

Traditional Foodways

Providing an interest in conservation of agricultural biodiversity and food production environment (a case in Kenya).

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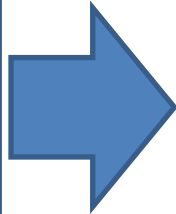
1) Bioversity International (IPGRI)

2) Kenya Resource Center for Indigenous Knowledge, the National Museums of Kenya

Traditional Foodways: a participatory tool that captures the whole range of local foods of a community, how food is sourced in the landscape, prepared and consumed and the roles of the household and community members involved.

1

Food resources available in ecosystem, biodiversity, local knowledge and skills for harvesting, managing diversity,



2

Food culture, cooking methods

Grilling, boiling, steaming

Dishing up, arranging

Cutting and washing

Tasting, salting and flavouring

Threshing and milling

Mixing and Shaping



3

Eating

Human health and nutrition



Knowledge and practices for food preparations. Preparation and consumption within cultural settings.





United Nations
Educational, Scientific and
Cultural Organization



Intangible
Cultural
Heritage

Traditional Foodways in Kenya

- UNESCO funded project 2010-2012, Safeguarding Intangible Cultural Heritage.
- Aims to document and produce information on agricultural and food diversity, associated indigenous knowledge and cultural significance
- Use a digital camera and a notebook, community people to document and share information.
- Partnership with local schools, empower children to record.



“loma”
Balanites rotundifolia



Food diversity in the Isukha community



Diversity of colour/pattern of cows in the Pokot community



Sharing information within and beyond the community



Four books including a practical guide are available free on-line
Google, traditional foodways, Kenya

Results

- The tool was confirmed variable tool to facilitate local perspective on sustainable use and conservation.
- Documented information served to provide an seasonal calendar of species and food crops.
- The database can be used as a baseline information for monitoring Agricultural biodiversity and producing food nutritional guidelines. (contributing to Kenya National Biodiversity Strategic Action Plan).
- Bioversity is integrating the tool in our on-going projects, 2 other countries in Africa, Ethiopia and Burkina Faso in different environment, culture.

**People can protect only what you love for.
Can not love what you do not know.
In order to protect it, you must know it
first.**