

# QUARTERLY E-BULLETIN

**Consumer Price Index and Inflation Update for June 2022**



**Bridging the Local Gap for Wheat Imports in Kenya**

**Fruits and Vegetables in production today have a low nutritional value**



**Promotion of African Leafy Vegetables is good for Nutrition and Cultural Heritage**



**China lifts Ban on Kenyan Avocado Exports**



# CONSUMER PRICE INDICES AND INFLATION RATES FOR JUNE 2022

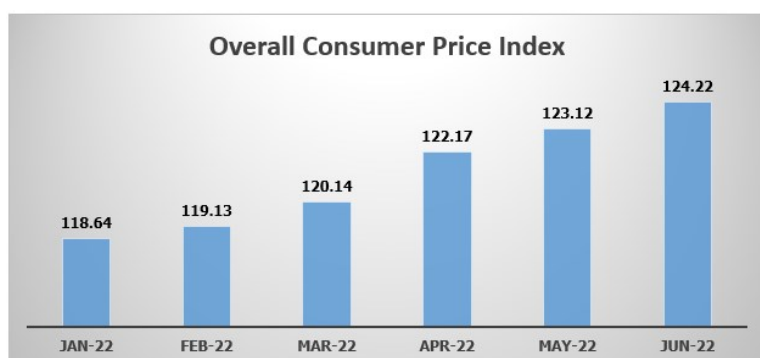
The overall year on year inflation rate as measured by the CPI was 7.9%, in June 2022 an increase from an inflation rate of 7.1% recorded in May 2022.

The rise in inflation was mainly due to increase in prices of commodities under; food and non-alcoholic beverages (13.8%); furnishings, household equipment and routine household maintenance (9.2%); transport (7.1%) and housing, water, electricity, gas and other fuels (6.8%) between June 2021 and June 2022.

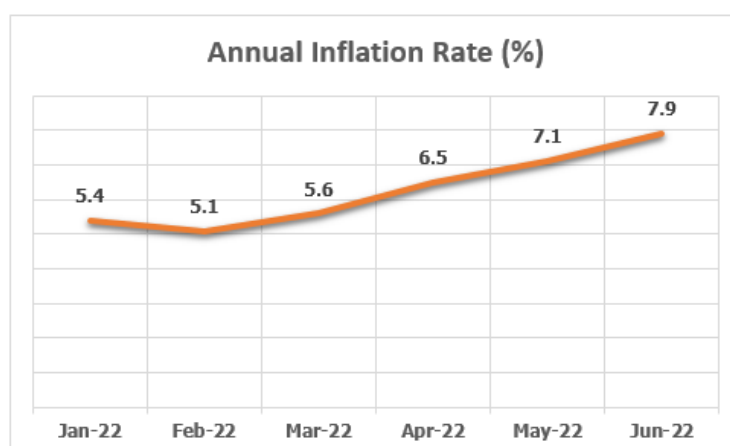
The CPI increased by 0.9% from an index of 123.12 in May 2022 to 124.22 in June 2022. The month-to-month Food and Non-Alcoholic Beverages Index increased by 1.2% between May 2022 and June 2022.

Month	Overall Consumer Price Index	Annual Inflation Rate (%)
Jun-21	115.11	6.3
Jul-21	115.45	6.5
Aug-21	115.71	6.6
Sep-21	116.08	6.9
Oct-21	116.67	6.4
Nov-21	117.2	5.8
Dec-21	118.27	5.7
Jan-22	118.64	5.4
Feb-22	119.13	5.1
Mar-22	120.14	5.6
Apr-22	122.17	6.5
May-22	123.12	7.1
Jun-22	124.22	7.9

Source: Kenya National Bureau of Statistics



Source: Kenya National Bureau of Statistics



Source: Kenya National Bureau of Statistics

## CONSUMER PRICE INDICES AND INFLATION RATES FOR JUNE 2022

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### Consumer Price Indices for specific Scheduled Crops

Relative to May 2022, prices of dry maize, sweet potatoes, tomatoes, carrots, groundnuts, dry peas, Green-grams and beans increased by 24.2%, 11.1%, 9.0%, 4.7%, 3.1%, 1.9%, 1.8%, and 0.7% in June 2022, respectively. During the same period, prices of cassava, avocado, potatoes (Irish), onions-leeks and bulbs, dry onions and french beans dropped by 1.3%, 2.0%, 4.8%, 5.3%, 10% and 12.4% respectively.

