

Leaves of *Crotalaria brevidens*, *Amaranthus lividus*, *Gynandropsis gynandra* and *Corchorus olitorius* all grown in Kenya had vitamin C 100 to 150 $\mu\text{g/g}$. *C. brevidens* and *A. lividus* had most vitamin A, 250 to 300 and 200 $\mu\text{g/g}$, respectively.