

Moringa oleifera



Introduction

Moringa oleifera, also known as the “tree of life”, is a fast-growing and highly nutritious food source for both humans and animals, with powerful medicinal properties. It is easy to cultivate, even in destitute soils and areas with limited precipitation. Most of its parts are edible and can be used for other purposes. This tree has become an important food source in developing countries, and is in high demand world-wide due to its many health benefits. This fact sheet provides a brief overview of the uses of the leaves and seeds (the parts most widely used) and their primary health benefits. A fortune of further information can be found on the Internet. People in Namibia who want to obtain seedlings can contact their regional Forestry Office or a nursery.

Moringa seeds and leaves — preparation for many uses

Moringa seeds and leaves can be harvested for multiple uses.

Seeds: The de-husked seeds can be eaten raw¹ or cooked in a variety of ways (e.g. steamed, boiled or roasted), or the oil can be extracted for different uses (e.g. cooking oil, salad dressing and cosmetics).

Leaves: The leaves are rinsed in water, dried on drying trays — protected from direct sunlight, dust and pests — and then crushed to form a multi-use powder, which can be stored for up to three months.

Moringa seeds have an outer husk.



The husks are removed before use.



Moringa powder — examples of many uses

- Use it as a healthy alternative to salt and sprinkle it on your food (e.g. salads, eggs and roasted veggies).
- Add it to flour when baking (e.g. bread, cookies and cakes).
Be aware that the product might turn slightly green.
- Add it to soups, dips, sauces, stews and smoothies.
- Stir it into lukewarm water, juice, milk and other drinks.



¹ IMPORTANT NOTE: Pregnant women should not eat raw Moringa seeds.

Moringa's multiple health benefits

- It has anti-cancer and anti-inflammatory properties.
- It can lower cholesterol and blood pressure.
- It can help to prevent diabetes and heart diseases.
- It can strengthen the immune system.
- It can help to maintain a healthy weight.
- It can slow down premature aging of the skin and stimulate hair growth.

To improve your sleep, try Moringa tea, made by steeping dried leaves in hot water. →



Where to find Moringa seedlings in Namibia

Ministry of Environment, Tourism and Forestry – Directorate of Forestry Offices

Oshikoto

Onankali: 065-286309

Onayena: 081-2350859

Onamishu: 065-244205

Ohangwena

Eenhana: 065-263040

Okongo: 065-288472

Epembe: 081-3346984

Omafo: 065-266631

Ongenga: 065-268365

Ogha: 065-245447

Oshana

Ongwediva: 065-230295

Okatyali: 081-3911772

Engombe: 065-225253

Omusati

Outapi: 065-251472

Okahao: 085-7091311

Onesi: 081-2972546

Tsandi: 081-5500438

||Kharas

Keetmanshoop: 063-223168

Otjozondjupa

Otjiwarongo: 067-303307

In other regions, contact **nurseries** and ask about Moringa seedlings.



References

Alegbeleye, O.O. 2018. "How Functional Is *Moringa Oleifera*? A Review of its Nutritive, Medicinal, and Socioeconomic Potential". *Food and Nutrition Bulletin*, 39(1), 149-170.

Sindano, L. 2019. "Value addition of the Moringa Plant". LAP LAMBERT Academic Publishing. ISBN: 978-620-0 28548-5

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