<b>Commodity Name</b>	<b>Quantity</b>	<b>Unit of Measure</b>	<b>Average Price May 2022</b>	<b>Average Price June 2022</b>	<b>% Change over last month June 2022 / May 2022</b>
Dry Maize	1	Kg	90	112	24.4
Sweet Potatoes	1	Kg	72	80	11.1
Tomatoes	1	Kg	89	97	9.0
Carrots	1	Kg	88.98	93.18	4.7
Ground Nuts	1	Kg	192	198	3.1
Dry Peas	1	Kg	155	158	1.9
Greengrams	1	Kg	112.06	114.09	1.8
Beans	1	Kg	135.63	136.61	0.7
Cassava	1	Kg	77	76	-1.3
Avocado	1	Kg	74.27	72.76	-2.0
Potato (Irish)	1	Kg	89.14	84.85	-4.8
Onion - Leeks and Bulbs	1	Kg	142.17	134.58	-5.3
Dry Onions	1	Kg	110	99	-10.0
French Beans	1	Kg	105	92	-12.4

**Source: State Department for Crops Development and Agricultural Research (SDCDAR)**

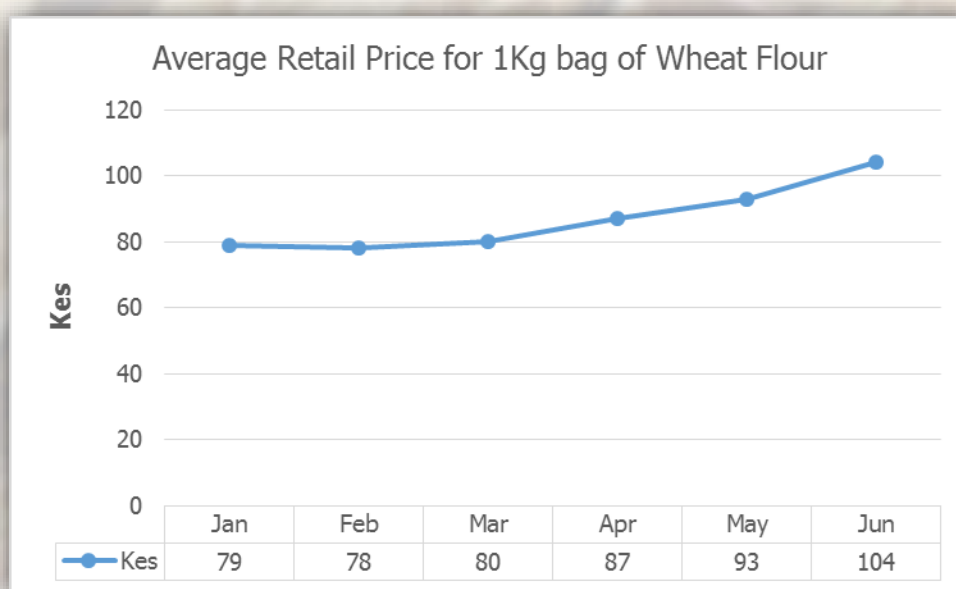
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## Bridging the Local Gap for Wheat Imports in Kenya

Serbia is seeking to export at least 150,000 tonnes of wheat to Kenya to bridge the gap left by Russia and Ukraine in the wake of a war between the two countries. Kenya relies on wheat from Ukraine and Russia; this means it imports a third of all the produce required to meet the local needs.

