The sisal industry in Kenya has been among the world leading producer of sisal. During sisal leaf decortications, only 2.7-7.3% of the leaf produces the fiber. Through auditing, in the year 2010, Kenya generated 611, 875 tonnes and 3, 511, 900 m3 of sisal solid waste and wastewater, respectively. Total and volatile solids, cellulose and hemicelluloses contents in the wastes were in the ranges of 12-84%, 67-83%, 55.7-76.7% and 3.7-21.6% on dry weight basis, respectively. This study has shown anaerobic co-digestion of solid sisal waste with cow manure is a feasible process with normalized methane yields of 0.301 and m3/KgVS.