

# Moringa leaves – a very healthy food

The leaves can be eaten cooked or even raw. **No other plant growing in the country is as nutritious as the leaves of Moringa!**

These leaves contain a lot of proteins, vitamins and minerals.

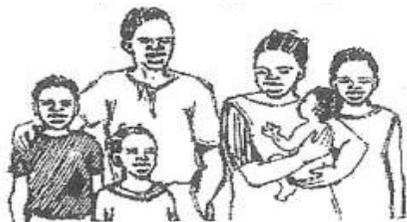


**This was Juma some months ago. He was malnourished.** He did not get enough proteins, vitamins and minerals in his food.

**This is Jumaa now - after eating Moringa leaves for some months.**

Juma's mother has planted 10 Moringa trees near the house. She uses Moringa leaves for salad, mixes them with ugali or adds them in any soup or stew. Formerly, Juma used to be weak and was often sick.

**Since Juma started eating Moringa leaves, he is healthy and is growing well.**



But Moringa leaves are not only good for children. **Everyone**

**who wants to be strong and healthy should eat Moringa leaves.** In particular, pregnant and breast-feeding mothers need extra strength for the baby.

Continued from 10a)

reached a length of 20 cm, cut them by 10 cm. Again, after another month, cut the new branches in the same manner. This pruning causes the tree to become bushy and remain small, making harvesting of the pods (and therefore the seeds) and also of the leaves much easier.

**Alternatively**

**10b) Harvest the leaves when the tree is 1 metre high** by pruning the tree down to 30 cm. (The tree will grow again.) Strip the stems of their leaves, which you dry to make leaf powder. You may feed the stems to livestock or compost them.

**What makes Moringa leaves such a powerful food?**

## VITAMINS

- Vitamin A** is important for eye sight. Even blindness can be caused by not eating enough Vitamin A.
- Vitamin C** fights against many sicknesses like colds...

## MINERALS

- Iron** is very important especially for pregnant and breastfeeding mothers and people suffering from malaria.
- Calcium** builds strong bones and teeth.
- Potassium** helps the brain and nerves to function well.

## PROTEINS

- Proteins** are very important for the growth and the health of the brain and the whole body.

There are even many more valuable nutrients in these leaves.

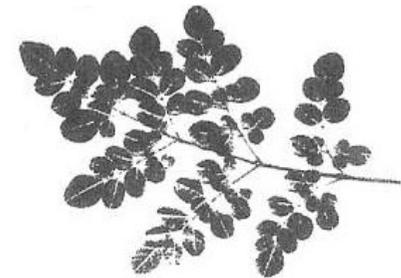
Markus Haefele, Manfred Schiess  
[www.anamed.net](http://www.anamed.net)

# *Moringa oleifera,* *Moringa stenopetala*

**These trees can**

- **end malnutrition**
- **help HIV patients**
- **purify water**

**Moringa leaves look like this:**



*Moringa oleifera* needs at least 500 mm annual rainfall and a mean annual temperature above 13°C. It grows up to an altitude of about 1000 m above sea level.

*Moringa stenopetala* grows mainly in Ethiopia up to an altitude of 2100 m above sea level.

**Plant 10 such trees for your family, use their leaves as vegetable and your family will not suffer from malnutrition!**



**Moringa leaves are a strong body-building food.**  
The powder made from dried Moringa leaves is sold in pharmacies in many African countries – perhaps also soon in Tanzania and Ethiopia.

## How to make Moringa leaf powder:

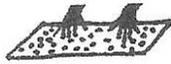
### 1. Wash the leaves



### 2. Strip them off from the stems

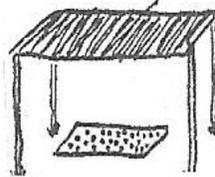


**3. Spread them out on something clean** (e.g. on a sack, a piece of material or on a tray)



### 4. Dry them in the shade

(e.g. in the house, or covered with a piece of material). This is important because direct sunlight destroys vitamins.



Let the leaves dry completely (about 2 days)



**5. Pound the leaves well in a mortar** to produce leaf powder. Then sieve the powder to remove the remaining stems.

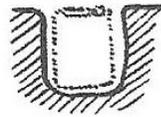
**6. Keep the leaf powder in a clean and closed container** (e.g. an empty coffee tin). If the powder is really dry it will keep for months. This is important towards the end of the dry season when the Moringa tree has no leaves. It makes cooking with Moringa also very easy.



**To all kinds of food just add 3 tablespoons of Moringa leaf powder per person each day.**

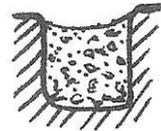
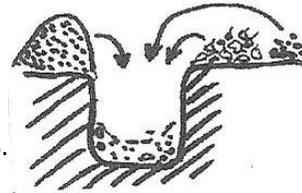
## How to plant Moringa seeds or seedlings:

### 1. Choose a sunny place for the tree.



**2. Dig a hole** which is so big that you can at least put a jerry can in it (The hole should be about 50 cm square and 60 cm deep).

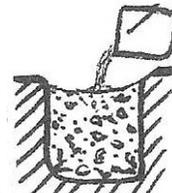
**3. Fill the hole with river soil, dry leaves** of other trees and, if available, manure of cows, goats or donkeys. Mix well. (If you don't have river soil, bring some soil from a place where other plants grow and use more leaves. Make sure you have manure.)



### 4. Don't fill the hole completely.

Leave a hollow so that, when watering, the water does not flow away.

**5. Pour 1 or 2 buckets of water** into the hollow. Wait until all the water has disappeared.



### 6a) If you use seeds:

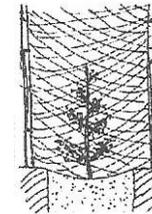
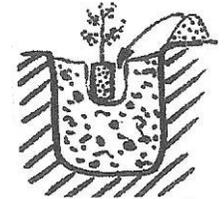


Make a small hole in the middle of the pit by pressing your finger into the soft soil, just until you cannot see your fingernail any more (about 1 or 2 cm deep). Put the seed in the small hole and cover it with soil.



### 6b) If you use seedlings:

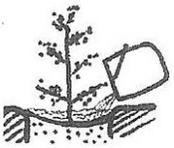
Make a hole very slightly bigger than the bag that holds the seedling. Carefully cut the plastic bag at the side and on the bottom with a razor blade or a sharp knife. Put the seedling in the prepared hole, whilst carefully removing the plastic bag. Make sure the soil and the roots don't break. (This is easier if someone helps you.) Fill the space around the seedling with soil.



**7. Protect the small tree** from cats, dogs, goats and playing children. In the first month provide a bit of shade. You could use some thorns or bamboo with chicken wire.

### 8. Water daily for the first 2 weeks.

The soil should not completely dry out, but neither should it be too wet. Later 1 or 2 buckets of water 3 times a week may be enough.



**9. After about 3 months you can start to harvest your first leaves.** Start from the bottom. Let the newest leaves remain.

**10a) Cut the tree when it is about 60 cm high.** Cut about 10 cm off the top. This makes the tree produce more branches and leaves. About one month later, when the branches have