Serbia is one of the top wheat producers in the world, ranking among the top 50 countries in terms of yields per year. The Serbian ambassador to Kenya confirmed the country has had talks with local millers and the Eastern Africa Grain Council (EAGC) for them to export the grain to Kenya and forestall an expected supply crisis. Currently, local millers are hardly accessing wheat from the Black Sea following the closure of ports along this shipping corridor due to the Russia-Ukraine war.

Local Millers have said their stocks would run up to August 2022 before they bring in grain, adding that the prices are likely to go up because of the expensive crop in the current market. The price of a one-kilo packet of wheat flour has increased from Kes 79 to Kes 104 because of the shortage locally as shown below.



**Source: State Department for Crops Development and Agricultural Research (SDCDAR)**

The Serbian Government in March 2022 had announced a temporary ban on exports of wheat and other commodities. But Kenya will likely benefit once the restrictions are lifted.

Increasing evidence shows that many of today's fruits and vegetables produce aren't as packed with vitamins and nutrients as they were 70 years ago, potentially putting people's health at risk.

Rising proof from multiple scientific studies shows that many fruits, vegetables, and grains are grown today carry less protein, calcium, phosphorus, iron, riboflavin, and vitamin C than those that were grown decades ago. This is an especially salient issue if more people switch to primarily plant-based diets, as experts are increasingly recommending for public health and for protecting the planet.

A professor of geomorphology at the University of Washington in Seattle David R. Montgomery and co-author with Anne Biklé of 'What Your Food Ate' stated that nutrient decline will leave our bodies with fewer of the components they need to mount defences against chronic diseases, hence it's going to undercut the value of food as preventive medicine.

In addition, David R. Montgomery stated that most people know that what they eat matters, but are unaware of how our food is produced. Hence this issue opens a new and compelling reason for the average person to care about good agricultural practices. There is a need to prevent further damage to arable land as the population grows and work to restore fertility to already degraded lands.

### A problematic perfect storm

Some of the multiple factors contributing to the problem are;

- \* **Modern farming practices that are designed to increase crop yields.** Donald R. Davis of the University of Texas at Austin states that by learning to grow plants bigger and faster, the plants aren't able to keep up with the absorption of the nutrients from the soil or able to synthesize nutrients internally.

- \* **Soil damage that results from high-yield crops.** Wheat, corn, rice, soybeans, potatoes, bananas, yams, and flax all benefit from partnerships with key fungi that enhance the plant's ability to access nutrients and water from the soil. Professor of geomorphology at the University of Washington in Seattle David R. Montgomery states that the fungi act as root extensions for the plant. The professor further states that high-yield farming depletes the soil, which to some extent compromises the ability of plants to form partnerships with mycorrhizal fungi.

- \* **Rising carbon dioxide levels in the atmosphere are also undercutting the nutritiousness of our foods.** Kristie Ebi, an expert in climate change and health at the University of Washington in Seattle states that all plants have photosynthetic pathways through which they bring in carbon dioxide from the atmosphere, break it apart, and use the carbon to grow. But when crops including wheat, rice, barley, and potatoes are exposed to higher levels of carbon dioxide, they generate more carbon-based compounds, which leads to higher carbohydrate content. In addition, when concentrations of carbon dioxide are higher, these crops draw in less water. This means they bring in fewer micronutrients from the soil.

