

# USES OF TREES AND SHRUBS IDENTIFIED BY RURAL CHILDREN IN KENYA

Diana Lee Smith and Elizabeth Obel

Best Available Document

## INTRODUCTION

These lists of species in various parts of Kenya came from a project organized by Mazingira Institute in 1979 to benefit rural primary school children. There were two purposes for the project. First, to provide information to school children and stimulate their interest in tree planting. Second, to explore to what extent rural school children can provide a source of data on the uses of trees and shrubs. As a first exercise it was very successful in reaching children through the schools, stimulating class activity and even some follow up tree-planting efforts. In addition, over seven hundred responses were collected from individual children describing the uses of trees and shrubs. Though by no means a scientific sample nor vigorously verified, it was nevertheless considered to be worthwhile information to compile, for two reasons. One was to demonstrate the limits and potential of this information source, in order to be able to design future, more systematic, programmes of data collection. Another was to encourage people concerned with schools and education, including the children themselves, in thinking that education can be linked to a context of development issues in practical and productive ways.

The project was started at the invitation of the National Environment Secretariat, Kenya Government, as part of its coordinating role for World Environment Day 1979, which was also the International Year of the Child. Mazingira Institute designed an information package on tree planting, and with support from local industries and help from the Wildlife Clubs of Kericho, sent out free copies of a special issue of Rainbow Magazine to all rural primary schools in the country. The magazine contained a comic strip showing children successfully planting trees and caring for them, information on World Environment Day and on activities and organizations at the national and international levels, as well as the usual contents of the magazine which entertain children. In addition, there was a tree essay competition, asking them to identify the uses of trees and shrubs in their area. Out of the 6 000 primary schools, 700 responses were received, from individuals on their own initiative or as a result of classroom activity organized by teachers.

They were asked to name and describe the tree or shrub, its location, and how its various parts are used. In many cases, the children also described how these parts were processed for use. Entries came from all over the country, but there were very few from remote and less populated areas. We learned that postal delays were very long, and in future would allow over 6 weeks for postal delivery, and a correspondingly longer time for schools to submit their data. The questions asked would also be more structured, and focus on some specific end-uses in order to obtain more comparable data.

Although the information collected is unsystematic, it gives some indication of the variety of uses of some trees and shrubs found in the areas covered, and of the potential of school children as sources of data. It is hoped to repeat and extend this exercise in future, for it is clear that there is a wealth of information available on the uses of trees, and that children in schools are both able and motivated to collect it. As a method it does not provide a scientific sample, but does uncover new information which may be of interest to researchers planning their own programmes in various fields. Future programmes would ask the children to send specimens; one of our most difficult tasks was identifying the botanic names of species. In the meanwhile we are publishing this list of species and their uses collected from the first exercise, in the hope that it may provide useful background information, however incomplete.

The types of uses described by children included fuel, food, fodder, building, making utensils, furniture and fencing, and medicinal uses. In addition, many children mentioned the role of specific species in customs and traditions, and their use for shade, windbreaks and in preventing soil erosion. The main functional uses identified have been briefly summarized in the main list starting on Page 20. Although this list shows a variety of uses, it cannot convey the complexity of the children's perception of trees and shrubs which comes across in their own written material. They seldom treat a tree or shrub as having only one function. This is a hopeful indication for the promotion of agroforestry and community tree planting programmes, which rely on the integration of a variety of species with multiple uses.

The United Nations Environment Programme donated a small sum of money to Mazingira Institute in 1979 to enable two Botanists, Elizabeth Obel and Nicholas Ochanda, to sort through the competition entries and select the winners. A preliminary list of species and their uses was prepared in rough form at this time. Through discussions with various individuals and organizations, it was decided to try and identify the botanic names of more of the species described, by writing back to the schools for specimens. This exercise was carried out by Mazingira Institute in late 1979 to early 1980. In January 1980 the winning schools and children were presented with prizes at a ceremony in Nairobi addressed by the Director of the National Environment Secretariat. Many of the entries were published in subsequent issues of Rainbow Magazine, and broadcast on radio. In addition, Louise Buck, an associate of Mazingira Institute, made follow up visits to a number of the schools involved to identify places where tree planting activities were underway or planned. This formed the basis of another project, to sponsor, advise and monitor a selection of rural agroforestry plots in Kenya. It is planned to start this project in 1981. In July 1980, the Beijer Institute of Stockholm, Sweden, also donated funds to compile the data already collected from children on the uses of species in their areas.

From this exercise, we identified a total of 351 species whose uses in at least one district are described. However, only 194 of these could be identified by their botanic name. From this longer list, which is arranged alphabetically by the local names, we have abstracted a table of the fuel-wood species. This table begins on p. 4, with the 97 species identified by botanic names given first. A further 43 local names have not yet been identified.

One column on each list gives the means of identification. In most cases, we were able to use existing sources of identification from local to botanic names. Those marked "Bibliographic/Herbarium" were identified from the card index available at the Kenya Herbarium, and in Kenya Trees and Shrubs by I.R. Dale and P. J. Greenway. However, there is always the risk that the children have misheard or wrongly used the local name, so this identification still contains a potential source of error. Also, different plants are sometimes called by the same local name. Those species marked "Bibliographic Description" were further identified by a written description which matched that in Medicinal Plants of East Africa by J. O. Kokwaro, or Luo-English Botanical Dictionary of Plant Names and Uses by J. O. Kokwaro. Finally some botanic names were precisely authenticated from the specimens requested from schools; 33 species were identified in this way.

The whole exercise cost very little, although there was also a considerable amount of voluntary work involved. Nevertheless, on the basis of experience gained thus far, it should be possible to design a similar data gathering effort which would generate a larger amount of more systematic data on the uses of trees and shrubs, at comparatively low cost.

Another benefit of this type of data collection is the involvement of the schools in a collective activity which promotes awareness of environmental issues such as the use, planting and care of trees and shrubs. Although it has not been possible to evaluate this first project it is likely that the educational benefits would be at least as great as those of data collection. But most important is the linking of these two activities. However small the contribution, it is important that rural school-children have been mobilized to contribute to the growth of knowledge at the national level. Mazingira Institute is based on a philosophy that economic development takes place as a result of people understanding and controlling their own environment. Activities such as the Trees Competition further such an approach by combining information dissemination and data collection.

We should like to thank the following organizations and individuals who contributed to this exercise:

National Environment Secretariat, Government of Kenya  
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 Kenya Herbarium, K.A.R.I. (Kenya Agricultural Research Institute)  
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However, with the exception of the authors and Mazingira Institute, none of them is responsible for the quality of the material presented here. We thank those who gave us their criticism and we hope that it bears fruit in our future activities.

D. Lee Smith  
 Trees Competition Project Director  
 Mazingira Institute

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LIST OF 140 FUEL TREES & SHRUBS IDENTIFIED

97 Species are listed alphabetically by botanical name. At the end we have included a list of a further 43 species for which we have not yet been able to identify the botanical names; these are listed alphabetically by their local names. See the map on Page for the fuel species by district.

BOTANIC NAME	LOCAL NAME	DISTRICTS	TYPE OF FUEL	PARTS USED AND REASON	No.OF CASES	SOURCE OF IDENTIFICATION
1 <u>ACACIA abyssinica</u>	Muthii <u>Kikuyu</u>	Nakuru	Firewood & Charcoal	Firewood from branches Charcoal from woody part is long burning .	2	Bibl./herbarium
2 <u>ACACIA albida</u>	Iti <u>Taita</u>	Taita-Taveta	Firewood & Charcoal	Woody parts	1	Bibl./herbarium
3 <u>ACACIA bussei</u>	Mchemeri <u>Taita</u>	Taita-Taveta	Firewood & Charcoal	Woody parts	1	Bibl./herbarium
1 <u>ACACIA lahai</u> (Red Thorn)	Muzaule <u>Taita</u>	Taita-Taveta	Firewood & Charcoal	Stems make good charcoal Branches for firewood	1	Bibl./herbarium
3 <u>ACACIA mearnsii</u> (Black Wattle)	Muthanduku <u>Kikuyu</u>	Nyeri Kirinyaga	Firewood & Charcoal	Bark & branches for firewood Good firewood which burns even when wet. Charcoal from trunk is long burning	29 4	Bibl./herbarium
	Muthanduku <u>Kikuyu</u>	Kiambu	Firewood & Charcoal	Stem & branches for firewood The bark is very good firewood. Charcoal from trunk	50	Bibl./herbarium
	Migamu <u>Taita</u>	Taita-Taveta	Firewood & Charcoal	Charcoal from trunk, Firewood from stem and branches	2	Bibl./herbarium

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BOTANIC NAME	LOCAL NAME	DISTRICTS	TYPE OF FUEL	PARTS USED AND REASON	No. OF CASES	SOURCE OF IDENTIFICATION
5 <u>ACACIA mearnsii</u> (Black Wattle)	Ketipolaya <u>Kalenjin</u>	Uasin Gishu	Firewood & Charcoal	Charcoal from trunk Firewood from stem & branches	10	Bibl./herbarium
	Alawat <u>Kipsigis</u>	Kericho	Firewood & Charcoal	Charcoal from trunk Firewood from stem & branches	12	Bibl./herbarium
	Wattle	Nandi	Firewood & Charcoal	Charcoal from trunk Firewood from stem & branches	3	Bibl./herbarium
		Elgeyo-Marakwet	Firewood & Charcoal	Charcoal from trunk Firewood from stem & branches	2	Bibl./herbarium
	Muthanduku	Embu	Firewood & Charcoal	Charcoal from trunk Firewood from stem & branches	2	Bibl./herbarium
	Wattle	Kisii	Charcoal	Charcoal from trunk	1	Bibl./herbarium
<u>ACACIA mellifera</u>	Muthea <u>Kamba</u>	Machakos	Firewood & Charcoal	Charcoal from trunk Firewood from branches	2	Bibl./herbarium
<u>ACACIA nilotica</u>	Shighiri <u>Taita</u>	Taita-Taveta	Firewood	Woody parts	1	Specimen
ACACIA Seyal	Alii <u>Luo</u> Obede <u>Luo</u>	Kisumu South Nyanza	Firewood & Charcoal	Woody parts	2	Bibl./herbarium
<u>ACACIA tortilis</u>	Sesya <u>Kalenjin</u>	Elgeyo-Marakwet	Firewood & Charcoal	The wood provides high quality charcoal. The bark provides firewood	2	Bibl./herbarium
<u>ACACIA xanthophloea</u> (Naivasha Thorn)	Mugaa <u>Kikuyu</u>	Nakuru	Firewood & Charcoal	Charcoal from the trunk Firewood from branches	2	Bibl./herbarium
<u>ACACIA</u> sp.	Chebiywe <u>Kalenjin</u>	West Pokot	Firewood	Woody parts	1	Bibl./herbarium

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BOTANIC NAME	LOCAL NAME	DISTRICTS	TYPE OF FUEL	PARTS USED AND REASON	No.OF CASES	SOURCE OF IDENTIFICATION
2 <u>ACACIA</u> sp.	Chebnyaiwet <u>Kalenjin</u>	Kericho	Firewood	Woody parts	1	Bibl./herbarium
3 <u>ALBIZIA</u> <u>coriaria</u>	Ober <u>Luo</u>	Siaya	Firewood & Charcoal	Firewood from branches & trunk. Good charcoal from trunk	3	Bibl./herbarium
4 <u>ALBIZIA</u> <u>gummifera</u>	Msuruachi Taita Mukuruwe <u>Kikuyu</u>	Taita-Taveta Nyeri	Firewood Firewood	Woody parts Woody parts	1 1	Bibl./herbarium
5 <u>ANACARDIUM</u> <u>occidentale</u> (Cashew Nut)	Mkanju <u>Giriama</u> Koroshu <u>Swahili</u>	Kilifi	Firewood & Charcoal	Woody parts	6	Bibl./herbarium
		Kwale	Firewood & Charcoal	Woody parts	2	Bibl./herbarium
5 <u>ANNONA</u> <u>chrysophylla</u> (Custard Apple)	Mutomoko <u>Kikuyu</u>	Embu	Firewood	Woody parts		
7 <u>APHANIA</u> <u>senegalense</u>	Ochol <u>Luo</u>	Kisumu	Firewood & Charcoal	Woody parts for charcoal & firewood. Twigs for firewood	2	Bibl./herbarium
3 <u>ARUNDINARIA</u> <u>alpina</u> (Bamboo)	Tegek Kipsigis Tegat <u>Nandi</u>	Uasin Gishu	Firewood &	Very good firewood from stems	1	Bibl./herbarium
7 <u>ASPILIA</u> <u>mossambicensis</u>	Muti <u>Kamba</u>	Machakos	Firewood	Firewood from branches	1	Bibl. description
3 <u>BOMBAX</u> <u>rhodognaphalon</u> (Kapok)	Msufi <u>Swahili</u>	Kilifi	Firewood & Charcoal	Good fuel from woody parts	2	Bibl./herbarium
	Omusala Kwe Epamba <u>Luhya</u>	Kakamega	Firewood & Charcoal	Good fuel from woody parts	1	Bibl./herbarium

	BOTANIC NAME	LOCAL NAME	DISTRICTS	TYPE OF FUEL	PARTS USED AND REASON	No.OF CASES	SOURCE OF IDENTIFICATION
21	<u>CAJANUS cajan</u>	Musu <u>Taita</u>	Taita Taveta	Firewood	Woody parts	1	Bibl./herbarium
22	<u>CASSIA siamea</u>	Ndege <u>Luo</u>	Kisumu	Charcoal	Woody parts. Best source of charcoal from the area	1	Bibl./herbarium
23	<u>CINCHONA ledgerana</u>	MKwinini <u>Swahili</u>	Mombasa	Firewood	Woody parts	1	Bibl./herbarium
24	<u>CITRUS limon</u> (Lemon)	Mkapu <u>Giriama</u>	Kilifi	Charcoal	Woody parts	1	Bibl./herbarium
		Mrimu <u>Meru</u>	Meru	Firewood & Charcoal	Woody parts	2	Bibl./herbarium
25	<u>CITRUS sinensis</u> (Orange)	Gicungwa <u>Kikuyu</u>	Nyeri	Firewood	Roots, buds, bark, wood	3	Bibl./herbarium
			Kwale	Firewood	Roots	1	Bibl./herbarium
		Machungwa <u>Swahili</u>	South Nyanza	Firewood	Branches	1	Bibl./herbarium
			Kakamega	Charcoal	Woody parts	1	Bibl./herbarium
26	<u>COCOS nucifera</u> (Coconut)	Mnazi <u>Swahili</u>	Mombasa	Firewood	Trunk and husk	39	Bibl./herbarium
			Kilifi	Lamp fuel candles	Copra		
27	<u>COFFEA arabica</u> (Coffee)	Kahawa <u>Swahili</u>	Nyeri	Firewood	Stem	3	Bibl./herbarium
28	<u>COMBRETUM bindlranum</u>	Kumulaa <u>Bukusa</u>	Bungoma	Charcoal	Woody parts	1	Bibl./herbarium

COMBRETUM  
bindiranum

Bukusa

BOTANIC NAME	LOCAL NAME	DISTRICTS	TYPE OF FUEL	PARTS USED AND REASON	No. OF CASES	SOURCE OF IDENTIFICATION
9 <u>COMBRETUM molle</u>	Keyo <u>Luo</u>	Kisumu	Charcoal	Woody parts provide good charcoal	2	Bibl./herbarium
0 <u>COMMIPHORA africana</u>	Kikundu <u>Kamba</u>	Machakos	Firewood	Branches	1	Bibl. description
1 <u>COMMIPHORA</u> sp.	Dowe <u>Taita</u>	Taita-Taveta	Firewood	Woody parts	1	Specimen
2 <u>COLA</u> sp.	Mtsamvya <u>Swahili</u>	Kilifi	Charcoal	Woody parts produce good charcoal	1	Bibl./herbarium
3 <u>CORDIA abyssinica</u>	Muringa <u>Kimera</u>	Meru	Firewood	Branches	1	Bibl./herbarium
4 <u>CROTON megalocarpus</u>	Muchinduri <u>Maragoli</u>	Kakamega	Firewood	Branches	1	Bibl./herbarium
	Mukinduri <u>Kikuyu</u>	Kiambu	Firewood & Charcoal	Woody parts	1	
		Embu	Firewood	Branches	1	
<u>CUPRESSUS</u> spp (Cypress)	Cheporus <u>Kipsigis</u>	Kericho	Firewood	Branches and bark. Bark catches fire quickly	6	Bibl./herbarium
		Nandi	Firewood	Branches and bark. Bark catches fire quickly	1	
		Uasin Gishu	Firewood & Charcoal	Woody parts. Poor charcoal as it is soft	1	

