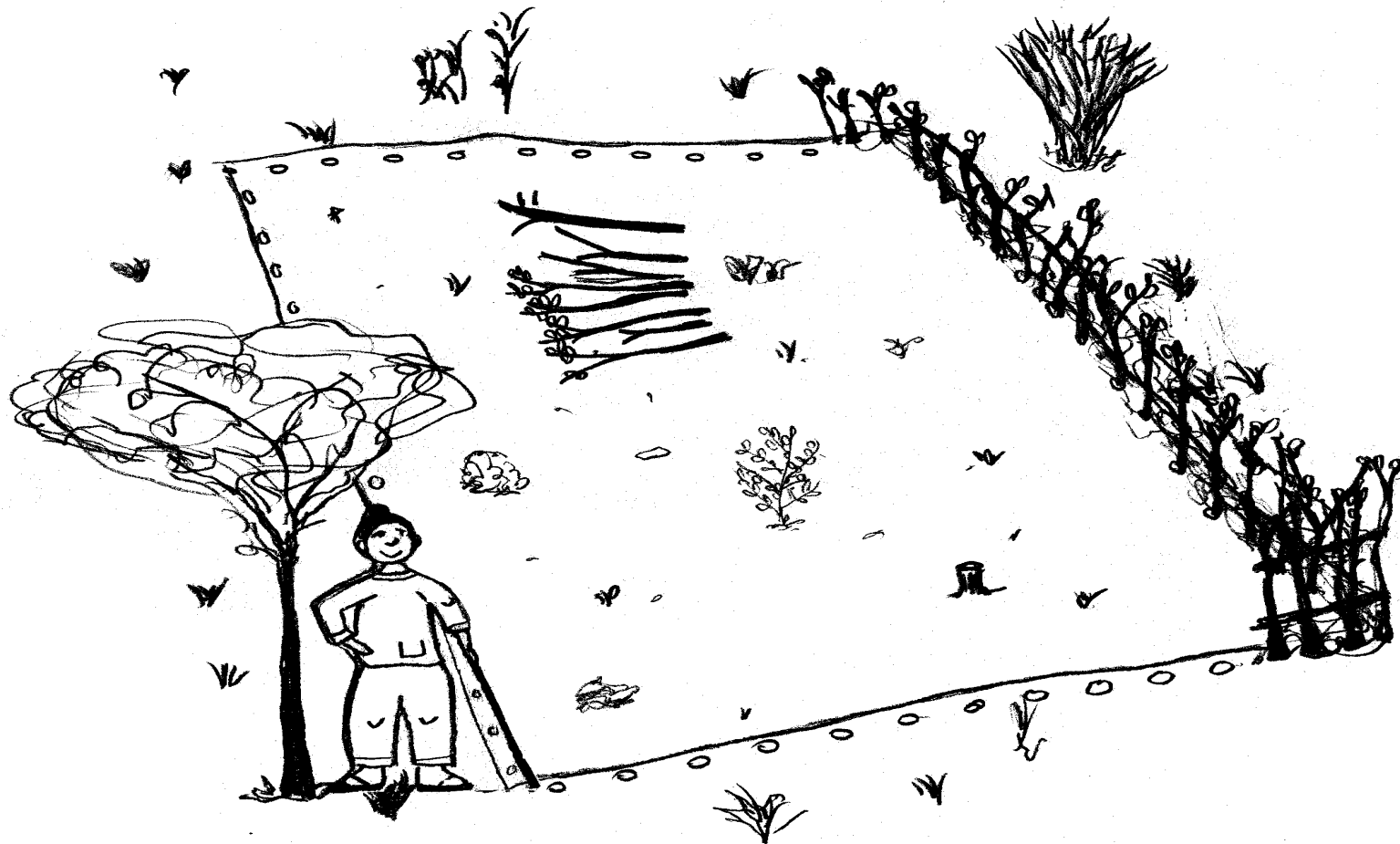
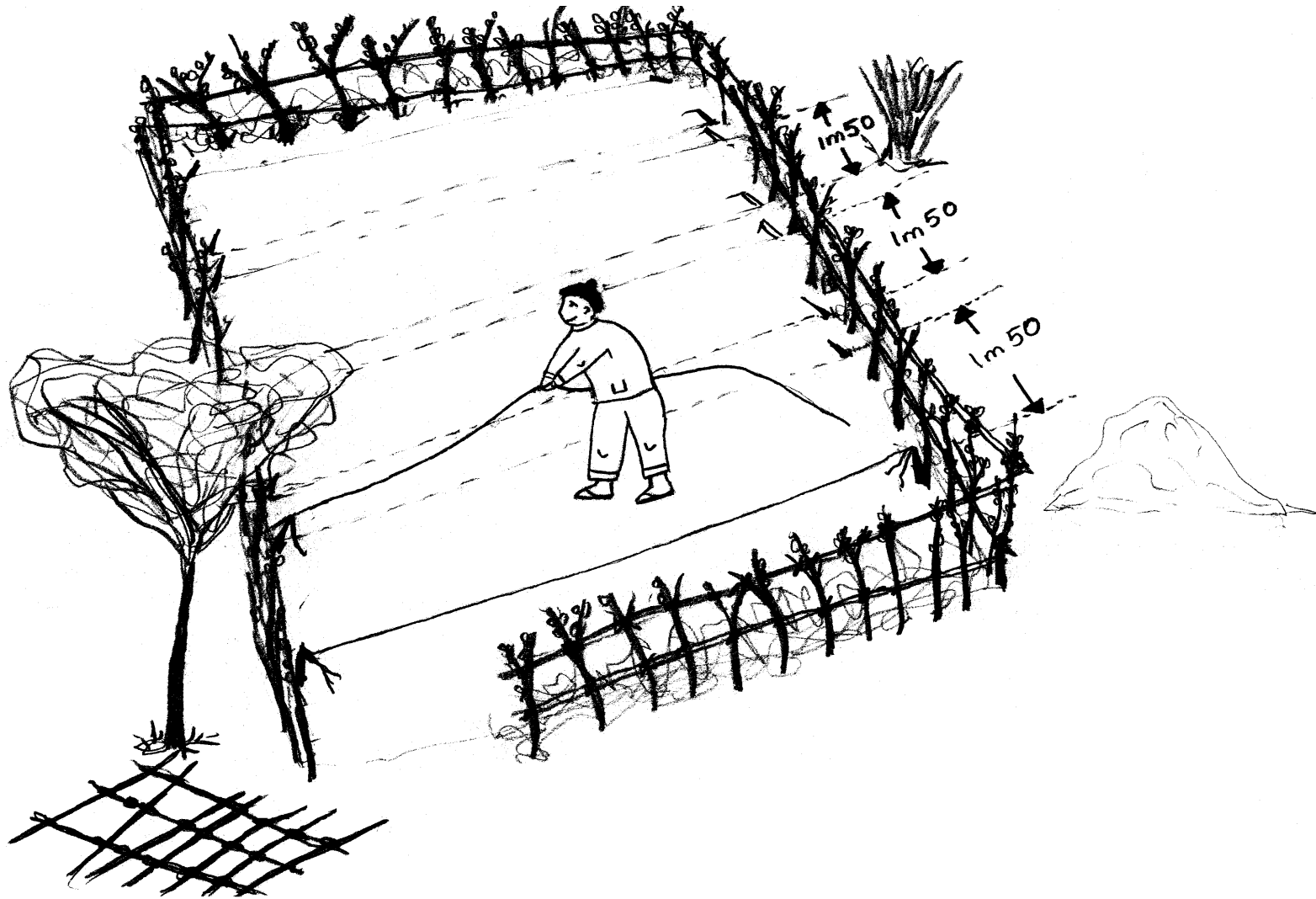


