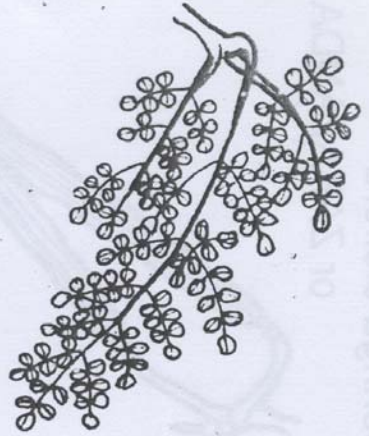


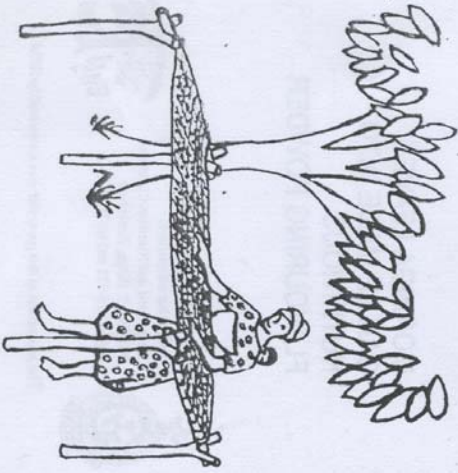
USE OF LEAVES

(1) Fresh Moringa leaves, cooked in the traditional way, or prepared with onions and tomatoes, make a tasty and very nutritious relish.

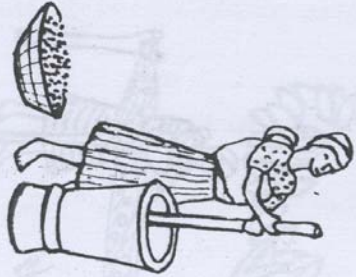


(2) Preparation of Leaf Powder from dried leaves:

Dry the leaves in the shade, under a tree or in a hut.



Pound dry leaves into powder.



Sift powder to remove stalks.



Keep dry in a properly closed, dark container or in tin with a tight fitting lid. Prepare fresh powder every month.



Powder can be added to any foods to add flavour and nutrition.



Add powder in the last three minutes when cooking relish or soup.

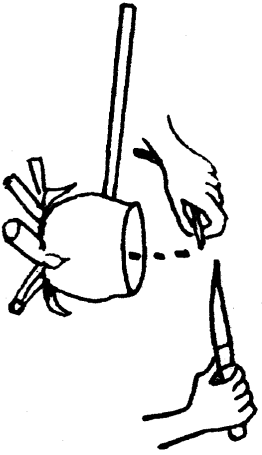


Add powder to baby's porridge a few minutes before the end of cooking to make a very nutritious meal.

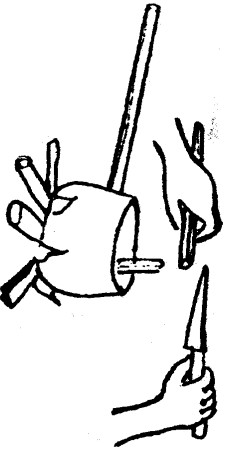


USE OF PODS

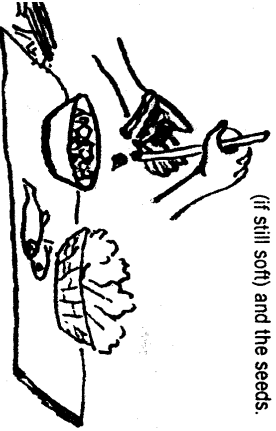
When pods are young and thin, cut into pieces and cook like beans.



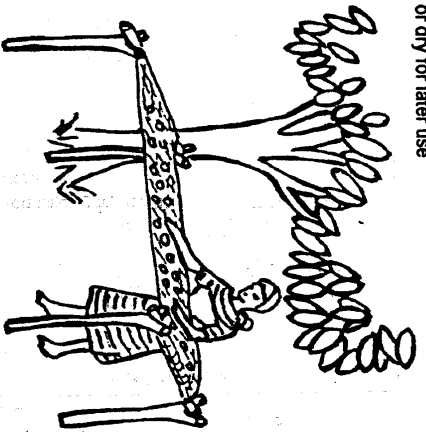
When pods are almost as thick as a finger, but still green and tender, cut into finger-sized pieces and boil in water with salt for about 15 minutes.



Then remove the pieces, open them and scrape out white flesh (if still soft) and the seeds.



Eat immediately, or add to another relish, or dry for later use



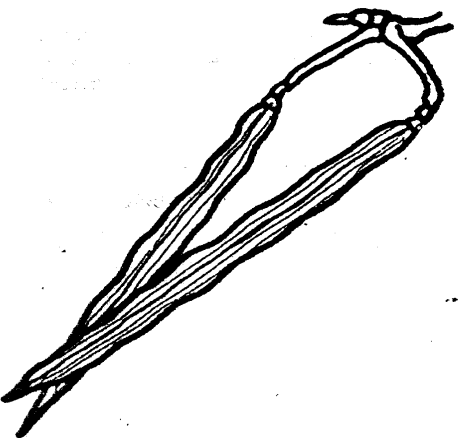
3 When pods are slightly older and the flesh hard, the whole pod can be opened by twisting the pod. The peas can be scraped out, washed in clean water



and fried in oil or cooked like peas, fresh or dried.

The mature pods contain valuable seeds which are rich in oil. Collect the seeds and sell via the Forestry Officer, KMT/C or Binga Trees for redistribution or oil production.

Moringa oleifera OR ZAKALANDA



MORINGA FRUITS
MAKE GOOD RELISH

MORINGA LEAVES
CAN BE MADE INTO
NUTRITIOUS
FLAVOURING POWDER



For further information:
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