

| Ecosystem type | Ethnic group | Use Category | Key Themes | Example Quotes |
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| Savanna Rangeland | <i>Maasai</i> | Food | Knowledge of edible plants is gender-specific; Females focus on vegetables, while younger generations are familiar with fruits somehow | “Kids nowadays go to school and watch television, they have less time to interact with nature, though they still know some fruit species” |
| | | Material | Females hold knowledge of plant species essential for house-building due to traditional gender roles | “Females are the ones who build the house and know plants useful for building”. |
| | | Medicine | Males possess broader knowledge of general treatments, especially for ailments affecting males, while Females focus on treatments for children and women | “Males treat diseases related to men health, while females know what to use for children and other Females”. |
| Flooded Savanna | <i>Pogoro</i> | Food | Young people know fruit species, while Females focus on vegetables, reflecting traditional gender roles | “Fruit species are more known to young ones, while vegetables are known to females because of their roles”. |
| | | Material | Limited knowledge among females, except for materials used in crafting; traditional crafts knowledge is declining. | “Females know only the materials they use in crafting”. |
| | | Medicine | Males specialise in general disease treatments, while females are more knowledgeable about remedies for children's and women's health; stigma affects youth usage. Transfer of traditional medicine knowledge is more apparent to traditional healers (Wambui). | “Only ‘Wambui’ are now passing medicinal knowledge to their kids; youth feel using traditional medicine makes them look naive”. |
| | | Rituals | Females hold knowledge of rituals, especially those concerning young girls, maintaining certain cultural practices | ‘Females know the rituals for young girls’ |

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| Coastal Forests | <i>Zigua</i> | Food | Females are more knowledgeable about fruits found in their gardens but cultural norms limit their forest knowledge. | “Females know food plant species but don't go to the forest”. |
| | | Material | Youth, particularly males, are less familiar with forest plants for material use due to alternative occupations like motorcycling. | “Males youth should know material species but most work as ' <i>bodaboda</i> ' no one interested in going to the forest”. |
| | | Medicine | Older males are the primary holders of medicinal plant knowledge; younger people rely more on modern medicine. | “Most people use modern medicine; Females stay home, so they know less about forest medicines”. |
| | | Rituals | Certain species are culturally believed to prevent bad luck, though this belief is more prevalent among older generations. | “Some plants are used to dissolve bad luck”. |
| Miombo Woodland | <i>Nyamwezi</i> | Food | Edible plants like ' <i>mlenda</i> ' are still main vegetable in most homes. Edible wild fruits are also used particularly by those engaged in herding livestock in the wild. | “We still use <i>mlenda</i> as a vegetable at home, and some fruits especially when herding livestock”. |
| | | Material | Shrinking forests have led to a decline in knowledge and availability of species used in construction and crafts. | “Forests are shrinking, and many plant species are disappearing”. |
| | | Medicine | Older individuals maintain knowledge of traditional medicines, while youth only use them as a last resort. | “When we were young, we used these medicines, but youth now go to the hospital except in rare cases”. |
| | | Rituals | Certain plants are used in rituals, though interaction with these plants is limited among younger generations. | “Youth only know some rituals, like when a family has twins or a breech “ <i>kashinji</i> ” |
| | <i>Nyaturu</i> | Food | Vegetables and wild fruits remain important dietary staples at home and for those who venture into the wild, especially during lean periods. | “People still use <i>mlenda</i> as a vegetable at home and gather wild fruits when they go into the wild”. |
| | | Material | Knowledge of building materials is predominantly male-driven due to their role in house construction. | “Males know better about building plants because they handle construction and furniture-making”. |

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| | | Rituals | Females lead ritual practices involving species like 'Muhuvi' and males are culturally restricted from participating in these rituals involving females. | “Only females use <i>Muhuvi</i> tree for prayers; males cannot come close during these rituals”. |
| Montane Forests | <i>Chagga</i> | Food | Shift to modern agriculture has reduced reliance on wild plants, though Females still retain the knowledge of native edible species. | “In the past, we relied on wild vegetables, but now we have other crops”. |
| | | Material | Commercial use of timber species has increased deforestation, affecting non-timber plants previously valued for other uses. | “Even non-timber trees are now being cut for commercial timber, and native species are not being replanted”. |
| | | Medicine | Males and females specialize in treating ailments relevant to their gender roles; however, younger people are more inclined to rely on modern medicine. | “Older people use traditional medicines, but young ones prefer the hospital even though they know these medicines exist”. |
| | | Rituals | Some species are culturally protected due to their symbolic importance, such as trees forbidden from being cut. | “ <i>Mkuu</i> trees are forbidden from being cut as they have symbolic significance”. |