

Abstract

Cleome gynandra L. is gaining popularity for its importance in human nutrition. In the recent past, Kenya has witnessed a renewed interest in production of this local vegetable. The prevalence of obesity, HIV and AIDs and food-related illnesses makes better nutrition a critical need. Nutrition is a major, modifiable and powerful factor in promoting health, preventing and treating disease and improving quality of life. The relationship between food, nutrition and health is one of the global challenges being face d today. Increasing research on this indigenous vegetable could improve nutrition among poor people. Existing evidence suggest that spider plant is endowed with higher level of nutrients than its exotic counterparts. However, seed quality and yield of spider plan are affected by one or m ore factors that cause negative response during see d production . The purpose of t his research was to increase insight into how the seed quality and yield of spider plant is affected by different management practices an d seed maturity stages with a view to finding out the best method of production of these seed s. According t o the findings of this stud y it is recommended that in the production of spider plant seed, farmers should nip the first flower heads and harvest at yellow pod maturity stage.