



# Perception of Youths on Consumption of African Indigenous Vegetables in Kakamega County, Kenya

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## 1. INTRODUCTION

African Indigenous Vegetables (AIV) are one of the entry points in achieving food and nutrition security

However, accessibility, seasonal availability, and variation in AIV preference create diversified consumption patterns in AIV demand among groups from different geographical regions and age groups.

To explore the potential of African indigenous vegetables (AIVs), foster the nutritional awareness and creation of AIV market, the perception of young people towards AIVs is important.

However, there is limited evidence on youth's perception and preference on AIVs. Understanding the youths' perception of on AIV will provide a way forward in building capacity among the youths on AIVs potential.

### Objective of the study

1. To assess the perception of the youths on consumption of AIV



## 2. METHODOLOGY

### The Study areas:

The study was conducted in Kakamega county, Kenya

**Target population:** Collage students within Kakamega County

**Study Design:** Random sampling of different collage students within Kakamega County

**Data Collection:** Semi structured questionnaire was used to collect data through face to face interview with the respondents

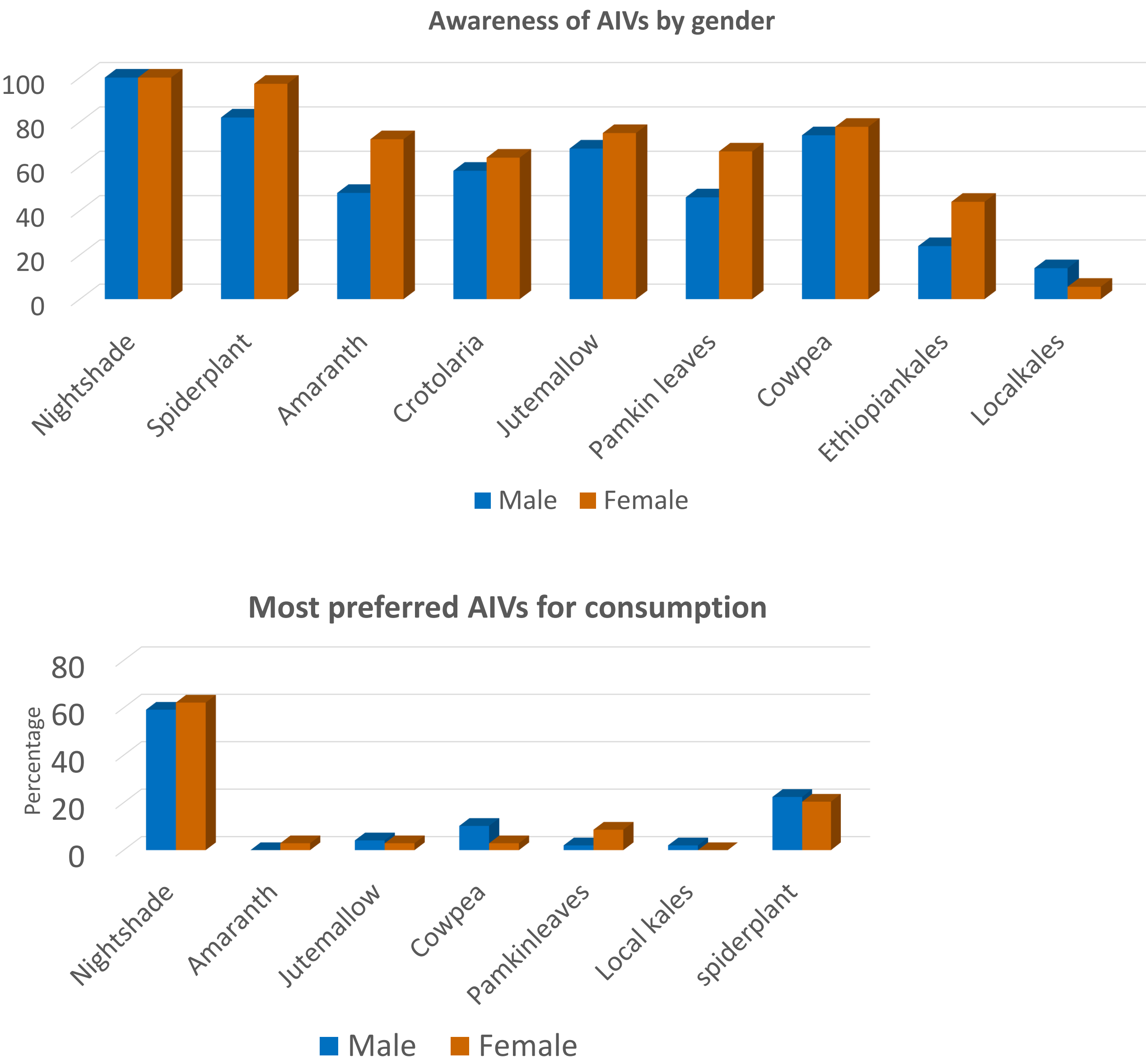
### Demographic characteristics of respondents

