



*Moringa oleifera,*  
*Mlonge (Kiswahili):*

## **2. Plant Moringa!**

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# Where does this tree grow?

- In tropical and sub-tropical semi-arid climates up to a height of about 1500 m.
- Where the rainfall lies between 250 and 3000 mm per year.
- On light clay or sandy soils.
- Even where droughts occur.
- And even where short term flooding occurs.

# Everyone should plant many moringa trees!

**Sow the seeds in  
good earth**



**or damp paper**



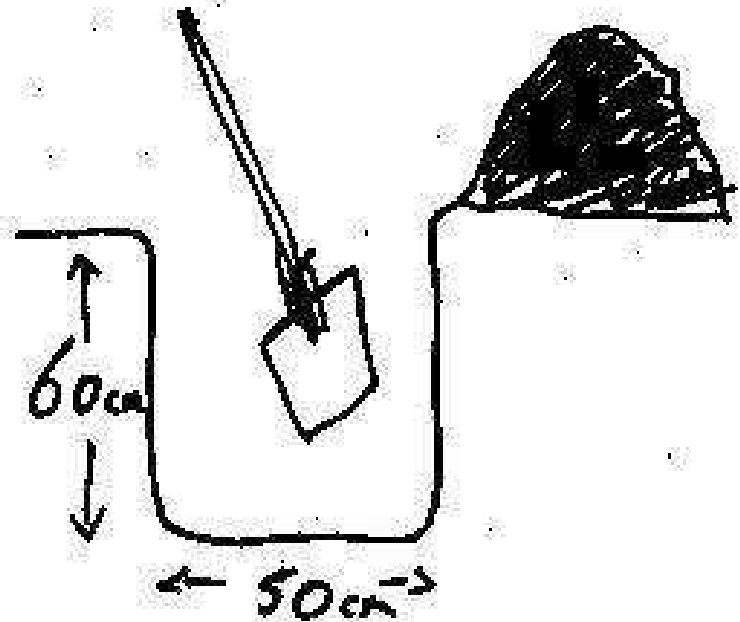
# Set up a nursery!

like  
here in  
Bassar,  
Togo



# Make a hedge, or a plantation

- Transplant into good earth in a large hole.
- Put a lot of compost in the hole and then cover the ground with mulch.



# Constantly trim the branches!

**in order to produce the maximum amount of leaves and seeds!**

- In tropical climates the trees can be cut back 7 or 8 times a year. See the slides below.
- In a plantation one can produce up to 120 tons of dry leaves per hectare and year!

Source: Prof. Dr. K. Becker, University of Stuttgart-Hohenheim, Germany

- You may even successfully plant some pruned branches as cuttings.

Source: Roger Sharland, Kenya

# Moringa may be planted close together



But Foidl and Reyes have shown that Moringa trees can also be planted very close together as a field crop, at a spacing as close as ten to fifteen centimeters.



The moringa plants then grow as a field crop, and can be harvested frequently. This technique produces a large amount of usable green matter from a relatively small amount of space. Dr. Reyes has grown Moringa intensively with no irrigation and small amounts of fertilizer. He was able to harvest the leaves every 75 days—four crops in a year. He got a total of 100 tons of green matter per hectare the first year, and 57 tons per hectare the second year. Mr. Foidl irrigated his Moringa plantation and used larger amounts of fertilizer. He reported harvesting every 35 days—nine crops per year—with a total yield of 650 to 700 tons of green matter per hectare. He says this yield has been consistent from the same plants for seven years.





Using this technique of intensive cultivation, plots of Moringa are planted on a rotation schedule, so that there is an ongoing supply of green matter. The plants are harvested 8 to 10 inches above the base, and all of the leaves and green shoots can be used. The green tops grow back in 35 to 75 days, and are ready to be harvested again.

# *Moringa stenopetala*

There are other very important moringa trees. *M. Stenopetala* grows in Ethiopia up to an altitude of 2,100 metres above sea level. It has similar properties to *M. oleifera*.



# *Moringa stenopetala*

However, we include a warning. It grows into a very big tree very quickly. It should therefore not be planted in the good farming soil as, unlike *Moringa oleifera*, it takes over the land! We are thus encouraging people to plant it at places where a big tree is wanted or is not going to interfere with home gardens. It is a very fast growing tree for a new home needing shade, and is good for planting near churches, schools etc., or anywhere where a big tree is wanted quickly! (Roger Sharland, Kenya)



# *Moringa stenopetala*...

leaves are also used as a vegetable.

The tree is bigger than *M. oleifera* – leaves, pods, seeds (left package), everything.

But it has not been so thoroughly researched.



A photograph of a Moringa oleifera tree with green leaves and white flowers. The text is overlaid on the image.

**Thank you!**

**Please, look at Part 3**

***Moringa oleifera***

**Reference: *anamed Moringa Reader*,  
order No. 419**

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