



Cowpea Varieties and Economic Empowerment Among Kenyan Women Farmers: A Two-Year Experimental Analysis

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Published: 17 October 2004 | **Received:** 03 May 2004 | **Accepted:** 18 August 2004

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DOI: [10.5281/zenodo.18806195](https://doi.org/10.5281/zenodo.18806195)

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Abstract

Cowpea (*Vigna unguiculata*), also known as black-eyed pea or field pea, is a vital crop in East Africa's agricultural landscape, particularly among smallholder women farmers who rely on it for food security and income. A two-year randomized controlled trial was conducted in Eastern Kenya's agricultural zones, involving a sample of smallholder women farmers who were randomly assigned to either the treatment group (receiving cowpea varieties) or the control group (no intervention). This study underscores the potential of diversified crop varieties as a tool for enhancing economic empowerment among Kenyan women farmers, particularly in improving their livelihoods and food security. Farmers' cooperatives should be supported to facilitate the wider adoption of these improved cowpea varieties, while extension services need to be strengthened to provide targeted training on cultivation techniques and market linkages.

Keywords: African, Cowpea, Empowerment, Smallholder, Women, Randomized, Controlled

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