**INTENSIVE CULTIVATION**  
**OF**  
**MORINGA OLEIFERA**  
**HUMAN AND LIVESTOCK**  
**NUTRITION**

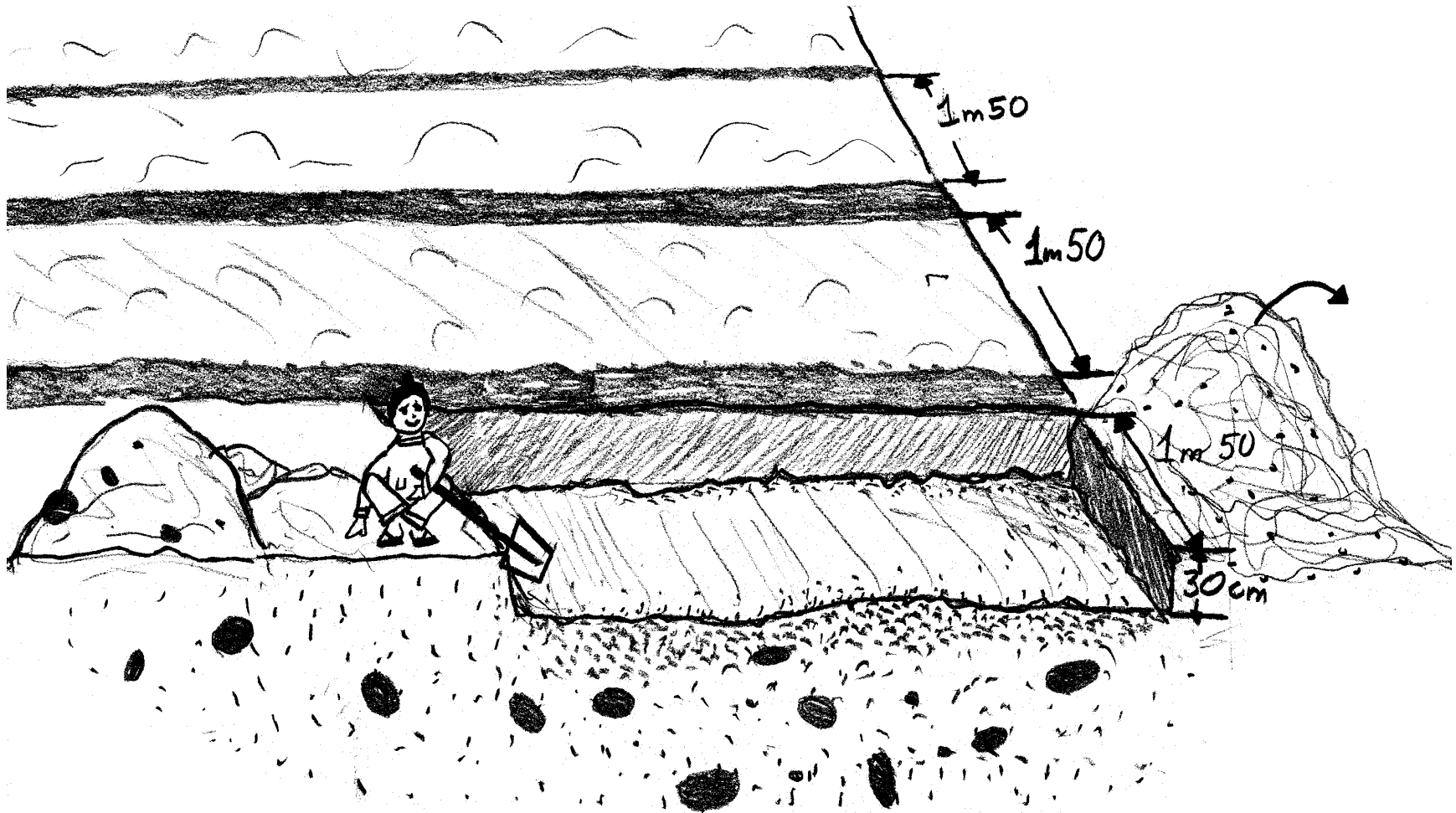
**By: Lowell J. Fuglie**  
**Illustrated by: Caroline Olivier**