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	BOTANIC NAME	LOCAL NAME	DISTRICTS	TYPE OF FUEL	PARTS USED AND REASON	No.OF CASES	SOURCE OF IDENTIFICATION
15	<u>CUPRESSUS</u> spp (Cypress)	Muthithinda <u>Kikuyu</u>	Nyeri	Firewood & Charcoal	Woody parts	1	Bibl./herbarium
		Javamunduku <u>Kalenjin</u>	Elgeyo-Marakwet	Firewood & Charcoal	Branches & bark		
			Meru	Firewood & Charcoal	Woody parts	1	
		Kumwiti <u>Luhya</u>	Bungoma	Firewood	Branches & bark	1	
6	<u>Dovyalis</u> sp.	Mndundukua <u>Taita</u>	Taita-Taveta	Firewood	Woody parts	1	Specimen
7	<u>ERIOBOTRYA</u> <u>japonica</u>	Ekeragweti <u>Kisii</u>	Kisii	Firewood	Woody parts	1	Specimen
9	<u>ERYTHRINA</u> <u>abyssinica</u>	Mulungu <u>Taita</u>	Taita-Taveta	Firewood	Branches & twigs	2	Specimen
3	<u>EUCALYPTUS</u> <u>bicostata</u>	Musanduku <u>Kamba</u>	Machakos	Firewood	Woody parts	1	Bibl./herbarium
3	<u>EUCALYPTUS</u> <u>globulus</u> (Blue Gum)	Imbeko <u>Luhya</u>	Kakamega	Firewood & Charcoal	Leaves, bark roots branches provide very good firewood Woody parts provide poor charcoal	8	Bibl./herbarium
		Muringamu <u>Kikuyu</u>	Nyeri/Kiambu	Firewood	Branches & bark	5	
		Omoringamu <u>Kisii</u>	Kisii	Firewood	Woody parts	1	
		Kipligam <u>Kalenjin</u>	West Pokot	Firewood	Woody parts	1	
		Kipligam <u>Kalenjin</u>	Kericho	Charcoal	Woody parts	1	
1	<u>EUCALYPTUS</u> sp.	Karadali <u>Luo</u>	(Siaya)	Firewood	Trunk	1	Specimen
2	<u>EUCALYPTUS</u> sp.	Munywamai <u>Kikuyu</u>	Embu	Charcoal	Trunk	1	Bibl./herbarium

2 EUCALYPTUS sp.      Munywamai Kikuyu      Embu      Charcoal      Trunk      1      Bibl./herbarium

	BOTANIC NAME	LOCAL NAME	DISTRICTS	TYPE OF FUEL	PARTS USED AND REASON	No. OF CASES	SOURCE OF IDENTIFICATION
43	<u>EUPHORBIA</u> <u>candelabrum</u>	Bondo <u>Luo</u> Muthuri <u>Kikuyu</u>	Kisumu Nakuru	Charcoal Firewood	Stem Stem	1 2	Bibl./herbarium
44	<u>EUPHORBIA</u> <u>tirucalii</u>	Ojuok <u>Luo</u>	Kisumu	Firewood	Woody parts	3	Bibl./herbarium
45	<u>FAGARA</u> <u>usambarensis</u>	Sakawaita <u>Kipsigis</u> Mugucwa <u>Kimeru</u>	Kericho Meru	Charcoal Firewood	Woody parts Leaves	1 1	Bibl./herbarium
46	<u>FAGAROPSIS</u> <u>angolensis</u>	Murumu <u>Kimeru</u>	Meru	Firewood	Woody parts can burn even when wet	1	Bibl./herbarium
47	<u>FAGARA</u> <u>alitoria</u>	Genjeka <u>Taita</u>	Taita-Taveta	Firewood	Branches	1	Bibl./herbarium
48	<u>FICUS</u> <u>capensis</u>	Mukuyu <u>Kamba</u> Mukuyu <u>Kikuyu</u> Ngowo <u>Luo</u>	Kitui Nyeri Siaya	Firewood Firewood Charcoal	Branches Branches Woody parts	1 1 1	Bibl./herbarium
49	<u>FICUS</u> <u>lepreurii</u>	Mvumu <u>Taita</u>	Taita-Taveta	Firewood	Woody parts	3	Bibl./herbarium
50	<u>FICUS</u> <u>thonningii</u>	Mugumo <u>Kikuyu</u>	Nyeri Kiambu	Firewood & Charcoal	Firewood from bark & woody parts Charcoal from branches	2	Bibl./herbarium
51	<u>FICUS</u> <u>wakefieldii</u>	Olngaboli <u>Masai</u>	Narok	Firewood	Woody parts	1	Bibl./herbarium
52	<u>GREVILLEA</u> <u>robusta</u> (Silky Oak)	Mukima <u>Meru</u> Grevillea	Meru Taita-Taveta	Firewood Firewood	Woody parts Branches	2 1	Specimen
53	<u>HYPHAENE</u> <u>coriacea</u> (Doum Palm)	Mkoma <u>Swahili</u>	Kwale	Firewood	Trunk	1	Bibl./herbarium

BOTANIC NAME	LOCAL NAME	DISTRICTS	TYPE OF FUEL	PARTS USED AND REASON	No.OF CASES	SOURCE OF IDENTIFICATION
54 <u>HYPHAENE</u> <u>ventricosa</u>	Engol <u>Turkana</u>	Turkana	Firewood	Trunk	1	Bibl./herbarium
55 <u>JACARANDA</u> <u>mimosifolia</u> (Jacaranda)	Michakaranda <u>Kikuyu</u>	Nairobi	Firewood & Charcoal	Woody parts	2	Bibl./herbarium
		Nyeri	Firewood	Buds, bark, roots, woody parts	1	
	Jacaranda	Kisumu	Charcoal	Woody parts	1	
56 <u>JUNIPERUS</u> <u>procera</u> (Cedar)	Mutarakwa <u>Kikuyu</u>	Nyeri	Firewood	Woody parts	12	Bibl./herbarium
		Nakuru	Firewood & Charcoal	Woody parts. Long burning charcoal, especially when covered by ash	4	
		Kiambu	Firewood	Woody parts	2	
		Meru	Firewood	Woody parts	1	
		Kericho	Firewood	Woody parts	4	
	Mutalakwa <u>Luhya</u> Omutarakwa	Kakamega	Firewood	Woody parts	3	
	Torokwet <u>Kalenjin</u>	Elgeyo Marakwet	Firewood	Woody parts	3	
	Tarakwet <u>Nandi</u>	Uasin Gishu	Firewood	Woody parts	1	
57 <u>LANNEA</u> <u>amaniensis</u>	Mwaa <u>Kamba</u>	Kitui	Firewood & Charcoal	Woody parts	1	Bibl./herbarium
58 <u>LANNEA</u> <u>stuhlmanii</u>	Kyuasi <u>Kamba</u>	Kitui	Firewood	Woody parts	1	Bibl./herbarium
59 <u>LANNEA</u> sp.	Mshigha <u>Taita</u>	Taita-Taveta	Firewood & Charcoal	Woody parts	1	Specimen

1 LANNEA sp. Mshigha Taita Taita-Taveta Firewood & Charcoal Woody parts 1 Specimen

BOTANIC NAME	LOCAL NAME	DISTRICTS	TYPE OF FUEL	PARTS USED AND REASON	No.OF CASES	SOURCE OF IDENTIFICATION
1 <u>LANTANA camera</u>	Mutauisi <u>Kamba</u>	Machakos	Firewood	Roots & branches	1	Bibl./herbarium
1 <u>MAERUA pubescens</u>	Miuku <u>Kamba</u>	Kitui	Firewood & Charcoal	Firewood from branches Charcoal from trunk	1	Bibl./herbarium
2 <u>MAESA lanceolata</u>	Ndido <u>Taita</u>	Taita Taveta	Firewood	Woody parts	1	Bibl./herbarium
3 <u>MANGIFERA indica</u> (Mango)	Miyembe <u>Kikuyu</u>	Nyeri	Firewood & Charcoal	Woody parts & buds, bark & roots. for firewood. Woody parts for charcoal	2	Bibl./herbarium
		Kiambu	Firewood & Charcoal	Twigs & branches for firewood Woody parts for charcoal	3	
	Maembe <u>Luo</u>	S. Nyanza	Firewood	Best source of firewood	2	
	Liembe <u>Luhya</u>	Kakamega	Firewood	Woody parts	1	
	Muembe <u>Kamba</u>	Kitui	Firewood	Woody parts	2	
	Maembe <u>Swahili</u>	Kwale	Firewood	Woody parts	2	
		Mombasa	Firewood & Charcoal	Woody parts	5	
4 <u>MANIHOT esculenta</u> (Cassava)	Marieba <u>Luo</u>	S. Nyanza	Firewood	Stem	1	Bibl./herbarium
	Cassava	Uasin Gishu	Firewood	Stem	1	
5 <u>MARKHAMIA platycalyx</u>	Lusiola <u>Luhya</u>	Bungoma	Firewood &	Woody parts	2	Bibl./herbarium
6 <u>MELIA volkensii</u>	Kirumbutu <u>Taita</u>	Taita Taveta	Firewood	Branches	1	Bibl./herbarium
7 <u>MYRIANTHUS holstii</u>	Mutuja <u>Kimeru</u>	Meru	Firewood	Woody parts	1	Bibl./herbarium

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BOTANIC NAME	LOCAL NAME	DISTRICTS	TYPE OF FUEL	PARTS USED AND REASON	No. OF CASES	SOURCE OF IDENTIFICATION
<u>OCIMUM suave</u>	Murumbawasi <u>Taita</u>	Taita Taveta	Firewood	Woody parts	1	Specimen
<u>OCOTEA usambarensis</u> (Camphor)	Muthiti <u>Kikuyu</u>	Nyeri	Firewood	Woody parts	1	Bibl./herbarium
<u>OLEA africana</u> (Wild Olive)	Emitik <u>Kipsigis</u>	Kericho	Charcoal	Good charcoal from woody parts Produces little smoke	1	Bibl./herbarium
	Yemit <u>Kalenjin</u>	Elgeyo Marakwet	Firewood & Charcoal	Woody parts best source of firewood here. It doesn't produce much smoke	10	
	Mutamaiyu <u>Kikuyu</u>	Nakuru	Firewood & Charcoal	Excellent firewood, & long burning charcoal, from woody parts	3	
<u>OLEA hochstetteri</u> (E.African Olive)	Mucarage <u>Kikuyu</u>	Nakuru	Charcoal	Charcoal from woody parts produces little smoke	2	Bibl./herbarium
<u>PAPPEA capensis</u>	Kiva <u>Kamba</u>	Kitui	Firewood	Woody parts	1	Bibl./herbarium
	Mndendele <u>Taita</u>	Taita-Taveta	Firewood & Charcoal	Woody parts are source of good long burning charcoal & firewood	2	Specimen
<u>PHOENIX reclinata</u> (Palm)	Viangachi <u>Taita</u>	Taita-Taveta	Firewood	Branches	3	Specimen
<u>PILIOSTIGMA thonningii</u> (Camel's foot, leaf tree)	Kikolokolo <u>Kamba</u>	Kitui	Firewood	Woody parts	1	Bibl./herbarium

14

(Lamei's root,  
leaf tree

BOTANIC NAME	LOCAL NAME	DISTRICTS	TYPE OF FUEL	PARTS USED AND REASON	No. OF CASES	SOURCE OF IDENTIFICATION
75 <u>PINUS</u> spp (Pine)	Michinda <u>Kikuyu</u>	Nakuru	Firewood	Branches are source of good firewood	2	Bibl./herbarium
	Baina <u>Kikuyu</u>	Kericho	Firewood	Branches are source of good firewood	1	
	Mucachira <u>Kikuyu</u>	Nyeri	Firewood	Woody parts	2	
76 <u>PODOCARPUS</u> <u>gracilior</u>	Musengeri <u>Luhya</u>	Kakamega	Firewood & Charcoal	Woody parts	1	Bibl./herbarium
	Muthegara <u>Kikuyu</u>	Nyeri	Firewood	Woody parts	1	
	Penn/Benn <u>Kalenjin</u>	Elgeyo-Marakwet	Firewood	Woody parts	3	
77 <u>PREMNA</u> <u>digotricha</u>	Mukakaa <u>Kamba</u>	Kitui	Firewood	Branches	1	Bibl./herbarium
78 <u>PRUNUS</u> <u>africana</u>	Muiri <u>Kikuyu</u>	Nyeri	Firewood	Trunk	1	Bibl./herbarium
79 <u>PRUNUS</u> sp (Plum)	Mutiramu <u>Kikuyu</u>	Nyeri	Firewood	Woody parts are source of excellent firewood	1	Bibl./herbarium
80 <u>PSIADICA</u> <u>arabica</u>	Olalui <u>Masai</u>	Narok	Firewood	Woody parts	1	Bibl./herbarium
81 <u>PSIDIUM</u> <u>guejava</u> (Guava)	Mapera <u>Luo</u>	Siaya	Firewood & Charcoal	Woody parts	5	Bibl./herbarium
	Maperiath <u>Nandi</u>	Nandi	Firewood	Woody parts	1	
	Muharu <u>Kikuyu</u>	Nyeri	Firewood & Charcoal	Woody and Bark for firewood	2	
82 <u>RAPANEA</u> <u>rhododendroides</u>	Mugaita <u>Kikuyu</u>	Nakuru	Charcoal	Woody parts produce good charcoal	2	Bibl./herbarium

BOTANIC NAME	LOCAL NAME	DISTRICTS	TYPE OF FUEL	PARTS USED AND REASON	No.OF CASES	SOURCE OF IDENTIFICATION
83 <u>RHIZOPHORA mucronata</u> (Mangrove)	Mkoko <u>Giriama</u>	Kilifi	Firewood & Charcoal	Woody parts	2	Bibl./herbarium
84 <u>SAPIUM ellipticum</u>	Mungima <u>Taita</u>	Taita Taveta	Firewood	Woody parts	1	Specimen
85 <u>SCHREBERA alata</u>	Mseghembe <u>Taita</u>	Taita Taveta	Firewood	Woody parts	1	Bibl./herbarium
86 <u>SCLEROCARYA caffra</u>	Mungongo <u>Kamba</u>	Kitui	Charcoal	Woody parts	1	Bibl./herbarium
87 <u>SOLANUM aculeastrum</u>	Mutura <u>Kikuyu</u>	Nyeri	Firewood	Woody parts	1	Bibl./herbarium
88 <u>SOLANUM incanum</u>	Ochok <u>Luo</u>	Kisumu	Firewood	Woody parts	1	Bibl./herbarium
89 <u>STROMBOSIA scheffleri</u>	Muthwana <u>Kimeru</u>	Meru	Firewood	Branches & bark	1	Bibl./herbarium
90 <u>TAMARINDUS indica</u> (Tamarind)	Chua <u>Luo</u>	Siaya	Charcoal	Woody parts	1	Bibl. Description
91 <u>TECLEA nobilis</u>	Lutati <u>Luhya</u>	Kakamega	Charcoal	Woody parts	1	Bibl./herbarium
92 <u>TERMINALIA brownii</u>	Muuku <u>Kamba</u>	Machakos	Firewood & Charcoal	Woody parts produce high quality charcoal	1	Bibl./herbarium
93 <u>TERMINALIA spinosa</u>	Matula <u>Kamba</u>	Kitui	Firewood & Charcoal	Woody parts	1	Bibl./herbarium
94 <u>THEA sinensis</u> (Tea)	Chai <u>Swahili</u>	Kericho	Charcoal	Woody parts	1	Bibl./herbarium

2	<u>spinosa</u>			Charcoal			
4	<u>THEA sinensis</u> (Tea)	Chai <u>Swahili</u>	Kericho	Charcoal	Woody parts	1	Bibl./herbarium

	BOTANIC NAME	LOCAL NAME	DISTRICTS	TYPE OF FUEL	PARTS USED AND REASON	No. OF CASES	SOURCE OF IDENTIFICATION
5	<u>TRICHLIA roka</u>	Munyama <u>Luhya</u>	Kakamega	Charcoal	Trunk	1	Bibl./herbarium
6	<u>VITEX keniensis</u>	Mihuru <u>Kikuyu</u>	Nyeri	Firewood	Woody parts	1	Bibl./herbarium
7	<u>VOACANGA obtusa</u>	Odok <u>Luo</u>	Siaya	Charcoal	Trunk	1	Specimen
8		Abagh <u>Somali</u>	Wajir	Firewood & Charcoal	Woody parts	1	
9		Bukwet <u>Nandi</u>	Nandi	Charcoal	High quality fast burning charcoal from woody parts	1	
10		Chatsa <u>Mikanda</u>	Kilifi	Firewood	Woody parts	1	
11		Chehe <u>Kikuyu</u>	Nyeri	Charcoal	Woody parts	1	
12		Iswi <u>Kamba</u>	Kitui	Firewood & Charcoal	Woody parts	1	
13		Kikuma <u>Maragoli</u>	Kakamega	Firewood	Woody parts	1	
14		Kumtare <u>Bukusu</u>	Bungoma	Firewood	Woody parts	1	
15		Kumukhonge <u>Bukusu</u>	Bungoma	Firewood & Charcoal	Woody parts	1	
16		Kumikimira <u>Bukusu</u>	Bungoma	Firewood	Woody parts	1	
17		Lunguyu <u>Kamba</u>	Kitui	Firewood	Stems	1	
18		Mdungamadu <u>Taita</u>	Taita-Taveta	Firewood	Branches	1	
19		Misunzu <u>Maragoli</u>	Kakamega	Firewood	Woody parts	2	

