

Rural Women's Indigenous Knowledge of the Nutritional and Medicinal Use of Vegetables in Southwest Nigeria

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ABSTRACT This paper is based on a study that investigated rural women's knowledge of the nutritional and medicinal use of some vegetables found around the southwestern part of Nigeria. A qualitative research paradigm was adopted. The targeted population comprised rural women in the Oyo East local government in Oyo State. A purposive sample of 85 respondents was drawn from five purposively selected communities. Focus group discussions and in-depth interviews were deployed as methods of data collection. Findings revealed that the rural women have a vast knowledge of nutritional and medicinal use of these vegetables. Although the medicinal value of most of the plants is locally appreciated, there is need for increased public education and awareness on their value. Additionally, the rural women need to be financially empowered to reduce the vicious circle of poverty.