

Table 6 Vegetable type found in the respondents' diets

Vegetable type	Before fish farming (%)	After fish farming (%)
Ethiopian mustard (<i>Brassica carinata</i>)	50	23.8
Rapeseed (<i>Brassica napus</i>)	42	21.3
Brown Mustard (<i>Brassica juncea</i>)	2	8.8
Carrots (<i>Daucus carota</i>)	3	5
Spinach (<i>Spinacia oleracea</i>)	3	20
Cabbage (<i>Brassica oleracea</i>)	0	13.8
Pumpkin Leaves (<i>Cucurbita maxima</i>)	0	3.8
Okra (<i>Abelmoschus esculentus</i>)	0	3.8

Note: *Brassica juncea* is also commonly known as Chinese mustard, Indian mustard, or leaf mustard; *Brassica carinata* is also commonly known as Ethiopian rape, or Abyssinian mustard