

Farming as a livelihood source for the urban poor of Nakuru, Kenya

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Abstract:

Farming among urban dwellers in Sub-Saharan Africa is a common phenomenon. The present study, carried out in a medium-sized town in Kenya, not only confirmed this but also showed that farming by urban dwellers in the rural areas was even more important for these households' livelihoods than farming in town. However, those who could benefit most from farming, i.e. the urban poor, appeared to be underrepresented among urban farming households and those urban poor who did farm, either in urban or in rural areas, performed worse than the farming non-poor. The importance of farming as a livelihood source is illustrated by the fact that in years with very little or no harvest due to drought, many of the poor farming households faced food shortages.