| Name of university/collage |        |         | Gender of respondent |           |         |     |       |               |  |
|----------------------------|--------|---------|----------------------|-----------|---------|-----|-------|---------------|--|
|                            | Freque | Percent |                      | Frequency | Percent |     |       |               |  |
| Sigalagala                 | 9      | 10.5    | Male                 | 50        | 58.1    |     |       |               |  |
| MMUST                      | 40     | 46.5    | Female               | 36        | 41.9    |     |       |               |  |
| Shamberere                 | 5      | 5.8     | Total                | 86        | 100.0   |     |       |               |  |
| MAWEGO                     | 1      | 1.2     |                      |           |         |     |       |               |  |
| Sanga'lo                   | 2      | 2.3     |                      |           |         |     |       |               |  |
| Mount Kenya University     | 1      | 1.2     |                      |           |         |     |       |               |  |
| Eldoret National Poly      | 2      | 2.3     | Age of respondent    | N         | Min     | Max | Mean  | Std Deviation |  |
| Baraka Institute           | 1      | 1.2     |                      | 84        | 20      | 28  | 22.75 | 1.69          |  |
| Bukura                     | 25     | 29.1    |                      |           |         |     |       |               |  |
| Total                      | 86     | 100.0   |                      |           |         |     |       |               |  |

### Data analysis

Descriptive statistics such as percentages, frequencies, means and chi-square test were used to analyse the data

