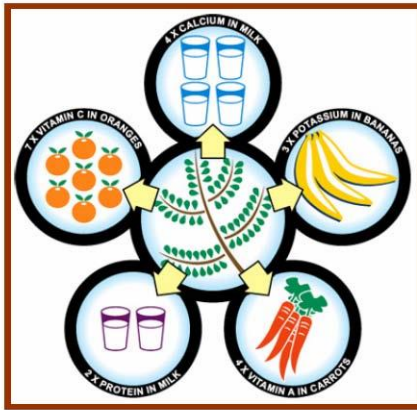


Moringa Information sheet

ASAP Africa has been teaching rural communities about the benefits, uses and how to cultivate *Moringa Oliefera* since 2003.



“Ounce-for-ounce Moringa leaves contain more Vitamin A than carrots, more calcium than milk, more iron than spinach, more Vitamin C than oranges and more potassium than bananas” According to the Trees For Life Organization Today there is little doubt about the medicinal properties and health benefits of consuming Moringa leaf powder in places threatened by starvation. Sometimes referred to as the “drumstick tree”, it has been proven to be effective to treat a multitude of ailments including headaches, inflammation, intestinal



The pods and leaves of the fast-growing Moringa tree have many medicinal properties

disorders just to name a few.

In addition, *Moringa* has been used to purify water by households for centuries. During recent commercial trials, powdered Moringa seeds, when added to murky, bacteria-laden water, acted as a coagulant. After binding to the bacteria and silt, the Moringa falls to the bottom of the vessel and the clean water can then be poured out.

For more information on best practices for growing moringa go to:

<https://avrdc.org/resources/>

To order training materials from the Trees For Life organization go to:

<https://www.treesforlife.org/our-work/our-initiatives/moringa>