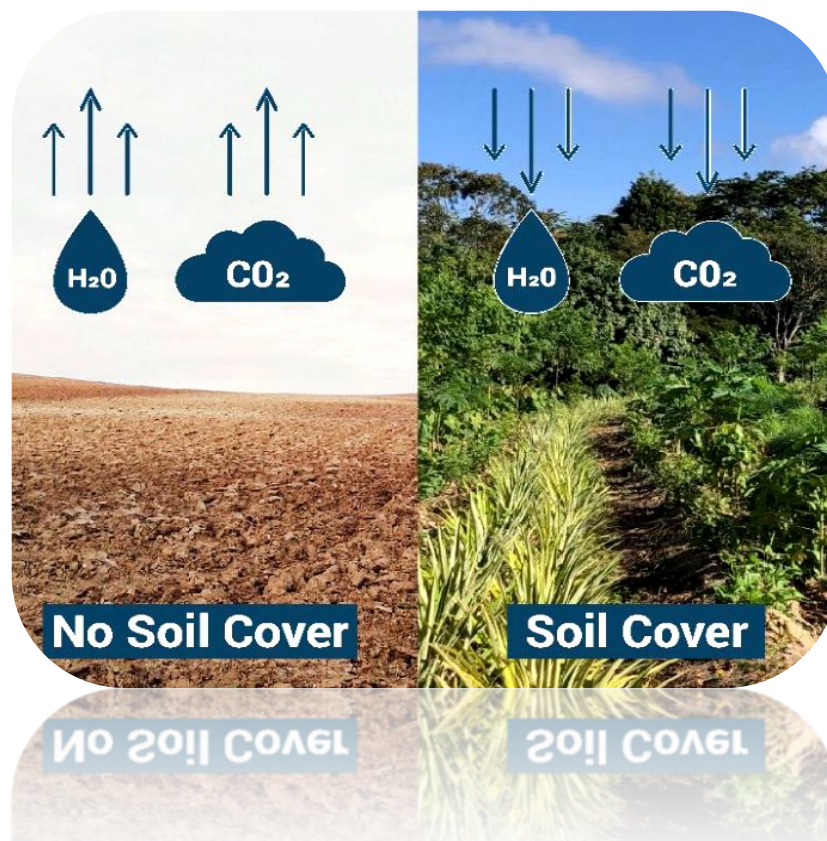
## Way forward

Soil is the key to boosting nutrients and using a sweeping set of practices that can restore its fertility.

One strategy for improving soil is regenerative farming. A study published in the January 2022 issue of PeerJ, titled Life & Environment shows that regenerative farming practices produce crops with higher soil organic matter levels, soil health scores, and higher levels of certain vitamins, minerals, and phytochemicals.

The article suggests the following:

- \* Reduced tillage to ensure mineral surplus in the soil.
- \* Planting cover crops such as clover, rye grass, or vetch to prevent erosion and suppress weed growth.
- \* Crop rotation to increase soil fertility and crop yield.



## Introduction

There is an undervalued reservoir of diversity of African Leafy Vegetables and local foods in Kenya, largely perceived as foods of the poor and of the past. Local markets are now being dominated by three popular exotic vegetables: cabbage, kale (locally known as sukuma wiki) and Swiss chard (spinach). These African leafy vegetables are extremely important for food security, nutrition and poverty alleviation throughout Africa.

However, the reservoir is under threat because the African leafy vegetables are being displaced in many areas. There is a decline in the production, utilization and diversity of these African leafy vegetables. The decline will have a significant impact on the nutritional status of local households and incomes of women farmers who are the primary producers, transformers and sellers of these crops.

Unhealthy 'junk' food is gaining popularity, especially among younger people. This trend is worrying because Kenyan communities risked losing their healthy traditional foods and the cultural heritage associated with them, including language, knowledge, skills and practices.

This carries the risk of serious consequences. First, it would narrow dietary diversity. Second, it would increase the dependence on market food, which consequently increases household spending on food. Third, it would have a negative impact on people's health. And lastly, it would deny producers and marketers of traditional foods (who are mainly women) opportunities to make money.

To address the growing bias against traditional Kenyan foods, local and international institutions, including research organisations, government ministries, non-governmental and community based organisations, and universities rolled out nutrition research on the

value in local foods. Some of the local institutions involved were National Museums of Kenya, Institute of African Studies, University of Nairobi, Department of Food Technology and Nutrition, National Genebank of Kenya and Kenya Agricultural Research Institute.

Nutrition Research was done in three phases. The first phase, 1995 to 1999, prioritized 24 vegetables out of a total of 210 in Kenya for detailed research and promotion. Prioritization was based on preference by local communities, marketability and health benefits.

