

Abstract

The need to promote the use of indigenous vegetables is gaining momentum, as more of their quality factors (nutritive and medicinal) are unveiled through research. Quality factors are classified as quantitative (ingredients, weight); hidden (nutritive, toxic substances); and sensory (appearance, kinaesthetic, flavor). Organoleptically, vegetables are valued for their supreme flavors and aroma, crisp texture, attractive colors, and their overall appeal to human senses of smell, taste, touch, and sight. The retention of these characteristics in dried reconstituted vegetable is of great importance to human consumption. Fresh jute (*Corchorus olitorius* L.) leaves, which are used as indigenous vegetables in Kenya, were dried under shade, in the sun, by vacuum, and by freeze drying. The effect of the drying methods on the quality of the vegetables was then evaluated. Freeze-dried vegetable was found to have the best quality in terms of color, ascorbic acid content, and reconstitution characteristics.