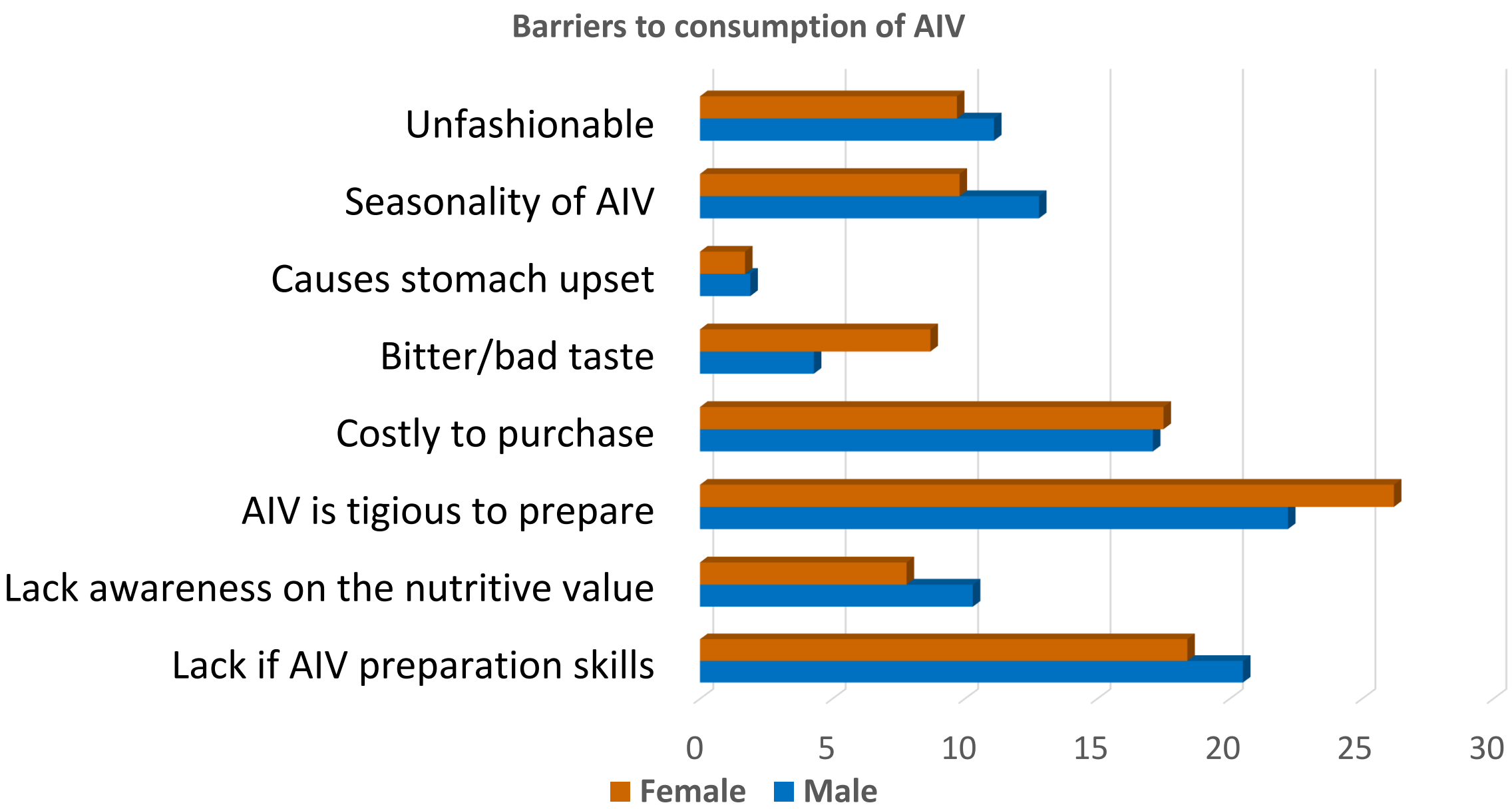
## 3. RESULTS AND DISCUSSION



### Perception on Value added AIV

| Gender of<br>responde<br>nt | Response (%) |      |  |
|-----------------------------|--------------|------|--|
|                             | Yes          | No   | Test statistics<br>(x <sup>2</sup> test) |
| Purchase dried AIV          |              |      | 0.133                                    |
| Male                        | 84.2         | 15.8 |  |
| Female                      | 69.2         | 30.8 |  |
| Purchase pre-cooked AIV     |              |      | 0.29                                     |
| Male                        | 57.9         | 42.1 |  |
| Female                      | 30.8         | 69.2 |  |

### Barriers to consumption of AIV by youths



## 4. CONCLUSIONS AND RECOMMENDATIONS

Majority of the youths interviewed were aware of the common AIVs found in Kakamega county. The most preferred AIVs for consumption by the youths were nightshade and spider plant. Majority of the male youths were willing to by buy dried or pre-cooked vegetables as opposed to female youths. The main challenge sited for lack of consumption of AIV was the work load involved in AIV preparation and the cost of AIV was felt to be high. There is need to train youths on AIV preparation the different AIV preparation methods in order to improve their consumption levels. Value addition through drying can be a better avenues in reducing the labour involved in AIV preparation and improved availability of AIV throughput the year.

## 5. ACKNOWLEDGEMENTS

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