Phase two (2001 to 2006) focused on vegetable seed collection, improvement and distribution, as well as developing protocols for cultivation. Researchers also documented recipes, carried out nutritional analyses, increased awareness of the health benefits of these 24 vegetables and linked farmers to markets.

By 2003, the tide had begun to turn. Traditional vegetables had been introduced in most supermarkets and negative attitudes had largely changed. Today, traditional leafy vegetables such as leaf amaranth (mchicha), African nightshade (managu) and African spider plant (sagaa) are commonplace in restaurants, street markets and homes. And eating them no longer attracts stigma.



**African Nightshade**

## Nutritional and cultural value

The leaves of the spider plant, for example, give many times more vitamin A than cabbage. Vitamin A is vital for skin, eyes and general growth. Another important plant is leaf amaranth, which gives up to 12 times the amount of iron and calcium, and nearly twice the amount of fibre as cabbage. The leaves of cassava, a major vegetable in central African nations, are rich in proteins. A single serving, or 100 grams of the leaves, can provide up to three times the recommended daily intake of vitamin A in children and adults. The fruit pulp of the baobab can supply as much as ten times the amount of vitamin C as an orange, by weight.

The high nutrient content in traditional foods and vegetables means they can help alleviate malnutrition. In Kenya, for instance, stunting in children under five years in 2008-2012 was at 35.3%, going down to 26% by 2014 according to Mid-Term Evaluation of the Maternal Child Nutrition Programme II (MCNP II) in Kenya report published in December 2021.

Many developing countries, including Kenya, are battling a new problem – the rise in non-communicable diseases like cancer and heart diseases. Traditional vegetables show high antioxidant activity and can be useful for preventing these diseases.



**Leaf Amaranth**

## Way Forward

If a species loses its value in a community or society, it is likely to disappear. If the species is lost, it takes with it all its associated intangible cultural heritage. Agriculture and Food Authority through Horticulture Crops Directorate is promoting the production of indigenous foods. This will promote the conservation of species (and biodiversity), which is good for the country. It also slows or halts cultural erosion.



**African Spider Plant**



## Kenya to export Avocado fruits to China

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The market in China is now open for Kenyan Avocados. This was passed by the Chinese government after four years of lobbying as Beijing reversed its initial requirement that **only** allowed frozen produce, coming as a major boost to farmers who had to invest heavily in cold rooms to meet the requirement. China had locked out the fresh produce in 2019 due to prevalence of fruit flies locally.

The KEPHIS Managing Director Professor Theophilus Mutui said that the move follows successful completion of the rigorous Pest Risk Analysis carried out by the agency and the National Plant Protection Organisation of China, which identified quarantine pests of concern to China that should be controlled before export.

All the fresh avocado fruits must comply with all applicable Chinese phytosanitary (plant health) laws and regulations, health and safety standards and be free from any quarantine pests of concern to China.

Specifically, all producers and exporters intending to export fresh avocado to China must:-

- Have all their production farms, pack houses and fumigation treatment facilities registered by KEPHIS.
- Apply Good Agricultural Practices (GAP) and keep good sanitary conditions as well as implement Integrated Pest Management programs, including pest monitoring, chemical and biological control and any other pest control operations.
- Monitor and manage quarantine pests of concern to China under the guidance of KEPHIS; KEPHIS shall carry out periodic field inspection.
- Keep monitoring records of quarantine pests as well as pest management measures implemented.
- Carry out phytosanitary treatment of the fresh avocado fruits by fumigation before export.
- Ensure that all consignments are inspected prior to export.

KEPHIS will monitor the processing, packaging, storage and transportation of the fruits.

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**VISION**



To be a World Class Regulator  
in the Agriculture Sector

**MISSION**



To sustainably develop and promote scheduled  
crops value chains through effective regulation  
for economic growth and sustainability

**CORE VALUES**

- Customer focus
- Teamwork
- Integrity
- Innovativeness
- Professionalism