BOTANIC NAME	LOCAL NAME	DISTRICTS	TYPE OF FUEL	PARTS USED AND REASON	No. OF CASES	SOURCE OF IDENTIFICATION
110	MKaghuba <u>Taita</u>	Taita-Taveta	Charcoal	Woody parts	1	
111	MKarharhi <u>Hola Pokomo</u>	Tana River	Firewood	Twigs produce a flame when rubbed together	1	
12	Mopalakela <u>Kamba</u>	Elgeyo-Marakwet	Firewood & Charcoal	Woody parts	1	
13	Morongok <u>Kipsigis</u>	Kericho	Firewood	Woody parts produce good firewood	1	
14	Mucegeci <u>Kikuyu</u>	Kiambu	Firewood	Woody parts	1	
15	Mufuritsi <u>Luhya</u>	Kakamega	Firewood & Charcoal	Trunk	1	
16	Muhuhu <u>Swahili</u>	Kilifi	Firewood	Woody parts	2	
17	Mukigi <u>Kikuyu</u>	Nyeri	Firewood	Woody parts	2	
18	Mungange <u>Chanyi</u>	Kilifi	Firewood	Woody parts	1	
19	Muraba <u>Kimeru</u>	Meru	Charcoal	Woody parts	1	
20	Muraisi <u>Luhya</u>	Kakamega	Firewood	Woody parts	1	
21	Murau <u>Kimeru</u>	Meru	Charcoal	Woody parts	1	
22	Muruli <u>Luhya</u>	Kakamega	Firewood & Charcoal	Woody parts	2	
23	Muthigira <u>Kikuyu</u>	Embu	Charcoal	Woody parts	1	

Kikuyu

BOTANIC NAME	LOCAL NAME	DISTRICTS	TYPE OF FUEL	PARTS USED AND REASON	No.OF CASES	SOURCE OF IDENTIFICATION
4	Mutiva <u>Maragoli</u>	Kakamega	Firewood	Woody parts	1	
5	Muveya <u>Luhya</u>	Kakamega	Charcoal	Branches	1	
6	Muzulukiza <u>Maragoli</u>	Kakamega	Firewood	Woody parts	1	
7	Mwamba <u>Swahili</u>	Kilifi	Charcoal	Woody parts	1	
8	Ngou <u>Luo</u>	Siaya	Firewood	Woody parts	1	
9	Omukonje <u>Luhya</u>	Kakamega	Firewood & Charcoal	Woody parts	1	
0	Omulamalama <u>Luhya</u>	Kakamega	Firewood & Charcoal	Woody parts	1	
1	Omusioma <u>Luhya</u>	Kakamega	Firewood & Charcoal	Woody parts	1	
2	Omutoto <u>Luhya</u>	Kakamega	Firewood & Charcoal	Woody parts	1	
3	Kumtoto <u>Bukusu</u>	Bungoma	Charcoal	Woody parts	1	
3	Otho <u>Luo</u>	Kisumu	Charcoal	Woody parts provide good charcoal		
4	Ferekeiywo <u>Kalenjin</u>	Elgeyo-Marakwet	Firewood & Charcoal	Woody parts	1	
15	Ruai <u>Kikuyu</u>	Meru	Firewood & Charcoal	Woody parts	1	

BOTANIC NAME	LOCAL NAME	DISTRICTS	TYPE OF FUEL	PARTS USED AND REASON	No. OF CASES	SOURCE OF IDENTIFICATION
5	<u>Sigowa Kalenjin</u>	Elgeyo-Marakwet	Firewood	Stem	1	
7	<u>Silonga Luhya</u>	Kakamega	Firewood	Woody parts	1	
3	<u>Sirirte Kalenjin</u>	Elgeyo-Marakwet	Charcoal	Woody parts	1	
2	<u>Sokeo Swahili</u>	Kericho	Firewood	Branches	1	
1 (Thorn tree)	<u>Tilak Pokot</u>	West Pokot	Charcoal	Woody parts best source of charcoal here	1	

LIST OF 351 TREE & SHRUB SPECIES IDENTIFIED

The species are listed alphabetically by local name. This is the original source list from the children's data and is issued for information and comment.

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
1 Abagh <u>Somali</u>		Wajir	A tree of about 12 ft. high. Mainly a source of charcoal & firewood. Branches used to fence cattle boma's. Fibre from the bark can be woven into ropes or strings. Fruits eaten by livestock		687
2 Abaki <u>Luo</u>		Kisumu	The bark is ground & mixed with tea porridge as a medicine for stomach and chest pains.		520
3 Abuba <u>Luo</u>		Kisumu	Ash prepared from leaves is applied on wounds		685
4 Akech <u>Luo</u>	<u>VERNONIA</u> spp	Siaya	Medicinal shrub, used in small quantities	Bibl./description	697
5 A111 <u>Luo</u> Obede <u>Luo</u> Musewa <u>Kamba</u>	<u>ACACIA seyal</u>	Kisumu S. Nyanza	The wood is used for building making beds, charcoal & firewood	Bibl./herbarium Bibl./herbarium	246, 520

18

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
6 Ararwet <u>Kipsigis</u>	<u>DICHROROPHALA chrysanthenifolia</u>	Kericho	Roots are chewed to cure coughs and leaves burnt into ashes which is licked to cure stomach ache. Poles are obtained for building. Roots are curved into wooden spoons because of their softness	Bibl./herbarium	105
7 Aways <u>Luo</u>	<u>OXALIS corniculata</u>	Siaya	Medicinal shrub used to enable pus to be produced from a painful area.	Bibl.description	685
8 Badow <u>Kalenjin</u>		Elgeyo-Marakwet	Roots are boiled to produce medicine		500
9 Bakora <u>Kisii</u>		Kisii	Timber for building and fencing homes is obtained from this tree. Leaves made into sweeping brooms		622
10 (Baobab) Muamba <u>Kamba</u>	<u>ADANSONIA digitata</u>	Machakos & Kitui	Trunk provides fibres for making baskets, ropes & mats. Fruit & seeds are edible. Pods are used as plates. Fruit juice is a refreshing drink. Hollow trunks store rain water or grains. Wood & bark provide wild life with food during drought in Tsavo.	Bibl./herbarium	306, 426, 548, 547
11 Bariyariya <u>Meru</u>		Meru	Sap from this tree is mixed with seeds of mathuri and urega trees to make drawing ink		192

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
12 Binya <u>Luo</u>	<u>CARDIOSPERMUM halicacabum</u>	Kisumu	Relieves abdominal pains in pregnant women	Bibl.description	605
13 Bisasakwe <u>Bukusu</u>		Bungoma	A shrub with flexible stems used in the construction of granaries		554
14 Bondo <u>Luo</u>	<u>EUPHORBIA candelabrum</u>	Kisumu & Siaya	The sap is used to cure wounds. Dye obtained from it. When dry its used as firewood, & its burnt as charcoal too. In Kisumu & Siaya districts, its burnt in pottery work. Sometimes used to fence homes	Bibl./herbarium	221, 227, 520, 692
Muthuri <u>Kikuyu</u>		Nakuru		Bibl./herbarium	
15 Bondok <u>Kipsigis</u>	<u>HAGENIA abyssinica</u>	Kericho	Timber for building. Posts for fencing	Bibl./herbarium	469
16 Borkhoka <u>Somali</u>		Wajir	The bark is boiled in soup & drunk to relieve pain in joints and make bones strong		572
17 Bukwet <u>Nandi</u>		Nandi	Wood provides high quality, fast burning charcoal. Building posts are obtained. The bark is boiled and the liquid drunk to cure coughs		194
18 Bwar <u>Luo</u>	<u>OCIMUM basilicum</u>	Siaya	A medicinal shrub used to cure coughs.	Bibl.description	697

23

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
19 (Cactus)	<u>OPUNTIA vulgaris</u>	Mombasa	Red edible fruit		
20 Chatsa <u>Mijikenda</u>		Kilifi	Leaves & bark provide medicine Wood burnt as firewood Milky latex can blind		389
21 Chebitet <u>Kipsigis</u>  Mwzaule <u>Taita</u>  Olchepita <u>Masai</u>	<u>ACACIA lahai</u> (Red thorn)	Kericho  Taita-Taveta  Narok	Used for building & fencing cattle 'bomas', and houses. Wood is ant resistant. Livestock feed on fruits & leaves. Bark is mixed with milk, boiled for 1 hour, and used to treat cows that abort. Bark used to cure stomach ache. Stems make good charcoal, branches for firewood	Bibl./herbarium	129, 567, 699
22 Cheblywe <u>Kalenjin</u>	<u>ACACIA sp</u>	West Pokot	The wood is used in building, fencing and as charcoal. Roots provide medicine	Bibl./herbarium	525
23 Chebnyaiwet <u>Kalenjin</u>	<u>ACACIA sp</u>	Kericho	Provides livestock food. Wood used for firewood	Bibl./herbarium	274
24 Chehe <u>Kikuyu</u>		Nyeri	Provides charcoal		39

24

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.	
25	<u>Chepkoleit</u> <u>Kipsigis</u>	<u>BIDENS pilosa</u> (Blackjack)	Kericho	Leaves are crushed and mixed with water to provide medicine for cuts and burns. Bites from poisonous spiders can be treated by leaves, fresh leaves are crushed on the spot. Also liquid from fresh leaves are dropped through the ear to cure headaches and ear blockage.	Bibl./herbarium	93, 377
	<u>Kipkobit</u> <u>Kipsigis</u>			Bibl./herbarium		
26	<u>Chepkunyuk</u> <u>Kalenjin</u>		Elgeyo-Marakwet	Timber made into furniture		506
27	<u>Chepngulielok</u> <u>Kipsigis</u>	Keri	Kericho	Leaves cure breast swellings in humans and animals. Root cure sore throats		105
28	<u>Chepnyasoriat</u> <u>Kipsigis</u>	<u>TAGETES</u> <u>minuta</u> (Marigold)	Kericho	A shrub used to treat burns. Leaves are crushed & the liquid from it spread on the burns. The liquid is also used to cure fresh wounds. Roots are crushed, mixed with water & used as a pesticide for safari ants & house flies. Scent from fresh leaves & stem repels safari ants. Stem is made into arrows.	Bibl./herbarium	377, 93

25

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.	
29	<u>Cheporus Kipsigis</u>	<u>CUPRESSUS</u> spp ( <u>Cypress</u> )	Kericho, Nandi, Uasin Gishu	Windbreak. Provides shade. Termite resistant timber for building, furniture, fencing, cages, beehives. Paper manufactured from stem. Dry barks used as firewood, and branches also. Charcoal from stem is soft, therefore not of good quality	Bibl./herbarium	579, 578, 564, 561, 559, 586, 214, 47, 209, 378, 290, 292, 438, 703, 557, 580, 583, 586, 587, 588, 600, 27, 24, 23, 28, 78
	<u>Kumuiti</u> <u>Bukusu</u>			Bibl./herbarium		
	<u>Halui Luo</u>			Bibl./herbarium		
	<u>Mitimbao Swahili</u>			Bibl./herbarium		
	<u>Taramunduku</u> <u>Kalenjin</u>			Bibl./herbarium		
	<u>Muthithinda</u> <u>Kikuyu</u>	Nyeri, Meru		Bibl./herbarium		
30	<u>Cherugitot</u> <u>Kalenjin</u>	Uasin Gishu	Forest growing rhizome, with red edible fruit		294	
31	<u>Chiya sagaara</u> <u>Somali</u>	<u>KULMIS tree</u> Garissa	Used to purify water. In Central Province, used to cure wounds		127	
32	<u>Chua Luo</u> <u>Kithumula Kamba</u>	<u>TAMARINDUS</u> <u>indica</u> ( <u>Tamarind</u> ) Siaya	A 12 metre tall tree. Fruit-juice used to flavour porridge. Timber used for building, & a source of charcoal. Roots & leaves are medicinal. Grown to provide shade in homes	Bibl.description Bibl./herbarium	576, 578, 427, 429, 526	

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
33 Chubada <u>Somali</u>		Wajir	Produces calabashes		572
34 Coffee	<u>COFFEA arabica</u>	Muranga, Nyeri	Leaves provide manure Stem provide firewood		26, 84, 86
35 Dowe <u>Taita</u>	<u>COMMIPHORA</u> sp	Taita-Taveta	The sap from the buds, leaves and roots are use to cure jiggers. Wood used for firewood	Specimen	398
36 Dungure <u>Pokomo</u>		Tana River	A shrub used to harvest cereals		280
37 Dwele <u>Luo</u>	<u>MELIA azedarach</u>	Kisumu	Timber used for building, Poles used as the king post in traditional houses	Bibl./herbarium	520
38 Ekeragweti <u>Kisii</u>	<u>ERIOBOTRYA japonica</u>	Kisii	Windbreak. Timber used for furniture, fencing, bridges, yokes, and firewood, Roots are medicinal	Specimen	432, 615
Kitundu <u>Kamba</u>		Machakos	Leaves crushed and mixed with water to treat a disease known as "Mukambi" in Kamba	Bibl./herbarium	

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.	
39	<u>Emitiot Kipsigis</u> <u>Emitik Kipsigis</u> <u>Mutamaiyu Kikuyu</u> <u>Muthata Kamba</u> <u>Yemit Kalenjin</u> <u>Mutero Kikuyu</u>	<u>OLEA africana</u> (Wild Olive)	Kericho  Nakuru  Elgayo-Marakwet  Nyeri	Traditional medicinal tree. Bark and roots are boiled and the liquid drunk to cure T.B, stomachache malaria & joint pains. Charcoal is long burning and burns without smoke, so is considered best charcoal here. Carvings and tools & wooden handles made from this wood. Timber used for furnitures building, fencing and bridges as it is tough. Firewood is excellent, produces little smoke. Livestock feed on leaves. Leaves boiled to cure stomach ache. Leaves & roots used for treating cattle tapeworms. Roots chewed to cure toothache. Bark boiled to treat diarrhoea in cows. Ash is an antiacid. Smoke from firewood used to flavour milk. Smoke also cures colds & fever. Charcoal was used as toothpaste	Bibl./herbarium Bibl./herbarium Bibl./herbarium Bibl./herbarium Bibl./herbarium Specimen	480, 482, 481 478, 515, 517 519, 521, 503 108, 14, 16 511, 522, 48 219, 228, 473 384, 574, 114 464, 467, 468 469, 184, 182
40	<u>Engol Turkana</u>	<u>HYPHAENE</u> <u>ventricosa</u>	Turkana	Tree grown along Turkwell & Kerio rivers. Resembles coconut tree. Leaves used in basket making, mats brooms, ropes & roof thatching. Wild animals feed on leaves. The nuts outer covering is fed to goats. The fleshy part is dried & ground into powder, which is then mixed with blood to make a thick meal. The thick trunk is used in building and for firewood	Bibl./herbarium	698

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
41 Enguhu <u>Luhya</u>		Western Province and Kiambu	A shrub whose leaves are burnt and the ashes used to treat circumcised boys		115
42 Fara'ji <u>Pokomo, Swahili</u>		Tana River	Medicinal shrub. Leaves are crushed to provide medicine for stomach aches. The roots are dried and crushed to provide medicine for relieving muscular aches.		280
43 Frangipani <u>Gujarati</u>	<u>PLUMERIA rubra</u>	Kisumu	Mainly ornamental. Flowers used in weddings, temple or funerals		594, 595, 596 597
44 Gathekia <u>Kikuyu</u>		Nakuru	Roots boiled in soup and drunk to cure stomach ailments		112
45 Gazeida <u>Somali</u>		Wajir	Edible orange like fruits		572
46 Genjeka <u>Taita</u>	<u>FAGARA alitoria</u>	Taita Taveta	Leaves used to brew tea. Roots are pounded, mixed with water, and filtered to provide medicine for stomach aches. Branches for firewood and roof thatching	Bibl./herbarium	401
47 Getka <u>Somali</u>		Wajir	Roots boiled and liquid drunk as medicine for chest aches, stomach ache, and headaches		572