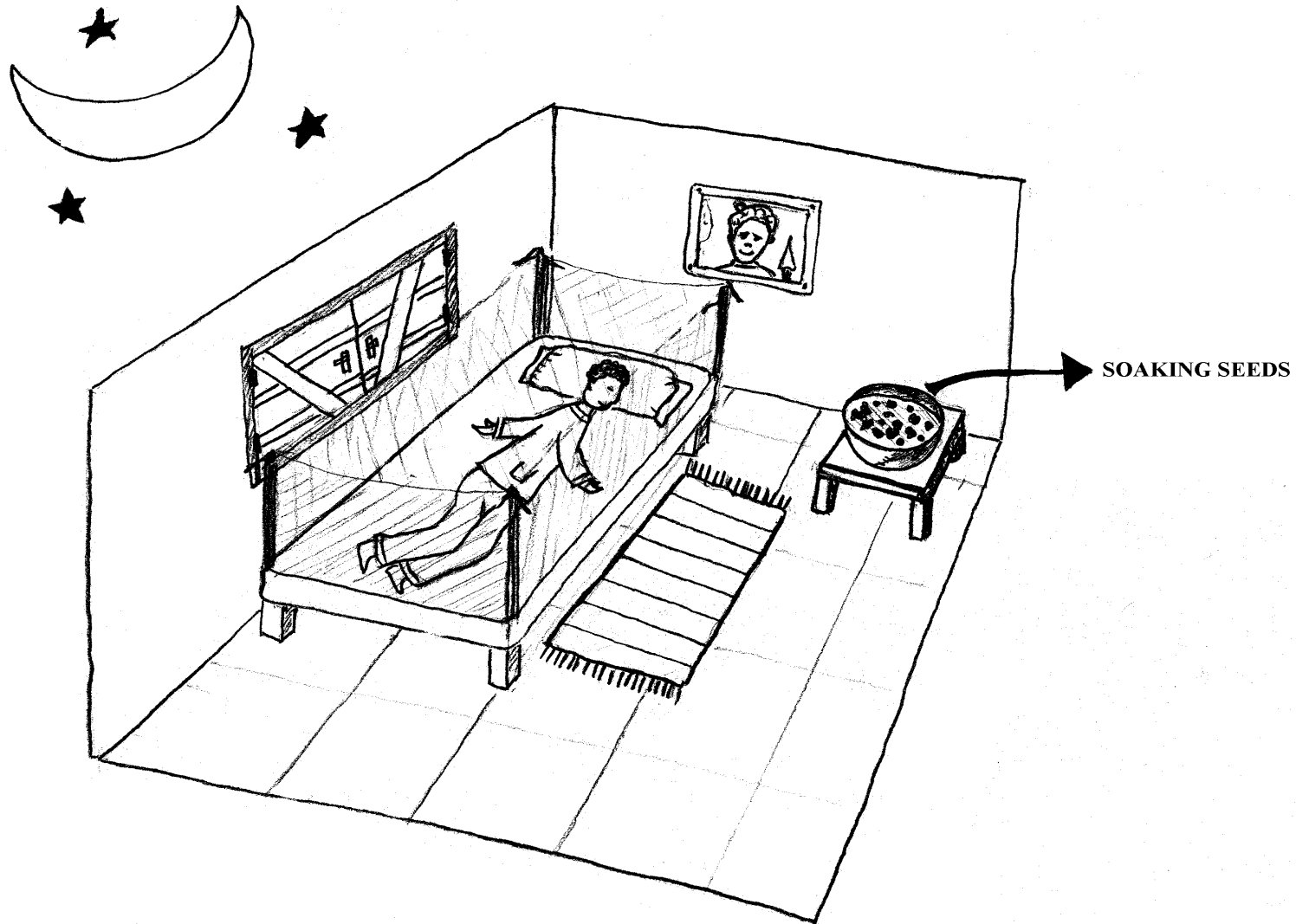
Select a site for the garden and protect it with a fence (*Jatropha curcas* or *Acacia laeta* can be used to make a live fence).



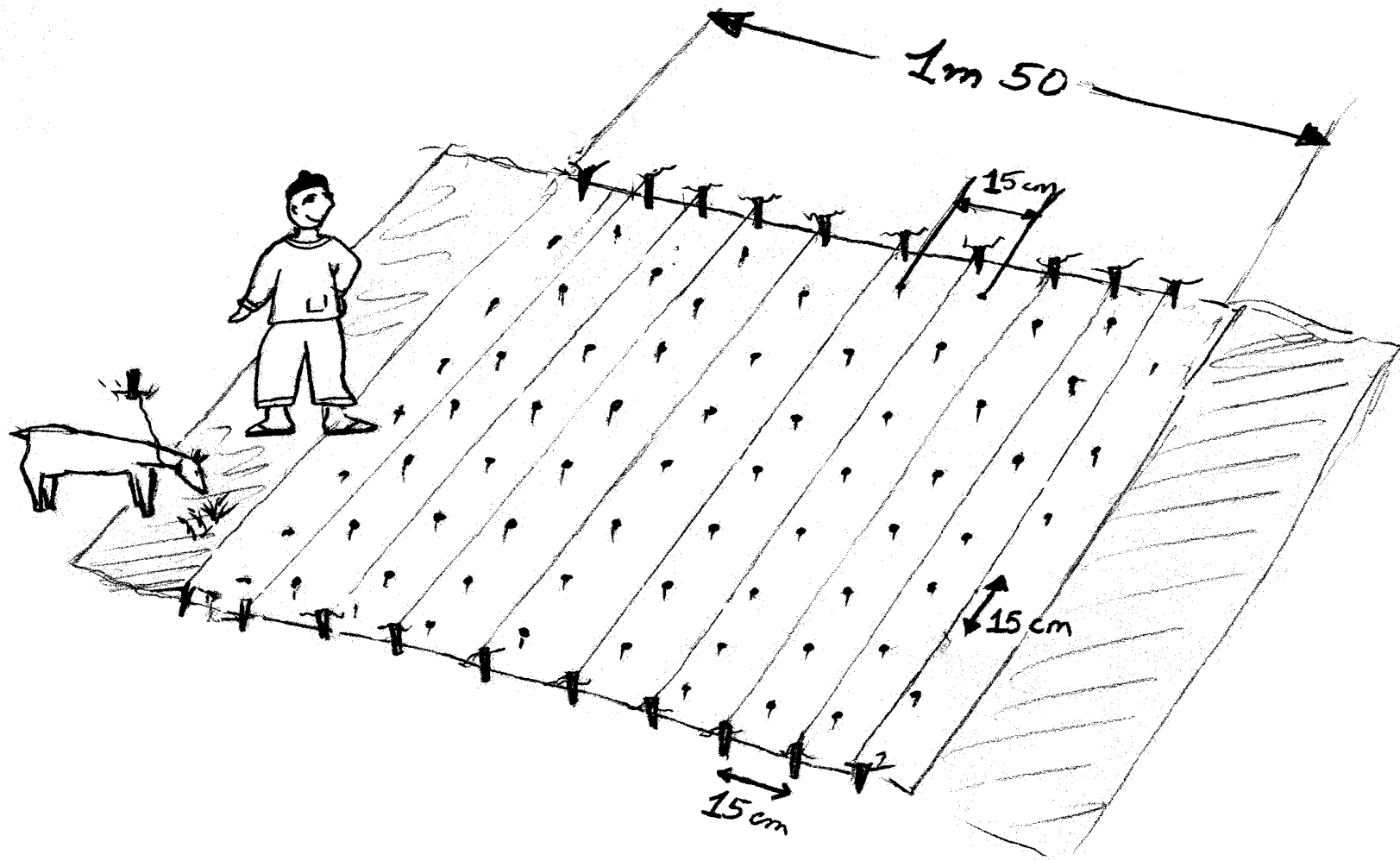
**Measure the plots 1.5 meters wide (plot length depends on the garden's size).**



