</i> ..

tirikikwa	<i>Balanites rotundifolia</i>
tololokwo	<i>Sclerocarya birrea</i>
tungururwo	<i>Flacourtia indica</i>

## Turkana

Note: in Turkana, *-ch* is normally written *-c*, thus *elamach* will normally be written *elamac*.

aдея	<i>Amaranthus graecizans</i>
akademait	<i>Cyperus blysmoides</i>
akeju-apoo	<i>Ipomoea plebeia</i>
akio	<i>Cleome gynandra</i>
amunyet	<i>Citrullus lanatus</i>
arekoi	<i>Coccinia grandis</i>
ataa-kunyuk	<i>Ipomoea plebeia</i>
auriong'o	<i>Hydnora abyssinica</i>
ebaale	edible fungi
ebei	<i>Balanites rotundifolia</i>
ebune	<i>Solanum nigrum</i>
echaboi	<i>Cleome gynandra</i>
echekereng	<i>Acacia seyal</i>
echoke	<i>Ficus sycomorus</i>
echoke	<i>Flacourtia indica</i>
edapal	<i>Dobera glabra</i>
edeya	<i>Amaranthus sparganiocephalus</i>
edome	<i>Cordia sinensis</i>

eedung	<i>Boscia coriacea</i>
eeng'ol	<i>Hyphaene compressa</i>
eerut	<i>Maerua decumbens</i>
eewoi (mature)	<i>Acacia tortilis</i>
egilae	<i>Vatovaea pseudolablab</i>
egum	<i>Diospyros mespiliformis</i>
egumoit	<i>Diospyros mespiliformis</i>
ekadala	<i>Coccinia grandis</i>
ekadeli	<i>Commiphora africana</i>
ekadet-etum	<i>Cyperus blysmoides</i>
ekadeteu	<i>Rhus natalensis</i>
ekadetewae	<i>Rhus natalensis</i>
ekajiket	<i>Sclerocarya birrea</i>
ekalale	<i>Ziziphus mauritiana</i>
ekaleruk	<i>Cucumis dipsaceus</i>
ekaletelete	<i>Portulaca oleracea</i>
ekali	<i>Grewia bicolor</i>
ekamong'o	<i>Leptadenia hastata</i>
ekapelimen	<i>Acacia nilotica</i>
ekiliton	<i>Amaranthus graecizans</i>
ekoromomwae	<i>Digera muricata</i>
ekoromwae	<i>Digera muricata</i>
ekoromwait	<i>Acacia seyal</i>
ekunde	<i>Vigna unguiculata</i>
ekunoit	<i>Acacia senegal</i>

elakas	<i>Flueggea virosa</i>
elamach	<i>Balanites pedicellaris</i>
elamae	<i>Ximenia americana</i>
emaleker	<i>Grewia tembensis</i>
emaler	<i>Vangueria apiculata</i>
emaniman	<i>Coccinia grandis</i>
emaniman	<i>Vangueria infausta</i>
emaret	<i>Vigna unguiculata</i>
emeyen	<i>Berchemia discolor</i>
emeyen	<i>Berchemia discolor</i>
emidi-kan	<i>Canthium pseudosetiflorum</i>
eng'ol	<i>Hyphaene compressa</i>
eng'omo	<i>Grewia tenax</i>
eome	<i>Cucumis dipsaceus</i>
eosin-aikeny	<i>Digera muricata</i>
epeduru	<i>Tamarindus indica</i>
epespes	<i>Amaranthus spinosus</i>
epong'ae	<i>Grewia villosa</i>
eroronyit	<i>Balanites aegyptiaca</i>
esekon	<i>Salvadora persica</i>
esilang'	<i>Ziziphus abyssinica</i>
esilang'	<i>Ziziphus mucronata</i>
esokon	<i>Salvadora persica</i>

esuammaran *Mexna tetraphylla*



esuuja	<i>Solanum nigrum</i>
etiir (young)	<i>Acacia tortilis</i>
etirae	<i>Commelina benghalensis</i>
etirae	<i>Commelina forskalaei</i>
etoler	<i>Pappea capensis</i>
etopojo	<i>Lannea rivae</i>
etopojo	<i>Lannea schimperi</i>
etopojo	<i>Lannea triphylla</i>
etoukoroe	<i>Canthium pseudosetiflorum</i>
etulelo	<i>Erucastrum arabicum</i>
etuntun	<i>Cordia monoica</i>
eur	<i>Lippia carviadora</i>
eurumosing	<i>Commiphora rostrata</i>
eusugu	<i>Zanthoxylum chalybeum</i>
eyelel	<i>Acacia drepanolobium</i>
lojeel	<i>Corchorus olitorius</i>
lojeel	<i>Corchorus trilocularis</i>
lokiliton	<i>Amaranthus graecizans</i>
lokimeta	<i>Commiphora rostrata</i>
lokora	<i>Commiphora rostrata</i>
lookwa	<i>Amaranthus spinosus</i>
louyeing'orok	<i>Amaranthus graecizans</i>
louyeing'orok	<i>Amaranthus sparganiocephalus</i>
nabutachwee	<i>Commelina benghalensis</i>
nakadoki	<i>Phoenix reclinata</i>

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namale	<i>Corchorus trilocularis</i>
namunio	<i>Erucastrum arabicum</i>
namunye	<i>Citrullus lanatus</i>
ng'akalalio (fruits)	<i>Ziziphus mauritiana</i>
ng'ikuram	<i>Nymphaea nouchali</i>
ng'imomwa	<i>Sorghum bicolor</i>
ngomwo	<i>Dovyalis abyssinica</i>