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
48 Gicungwa <u>Kikuyu</u>	<u>CITRUS sinensis</u> (Orange)	Nyeri	Roots used to flavour soup. Roots, buds, bark, and wood used as firewood. Charcoal obtained from wood	Bibl./herbarium	231, 7, 26; 150, 256
49 Githuhia <u>Kikuyu</u>	<u>HYPOESTES</u> <u>verticillaris</u>	Njoro	Roots chewed to cure stomach ache	Bibl./herbarium	114
50 Gitura <u>Kikuyu</u>		Nyeri	A shrub whose fruits and roots are used in washing clothes and making soup		97
51 Gituriri <u>Kikuyu</u>		Nyeri	Leaves and roots used to wash crockery and make soup		97
53 Ikukuma <u>Kamba</u>		Kitui	Edible fruit. Leaves, roots & fruits are boiled to provide medicine for heartbeats, cholera, smallpox, and rinderpest. Provides livestock with food		428
54 Ikuu <u>Kamba</u>	<u>COMMIPHORA</u> <u>africana</u>	Kitui	Paste obtained from this shrub. Leaves & fruits provide livestock food. Roots are crushed, and mixed with water as medicine for stomach-aches, or just chewed.	Bibl./herbarium	543, 381, 426 305, 541
Kikonde Kitongu Matongu <u>Kamba</u>		Machakos		Bibl.description	

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
55 Imaseyuek <u>Masai</u>	<u>PAVONIA irakuensis</u>	Narok	Leaves used to clean calabashes	Specimen	534
56 Imbeko <u>Luhya</u>	<u>EUCALYPTUS globulus</u> (Blue gum)	Kakamega	Edible fruit. Tree is a windbreak Timber used for fencing, building, furniture, bridges, and carvings. Bark & roots are medicinal. Leaves used for roof thatching. Leaves are medicinal too. They're boiled and the water is used to bathe a child with chicken pox. Liquid also drunk to cure stomach aches. The vapour from boiled leaves is inhaled to cure colds. The bark, roots, branches and leaves burnt as fuel. Poor quality charcoal obtained from wood, Smoke from burnt leaves keeps out mosquitoes	Bibl./herbarium	439, 203, 232 255, 247, 485 436, 91, 486 32, 431, 316 525, 320, 25
Ikambi <u>Luhya</u>				Bibl./herbarium	378, 51, 441 234, 260, 332 344, 270
Muringoti <u>Luhya</u>				Bibl./herbarium	
Bau <u>Luo</u>				Bibl./herbarium	
Mibau <u>Kikuyu</u>				Bibl./herbarium	
Mithioth <u>Nandi</u>				Bibl./herbarium	
Muringama <u>Kikuyu</u>				Bibl./herbarium	
Olubao <u>Luhya</u>				Bibl./herbarium	
Omoringamu <u>Kisii</u>			Bibl./herbarium		
57 Interiot <u>Kipsigis</u>		Kericho	Shrub whose barks & roots are thrashed and mixed with water to spread on millet to arrest the spread of millet blight in gardens. Leaves used to thatch houses. Edible fruits		614
58 Iswi <u>Kamba</u>		Kitui	Wood made into beehives & honey drums. Wood provides firewood and charcoal.		543

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
59 Ithia <u>Kamba</u>	<u>RHUS villosa</u>	Kitui	Wood used for building	Bibl./herbarium	543
60 Iti <u>Taita</u> Ngoja-kidogo <u>Swahili</u>	<u>ACACIA albida</u>	Taita-Taveta	Wood used for building, fencing wood carving, firewood and charcoal. Leaves used to cure tonsillitis. Bark used to cure coughs.	Bibl./herbarium Bibl./herbarium	406
61 Itula <u>Kamba</u>	<u>COMMIPHORA baluensis</u>	Kitui	Used to cure gonorrhoea. Timber used to make beehives. Fibres obtained from bark	Bibl./herbarium	545, 528
62 Jeseria <u>Kalenjin</u> Cheseria <u>Marakwet</u>		Elgeyo-Marakwet	A shrub whose leaves are chewed to cure chest pains, bilharzia and typhoid. Roots are boiled to cure stomach ache.		489, 503, 517, 518
63 Kahuni <u>Kikuyu</u>		Nyeri	Shrub whose medicinal roots are used to flavour tea		7
64 Kailawimbu <u>Kamba</u>	<u>POLLICHIA campestris</u>	Machakos	Leaves are used to cure cuts	Specimen	303
65 Kakutu <u>Kamba</u>	<u>RHYCHOSIA</u> spp	Machakos	Shrub whose roots are used to cure coughs and chest pains		303
66 Kalialia <u>Kikuyu</u>		Embu	Shrub with milky latex used to cure fresh cuts. Stem used for fencing.		117

Shrub with milky latex used to cure fresh cuts. Stem used for fencing.

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
57 <u>Kamangule Bukusu</u>		Bungoma	A shrub used to decorate landscape		554
68 <u>Kammushen Kalenjin</u> <u>Kamusian Kalenjin</u>		Elgeyo-Marakwet	A shrub with edible leaves. Leaves burnt to produce ash which is used to cure scabies and wounds. Roots are eaten to cure coughs & stomach aches. Roots and leaves used to cure bilharzia and typhoid. Bark used to treat stomach aches. Livestock feed on leaves.		484, 481, 503, 513, 506, 482
69 <u>Kapchobiniot Nandi</u>	<u>DOVYALIS macrocalyx</u>	Nandi	A shrub whose roots are boiled & the liquid drunk to cure headaches. Edible fruits.		690
70 <u>Karadali Luo</u> <u>Kipligam Kalenjin</u> <u>Munywamai Kikuyu</u>	<u>EUCALYPTUS sp</u>	Siaya  Kiambu, Embu	Timber for furniture, building, firewood and charcoal	Specimen  Bibl./herbarium  Bibl./herbarium	117, 696
71 <u>Kariyariya Kikuyu</u>		Embu	Used in fencing		472
72 <u>Kasivu Kamba</u>		Kitui	Leaves are ground, mixed with water and this liquid is used to treat a cow's eyes. Also used to cure scabies & poultry with tile problems		545

63

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
73 Kenyukwi <u>Kamba</u>	<u>PORTULACA quadrifida</u>	Machakos	A shrub found on anthills. Leaves used to cure stomach ache	Specimen	303
74 Keyo <u>Luo</u>	<u>COMBRETUM molle</u>	Kisumu	Mostly a source of fuel. Charcoal from it burns well. Timber used for building	Bibl./herbarium	677, 696
75 Kiatine <u>Kamba</u>	<u>KIGELIA aethiopum</u>	Machakos	Fruit juice is mixed with sugar and water to provide medicine for typhoid. Timber used for building	Bibl./herbarium	532
76 Kidiga <u>Somali</u>		Wajir	Bark is boiled together with roots until a green colour is obtained. This is given to mad people to calm them down		572
77 Kieha <u>Kikuyu</u>	<u>AGELANTHUS sp</u> or <u>LORANTHUS fischeri</u>	Njoro	parasitic on bamboos. Liquid from the boiled plant is used to cure liver diseases	Bibl./herbarium	113
78 Kikolokolo <u>Kamba</u>	<u>PILIOSTIGMA thonningii</u> (Camel's foot leaf tree)	Kitui	Bark sap and leaves are boiled to provide medicine for dysentery, coughs and colds. Dry wood used for firewood	Bibl./herbarium	100, 429
Murema <u>Kikuyu</u>		Kirinyaga		Bibl./herbarium	
79 Kikomoa <u>Kamba</u>	<u>VANGUERIA rotundata</u>	Machakos	Edible fruit	Bibl./herbarium	382

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LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
80 Kikuma <u>Maragoli</u>		Kakamega	Roots boiled as medicine for headaches and stomach aches. Wood used for building and firewood. Leaves used as manure.		238
81 Kilaa <u>Kamba</u>	<u>BOUGAINVILLEA spectabilis</u>	Kitui	Thorn tree used for fencing cattle bomas	Bibl./herbarium	426
82 Kiluku <u>Kamba</u>		Kitui	Bark used to cure stomach aches		425
83 Kimikikhili <u>Bukusu</u>		Bungoma	Timber for building and shade in coffee plantations. Has medicinal uses		554
84 Kimuu <u>Kamba</u>		Kitui	Edible fruit		425
85 Kinai <u>Kamba</u>		Kitui	Bark used to cure headache, tapeworms and stomach pains		527
86 Kipchuchun <u>Kalenjin</u>		Elgeyo-Marakwet	Used to cure stomach ache		507
87 Kipkeres <u>Kalenjin</u>	<u>ERYTHROCOCCA bongensis</u>	Elgeyo-Marakwet	A shrub which provides poultry shelter and walking sticks made from it.	Bibl./herbarium	509, 512, 51

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LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
88 <u>Kipnambai</u> <u>Marakwet</u>		Elgeyo-Marakwet	Roots boiled to produce a red dye/ Paint. Fruits produce ink-like liquid		504, 476
89 <u>Kipsirwa</u> <u>Kalenjin</u>		Elgeyo-Marakwet	Roots boiled to produce a green dye/paint		504
90 <u>Kipsokoti</u> <u>Kalenjin</u>		Elgeyo-Marakwet	Leaves burnt, and the ashes used as medicine		515
91 <u>Kipsugun</u> <u>Marakwet</u>		Elgeyo-Marakwet	Bark eaten to cure stomach ache, Branches used for fencing		504, 476
92 <u>Kipsuruny</u> <u>Kalenjin</u>		Elgeyo-Marakwet	Roots boiled as medicine for children		506
93 <u>Kiruma</u> <u>Kikuyu</u>	<u>ALOE</u> sp	Kirinyaga	Leaves boiled to produce bitter liquid used to treat lung diseases of sheep and poultry. The leaf sap is drunk for stomach aches. Shrub used to demarcate land	Bibl./herbarium	520, 671, 100
94 <u>Kirumbutu</u> <u>Taita</u>	<u>MELIA volkensii</u>	Taita Taveta	Poles for building roofs & granaries Wood is used to make furniture Bark is dried, ground & the powder used to bewitch neighbours. Leaves used for insecticide. Branches used for firewood, Bark & leaves eaten by livestock. Bark sap used as gum.	Bibl./herbarium  Bibl./herbarium	38, 527, 529, 530, 531, 542, 545
<u>Mpenda bure</u> <u>Swahili</u>				Bibl./herbarium	
<u>Mukao Kamba</u>		Kitui		Bibl./herbarium	

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.	
95	Kisasi <u>Kamba</u>	Kitui	Provides a paste		541	
96	Kisemeli Kamba	Kitui	A shrub whose bark provides cough medicine			
97	Kitili <u>Kamba</u>	Kitui	Leaf used to cure stomach ache		425	
98	Kitoo Kamba	<u>TERMINALIA prunioides</u>	Kitui	A shrub with edible fruit. Wood used for carvings, beehives, tools, firewood and charcoal. Leaves eaten by livestock and used as manure. Roots are ground and boiled as medicine for dysentery. Roots made into walking sticks. Poles used for building stores and granaries.	Bibl./herbarium	425,523, 551
99	Kitsapu <u>Swahili</u>	Kilifi	Trays made from it		53, 54	
100	Kitula Kamba	<u>XIMENIA caffra</u>	Kitui	Edible fruit. Leaves ground as medicine, Wood used for carvings and beehives.	Bibl.description	543
101	Kitunene/ Mutunene <u>Kamba</u>	<u>TURRAEA holstii</u>	Machakos	Roots are chewed to cure stomach ache. Bark & roots crushed in cold water to cure a disease known as "Kyambo" in Kamba.	Bibl./herbarium	382, 619

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
102 Kiumo <u>Kamba</u>	<u>FICUS natalensis</u>	Kitui	Leaves are medicinal. Branches used in fencing. Wood used for building and firewood.	Bibl./herbarium	411
103 Kiuuku/ Miuuku <u>Kamba</u>	<u>MAERUA pubescens</u>	Machakos	Livestock feed on leaves. Branches used for charcoal. Wood used in beehives, carvings, tools and for building. Roots are crushed and boiled as medicine for general body pains. Bark used to cure coughs and chest pains.	Bibl./herbarium	303, 573
104 Kiuvi <u>Kamba</u>	<u>RUMEX abyssinicus</u>	Machakos	Source of dye: leaves give green colour and roots yellow. Dye used to paint baskets and boxes. Roots and bark used to cure disease known as "Kiuneti" in Kamba.	Specimen	620
105 Kiva <u>Kamba</u> Mndendele <u>Taita</u>	<u>PAPPEA capensis</u>	Kitui Taita Taveta	Edible fruit. Bark used for making tobacco pipes. Branches made into toothbrushes. Roots chewed for stomach ache. Timber used for building, and provides good long burning firewood and charcoal.	Bibl./herbarium Specimen	401, 407, 425
106 Kobka <u>Somali</u>		Wajir	Edible fruits which blacken the mouth.		
107 Kuntare <u>Bukusu</u>		Bungoma	Wood used for building, fencing, firewood, and made into walking sticks.		66
108 Kumukhonge <u>Bukusu</u>		Bungoma	Wood used for building, fencing, firewood and charcoal.		66

38

18 Kumukhonge  
Bukusu

Bungoma

Wood used for building, fencing,  
firewood and charcoal.

66

37

	LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
09	Kumukimira <u>Bukusu</u> Mukumira <u>Swahili</u>		Bungoma	Wood provides firewood. Leaves and roots provide medicine		267
10	Kumulaa <u>Bukusu</u>	<u>COMBRETUM</u> <u>bindlranum</u>	Bungoma	Source of charcoal	Bibl./herbarium	66
11	Kumunyofe <u>Lugisu</u>		Kakamega	Bark is crushed, boiled and used to cure diarrhoea		298
12	Kumunyubuti <u>Bukusu</u>		Bungoma	Timber made into tools e.g. mortars, pestles and walking sticks. Used for treating teeth and stomach pains - roots are boiled and liquid drunk.		589
13	Kumurembe <u>Bukusu</u> Mrembe <u>Luo</u> Olkoponi <u>Masai</u> Mulungu <u>Taita</u>	<u>ERYTHRINA</u> <u>abyssinica</u>	Bungoma Siaya Narok Taita Tavata	A traditional tree with similiar uses in the 3 districts. In Bungoma, wood used to make amplifiers of traditional harps. It was believed that a person suffering from mumps would be cured after stepping on the trunk. Also, when two people had quarreled, they threw spears at this tree, and were then judged. In Narok and Siaya, a person suffering from mumps runs around it, chanting in order to be cured. In Narok, 2 people who quarreled would throw arrows into the tree in order to make peace. Luo medicine men use the thorny bark to cure bewitched people, or to kill people.	Bibl./herbarium Bibl./herbarium Specimen Specimen	537, 590, 694 398, 405, 408

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39

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
			In Taita, the trunk is made into pestles, mortars, beehives, tools, toys and carvings. Seeds are ornamental and are used in making musical instruments. Branches provide firewood. The leaves are crushed, mixed with water, and the liquid drunk to cure stomach aches. The bark is placed in the fire, and then onto swollen cheeks to cure mumps.		
114	<u>Kwelel Kalenjin</u>	Elgeyo-Marakwet	Used to cure coughs.		508, 511
115	<u>Kyale Kamba</u>	Kitui	Edible fruit		425
116	<u>Kyuasi Kamba</u>	<u>LANNEA stuhlmannii</u>	Kitui	Edible fruit. Wood provides firewood.	Bibl./herbarium 425
117	<u>Kyusyu Kamba</u>	Kitui	Timber used for building and toolmaking. Fibres/strings used in building		543
118	<u>Kyuwa Kamba</u>	<u>SCLEROCARYA caffra</u>	Kitui	Edible fruit	Bibl./herbarium 543
119	<u>Labotwetab Teta Kipsigis</u>	<u>DATURA stramonium</u>	Kericho	Roots are chewed fresh, or dried, ground and diluted as a medicine for anthrax. Dried powdered roots can also be licked.	Bibl./herbarium 377
120	<u>Laburnum</u>	<u>CALPURNIA subdecandra</u>	Baringo	Found in swampy places, and used in ceremonial occasions.	386

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LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
121 Lamaiwet <u>Nandi</u>	<u>SYZYGIUM guineense</u>	Nandi	Edible fruits. Timber for building. Provides shade in homes	Bibl./herbarium	690
122 Likomia <u>Luhya</u> Irigu <u>Kikuyu</u> Mti wa ndizi	<u>MUSA</u> spp (Plantain)	Kakamega Nyeri Swahili	Green fruit is vegetable, and when ripe its a fruit. Green bark, leaves and trunk eaten by livestock. Dry leaves and bark are roof thatch. Green leaves used as umbrellas and for covering pots. Dry bark used for wrapping tobacco. The stem is made into cartwheels and the decayed stem is used for greasing the wheels. Stem fibres used for tying things. Roots are medicinal.	Bibl./herbarium Bibl./herbarium Bibl./herbarium	10, 63, 71 84, 201, 196
123 Lopotwo <u>Kalenjin</u> Mutongu <u>Meru</u> Ochok <u>Luo</u>	<u>SOLANUM incanum</u>	Elgeyo-Marakwet Meru Kisumu	A medicinal shrub. Roots eaten, or added to soup or porridge to cure malaria, or stomach ache. Burnt bark eaten for stomach ache. Leaves used to wash utensils. Fruit is used in Kalenjin ceremonies. Its juice can blind. Fruits used in catapults by boys, and as beads by girls. Livestock feed on the shrub. Dry wood used as firewood.	Bibl./herbarium Specimen Bibl./herbarium	377, 670, 520 91, 59, 110
124 Lunguyu <u>Kamba</u>		Kitui	A shrub whose slender stems are tied together to form sweeping broom. Good source of bright light. Also used to sweeten porridge.		551

