

## **DRIED MORINGA LEAVES.**

Moringa leaves can also be dried and stored for several months. They are a very good source of protein, Iron and Vitamins A and C. The dried leaves can be rubbed into a powder and added to soups or even porridge to give added vitamins when these are short. One teaspoon contains all the vitamins and minerals required each day.

The dried leaves can be used to combat malnutrition in children by adding one teaspoon of powder to porridge three times a day. For a healthy family a couple of teaspoons of the powder can be added to the soup just before serving.

## **MEDICINAL USES OF MORINGA.**

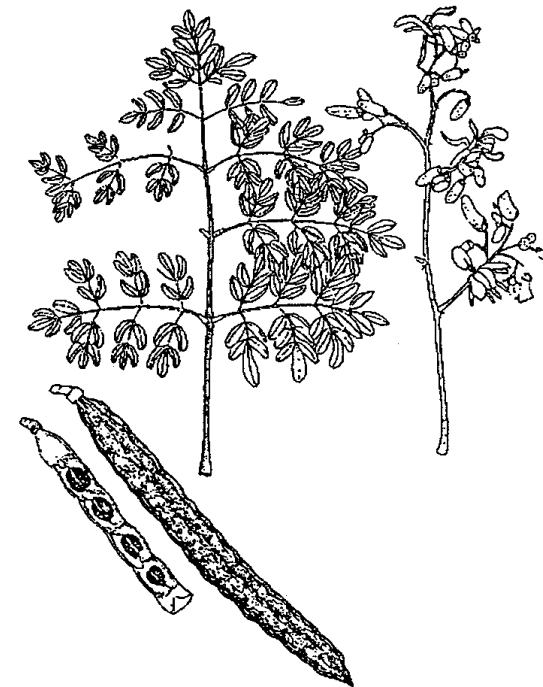
Moringa leaves have a very high calcium content and are very rich in iron. They are therefore very useful as a vegetable for breastfeeding mothers (who need calcium) and for treating anaemia, which is shortage of iron in the blood. The dried leaves make a very nutritious supplement that can be added to soups or porridge when feeding invalids.

Fresh Moringa leaves are very effective in soothing insect bites. Rub the bite with the fresh leaves.

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## **USING MORINGA**

*Moringa* is a small tree sometimes grown just for ornamental purposes. It is, however, a very useful tree. There are two common types of Moringa – *Moringa oleifera* is a smaller tree originating in Asia and *Moringa stenopetala* is larger, originating in Africa. Both are used in the same way. The young leaves make a very pleasant and nutritious vegetable, rich in iron. They produce more easily than annual vegetables and are useful for green leaves at a time when others are short in the garden. The dried leaves make a valuable nutrient supplement. The seeds can also be eaten when immature and are also useful for making muddy water clear.

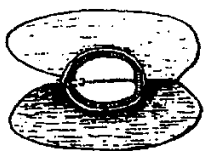


## HOW TO USE MORINGA SEEDS TO CLEAN WATER

Moringa seeds can be used to make muddy water clean. Both species can be used but *Moringa stenopetala* seeds are particularly effective.



1. Use ripe seeds. Remove the seed coat with the wings, to leave just the white kernel.



2. Grind the kernels to a fine powder.

3. Mix this powder with a little *clean* water and stir it, or shake it in a bottle, fast for about 5 minutes. The water looks like sticky lime juice.

4. Stir this liquid into the dirty water you want to clean. Stir slowly in one direction - only about 20-60 times a minute. If you stir faster the water will not clean.

5. Leave the water to stand for two hours and the dirt should all have fallen to the bottom. Pour the clean water off carefully and throw the dirt at the bottom away.

The amount of seed needed depends on how dirty the water is, so it is necessary to experiment with different quantities to find out the right amount of seed for your water. Only a few seeds are needed for each bucket of water.

## HOW TO COOK MORINGA LEAVES

1. Collect the young tender leaves.

2. Cut them like other leafy vegetables.

3. Put the water on to boil.

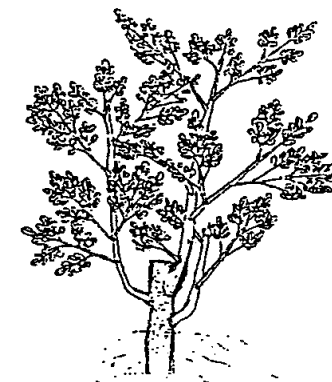
4. Add the chopped leaves.

5. Leave to boil.



Moringa cooks quickly and does not need long to cook.

Since Moringa is grown for its young leaves, do not allow it to grow tall but prune it to keep it bushy. As the tree grows cut it back to about 3-4 feet above the ground. Do this whenever the tree grows too tall. Cutting the leaves for eating helps to keep the tree bushy as the terminal buds are frequently removed. If the leaves are picked frequently the tree produces more young leaves.



*Moringa stenopetala* is a larger tree that cannot easily be pruned into a hedge.