



**Welcome to the wonderful world of Moringa!** Growing Moringa can be easy and fun. As with all plants optimum cultivation depends on producing the right environment for the plant to thrive. Moringa is a sun and heat loving plant. As a seedling, however, you must monitor the environment in the beginning until the tree is established.

Seeds can be germinated year round, **but the plants will not thrive in the winter months unless**

**you are in a tropical zone!**

**Soil:** Moringa needs well draining soil. Increase the drainage of your soil by adding perlite or other porous substance.

**Planting:** Seed: Plant an inch from the surface of the soil, cover and tamp gently. Seedling: dig a hole twice the depth of the pot. Be careful not to disturb the root when transplanting. Water frequently. **Do not let the soil dry out. Do not let it stand in water.**

Moringa creates a taproot. Sometimes the top plant may die out due to heat, dry soil, or a change in the environment. This does not necessarily mean the plant has died. Check the taproot to see if it is still firm. If it is, keep the seedling damp with filtered sun. Moringa is a very hardy plant and can revive itself given time and good conditions. If the taproot is soft, it is dead. Moringa will die from root rot, which is from poor draining soil.

Frost may cause the tree to drop leaves and even die down to the ground. It will revive in the spring. Freezing temperatures or continuous days of frost can kill Moringa. If you live in a cold climate you must keep the plant warm. You can store the root inside until the last frost of spring.

**Signs of stress:** The leaves at the base of the plant will show signs of stress first. They may turn pale yellow to white. They may curl or pinch. Keep moist. If the plant dies down to the soil it can still revive itself in time.

Once established, Moringa is drought tolerant. It sends a taproot down to the water table. You can cut back on watering and only water when the leaves begin to droop. That time cycle will vary depending on your climate.

To grow as a tree, prune from the bottom, To grow as a bush, prune from the top

**Harvest:** You can begin to harvest and eat your Moringa leaves when the tree is 2 feet tall. To encourage more leaf production, cut the seedling down to the soil level when its 2 feet tall. This takes guts but it will come back with two or three stocks and produce much more leaf for your enjoyment.

Happy Growing!

**All parts of the tree are edible and medicinal!**

**The Leaf** is used extensively as a food source in many countries. It is used in India to treat more than 300 diseases and ailments. It is a skin antibiotic and a skin antiseptic. Common uses:

Diabetes, High Blood Pressure, Anxiety, Diarrhea, Colitis, Bronchitis, Insomnia, Anemia, to expel Intestinal worms, and much more.

**The Flower** is used as a tonic, diuretic and to expel intestinal worms. It is used to cure inflammations, muscle diseased, tumors and enlargement of the spleen.

**The Pods** are used to expel intestinal worms, as well as afflictions of the liver and spleen and in treating joint pain.

**The Roots** are used for intestinal pain and spasm and as a laxative. It is also used for fevers, and chewed to relieve cold symptoms. It is used as a diuretic and a cardiac and circulatory tonic, to treat epilepsy, nervous debility and hysteria. Root juice mixed with milk is useful against hiccups, asthma, gout, lumbago, rheumatism, enlarged spleen or liver, internal and deep-seated inflammations. **Not** for those with high blood pressure.

**Root Bark and Stem Bark** is used to treat sores and skin infections. They are used as appetizers and digestives, to relieve intestinal spasm, and kidney stones, for eye diseases. They are used to prevent enlargement of the spleen and formation of tuberculosis glands of the neck, to destroy tumors and heal ulcers.

**Seeds** are used for various tumors and specifically for abdominal tumors.

**Seed Oil** is used externally for pain and swelling due to gout or rheumatism and for skin diseases. It is used to treat prostate and bladder problems. Oil is considered to be a tonic and purgative

**Moringa is easy to grow and has so many uses:**

- Once established it sends a tap root down to the water table making it drought tolerant.
- It is a nitrogen fixer and can be used as a fertilizer.
- It is a livestock feed
- It grows tall and lacy if left unchecked and so is good for forest gardening
- The seed is used to clarify water
- The oil restores cells and so is good for skin conditions
- The seed oil never goes rancid and is used in fine machinery
- The seed oil burns clean and so is a good source for heat and light
- It is a sustainable food source for third world countries where malnutrition is prevalent.

**Gram for gram,  
Moringa leaves contain:  
7 times the vitamin C in oranges  
4 times the calcium in milk  
4 times the vitamin A in carrots  
2 times the protein in milk  
3 times the potassium in bananas**