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.	
125	<u>Lusiola Luhya</u>	<u>MARKHAMIA platycalyx</u>	Burgoma	The wood is insect resistant, and used to make coffins, traditional furniture, boats and buildings. Soap foam extracted from leaves. Good source of firewood and charcoal which is not of good quality. Dry branches start fires very well. It provides shade and in the past, sacrifices were made under it.	Bibl./herbarium	697, 287, 285
	<u>Siala Luo</u>	<u>MARKHAMIA hildebrandtii</u>	Siaya		Bibl./herbarium	284, 281, 85
	<u>Muu Kikuyu</u>	<u>MARKHAMIA hildebrandtii</u>	Nyeri		Bibl./herbarium	555, 202, 204
126	<u>Luta Kamba</u>	<u>SESAMUM angustifolium</u>	Machakos	A medicinal shrub. The whole shrub is threshed and mixed with water. The resultant liquid is used to cure malaria and headaches.	Bibl./herbarium	373
127	<u>Lutati Luhya</u>	<u>TEGLEA nobilis</u>	Kakamega	The hard trunk is used in building houses, bridges and as charcoal. Monkeys feed on the leaves.	Bibl./herbarium	493
128	<u>Machina Kikuyu</u>		Njoro	Sap from the stems of this shrub is used to cure wounds.		
129	<u>Machuna Kikuyu</u>		Nyeri	Shrub which is a source of dye. Fresh leaves are crushed until red colour is obtained and this is used to colour baskets.		88, 91, 92
30	<u>Makatarus Kalenjin</u>		Elgeyo-Marakwet	Used to cure leg swellings in old people		511
31	<u>Makongwe Kamba</u>		Kitui	Paste is made from it		541, 543

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
32 Makoywo <u>Kalenjin</u>		Elgeyo-Marakwet	Animals feed on its fruits		509
33 Makuu <u>Kamba</u>		Kitui	Provides timber and paste		542, 543
34 Malmal <u>Somali</u>		Wajir	Milk and other liquid containers are carved from this tree. It also produces gum which is sold at 5/- per kg. and used to fence cattle bomas		687
35 Mapera <u>Luo</u>	<u>PSIDIUM</u> <u>gua java</u> (Guava)	South Nyanza, Siaya	Timber for building & furniture. Tree is a windbreak and gives shade. Leaves eaten by livestock.	Bibl./herbarium	251, 17, 89, 32, 30, 365, 340, 315
Maperiath <u>Nandi</u>		Nandi	Edible fruit. Roots are medicinal, used to treat scabies. They're also boiled and the liquid drunk to cure stomach ache. Leaves are crushed to treat malaria, and to produce a drug for catching fish.	Bibl./herbarium	
Muharu <u>Kikuyu</u>		Nyeri	Also provide manure, Bark branches and stem used for firewood. Stem made from it. In S. Nyanza, its believed to be a protection against thieves and witchdoctors, so its planted in most homes. It was formally believed that if a hunter climbed a guava tree it would give him good luck, and hw would later kill an animal. Branches used as whipping sticks by teachers.	Bibl./herbarium	
Mibera <u>Kikuyu</u>				Bibl./herbarium	
Mpera <u>Luhya</u>		Bungoma		Bibl./herbarium	
36 Marambit <u>Kipsigis</u>		Kericho	Leaves used for roof thatching and goat food		430

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LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
37 Marleba <u>Luo</u>	<u>MANIHOT</u> <u>esculenta</u> (Cassava)	S. Nyanza	Forms a windbreak. Edible roots. Firewood from the stem. Leaves eaten by livestock and are a source of manure	Bibl./herbarium	244, 248, 47 10, 12,
38 Masat <u>Kalenjin</u>		Elgeyo-Marakwet	Bark is boiled, the cooled liquid is drunk to cure tapeworms		518, 519 518, 519
39 Matula <u>Kamba</u>	<u>TERMINALIA</u> <u>spinosa</u>	Kitui	A windbreak. A source of paste. Leaves eaten by livestock. Wood made into tools, carvings and stools. Wood a source of firewood and charcoal. Bark, roots and leaves are pounded together and used to cure gonorrhoea and scabies.	Bibl./herbarium	539, 543, 544
140 Mbonu <u>Taita</u>	<u>RICINUS</u> <u>communis</u> (Castor oil)	Taita Taveta	Fruit made into castor oil which is used to cure stomach ache.	Bibl./herbarium	54, 53, 407
141 Mdungamadu <u>Taita</u>		Taita Taveta	Shrub with edible fruit, used to flavour porridge. Branches used for firewood. Thorns were used to sew ears in the past.		403
142 Mengunyot <u>Nandi</u>		Nandi	Timber is resistant to insect attack and is often used for furniture, and poles for building houses and fencing. Also gives shade, and leaves used to treat stomach ache.		194

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LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
143 Mhapha Pckomo Mtapa <u>Swahili</u>	<u>BORASSUS</u> <u>aethiopum</u>	Tana River	Edible fruit, used in liquor making. Leaves used to make fish traps. Trunk used to make beehives.	Bibl./herbarium Bibl./herbarium	278
144 Michakaranda <u>Kikuyu</u>	<u>JACARANDA</u> <u>mimosifolia</u>	Nyeri, Kiambu Nairobi	Windbreak. Ornamental tree, provides shade. Firewood and charcoal source. Buds, bark, roots used as firewood. Leaves provide manure.	Bibl./herbarium	150, 331, 540 118, 104
145 Michinda <u>Kikuyu</u>	<u>PINUS</u> spp. (Pine)	Nakuru	Timber provides fencing and building posts and made into furniture, rabbit hutches, and paper. Bark made into cardboard. Branches are good firewood.	Bibl./herbarium	24, 62, 70 23, 95, 230
146 Mihuru <u>Kikuyu</u>	<u>VITEX</u> <u>keniensis</u>	Nyeri	Its wood is source of firewood.	Bibl./herbarium	110
147 Mikima <u>Kikuyu</u> Mukima	<u>GREVILLEA</u> <u>robusta</u> (Silky oak)	Nyeri Meru	Timber for fencing, building, and firewood. Source of livestock food. Acts as windbreak.	Bibl./herbarium Specimen	533, 92, 415 269, 422, 420
148 Mikokola <u>Kamba</u>	<u>COMBRETUM</u> <u>exaltum</u>	Kitui	Timber for building	Bibl./herbarium	543
149 Milawa <u>Kamba</u>		Kitui	Shrub whose branches provide fibres and wood for building.		526

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.	
150	Minya <u>Luo</u>	<u>CISSUS rotundifolia</u>	Kisumu	Climber used as ropes, especially for building.	Bibl./herbarium	677
151	Miraa <u>Meru</u>	<u>CATHA edulis</u>	Meru	Leaves and buds chewed to stimulate nerves to keep people awake. Mostly used by elders in Meru when paying respects to each other.	Bibl./herbarium	
152	Misunzu <u>Maragoli</u>		Kakamega	Bark is crushed and boiled to cure stomach aches. Wood used for building, furniture and firewood. Leaves provide manure.		239, 242
153	Mkadi <u>Kilifi/Mijikenda</u>	<u>PANDANUS kirki</u> (Screw Pine)	Kilifi	Flowers used to make perfume	Bibl./herbarium	388
154	Mkaghani <u>Taita</u>		Taita-Taveta	Leaves and fruit eaten by livestock Wood for building.		74
155	Mkhaghuba <u>Taita</u>		Taita-Taveta	Wood for building and charcoal		74
156	Mkahawa <u>Swahili</u>		Kiambu	Edible fruit, Medicinal roots.		316
157	Mkanju <u>Giriama</u> Korosho <u>Swahili</u>	<u>ANACARDIUM occidentale</u> (Cashew nut)	Kilifi, Kwale	Edible fruits. Provides shade in homes. Leaves are crushed in cold water, and the liquid drunk to cure coughs. Cooking fat obtained from seeds. Firewood and charcoal obtained. Leaves used for thatching.	Bibl./herbarium	657, 82, 5; 54, 628, 63; 655, 322, 23; 235

(Cashew nut)

in cold water, and the liquid drunk to cure coughs. Cooking fat obtained from seeds. Firewood and charcoal obtained. Leaves used for thatching.

235, 232, 231, 235

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
58 Mkapu <u>Giriama</u> Mrimu <u>Meru</u>	<u>CITRUS limon</u> (lemon)	Kilifi	Edible fruit used to flavour porridge. Wood used as firewood and charcoal.	Bibl./herbarium Bibl./herbarium	17, 419, 650
59 Mkarharhi <u>Hola, Pokomo</u>		Tana River	Bark used to make ropes. Fruit produces gum. Twigs can be rubbed together to produce a flame. Livestock feed on it. Camels can survive on it during drought.		279
60 Mkoko <u>Giriama</u>	<u>RHIZOPHORA mucronata</u> (Mangrove)	Mombasa	Good poles for building. Source of fuel (charcoal and firewood). Bark provides dye.	Bibl./herbarium	627, 651
61 Mkoma <u>Pokomo</u> Mkoma <u>Swahili</u>	<u>HYPHAENE coriacea</u> (Doulm palm)	Tana River Kawale	Leaves used as roof thatching and making mats and sieves. Edible fruit. Wood ash is used as salt. Trunk provides hard timber for bridges and firewood.	Bibl./herbarium Bibl./herbarium	277, 308
162 Mkwinini <u>Swahili</u>	<u>CINCHORA ledgerana</u>	Mombasa Kericho	Wood used to make boats and for firewood. Bark is medicinal.	Bibl./herbarium	433, 289, 601
163 Mlimbolimbo <u>Swahili</u>		Kilifi	Latex is obtained for making traps.		53, 54

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
64 Mnazi <u>Swahili</u>	<u>COCOS nucifera</u> (Coconut)	Mombasa/Kilifi/ Kwale	Husk used to make ropes, brooms, mattresses, and fuel. Shell used to make spoons. Ashes from the burnt shell are used to clean utensils, Dried endosperm (Copra) provides cooking oil and also used to make perfumes, soaps, cattle feed, and candles. The juice is made into wine and vingegar. Leaves used for brooms and thatching material. Trunk used for building and as firewood. Oil is used as lamp fuel and to treat scabies.	Bibl./herbarium	605, 604, 636, 640, 641, 642, 691, 645, 646, 647, 656, 658, 250, 607, 608, 609, 610, 613, 612, 1, 5, 9, 29, 34, 36, 42, 43, 46, 60, 64, 10, 53, 79, 168, 177, 184, 187, 206
35 Mndudukua <u>Taita</u>	<u>DOVYALIS</u> sp.	Taita-Taveta	Edible fruit. Roots used to cure eyes, Wood provides firewood.	Specimen	396
36 Mohaa <u>Somali</u>		Wajir	Grown in homes to provide shade.		572
37 Mokoywet <u>Kipsigis</u>	<u>FICUS</u> sp. (Fig)	Kericho	Provides shade. Used for fencing. Fruits eaten by birds and children.	Bibl./herbarium	701
38 Mopalakela <u>Kamba</u>		Elgeyo-Marakwet	Firewood and charcoal obtained from it. Bark is boiled to cure stomach ache.		484
39 Moronget <u>Kipsigis</u>	<u>COLEUS caninus</u>	Kericho	Shrub mainly used to treat sprained ankles. Fresh leaves are warmed on fire till they become flaccid, and wet and then applied to the ankle.	Bibl./herbarium	563

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ankles. Fresh leaves are warmed on fire till they become flaccid, and wet and then applied to the ankle.

	LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
170	Morongok <u>Kipsigis</u>		Kericho	Medicinal shrub. Roots and leaves are used. A good source of fire when dry.		659
171	Motos <u>Kalenjin</u>		Elgeyo-Marakwet	The leaves are used to wash utensils. Roots are boiled and the water is drunk to cure stomach ache.		478
172	Mpira <u>Swahili</u>		Kilifi	Used to make balls.		53, 54
173	Mseghembe <u>Taita</u>	<u>SCHREBERA alata</u>	Taita-Taveta	Bark is boiled to cure malaria and stomach aches. Wood provides firewood. Branches used to make beehives.	Bibl./herbarium	395
174	Mshigha <u>Taita</u>	<u>LANNEA</u> sp.	Taita-Taveta	The wood is made into drums, pestles and mortars. Also for firewood and charcoal. Roots provide fibre for making pillows and other clothing. Roots are boiled to cure coughs. Bark provides dye and also used to flavour tea. Leaves chewed to treat malaria.	Specimen	400
175	Mshomoro <u>Taita</u> Mutauisi <u>Kamba</u> Tektagwari <u>Luo</u>	<u>LANTANA camara</u>	Taita-Taveta Machakos	Edible fruit. Leaves and fruit eaten by livestock. Poultry and dogs eat fruit. Leaves provide manure. Roots and branches provide firewood. Twigs used as toothbrushes. Branches used to make arrows, and to chase away mosquitoes. Leaves were in the past used as soap for cleaning milk bottles.	Specimen Bibl./herbarium Bibl./herbarium	399, 520, 31

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
176 Msufi <u>Swahili</u> Omusala Kwe epamba <u>Luhya</u>	<u>BOMBAX</u> <u>rhodognaphalon</u> or <u>CEIBA pentandra</u> (Kapok tree)	Kilifi Kakamega	From dry fruits, soft white material like cotton is obtained and used to stuff mattresses and pillows. Sometimes its used to weave ropes and strings. Leaves used to treat sores. Good source of charcoal and firewood. Leaf sap sometimes used in vegetables. The stem used for carpentry.	Bibl./herbarium Bibl./herbarium	53, 179, 198
177 Msumbesu <u>Taita</u>		Taita-Taveta	Bark is used in shoe making		533
178 Msuruachi <u>Taita</u> Mkuruwe <u>Kikuyu</u>	<u>ALBIZIA</u> <u>gummifera</u>	Taita-Taveta) Nyeri	Wood made into tools, combs and pestles and provides firewood. Timber used for building bomas, fencing, furniture and beehives. Leaves used for fermenting bananas.	Bibl./herbarium Bibl./herbarium	402, 97
79 Mtsamvya <u>Swahili</u>	<u>COLA</u> sp.	Kilifi	Tree with poles for building and good wood for charcoal. Edible fruits.	Bibl./herbarium	629
30 Muamba <u>Kamba</u>	<u>CLERODENDRON</u> <u>eriphyllum</u>	Kitui	Edible fruit. Bark provides string/fibre for basket making.	Bibl./herbarium	300, 425
11 Muanzi <u>Swahili</u> Olteani <u>Masai</u> Tegat <u>Nandi</u> Tegek <u>Kipsigis</u>	<u>ARUNDINARIA</u> <u>alpina</u> (Bamboo)	Kericho	Stem used to make bows and arrows and fencing. Leaves used for roof thatching. Kipsigis build houses with it and make roof gutters. Stem used as containers for salt, milk or arrows. It provides very good firewood.	Bibl./herbarium Bibl./herbarium Bibl./herbarium Bibl./herbarium	154, 114, 384 469

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LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
182 Mubariti <u>Kikuyu</u>		Embu	Straight poles for building.		117
183 Mucarago <u>Kikuyu</u>	<u>OLEA hochstetteri</u>	Nakuru	Timber for building bridges and houses because it does not rot easily. Charcoal burns without too much smoke. Traditional tools e.g. pestles and mortars made from it. Roots are cooked in meat to flavour soup, and to cure stomach ache. Provides good shade and fencing poles.	Bibl./herbarium	218, 220
184 Mucegeci <u>Kikuyu</u>		Kiambu	Shrub providing firewood.		81
185 Mucameri <u>Kikuyu</u> Mchemeri <u>Taita</u>	<u>ACACIA bussei</u>	Nyeri, Embu	Wood used for firewood and charcoal. Bark provides dye for sisal fibres and used to flavour tea. Roots used to cure malaria.	Bibl./herbarium Bibl./herbarium	192, 400
186 Muchatha <u>Kikuyu</u> Muthakwa <u>Kikuyu</u>	<u>VERNONIA auriculifera</u>	Nyeri	Roots are boiled in soup to provide medicine for curing the joints. Roots are boiled as medicine for rinderpest.	Bibl.description Bibl./herbarium	464, 286
187 Muchinduri <u>Maragoli</u> Musine <u>Maragoli</u> Mukinduri <u>Kikuyu</u> Muthulu <u>Kamba</u>	<u>CROTON megalocarpus</u>	Kakamega   Kiambu, Embu	Provides poles for building huts, and fencing, Trunk used for charcoal and firewood. The bark is crushed, boiled and when cool, the liquid is taken for stomach ache and pneumonia. Leaves provide manure. Gum from the trunk used to trap birds. Insecticide made from it.	Bibl./herbarium Bibl./herbarium Bibl./herbarium Bibl./herbarium	241, 472, 81, 543, :

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
188 Muchingiri <u>Kikuyu</u>	<u>PEDDIEA</u> <u>volkensii</u>	Nyeri	Roots provide medicine for knee aches. Fruits made into bells for male initiates.	Bibl./herbarium	282
189 Muembe <u>Kamba</u> Miembe <u>Meru</u> Maembe <u>Luo</u> Liembe Muhembe <u>Luhya</u> Mwihembe <u>Kikuyu</u>	<u>MANGIFERA indica</u> (Mango)	Machakos	Edible fruit. Timber for building and furniture, canoes, firewood and charcoal. Roots are medicinal for curing gonorrhoea and bilharzia and also used as fuel. The bark is used to cure V.D. in Kakamega. Musical instruments made from the wood. Leaves are burnt and the ash used to treat wounds. Leaves provide manure.	Bibl./herbarium Bibl./herbarium Bibl./herbarium Bibl./herbarium Bibl./herbarium	231, 363, 341, 205, 472, 485, 416, 363, 424, 117, 426, 429, 245, 253, 257, 254, 306, 649, 654, 643, 639, 631, 630, 17, 632, 197, 84
190 Mufuritsi <u>Luhya</u>		Kakamega	Roots are boiled, and the liquid drunk to cure stomach ache. Trunk used for building, furniture, charcoal and firewood. Bark is burnt, mixed with water and used to cure a person unable to urinate. Leaves used to cure nagana cattle disease and coughs. Fruits edible, but poisonous to goats.		493
191 Mugea <u>Kikuyu</u>	<u>ACACIA</u> <u>xanthophloea</u>	Nakuru	Charcoal from trunk and firewood from branches. Poles for building. Twigs for toothbrushes. Bark provides fibre for weaving strings/ropes.	Bibl./herbarium	41, 192

provides fibre for weaving strings/  
ropes.

