

Moringa oleifera L. The species

Also known as:

Drumstick

moringa, rawag, sujina, mronge, murunga, sahnao and chum ngay.

Geography

India is the largest producer of Moringa, but it also grows in other parts of Southeast Asia, Africa, the Middle East, Central America, the Caribbean, northern countries of South America and Oceania.



Drumstick The vegetable

Leaves: 80 kCal per 100g EP

Pods: 40 kCal per 100g EP

Vitamins: Vitamin A, Vitamin B₁, Vitamin B₂, Vitamin B₃, Vitamin C, Vitamin B₉

Minerals: Iron, Calcium, Zinc, Potassium, Magnesium

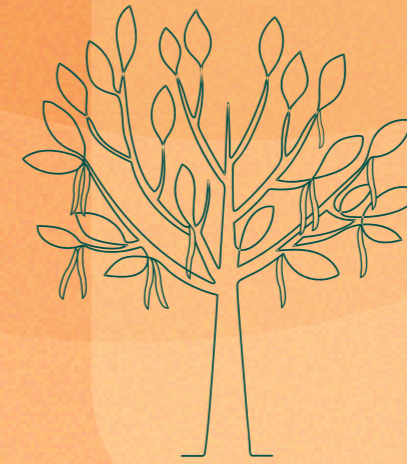
CHARACTERISTICS

Moringa is incredibly rich in vitamins and minerals including magnesium, zinc, potassium, phosphorus, iron and calcium. A 100 g EP of raw leaves contain 122% of an adult's daily recommended vitamin A and 24% of their iron.

OTHER USES

Every part of the plant has some use in addition to food. The seeds are 40% oil, which is used in cooking, hair and skin products. The leaves and pods may be used to produce bio-gas, and the gum from the stem can be used as an ingredient to tan leather.

10 - 12 m



Productivity lifetime
30-40 years

The tree



Pods are eaten as a vegetable and are either cooked or pickled. They are also used in savoury sauces and curries.



Leaves can be used as an alternative for spinach and cooked in soups. Its flowers are also edible.

Several studies have shown that this "miracle tree" can provide critical nutrients and food security to developing communities. In addition, its rising popularity as a nutritional supplement in Western markets could spark value chains and additional income for smallholder farmers.

M. oleifera L. can play a vital role in **soil and water conservation**

due to its high drought tolerance and wide-spreading canopy, which shades the soil.

Additionally, mixed drumstick agroforestry systems have been shown to be more

economically beneficial

than monocropping systems in India.