

Species identified include *Amaranthus hybridus* [cruentus], *Crotalaria brevidens*, *Solanum nigrum*, *Gynandropsis gynandra* and *Erucastrum arabicum*. They normally grow wild in most parts of Kenya and the leaves are used as vegetables. The carotene content of the leaves exceeded 7000 µg/100 g fresh weight. *S. nigrum* and *G. gynandra* leaf ascorbic acid contents were as high as 144 and 131 mg/100 g, respectively. Fe content in *S. nigrum*, *G. gynandra* and *A. hybridus* leaves was about 10 mg/100 g, and the Ca contents 291, 251 and 480 mg/100 g, respectively. Protein contents in the leaves of these plants ranged between 28 and 36% dry weight.