

Moringa oleifera

Moringa is a miracle tree. The leaves are very nutritious. They contain vitamins, minerals and proteins. A wonderful plant for malnutrition!

Moringa oleifera grows well even in the desert. It is very drought resistant. It is often used for fences. It can reach a height of 15 metres.

Moringa is called the “never die” tree, because the more you cut it the more it grows. It is also called “mother’s best friend” because it is very nutritious.



For nutrition:

- 1) Eat the leaves as a vegetable, but do not overcook. Boil in salted water for only one or two minutes. Slices of raw onion may be added.
- 2) Eat as moringa leaf powder: Wash fresh leaves in good water, then in salt water, and again in good water. Shake and hang to dry on a string in the shade – allow dried leaves to fall onto a clean sheet. When very dry separate the leaves from the stems, pound them and sieve. Store in an air-tight container in a cool, dark and dry place.



Add a teaspoonful of moringa leaf powder to your food at any mealtime.

Moringa is particularly valuable for undernourished children, AIDS patients, pregnant mothers and breast feeding mothers – moringa stimulates milk production. Pregnant mothers must take care that the baby does not grow too big in the womb!

Diabetes and high blood pressure: For chronic diabetes, mix a heaped tablespoon of moringa leaf powder in the food three times a day. New diabetic patients and those wishing to prevent diabetes should mix one teaspoon in their food three times a day.

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