

# Moringa

*Moringa oleifera*



**When to plant:** Year round

**When to harvest:** 6-8 months after planting

**Uses in medicine:** produces fruits known as “drumsticks” source of Vitamins B and C also source of protein and manganese

**Used in cooking:** leaves can be crushed and made into sauce or soups. Seeds are also often roasted and eaten like nuts. Roots can be used to add sharp flavor