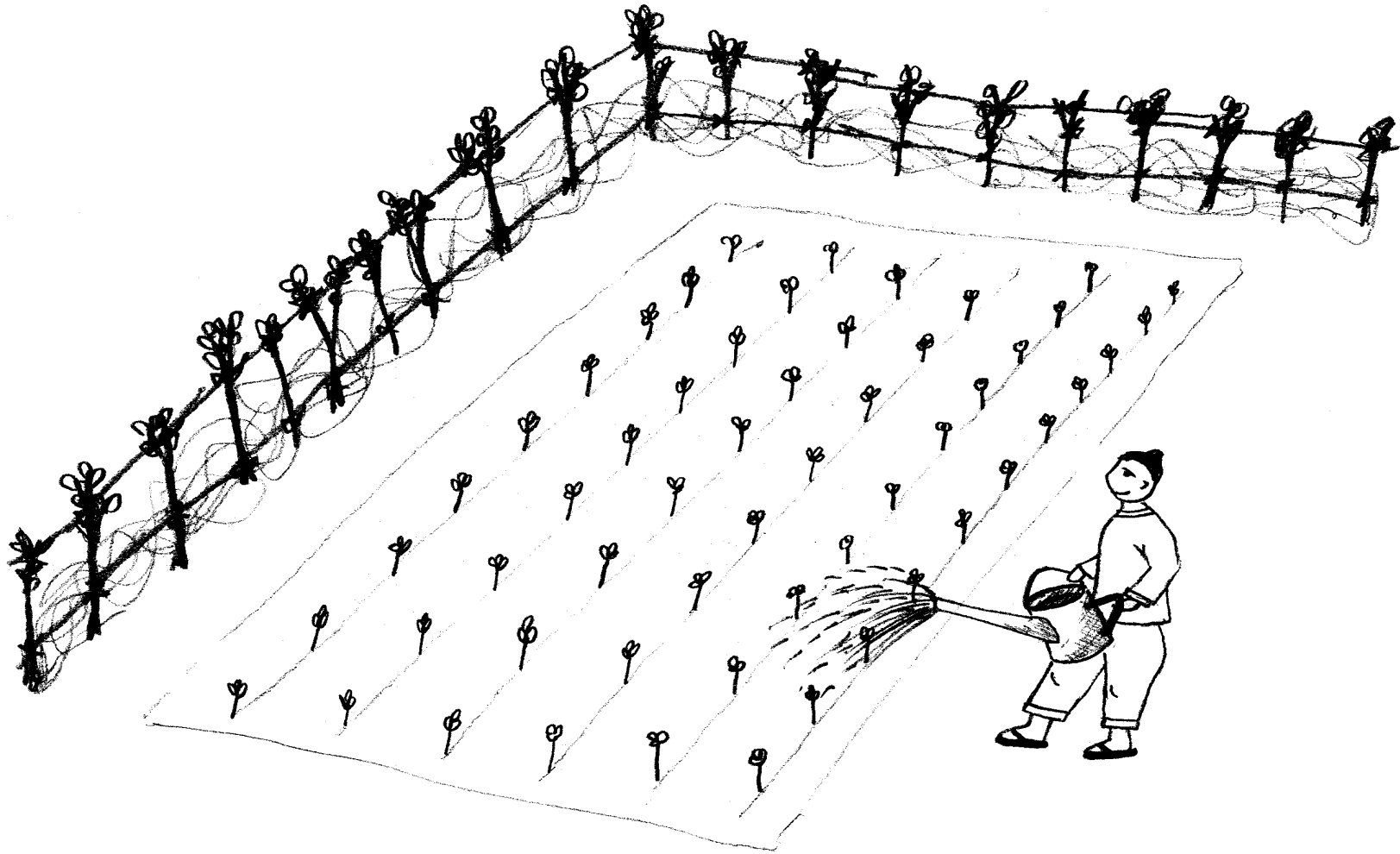
**Work the ground in the plots to a depth of 30cm and add manure to the soil.**



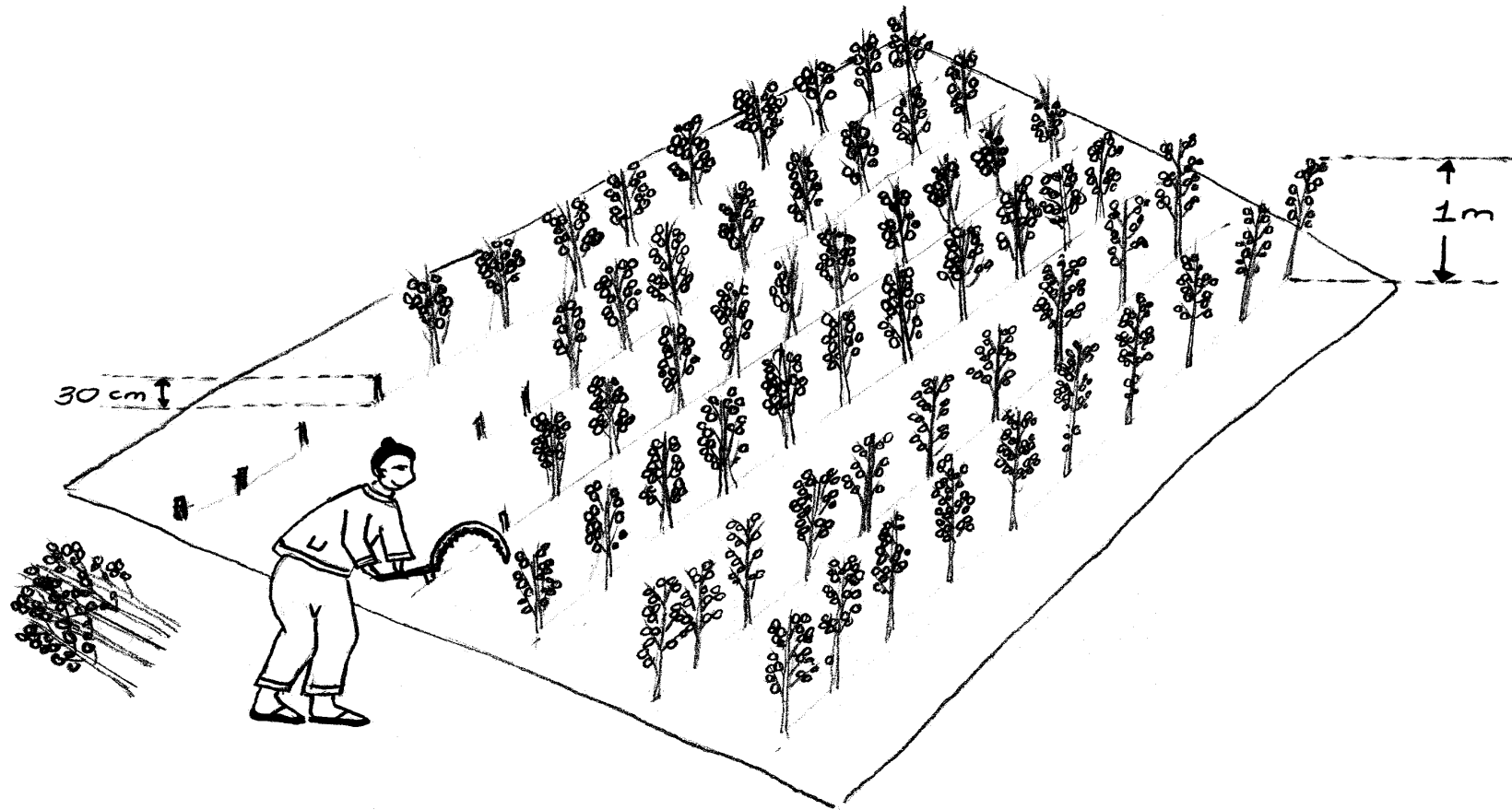
**Soak the seeds in water overnight, the day before planting them.**