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
192 Mugaita <u>Kikuyu</u>	<u>RAPANEA</u> <u>rhododendroides</u>	Nakuru	Good source of charcoal. Bark boiled to serve as beverage. Wooden spoons, walking sticks are curved from the tree. Dye is made from boiled leaves and roots. Tapeworms are killed by liquid from boiled seeds.	Bibl./herbarium	215, 224
193 Mugio <u>Kikuyu</u>	<u>TRIUMPHETTA</u> <u>macrophylla</u>	Nyeri	A shrub mainly used to feed cattle.	Bibl./herbarium	73
194 Mugucwa <u>Kimene</u> Sakawaita <u>Kipsigis</u>	<u>FAGARA</u> <u>usambarensis</u>	Meru Kericho	Leaves burnt for fuel. Timber for building poles. Bark is used to cure malaria. Roots are used to cure measles. Charcoal from the wood.	Bibl./herbarium Bibl./herbarium	327, 3
195 Mugumo <u>Kikuyu</u> Simotwet <u>Kipsigis</u> Mukhuyu <u>Luhya</u> Mukumu <u>Luhya</u>	<u>FICUS</u> <u>thoningii</u> (Fig)	Nyeri, Kiambu West Pokot, Narok, Kericho. Kakamega	In the past, sacrifices were made under this tree. Its sap is used as glue for arrow making, and also for curing cuts. Timber used for fencing, building, furniture, beehives, wooden spoons and forks. Firewood and charcoal from branches. Bark for firewood. Medicinal roots. Goats feed on leaves. Leaves burnt in pottery work, and its ash is also for curing cuts. Bark used to treat anthrax and leaves used to treat eyes. Roots are used to treat toothache in dogs and human wounds. Edible fruit. Latex used in Kakamega to trap birds.	Bibl./herbarium Bibl./herbarium Bibl./herbarium Bibl./herbarium	21, 359, 34 340, 337, 40 489, 488, 40 486, 435, 50 383, 361, 44 538, 525, 32 701, 96, 26

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
196 Muheheti <u>Kikuyu</u>	<u>PISTACIA aethiopica</u>	Nyeri	Leaves are boiled and the vapour inhaled to cure colds. Roots are boiled to flavour soup. Twigs used as toothbrushes and dental medicine.	Bibl./herbarium	283, 286, 287
197 Muhuhu <u>Swahili</u>		Kilifi	Timber and firewood obtained.		53, 54
198 Muhukura <u>Kikuyu</u>		Nyeri	Medicinal shrub whose leaves and roots are chewed to stop stomach ache.		88, 91
99 Muigaime <u>Kikuyu</u>		Nyeri	Shrub with medicinal roots.		7
00 Muiri <u>Kikuyu</u> Mwiria <u>Meru</u>	<u>PRUNUS africana</u>	Nyeri Meru	Trunk provides good firewood and building timber for bridges and watermills. Its a termite resistant, long lived hardwood. Also made into pestles and mortars and used to flavour soup. Leaves and buds are boiled, the liquid filtered and used to cure stomach aches. Roots are boiled and used to treat bones. Milky sap used to cure toothache.	Bibl./herbarium Specimen	98, 418, 313 417
01 Mujuthi <u>Kimeru</u> Mucuthi <u>Kikuyu</u>	<u>CAESALPINIA volkensii</u>	Meru Nyeri	Leaves are boiled and the vapour inhaled to cure colds. Seeds and leaves are boiled and the liquid mixed in soup to cure stomach ache, back ache and malaria.	Specimen Bibl./herbarium	92, 423, 130

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leaves are boiled and the liquid mixed in soup to cure stomach ache, back ache and malaria.

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
02 Mukakaa <u>Kamba</u>	<u>PREMNA digotricha</u>	Kitui	A shrub whose branches provide firewood.	Bibl./herbarium	526
03 Mukambura <u>Kikuyu</u> Nukiat <u>Kipsigis</u>	<u>DOVYALIS abyssinica</u>	Embu Kericho	Roots are boiled and the liquid used to cure diarrhoea. Edible fruit. Roots and leaves are medicinal. Timber for building.	Bibl./herbarium Bibl./herbarium	464, 393
04 Mukau <u>Kamba</u>	<u>DOMBEYA goetzenii</u>	Kitui	Timber for furniture, Livestock feed on fruits.	Bibl./herbarium	565
05 Mukayau <u>Kamba</u> Musuaki <u>Hola</u>	<u>SALVADORA persica</u>	Machakos	Twigs used to make toothbrushes. Branches used to make charcoal. Timber used for building, furniture and firewood. Roots used as chest medicine - they're crushed, mixed with the bark of another tree and boiled. Leaves are boiled and the water used to bathe a person suffering from a disease called Sukanitu in Swahili.	Specimen Bibl./herbarium	374, 438
06 Mukenea <u>Kamba</u>	<u>FAGARA chalbea</u>	Machakos	Leaves used as a tea substitute. Leave used to treat eye sores, chest ache and stomach ache. Bark provides red dye. Timber for traditional tools e.g. pestles and mortars.	Bibl./description	625
207 Muki <u>Kikuyu</u>		Nyeri	Shrub whose roots are boiled and a few drops of the liquid taken for stomach ache.		155

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LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
208 Mukigi <u>Kikuyu</u>		Nyeri	Evergreen shrub whose leaves are eaten by livestock. Purple fruit made into dye. Wood used to make chicken houses, granaries and firewood.		87, 88
209 Mukutan <u>Kalenjin</u>		Elgeyo-Marakwet	Bark is boiled to provide medicine for tapeworms in humans and calves.		522
210 Mukuyu <u>Kamba</u> Mkuyu <u>Pokomo</u> Ngowo <u>Luo</u>	<u>FICUS capensis</u>	Kitui Tana River Siaya	Provides good poles for building. Edible fruit. Branches used as firewood. Charcoal from wood. The sap is used to cure dysentery and dental problems. The bark provides strings for basket making, and can also be chewed to cure coughs. (Kitui) The Pokomo use the trunk to make dug out canoes and beehives. The Luo use the trunk to make musical instruments and stools.	Bibl./herbarium Bibl./herbarium Bibl./herbarium	425, 123, 69 410, 429
211 Mulangari <u>Kikuyu</u>	<u>SCUTIA indica</u>	Nakuru	Roots cooked in soup to flavour it.	Bibl./herbarium	113
212 Mumbu <u>Kamba</u>	<u>FICUS</u> spp	Kitui	Edible fruit. Branches made into walking sticks.	Bibl./herbarium	426
213 Mumonjoro <u>Kikuyu</u>		Embu	Roots used to cure stomach ache.		192
214 Mumu <u>Kamba</u>		Kitui	Edible fruit		425

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13	Mumonjoro <u>Kikuyu</u>	Embu	Roots used to cure stomach ache.	192
14	Mumu <u>Kamba</u>	Kitui	Edible fruit	425

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	LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
15	Muna <u>Kikuyu</u>	<u>ANINGERIA</u> <u>Adolfi-</u> <u>friedericii</u>	Nyeri	Bark used as medicine for diarrhoea. Timber used to make traditional beds.	Bibl./herbarium	283, 284, 286
16	Mung'ang'e <u>Chanyi</u> Mshari <u>Swahili</u>		Kilifi	Provides firewood.		390
17	Mungima <u>Taita</u>	<u>SAPIUM</u> <u>ellipticum</u>	Taita-Taveta	Wood used for building bomas and firewood. Also used to make combs and cooking utensils. Bark used to sour milk.	Specimen	399
18	Mungongo <u>Kamba</u>	<u>SCLEROCARYA</u> <u>caffra</u>	Kitui	Tree provides charcoal.	Bibl./herbarium	467
19	Munyama <u>Luhya</u> Omunyama <u>Luhya</u>	<u>TRICHLIA</u> <u>roka</u>	Kakamega	Trunk provides timber for building, bridges, fencing and charcoal. Roots are chewed as a cure for V.D. Bark is boiled and the liquid drunk as cough medicine. It is also burnt and the ash used to cure wounds. The leaves with some pepper are placed in water to kill fish. Leaves are chewed by expectant mothers for stomach pains, and during labour to enable delivery without any help. Animals and birds eat fruits.	Bibl./herbarium	309, 492
20	Muraba <u>Meru</u>		Meru	Used to make charcoal.		192

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LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
1 Muraisi <u>Luhya</u>		Kakamega	Wood provides timber for building, fencing and firewood.		485
2 Muratina <u>Kikuyu</u> Omurabe <u>Luhya</u> Yaga <u>Luo</u>	<u>KIGELIA moosa</u>	Nyeri Kakamega Kisumu	Fruits used to make local beer called muratina in Kikuyu. Luos used boiled bark to cure many children's diseases. Traditional tools e.g. pestles and mortars, and beehives were made from this tree. Provides shade for chief's barazas.	Bibl./herbarium Bibl./herbarium Bibl./herbarium	99, 100, 286 681
3 Murau <u>Meru</u>		Meru	Source of timber for building and charcoal.		192
4 Murembu <u>Kikuyu</u>	<u>EHRETIA cymosa</u>	Nyeri	A shrub whose stem is made into traditional tools like wooden spoons etc.	Bibl./herbarium	282
5 Murichu <u>Kikuyu</u> Olomorijoi <u>Masai</u>	<u>ACOKANTHERA friesiorum</u>	Nyeri Narok	A poisonous shrub, so only men allowed to use it in Narok. The bark is boiled, and the liquid is used as arrow poison. All clothing is first removed because the vapour produced causes boils on the body. Fruits and roots also provide arrow poison.	Bibl./herbarium Bibl./herbarium	281, 284, 536
6 Muringa <u>Kimeru</u> Muringa <u>Kikuyu</u>	<u>CORDIA abyssinica</u>	Meru Nyeri	High quality timber for building, carving traditional stools and making beehives. Branches used for firewood. Bark used as mattresses by old people and also made into shields.	Bibl./herbarium	73, 283, 284 285

5. Muringa Kimeru CORDIA abyssinica Meru  
 Muringa Kikuyu Nyeri

High quality timber for building, carving traditional stools and making beehives. Branches used for firewood. Bark used as mattresses by old people and also made into shields.

Bibl./herbarium 73, 283, 284  
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LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
227 Muruli <u>Luhya</u>		Kakamega	Roots are boiled to provide medicine for measles. Leaves are boiled to provide medicine for diarrhoea and mumps. Fruits are edible. The timber is used for building, charcoal and firewood. The bark is used for treating anthrax in cattle. The leaves, barks, and roots are mixed in a concoction used by pregnant women.		491, 496
228 Murumbawasi <u>Taita</u> <u>OCIMUM suave</u>		Taita-Taveta	A shrub used for firewood. The leaves are chewed for stomach aches.	Specimen	397
229 Murumu <u>Meru</u>	<u>FAGAROPSIS angolensis</u>	Meru	Firewood from dry stems and branches can burn even under wet conditions. Has strong timber for furniture and building. Leaves used to cure stomach ache, headache and backaches. Young leaves boiled in soup to flavour it. Provides shade for livestock.	Bibl./herbarium	188
230 Murungu <u>Giriama</u>		Kilifi	Tea can be prepared from the leaves. Leaves and roots are boiled together in a pot, and the vapour is inhaled to cure various diseases. Boiled roots also cure toothache.		648, 653

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LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
231	Murururu <u>Meru</u>	Meru	Bark provides dye and roots cure stomach ache. Livestock especially goats feed on it. Bark is boiled in soup, to make bones healthy and strong.		679
232	Muruwe <u>Kikuyu</u> Nyalwet Kwach <u>Luo</u>	<u>TODDALIA asiatica</u> Nyeri Kisumu	A shrub whose roots are used to flavour soup. They are also brewed and the vapour inhaled for colds. Leaves are boiled for rinderpest medicine.	Bibl./herbarium Bibl./herbarium	284, 286, 287
233	Musanduku <u>Kamba</u>	<u>EUCALYPTUS bicostata</u> Machakos	Leaves provide medicine for chicken pox. Trunk used to make roof beams. Trunk and branches used for firewood.	Bibl./herbarium	51
234	Musangula <u>Luhya</u>	Kakamega	Edible fruit. Goats feed on leaves. Timber is used in building. Bark and roots used to treat poultry.		585
235	Musengeri <u>Luhya</u> Muthengeri <u>Kikuyu</u> Penn/Benn <u>Kalenjin</u> Musengeri <u>Kikuyu</u> Muthegara <u>Kikuyu</u>	<u>PODOCARPUS gracilior</u> Kakamega Nyeri  Nakuru	Good long lived timber used for furniture and building. Leaves used to ripen bananas and other fruits. Provides firewood and good charcoal. Bark used to cure swellings on buttocks and backaches. Fruits provide gum.	Bibl./herbarium Bibl./herbarium Bibl./herbarium Bibl./herbarium Bibl./herbarium	507, 204, 504 521, 503, 522 511, 519, 517 515, 513, 49 22, 208
236	Musu <u>Taita</u>	<u>CAJANUS cajan</u> Taita-Taveta	Edible seeds. Timber for building and firewood.	Bibl./herbarium	406

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
237 Mutaa <u>Kamba</u>		Kiambu	Leaves used to treat stomach ache. Leaves dipped into water and sprayed on walls to kill mosquitoes.		305
238 Mutanga <u>Kamba</u>	<u>CASSINE buchananii</u>	Kitui	The wood is burnt to produce smoke which keeps out snakes.	Bibl./herbarium	545
239 Mutarakwa <u>Kikuyu</u> Mtarakwa <u>Taita</u> Muthithinda <u>Kikuyu</u> Tarakwa/Torokwet <u>Kalenjin</u> Mukoo <u>Kamba</u> Tarakwet <u>Nandi</u> Mutalakwa <u>Luhya</u>	<u>JUNIPERUS procera</u> (East African pencil cedar)	Kericho Taita-Taveta Nyeri  Elgeyo-Marakwet  Kitui Narok	A widely grown tree with a variety of uses. Timber for building and furniture. Poles for fencing and building cattle "bomas". Small branches when dry used as firewood, but charcoal is rarely made from it because it burns to ashes quickly. Glue obtained from stem. Traditionally, bark was used by some groups for thatching houses, and tools were made from the trunk. Bark used as medicine for headaches. Its grown in homes to provide shade. Leaves for livestock feed.	Bibl./herbarium Bibl./herbarium Bibl./herbarium Bibl./herbarium Bibl./herbarium Bibl./herbarium Bibl./herbarium	17, 2, 319 503, 502, 442 182, 181, 225 558, 560, 552 69, 72, 332 222, 511, 512 513, 514, 515 517, 521, 479 510, 509, 508 507, 503, 481 391, 421, 302 304, 274, 260 234
240 Mutati <u>Kikuyu</u>	<u>POLISCIUS kikuyuensis</u>	Nakuru	Fibres from bark used to weave baskets. Dye obtained from leaves. Sap from roots used to cure stomach ache. Plywood used for furniture. Leaves are medicinal.	Bibl./herbarium	217, 229
241 Muteta <u>Kikuyu</u>	<u>STRYCHNOS henningsii</u>	Nyeri	Highly priced timber. Bark is brewed in soup to cure stomach aches and backaches.	Bibl./herbarium	285

