Kenya like other sub-Saharan country faces food insecurity caused by many social economic factors. Production of indigenous food crops is no longer given priority by farmers yet they are easy to grow, require less management inputs and can survive drought. Information on Indigenous knowledge systems on cultivation of indigenous food crops and consumption of these crops in Narok County has not been adequately documented yet it is important to agricultural researchers, development practitioners, and policy makers. This study investigated social economic factors influencing production of indigenous food crops in Narok South District. A Cross-Sectional Survey Design was used to collect data from 150 farmers using proportionate stratified random sampling method while Focus Group Discussion (FGD) was used to collect data on historical profile on production of indigenous food crops from 20 key informants of elderly people of above 60 years. Content validity was ascertained by a panel of experts (lecturers) and reliability measured using cronbach alpha method with the threshold for acceptability set at 0.70α. A pilot-test was undertaken at Narok County with farmers of similar characteristics. Data was analyzed using the Statistical Package for Social Sciences (SPSS) A Chi-square of indigenous food crops grown in Narok South was done and inference made at a confidence level α=0.5. The study results indicated that farmers in Narok South District grow amaranths, black night shade, cowpeas, pumpkin, arrowroot, yams, cassava, sweet potatoes, sorghum, millet and dolichos as their indigenous food crops which they use during the periods of drought. Productions of these crops were influenced by social economic factors which were gender, age, level of education and marital status. The study revealed that about 62% of the respondents had primary level of education indicating that they were able to learn and educate their fellow farmers; over 89% depended on farming, and most earned less than Ksh. 2000 monthly while about 84% households owned seven acres of land and below. This was an indication that most of respondents were peasant farmers. The results further indicated a statistically significant relationship between age of the farmers and the indigenous food crops grown (p<0.05), a no significance relationship between the level of education and all the indigenous food crops grown, a statistically significant relationship between marital status and the indigenous food crops grown, that there was a statistical significant relationship between production and consumption of spider plant vegetables (Chi-Square= 1.229; P-value=0.00), black night shade vegetables (Chi-Square=63.810; P-value=0.00), cowpeas (Chi-Square=29.893; P-value=0.00), arrow roots (Chi-Square=70.775; P-value=0.00) and sorghum (Chi-Square=1.025; P-value=0.00). The study concluded that indigenous food crops are grown in small quantities yet they are popular diets of many household and form an important income and livelihood source. The study recommendsup scaling of indigenous food crops to many small-scale farmers, enhance extension methods particularly informing farmers the advantages of indigenous food crops. It also brings attention to development actors targeting to promote
indigenous food crops should first target old and married farmers as they have clue of their importance