Trace the planting lines 15cm apart and plant the seeds at intervals of 15cm.



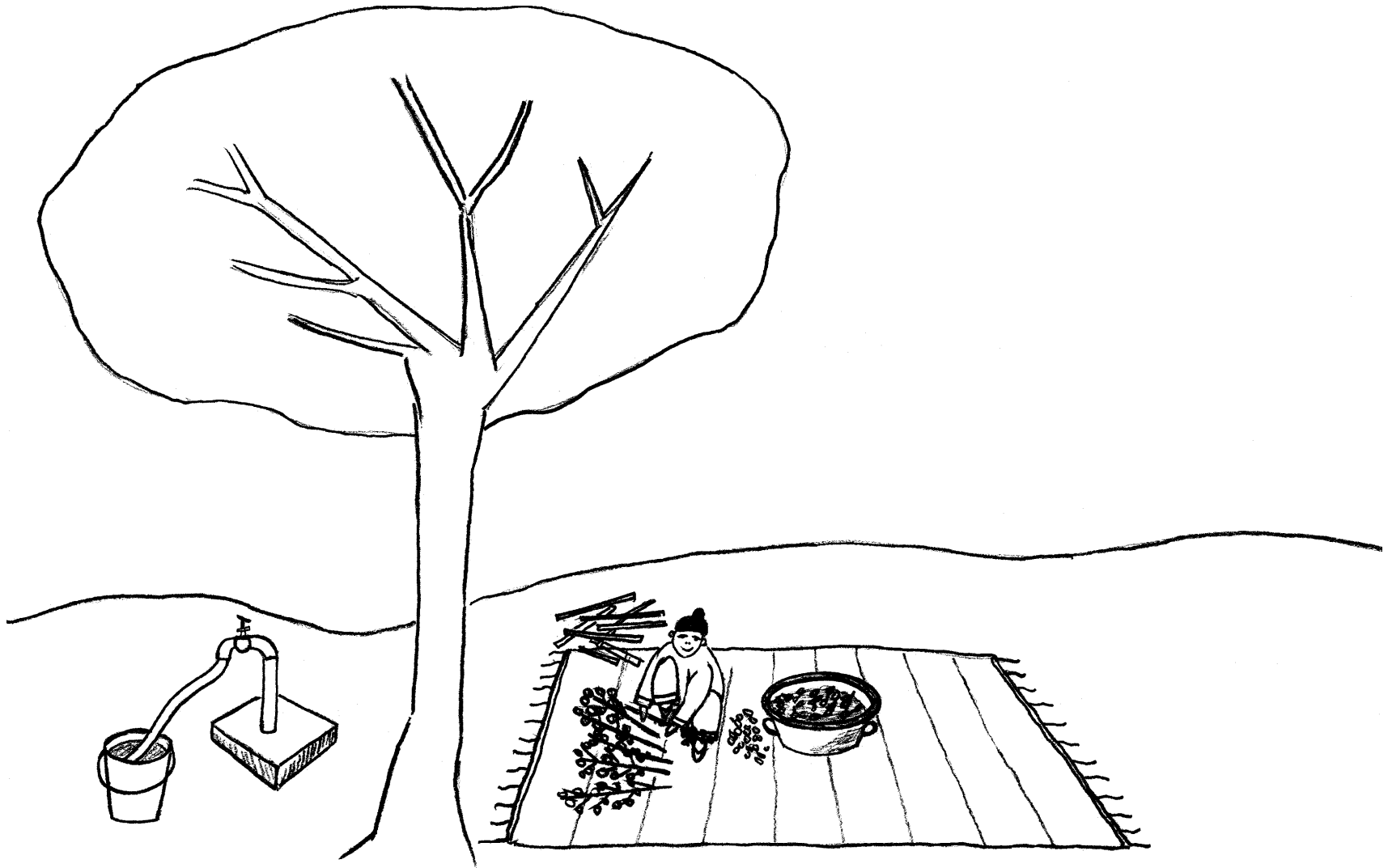
**Water the seedlings once a day. If manual watering is not possible, plant the seeds at the beginning of the rainy season so as to have at least two harvests.**



