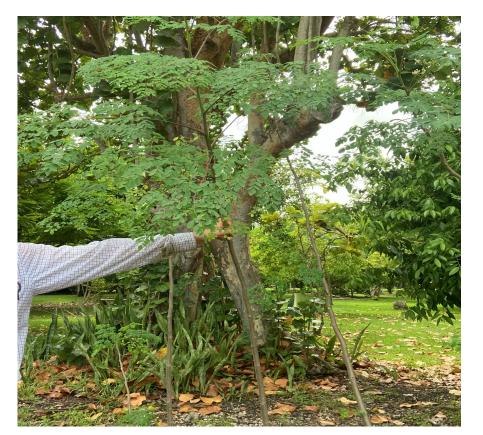
Moringa

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