

Indigenous Knowledge-Systems and Food Security: Some Examples from Malawi

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KEYWORDS Food Preservation. Food Storage. Household. Hunger. Food Levels. Women

ABSTRACT The paper explores the extent to which indigenous knowledge-systems can contribute to the achievement of food security. With examples drawn from Malawi, the paper illustrates the way in which indigenous knowledge-systems can assist in food preservation and food storage, leading to food security. The paper examines the way traditional ways of food preservation impact on food security and access at household level. In addition, we also highlight the role of women in food preservation and food storage using indigenous knowledge systems. We argue that the abandonment of the indigenous knowledge-systems is one of the causes of food insecurity as we witness it nowadays.