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.	
242	Muthanduku <u>Kikuyu</u> Migamu <u>Taita</u> Ketipolaya <u>Kalenjin</u> Miti ulaya <u>Swahili</u> Alawat <u>Kipsigis</u>	<u>ACACIA mearnsii</u> (Black wattle)	Nyeri, Kiambu Taita-Taveta  Kericho	Timber used for furniture, bridges, building, and fencing. Wood provides charcoal and firewood. Leaves used to light big fires. Dry bark used as firewood. Tree provides shade for grazers. Sap from bark used to treat wounds and scars. Sap from bark used as a herbicide and to make paints. Leaves used for roof thatching and cattle shelters. Bark provides tannin, and its used to tie fences.	Bibl./herbarium Bibl./herbarium Bibl./herbarium Bibl./herbarium Bibl./herbarium	97, 84, 116 92, 260, 234 562, 169, 191 328, 317, 34 121, 130, 50 52, 70, 77 88, 67, 328 434, 260, 263 234, 236, 28 446, 369, 44 440, 332, 65 97, 433, 317 550, 562, 417 24, 404, 396 386, 380, 397 311, 290, 285 288, 98, 264 237, 47, 61 28, 70, 65 151, 193, 117 90, 95, 101 111
243	Muthea <u>Kamba</u>	<u>ACACIA mellifera</u>	Machakos	Edible fruit. Leaves eaten by livestock. Trunk provides timber for building, toolmaking, charcoal and firewood from its branches.	Bibl./herbarium	305, 545
244	Muthiga <u>Kikuyu</u> Osokonis <u>Masai</u> Sogo <u>Luo</u>	<u>WARBUGIA ugandensis</u>	Nyeri Narok	Has medicinal uses. Twigs chewed to cure toothache. Bark boiled and mixed with fat to help women recover blood lost after childbirth. Also relieves labour pains. (Narok) Timber used for building. Bark is ground and mixed with tea as medicine for stomach and chest pains.	Bibl.description Specimen Bibl./herbarium	520, 77, 571

Osokonis Masai  
Sogo Luo

ugandensis

Narok

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Specimen  
Bibl./herbarium

220, 221, 222

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
245 Muthigi <u>Kikuyu</u>	<u>RHUS vulgaris</u>	Nyeri	A shrub whose roots are boiled to provide medicine for mothers to use after childbirth.	Bibl.description	287
246 Muthigira <u>Kikuyu</u>		Embu	Charcoal obtained from it.		192
247 Muthigiriri <u>Kikuyu</u>		Embu	Bark used to cure coughs.		192
248 Muthii <u>Kikuyu</u> Omuniyanya <u>Luhya</u>	<u>ACACIA abyssinica</u>	Nakuru Kakamega	Leaves chewed for medicine. Thorny branches used for fencing garden plots. Livestock feed on leaves. Long burning charcoal obtained. Firewood from dry branches. Dye prepared from roots. Windbreak and shade provided.	Bibl./herbarium Bibl./herbarium	216, 226, 411
249 Muthiti <u>Kikuyu</u>	<u>OCOTEA usambarensis</u> (Camphor)	Nyeri	Highly priced timber. Firewood obtained from it. Bark provides medicine for stomach ache, and also brewed for tea. Beehives placed on its branches.	Bibl./herbarium	285, 286, 283, 281
250 Muthunga <u>Kamba</u>		Kitui	The bud is used to cure poultry.		527
251 Muthwana <u>Kimeru</u>	<u>STROMBOSIA scheffleri</u>	Meru	Seeds used to make beads. Leaves eaten by livestock, Branches and bark used for firewood. Wood made into beehives, and used for building.	Bibl./herbarium	326

63

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
252 Muti <u>Kamba</u>	<u>ASPILIA</u> <u>mosseambicensis</u>	Machakos	Leaves are crushed to produce medicine for treating ear aches, cuts and are also eaten by livestock. Branches burnt for firewood.	Bibl.description	305
253 Mutiramu <u>Kikuyu</u>	<u>PRUNUS</u> sp. (Plum)	Nyeri, Kiambu	Edible fruit. The wood is excellent firewood,	Bibl./herbarium	332, 350, 36
254 Mutiva <u>Maragoli</u>		Kakamega	Wood used for building and firewood. Gum used for catching birds.		239
255 Mutomoko <u>Kikuyu</u>	<u>ANNONA</u> <u>chrysophylla</u> (Custard apple)	Embu	Edible fruit. Leaves hasten ripening of fruits. Wood used as firewood. Planted in compounds to scent the air.	Bibl./herbarium	109
256 Mutua <u>Luhya</u> Kumutua <u>Bakasa</u>		Bungoma	Traditional tools were made from this tree. Leaves and roots are medicinal.		583
257 Mutuja <u>Kimeru</u>	<u>MYRIANTHUS</u> <u>holstii</u>	Meru	Edible fruit. Wood for building and firewood.	Bibl./herbarium	333
258 Mutura <u>Kikuyu</u>	<u>OSLANUM</u> <u>aculeastrum</u> (Hawthorn)	Nyeri	A shrub used for firewood and fencing.	Bibl./herbarium	378

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
259 Muuku <u>Kamba</u>	<u>TERMINALIA brownii</u>	Kitui, Machakos	Bark provides yellow dye and string for basket making. Leaves and bark provide medicine for yellow fever, colds and coughs. Leaves provide medicine for chest and eyes. They're crushed to produce a liquid. The wood is used for making beehives, cattle yokes and mortars. The trunk and branches are used for firewood and high quality charcoal. Leaves make good manure.	Bibl./herbarium	626, 312, 539, 531, 4
260 Muvai <u>Kamba</u>		Kitui	The wood and bark is boiled to produce a black poisonous liquid in which arrow heads are dipped.		545
261 Muvatsa <u>Kamba</u>	<u>VERNONIA lesopius</u>	Machakos	Leaves are used for medicine.	Bibl.description	617
262 Muvesa <u>Kamba</u>	<u>STYLOSANTHES fruticosa</u>	Machakos	Leaves provide medicine for stomach aches. Roots provide medicine for coughs. Bark provide medicine for flu.	Specimen	372
263 Muveya <u>Luhya</u>		Kakamega	Roots used to cure wounds. Trunk used for building, fencing, and branches for charcoal. Bark is used to catch fish, and as firewood. Edible fruit.		489

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
264 Muingo <u>Kamba</u>	<u>DALBERGIA melanoxylon</u>	Machakos	The wood is used in fencing and carvings.	Bibl./herbarium	376
265 Muvunda <u>Kamba</u>	<u>MORINGA</u> sp.	Kitui	It provides medicine for coughs and colds.	Bibl./herbarium	542, 543
266 Muvuu <u>Kamba</u>	<u>GREUIA villosa</u>	Machakos	Thorn tree with leaves from which a green dye is obtained. Bark used to treat cough and chest pains.	Bibl./herbarium	621
267 Muyenglot <u>Kipsigis</u>		Kericho	Edible fruit. Seeds are crushed to produce oil which is smeared on sisal ropes or strings to make them tougher, so that they dont cut easily. Leaves are burnt and ash mixed with oil from its fruit to cure wounds. Roots are crushed and liquid from it used to treat poultry diseases.		614
268 Muyu <u>Kamba</u>		Kitui	Edible fruits. Tree provides shade in homes. Leaves used to make mats. Buds are cut, and the exuding liquid fermented for beer.		92
269 Muzulikiza <u>Maragoli</u>		Kakamega	The bark is chewed to treat malaria. The wood is burnt for firewood.		240

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
270 Mvumu <u>Taita</u>	<u>FICUS</u> <u>lepreurii</u>	Taita-Taveta	Its stem, branches and twigs are used as firewood. Bark provides strings for basket making. Milky latex from leaf stalk base used as medicine for toothache.	Bibl./herbarium	394, 402, 403
271 Mwaa <u>Kamba</u>	<u>LANNEA</u> <u>amaniensis</u>	Kitui	Charcoal and firewood source. Livestock feed on leaves and fruit. Ropes made from bark used to make hats. Boiled bark liquid is drunk to cure coughs. Thorny branches used for fencing. Poles used in granary construction. Manure from leaves.	Bibl./herbarium	499, 426, 55
272 Mwamba <u>Swahili</u>		Kilifi	Charcoal obtained from it.		54, 53
273 Mwangachitswa <u>Mjikenda</u>		Kilifi	Leaves used to cure headaches. Roots used to cure wounds.		388
274 Mwerere <u>Kikuyu</u>	<u>CONOPHARYNGIA</u> <u>holstii</u>	Nyeri	Sap provides gum for trapping birds. Sap provides medicine for curing dogs skin diseases.	Bibl./herbarium	284
275 Mwooa <u>Kamba</u>	<u>ALLIZIA</u> <u>anthelmintica</u>	Kitui, Machakos	Bark used to treat headaches, stomach aches and coughs.	Specimen	305, 528, 529 530, 531
276 Nabululu <u>Bukusa</u>		Bungoma	A shrub with medicinal leaves.		438

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
277 Namasambu <u>Bukusu</u>		Bungoma	A shrub used to cure dysentery.		554
278 Ndandakivumba <u>Kamba</u>		Machakos	A shrub whose roots are used to treat stomach ache.		531
279 Ndege <u>Luo</u>	<u>CASSIA siamea</u>	Kisumu	Best source of charcoal here. Also used for building.	Bibl./herbarium	675
280 Ndidika <u>Kikuyu</u>		Laikipia	Shrub with tiny edible fruits.		107
281 Ndido <u>Taita</u>	<u>MAESA lanceolata</u>	Taita-Taveta	Wood for building poultry houses and firewood. Edible seeds, but believed they affect the liver.	Bibl./herbarium	397
282 Ngambura <u>Kikuyu</u>		Nyeri	Roots used to flavour soup. Edible fruit.		97
283 Ngonda <u>Kamba</u>	<u>STEREOSPERNUM kunthianum</u>	Machakos	Roots and leaves used in a variety of ways to treat various diseases. Livestock feed on leaves and branches.	Bibl./herbarium	618
284 Ngou <u>Luo</u>	<u>FICUS</u>	Siaya	Edible fruits. Timber for light furniture, building, boats, light hoes, walking sticks, wood carvings, mortars. Source of firewood. Bark is boiled and the liquid drunk for stomach problems. Roots are medicinal. Leaves are burnt, and the ashes mixed with cow's oil, then smeared on the cow's mammary glands for a higher milk yield.		661, 682

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LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
285 Ngwekwe <u>Bukusu</u>		Bungoma	A shrub used to cure V.D.		554
286 Nukiat <u>Kipsigis</u>		Kericho	Edible fruit. Leaves and roots are medicinal. Timber for building.		
287 Nyatigo-Tigo <u>Luo</u>	<u>CHENOPODIUM opulifolium</u>	Kisumu	The whole plant is burnt into ash and applied to the head to cure white hairless patches (Ring worm infestations) mostly occurring on children's heads.	Bibl.description	685
288 Ober <u>Luo</u>	<u>ALBIZIA coriaria</u>	Siaya	Timber for furniture fencing and boats. Its termite resistant. Good charcoal and firewood from its branches and trunk. Leaves hasten ripening of bananas. Leaves are livestock food. Dry leaves are pounded, mixed with water, and drunk by all old people to prevent hailstones from destroying new crops. Roots are pounded, the liquid bathed in by a person with measles. The bark is boiled to provide a dye for dyeing traditional dancing dresses and sisal. The boiled bark is also used to treat stomach ache. To cure threadworms, the bark is softened with a stone, and placed in water. A child sits in the basin of water, and its blown into with a reed until it foams.	Bibl.description	694, 575, 681, 261, 695, 697

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LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
288 Ober <u>Luo</u>	<u>ALBIZIA coriaria</u>	Siaya	Roots are boiled, the liquid filtered and drunk daily by sick expectant mothers who feel weak. Twigs used as toothbrushes and chewed as a mouth freshener. Leaves and the leaves of another plant are pounded, and placed in water to drug fish. Bark is also pounded, and used to drug fish. The bark is also used to cure swollen feet and other swollen parts. The tree provides shade.		
289 Obero <u>Luo</u>		Kisumu	Used to cure stomach ache.		681
290 Obinju <u>Luo</u>	<u>IPOMEA kituensis</u>	Kisumu	Leaves used to cure leprosy in its early stages.	Bibl.description	685
291 Obwo <u>Luo</u>	<u>GOMPHOCARPUS semilunatus</u>	Siaya	Powdered leaves are inhaled by children to cause sneezing. Locally its believed that when the new moon comes out, children get sick in the head and therefore have to sneeze out the cause.	Bibl.description	676
292 Ochamasikiria <u>Masai</u>		Narok	Used to treat tapeworms.		511

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
293 Ochol <u>Luo</u>	<u>APHANIA senegalese</u>	Kisumu	A shrub whose leaves, roots and bark are used to treat stomach pains. Goats feed on it. Roots are boiled to treat pregnant women and headaches. Wood provides timber for building, charcoal and firewood. Twigs used as tooth-brushes and as firewood.	Bibl./herbarium	672, 321, 5
294 Ochuoga <u>Luo</u> Olamuriaki <u>Masai</u>	<u>CARISSA edulis</u>	Kisumu Narok	In Masai, used with Oloisuki roots to cure bone diseases. In Kisumu, roots used with Ochol roots as medicine for pregnant women. (A shrub)	Bibl.description Bibl./herbarium	520, 571
295 Odok <u>Luo</u>	<u>VOACANGA obtusa</u>	Siaya	Trunk used to make charcoal. Fruits produce gum for trapping birds. Fruit sap is harmful to the eyes.	Specimen	694
296 Ojuok <u>Luo</u>	<u>EUPHORBIA tirucalli</u>	Kisumu	Shrub used for fencing and firewood. Roots are fermented to treat stomach aches. The sap, which can blind is used to treat wounds and can be used as glue after it is semi-dry. Livestock feed on it. Its drought resistant. Its a windbreaker.	Bibl./herbarium	520, 660, 6 106, 683, 6
297 Okaka <u>Luo</u>	<u>SYZYGIIUM ovariense</u>	Siaya	Shrub used to remove Euphorbia sap from the eye.	Bibl./herbarium	671, 685

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	LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
298	Okinga <u>Luo</u>	<u>OCIMUM basilicum</u>	Kisumu	To cure measles, a child is washed in water with fermented leaves.	Bibl.description	465, 685
299	Okita <u>Luo</u>	<u>OCIMUM kilimandscharicum</u>	Siaya	Medicinal shrub used to cure coughs.	Bibl.description	697
300	Olalui <u>Masai</u>	<u>PSIADIA arabica</u>	Narok	Source of firewood. Bark is boiled and the liquid mixed with milk to treat tapeworms in adults and children.	Bibl./herbarium	571
301	Oldamiyoi <u>Masai</u>		Narok	Used to treat tapeworms.		571
302	Oleleshwa <u>Masai</u>	<u>TARCHONANTHUS camphoratus</u>	Narok	Evergreen shrub whose leaves are eaten by livestock and used as toilet tissue and antiperspirant when placed in the armpits. Branches used as roofing material. Branches and leaves used as a pesticide. Leaves used as bed mattresses and brooms.	Bibl./herbarium	461, 460, 458 549, 453, 454 455, 452, 451 450, 449, 448 447, 457, 456
303	Olgirgir <u>Masai</u>	<u>CAESALPINIA decapetala</u>	Narok	Roots mixed with water to a bitter taste for Morans to drink.	Specimen	571
304	Olkonyil <u>Masai</u>	<u>RHAMNUS prinoides</u>	Narok	Mixed in soup to flavour it, and to make bones strong. Mixed in milk and given to children under 5 years to cure common child diseases (tapeworms, stomach aches) etc.	Bibl.description	571

04 Olkonyil Masai RHAMNUS Narok Mixed in soup to flavour it, and to Bibl.description 571  
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LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
105 <u>Olmesekekua Masai</u>	<u>VERNONIA sp</u>	Narok	Roots used to treat stomach aches.	Specimen	534
106 <u>Olngaboli Masai</u>	<u>FICUS wakefieldii</u>	Narok	Bark boiled and the liquid mixed with milk to cure diarrhoea. Sap used as glue for arrow parts. Wood for firewood. Edible fruit.	Bibl./herbarium	537
107 <u>Olua Luo</u>	<u>CHLOROPHORA excelsa</u>	Siaya	Wood for furniture making. Trunk for boat making.	Bibl./herbarium	692, 694
108 <u>Olulaa Luhya</u>		Mumias	Provides charcoal.		485
109 <u>Olumisinyoi Masai</u>	<u>RHUS natalensis</u>	Narok	Roots and bark mixed in soup cures small pox. Bark can be used as the substitute. Ointment to preserve dead bodies obtained from leaves. Drinks known as 'Ekambu' made from its fruits.	Bibl./herbarium	570
310 <u>Oluwachakumba Luhya</u>		Western Province, Kiambu	Medicinal shrub used to cure whooping cough. Leaves are dried, burnt to ashes, and licked by the patient.		115
311 <u>Omokenene Kisii</u>		Kisii	Shrub whose buds are chewed to cure roundworms.		622

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LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
312 Omoratora <u>Kisi</u>		Kisi	Shrub whose roots are boiled and the liquid used to cure stomach ache.		441
313 Omukhonje <u>Luhya</u>		Kakamega	Dry roots chewed for food. Roots are cut up, mixed with <u>Omusioma</u> roots, and used to cure wounds. Word used for fencing, charcoal and firewood.		490
314 Omukhulumuru <u>Luhya</u>		Kakamega	Long lived timber for building bridges.		387
315 Omukoyekoya <u>Luhya</u>		Kakamega	Climber with tuberous roots mainly used as medicine.		587, 586
316 Omulamalama <u>Luhya</u>		Kakamega	Firewood and charcoal obtained.		436
317 Omushindu <u>Luhya</u>		Kakamega	An evergreen tree whose leaves are used to make baskets, mats, hats and dishes. The medicinal leaves are burnt and mixed with salt to cure whooping cough. Branches used to make baskets and hats. Timber used in building and fencing. Bark sap used in brewing beer, and the bark in cooking. Roots provide poultry medicine. Edible fruit.		493

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and fencing. Bark sap used in brewing beer, and the bark in cooking. Roots provide poultry medicine. Edible fruit.