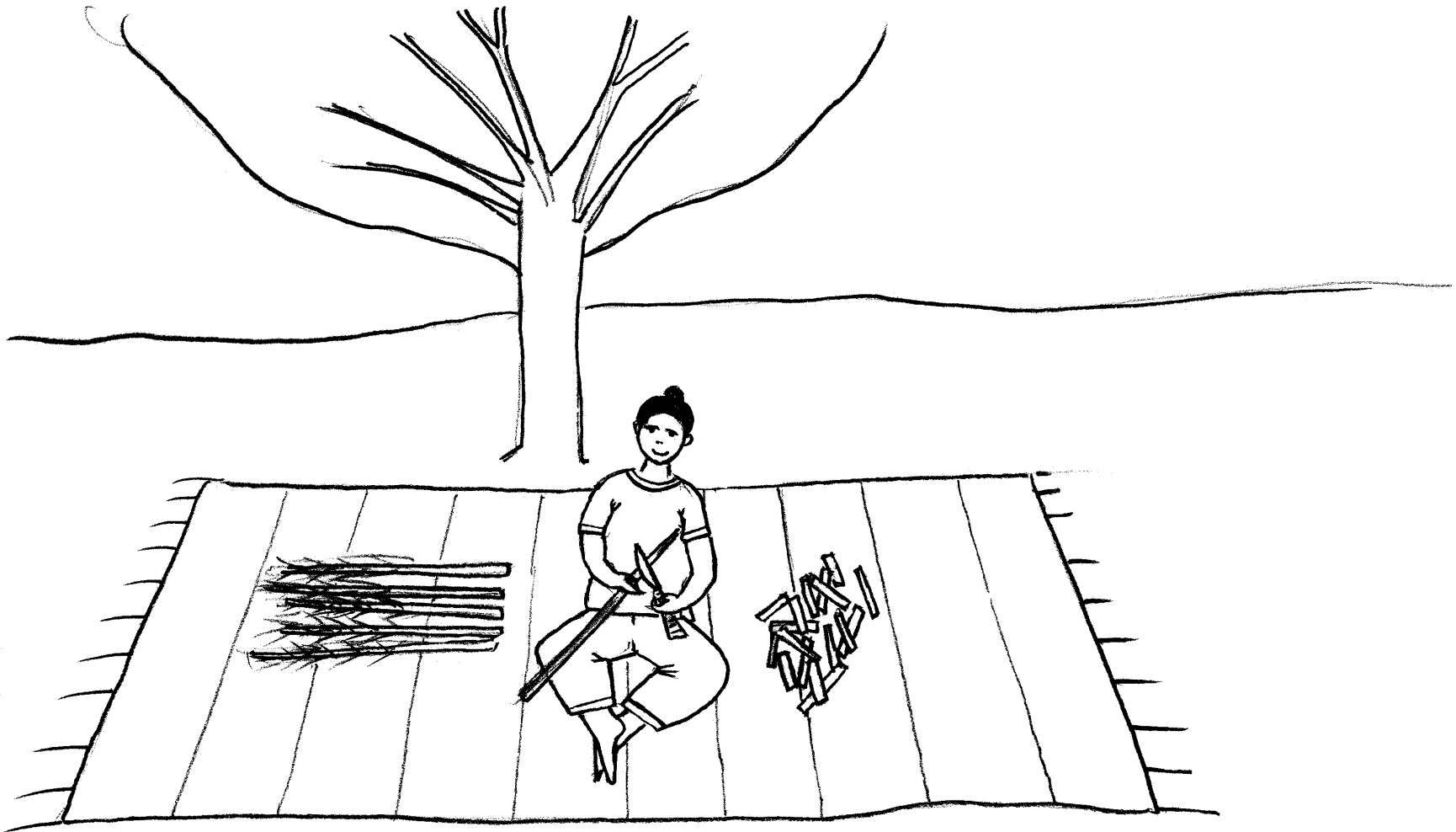
**Harvest the plants when they reach a height of 1m, cutting the stems leaving stumps 30cm high. These stumps will produce new shoots, permitting another harvest in 2 months. If the tree's leaves start to turn yellow, add manure or compost to the soil.**



**Bring the harvest directly from the garden to the house, avoiding the leaves' contact with sunlight which destroys some of the vitamins contained in them.**



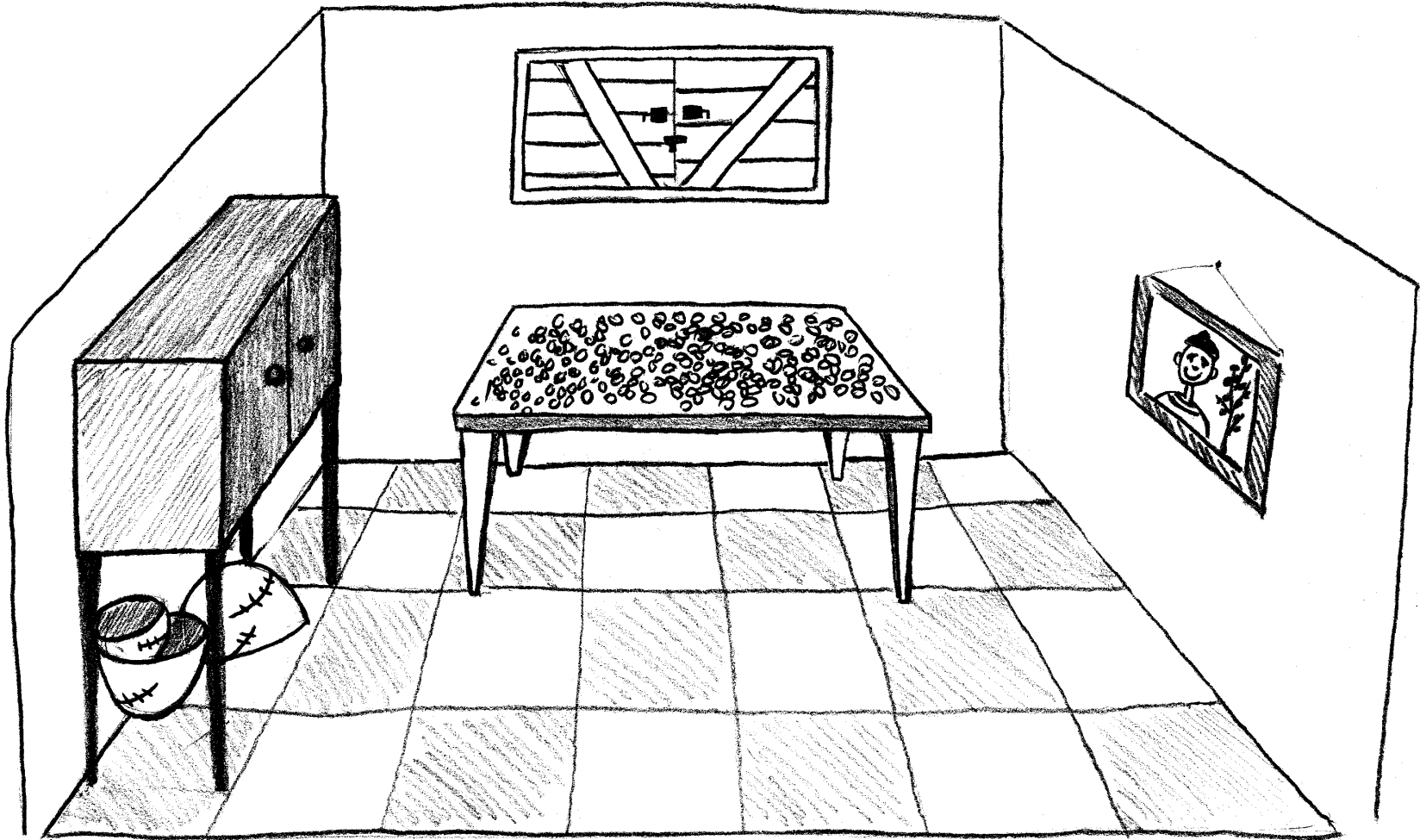
**Strip the leaves from the stems and wash them in clean water.**



