

The purpose of this research is to look into urban farming in Nakuru town, how it is being carried out in different parts of the town. This research will investigate how urban farming has enabled the residents to generate income and employment and from the income, how they have been able to save from the generated income. Also the nutritional status of the people will be looked into, that is how food security has been able to lead to an improvement in the nutrition standards of the people. Furthermore, the research will avail the role of food security in increasing food production, how is being produced and the accessibility of the food product in the market. The research also assesses the problems that urban farmers go through, such challenges include; inadequacy of land and insecurity in urban areas. Theories have been to look into how agricultural production is conducted and how agriculture came into existence such theories include; the diffusion theory, oasis theory and the motivation theory. This research gives a brief introduction about Nakuru its location, climatic conditions and the geology and soils. The type of research design was descriptive survey and it targeted majority small-scale farmers. For data collection, questionnaire was used and target sample was 100 farmers and out of the 100 questionnaires issued, sixty were suitable for conducting data analysis and data presentation. From the findings it was noted that majority of those practicing urban farming are women and majority of them are housewives. Many of the urban farmers have studied up to secondary and main purpose for farming is for subsistence purposes. Most of the farmers use pesticide on their farm as part of the product can be sold in the market and they will be able to generate income which will be used to buy other basic needs that are needed. Majority of the farmers grow vegetables some are involved in the cultivation of fruits and flowers while others are keep livestock. Sources of water is from well, rainwater and county water. Some of the challenges faced by the urban farmers are inability to access loans thus financial constraint is an issue also farmers complain about pest and diseases that affect their crops and insecurity and land inadequacy are some of the challenges stated by the farmers. The research also reveals that urban farmers suggested ways on improving their farming practices, some of these suggestions included; government should give out incentives, security to be improved, there has to be provision of financial services and furthermore farmers should increase their effort in farming activities. Further research was suggested on hydroponic farming since it is the new farming system in urban areas it saves on space thus cases of land inadequacy will not be a problem to many.