



## Moringa Bare Root Stock Growing Instructions Moringa Oleifera

Welcome to the wonderful world of the Moringa tree. Moringa is a tropical plant. It also grows in the desert. The plant is very hardy and can survive the root being handled and transported once the tap root is at least 4 inches. The plant is dormant during the colder months in areas where the temperature falls below 45 degrees Fahrenheit. You can store the tap root as you would bulbs and plant them in the spring.

If you live in a colder area, store your tap root in a dry place and keep slightly moist. When the temperature is regularly above 45 degrees, you can plant the root. It should be in well draining soil and full sun. Moringa can die from root rot as fast as from freezing weather. When there are 6 consecutive days of full sun, the Moringa growing season will start. If the temperature varies more than 15 degrees between morning and night, they plant may loose leaf. Yellow leaves are the first sign of stress.

**Planting:** The hardest thing to do is determining which end is up. Usually, the pointed tip is the bottom. Sometimes it is pointed on both ends. We have cut the top and left a part of the stem so you can tell which end is up. Dig a one foot hole in well draining soil and full sun. Place the root about one inch below the surface of the soil. The deeper the whole the faster the seedling will grow. Water well. You can place a jar over the top to create a greenhouse effect. Just make sure it can drain well.

**Spacing:** You can plant Moringa as close as 8 inches apart if you want to grow it like a green rather than a tree. For a bush, plant 2 feet apart, for a full tree plant 3 feet apart. Moringa has a tap root so you can plant other things at the base and it won't interfere with the other plants. The shade is lacy. Moringa leaves are nitrogen fixing so if leaf fall to the ground its will fertilize itself or other plants.

**Watering:** Keep your plant moist but not soaking. It can even dry out and still be fine. Do not over water. Root rot kills Moringa faster than anything else. Do not let the plant dry out for more than a few days in the hot summer months. Moringa gives you signs of stress. Leaves will turn yellow and fall off. This can mean: too much water, not enough water or too cold. It loves very hot weather.

### **Harvest and use:**

Harvest the leaves when the plant is 2 feet tall. This early pruning will encourage the plant to set more leaf. You can cut the tree down to the ground during the hotter summer months and see how many harvest you can get. Use the leaf in your salads, sauces, rice, pasta etc. What you don't eat you can dry for use later. Dry in the shade to retain the nutritional value.

I hope you enjoy growing Moringa as much as I have. If you have any questions please contact us at (760) 806-2669

Regards,  
Mariko