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
318 Omusioma <u>Luhya</u>		Kakamega	Edible fruit produces a blue dye. Branches provide firewood and charcoal. Trunk provides timber for building, furniture, and fencing. Bark is burnt, ground into black powder and mixed with milk to flavour it.		495
319 Omutende <u>Luhya</u>		Kakamega	Edible fruit.		370
320 Omutoto <u>Luhya</u> Kumutoto <u>Bukusu</u>		Kakamega Bungoma	A drought resistant tree. The Kabras clan meet their ancestors under it. Firewood and charcoal obtained. The sap traps birds and insects.		495, 590,
321 Onduon'go <u>Luo</u>	<u>HYGROPHILA auriculata</u>	Kisumu	Shrub whose roots are chewed to cure sore throat.	Bibl.description	685
322 Onunga <u>Luo</u>	<u>MORUS nigra</u>	Siaya	Shrub mainly used to produce dyes. Edible fruit. The leaves are mixed with leaves of other shrubs like " <u>Nyawiarungu</u> ", " <u>Obudo</u> ", " <u>Angwe</u> " and " <u>Oseke</u> ". This mixture is boiled and drunk by everybody in the home as an anti-malarial medicine. The roots are mixed with those of other shrubs like " <u>Olandra</u> " " <u>Modhno</u> " " <u>Okurgweno</u> ", to cure stomach aches.		693

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LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
23 Oho <u>Luo</u>	<u>PHYTOLACCA dodecandra</u>	Siaya	Powdered leaves are mixed with water to make poison. Roots are poisonous. If the trunk is placed across a path, it is believed a person who steps on it will die.	Specimen	692
24 Orlate <u>Masai</u>		Narok	Mixed in soup to make Morans courageous.		571
25 Osenetoi <u>Masai</u> Senetwet <u>Nandi</u>	<u>CASSIA didymobotrya</u>	Nandi	Shrub whose roots are boiled and the liquid drunk to cure malaria, Roots and leaves boiled and mixed with milk to cure malaria.	Bibl./herbarium	534, 532
26 Ososomeki <u>Masai</u>	<u>GARCINIA huillensis</u>	Narok	Roots and bark boiled and the liquid mixed with milk to cure stomach ache, especially in children under 2 years.	Specimen	569
27 Otho <u>Luo</u>		Kisumu	Timber for making traditional tools (mortars, hoe handles etc.) Good source of charcoal. Provides shade for meetings among elders.		673, 680
28 Perekeiywo <u>Kalenjin</u>		Elgeyo-Marakwet	Provides charcoal and firewood.		506
29 Poyotwa <u>Kalenjin</u>		Elgeyo-Marakwet	Edible fruit. Sap used as gum. Its not used as fuel because its believed to attract lightning.		478

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328 Kalenjin

329 Poyotwa Kalenjin Elgeyo-Marakwet Edible fruit. Sap used as gum. Its not used as fuel because its believed to attract lightning. 478

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
330 Rayue <u>Luo</u>	<u>INDIGOFERA arrecta</u>	Siaya	A shrub with medicinal roots. They're boiled and the liquid is drunk.	Specimen	697
331 Ruai <u>Kikuyu</u>		Meru	Thorny ornamental tree. Source of charcoal and firewood.		186
332 Runyugunyugu <u>Meru</u>		Meru	Roots used to cure mumps. Buds are squeezed to produce a liquid for unblocking stuffy noses.		59
333 Seketeit <u>Kalenjin</u>	<u>MYRSINE africana</u>	Elgeyo-Marakwet	A shrub whose seeds are dried, ground and mixed with the bark of <u>chetuiya</u> tree. This is boiled, and the liquid drunk after cooling as a medicine for stomach aches.	Bibl.description	519
334 Sesya <u>Kalenjin</u> Mkunga Chumma Swahili	<u>ACACIA tortilis</u>	Elgeyo-Marakwet	High quality charcoal obtained. Fruit eaten by livestock. Bark provides firewood. Roots used to treat T.B. and coughs.	Bibl./herbarium Bibl./herbarium	478, 522
335 Shighiri <u>Taita</u>	<u>ACACIA nilotica</u>	Taita-Taveta	Bark brewed as tea. Bark used to cure coughs. Fruit produces a sticky glue for arrow making. Wood made into pestles, mortars and burnt as firewood.	Specimen	395

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LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
336 Sigowa <u>Kalenjin</u>		Elgeyo-Marakwet	A shrub which provides shelter for poultry.. The stem provides firewood. Roots are boiled and cooled to produce medicine for livestock and poultry. Also used to treat stomach and muscular aches. Leaves are squeezed to produce soap. Goats feed on leaves. Bark and fruits used to treat stomach aches.		479, 510, 513 517, 519, 505 504
337 Sigria <u>Luo</u>	<u>ACACIA macrothyrsa</u>	Siaya	Medicinal shrub used to cure measles.	Specimen	697
338 Silonga <u>Luhya</u>		Kakamega	Wood used for firewood and building.		55
339 Simotwo <u>Marakwet</u>		Elgeyo-Marakwet	In the past, the Marakwet met their ancestors under this tree and slaughtered goats under it. Edible fruit. Toys made from the wood. Roots used to cure goats. The sap was in the past used as milk.		506, 477
340 Sinendet <u>Kalenjin</u>	<u>CYANANCHUM abyssinicum</u> or <u>PERIPLOEA linearifolia</u>	Laikipia/ Elgeyo-Marakwet	A ceremonial shrub for marriages, and circumcision ceremonies. Its a symbol of joy. Livestock feed on it. The sap is medicine for treating cuts.	Bibl./herbarium	295, 477
341 Sirirte <u>Kalenjin</u>		Elgeyo-Marakwet	Wood for tool making and charcoal.		506

abyssinicum or  
PERIPLOEA  
linearis

Elgeyo-Marakwet

and circumcision ceremonies. Its  
a symbol of joy. Livestock feed  
on it. The sap is medicine for  
treating cuts.

506

Elgeyo-Marakwet Wood for tool making and charcoal.

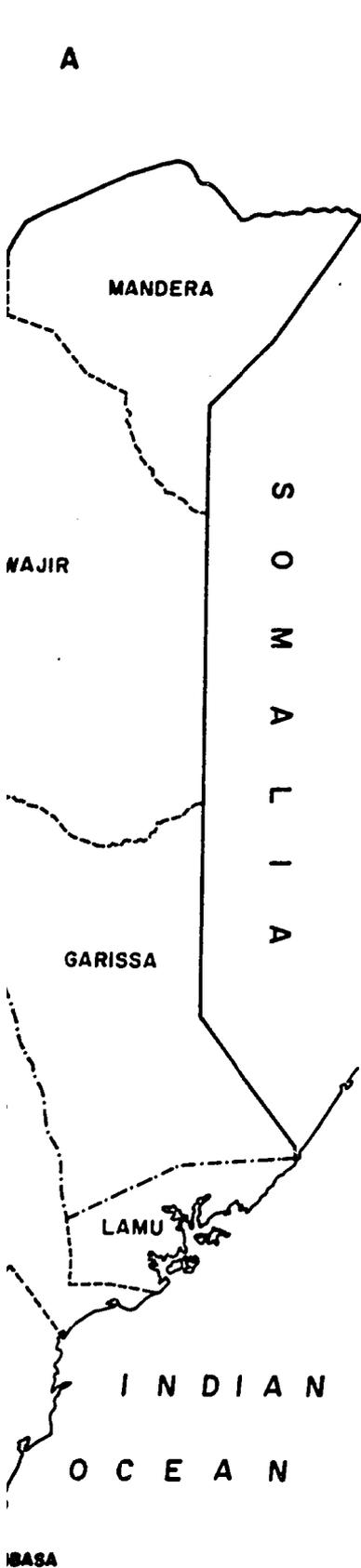
341 Sirirte Kalenjin



# 140 FUELWOOD SPECIES IDENTIFIED BY

MAZINGIRA INSTITUTE 1980.

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BUNGOMA	<p>COMBRETUM bindiranum            CUPRESSUS spp. (CYPRESS)            MARKHAMIA platycalyx            Kumtare (Bukusu)            Kumukhonge (Bukusu)            Kumikimira (Bukusu)            Kumtoto (Bukusu)</p>	MERU	<p>CITRUS limon (LEMON)            CORDIA abyssinica            CUPRESSUS spp. (CYPRESS)            FAGARA usambarensis            FAGAROPSIS angolensis            GREVILLEA robusta (SILKY OAK)            JUNIPERUS procera (CEDAR)            MYRIANTHUS holstii            STROMBOSIA scheffleri            Muraba (Kimeru)</p>
ELGEYO MARAKWET	<p>ACACIA mearnsii (BLACK WATTLE)            ACACIA tortilis            CUPRESSUS spp. (CYPRESS)            JUNIPERUS procera (CEDAR)            OLEA africana (WILD OLIVE)            PODOCARPUS gracilior            Mopalakeia (Kamba)            Perekeiywo (Kalenjin)            Sigowa (Kalenjin)            Sirirte (Kalenjin)</p>	MOMBASA	<p>CINCHONA ledgerana            COCOS nucifera (COCONUT)            MANGIFERA indica (MANGO)</p>
EMBŪ	<p>ACACIA mearnsii (BLACK WATTLE)            ANNONA chrysophylla (CUSTARD APPLE)            CROTON megalocarpus            EUCALYPTUS sp.            Muthigira (Kikuyu)</p>	NAIROBI	JACARANDA mimosifolia
KAKAMEGA	<p>BOMBAX rhodognaphalon (KAPOK)            CITRUS sinensis (ORANGE)            CROTON megalocarpus            EUCALYPTUS globulus            MANGIFERA indica (MANGO)            PODOCARPUS gracilior            TECLEA nobilis            TRICHILIA roka            Kiluma (Maragoli)            Misunzu (Maragoli)            Mufuritsi (Luhya)            Muraisi (Luhya)            Muruli (Luhya)            Mutiva (Maragoli)            Muveya (Luhya)            Muzulukiza (Maragoli)            Omukonje (Luhya)            Omulamama (Luhya)            Omusioma (Luhya)            Omutoto (Luhya)            Silonga (Luhya)</p>	NAKURU	<p>ACACIA abyssinica            ACACIA xanthophloea (NAIVASHA THORN)            EUPHORBIA candelabrum            JUNIPERUS procera (CEDAR)            OLEA africana (WILD OLIVE)            OLEA hochstetteri (E. AFRICAN OLIVE)            PINUS spp. (PINE)            RAPANEA rhododendroides</p>
KERICHO	<p>ACACIA mearnsii (BLACK WATTLE)            ACACIA sp.            CUPRESSUS spp. (CYPRESS)            EUCALYPTUS globulus (BLUE GUM)            FAGARA usambarensis            JUNIPERUS procera (CEDAR)            OLEA africana (WILD OLIVE)            PINUS spp. (PINE)            THEA sinensis (TEA)            Morongok (Kipsigis)            Sokeo (Swahili)</p>	KISUMU	<p>ACACIA seyal            APHANIA senegalese            CASSIA siamea            COMBRETUM molle            EUPHORBIA candelabrum            EUPHORBIA tirucalli            JACARANDA mimosifolia            SOLANUM incanum            Otho (Luo)</p>
KIAMBU	<p>ACACIA mearnsii            CROTON megalocarpus            FICUS thonningii            JUNIPERUS procera (CEDAR)            MANGIFERA indica (MANGO)            Mucegeci (Kikuyu)</p>	KITUI	<p>FICUS capensis            LAINEA amaniensis            LAINEA stuhlmanii            MAERUA pubescens            MANGIFERA indica (MANGO)            PAPPEA capensis            PILIOSTIGMA thonningii (CAMEL'S FOOT LEAF TREE)            PREMNA digotricha            SCLEROCARYA caffra            TERMINALIA spinosa            Iswi (Kamba)            Lunguyu (Kamba)</p>
KILIFI	<p>ANACARDIUM occidentale (CASHEW NUT)            BOMBAX rhodognaphalon (KAPOK)            CITRUS limon (LEMON)            COCOS nucifera (COCONUT)            COLA sp.            RHIZOPHORA mucronata (MANGROVE)            Chatsa (Mijikenda)            Muhuhu (Swahili)            Mungange (Chanyi)            Muamba (Swahili)</p>	KWALE	<p>ANACARDIUM occidentale (CASHEW NUT)            HYPHAENE coriacea (DOULM PALM)            MANGIFERA indica (MANGO)</p>
KIRINYAGA	ACACIA mearnsii (BLACK WATTLE)	MACHAKOS	<p>ACACIA mearnsii (BLACK WATTLE)            ASPILIA mossambicensis            COMMIPHORA africana            EUCALYPTUS bicostata            LANTANA camara            TERMINALIA brownii</p>
KISII	<p>ACACIA mearnsii (BLACK WATTLE)            ERIOBOTRYA japonica            EUCALYPTUS globulus (BLUE GUM)</p>		

D BY CHILDREN IN DIFFERENT DISTRICTS IN KENYA

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
342	Sirya <u>Kalenjin</u>	Elgeyo-Marakwet	Roots are boiled and the liquid drunk for stomach ache. Leaves are used to wash utensils.		478
343	Sokeo <u>Swahili</u> (Satin tree)	Kericho	Wood for furniture. Poles for fencing and is resistant to ants. Branches for firewood. Beautifies homes and has sweet scent. Bark used to cure various diseases.		190
344	Sosiot <u>Kipsigis</u> Viangachi <u>Taita</u>	Kericho Taita-Taveta	Leaves for weaving baskets, mats, hats, roof thatching and brooms. Midrib of leaves for threading sieves which filter liquor. Edible fruit. Latex for making refreshing drink called "Mbale" in Taita. Its liked by bush-babies. Branches for firewood, bed frames, winnowing trays and tooth brushes. Trunk for building pig and rabbit houses. Thorns were in the past used as sewing needles.	Bibl./herbarium Specimen	105, 394, 404, 403
345	(Stinging Nettle) <u>OBETIA pinnatifida</u>	Kitui	Stem and leaves used to kill bedbugs. Shrub used in fencing. Poisonous roots used to trap monkeys.		549
346	(Tea) <u>THEA sinensis</u>	Kericho	Charcoal obtained		3

LOCAL NAME	BOTANICAL NAME	DISTRICTS	USES IDENTIFIED	SOURCE OF IDENTIFICATION	MAZINGIRA FILE REF.
347 Tende <u>Swahili</u>	(Date Palm)	Nakuru	Leaves for thatching. Edible fruit.		12
348 Thithioni <u>Kikuyu</u>		Njoro	Roots boiled and liquid used as an appetizer.		113
349 Tilak <u>Pokot</u>		West Pokot	Thorn tree of 17 m. or more. Provides shelter and is used to make charcoal and building timber.		8
350 Tirim <u>Kalenjin</u>		Baringo	Edible fruit. Leaves eaten by livestock. Bark used to make beehives. Roots are medicinal. Timber for building.		475
351 Wasare <u>Luo</u>	(Papyps)	Kisumu	Used for making mats.		677

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