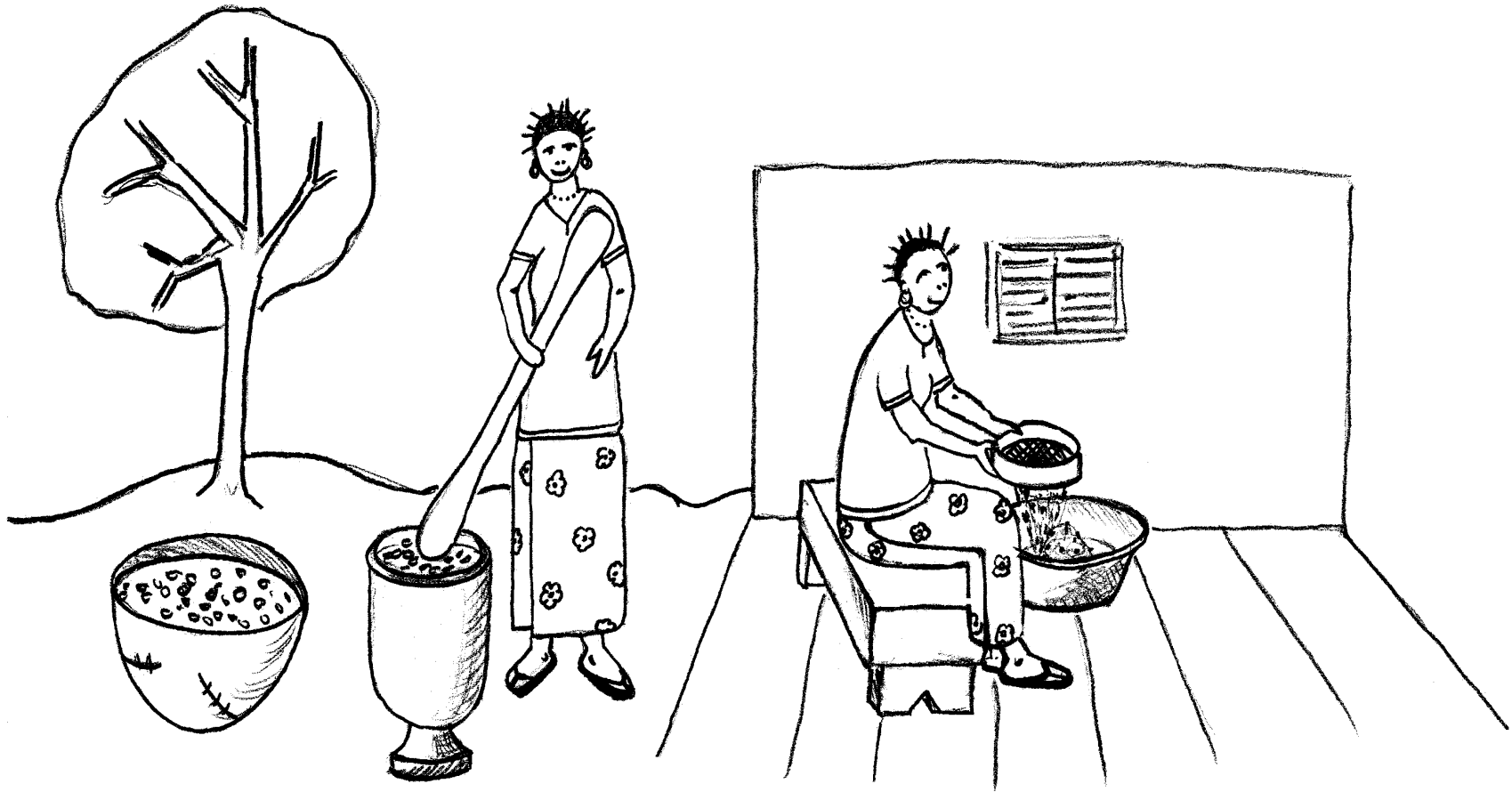
**Chop the twigs and stems into pieces, 10cm or less in length.**



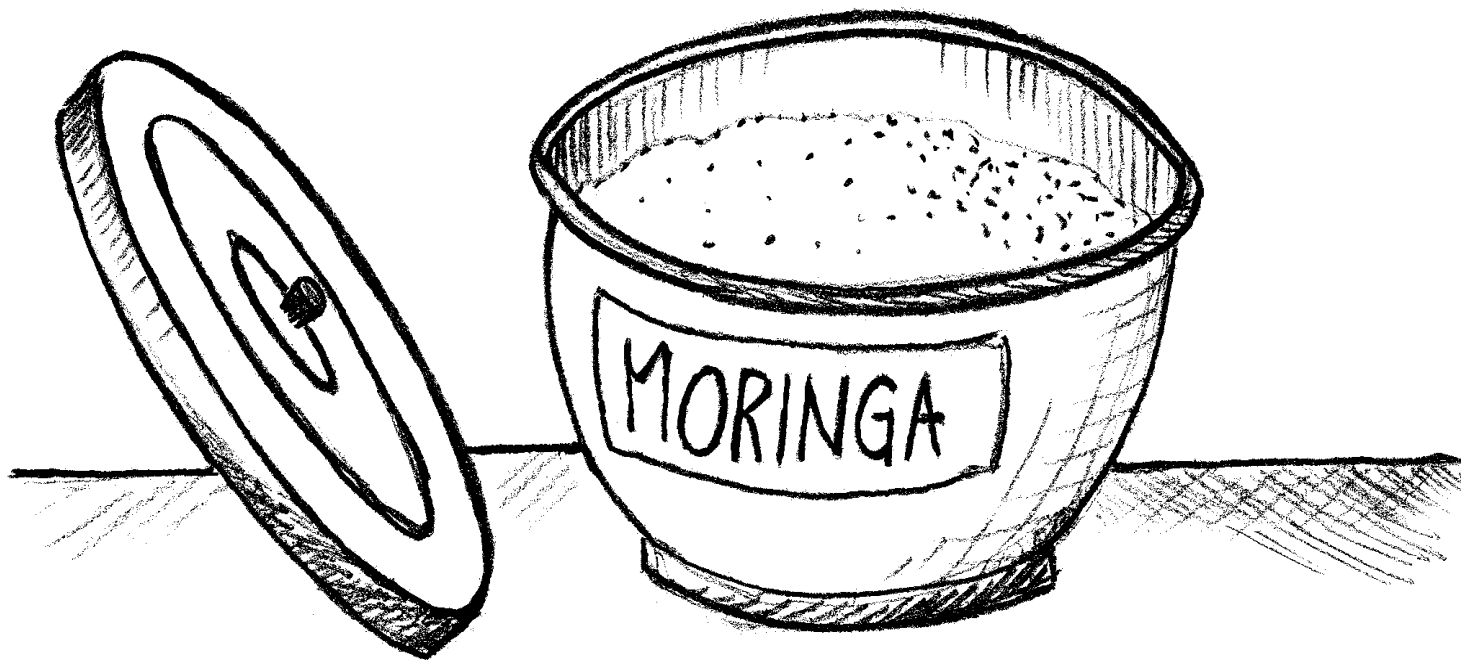
**Feed the chopped stems to cattle, sheep and goats.  
With the addition of Moringa in their feed, livestock fatten more rapidly.**



