

Moringa

(*Moringa oleifera*)

Celebrated worldwide for its nutritional and medicinal uses.

GROW

- **Size: Height:** 10–20 ft (can grow up to 35 ft) Width: 10–15 ft spread
- **Growth Rate:** Fast; can reach 10 ft in the first year
- **Light:** Full sun, tolerant of partial shade
- **Soil:** Tolerates poor soils; prefers sandy or loamy, well-drained soil
- **Water:** Low; drought-tolerant once established; avoid waterlogging
- **Maintenance:** Prune regularly to keep a manageable height and encourage leaf production. Responds well to coppicing (cutting back heavily to regrow)
- **Pests/Diseases:** Generally pest resistant

PROPAGATE

Propagated by seed & cuttings:

- From seeds: direct sow into warm soil, germination in 1–2 weeks
- From cuttings: woody stem 10–12 inch cuttings root readily, planted directly

HARVEST

- **Leaves:** Harvested 6–8 weeks after planting; can harvest continually
- **Pods:** 6–8 months after planting, when young and tender
- **Seeds:** Collected when pods mature (brown and dry)

USE

- **Culinary**
 - **Leaves:** eaten fresh, dried, or powdered for soups, teas, stews, smoothies
 - **Young Pods:** cooked in curries or soups
 - **Seeds:** roasted or pressed for oil
 - **Flowers:** edible, used in salads and teas
- **Nutritional Value**
 - High in vitamins A, C, E, B-complex
 - Rich in calcium, potassium, iron, and protein
 - Contains antioxidants and essential amino acids
- **Traditional Medicinal**
 - Used for anti-inflammatory, antimicrobial, and antioxidant properties
 - Supports digestion and immune system
 - Applied as poultice for wounds, skin conditions, joint pain