**Spread the leaves to dry out of the sun, preferably indoors. Keep the leaves separated.**



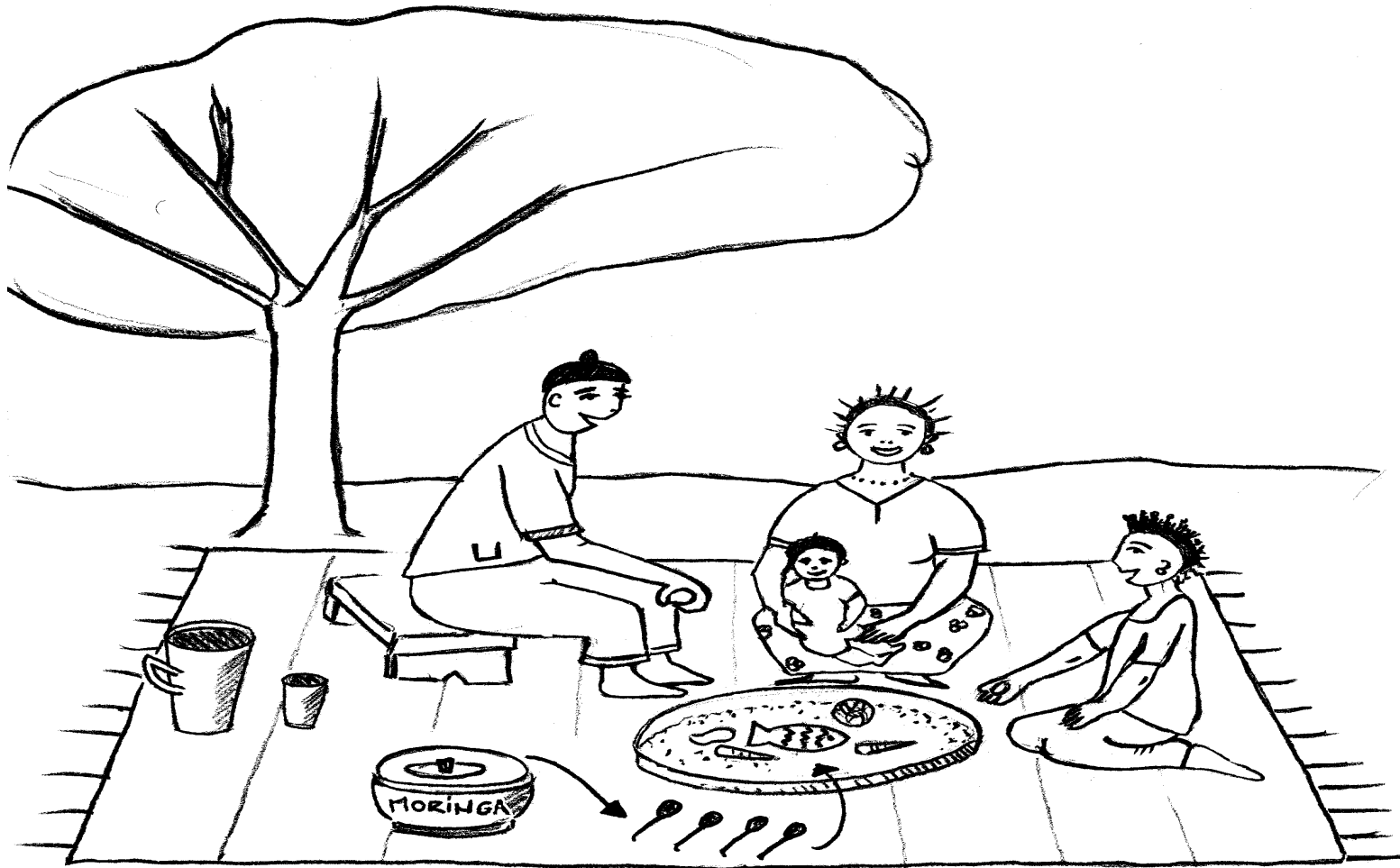
**In two or three days the leaves will be dry.  
Pound them into a powder by using a clean mortar and pestle.**



**Store the powder in a well-sealed plastic container.**



**To improve the health of weaning-age children, add a spoonful of powder to each meal.**



**To improve the health of the entire family, add some powder to each meal  
or use the powder to make a sauce.**

## **Recipe for Moringa leaf powder sauce**

### **Ingredients**

200 grams (1/4 cup) peanut butter  
1 liter water  
500 grams of meat  
25 grams (3 soup spoons) Moringa leaf powder  
1 medium-size onion, chopped  
2 cloves garlic  
Salt, pepper and red pepper

### **Preparation**

Put the water into the pot, add the meat and bring to a boil. Boil for 10 minutes, then add the peanut butter. Boil this mixture over high heat for 15 minutes with the pot uncovered. Add the Moringa leaf powder and boil for 15 more minutes. Add the onion, garlic and spices. Cover the pot and simmer the sauce over a low heat for 15 minutes. Serve over rice or millet couscous.