Moringa oleifera

MAKE GOOD RELISH
MORINGA FRUITS

or ZAQUALANDA

Moringa Oleifera

USE OF PODS

The leaves in oil or cooked like peas.

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Nutritious Flavouing powder
Can be made into Moringa leaves

The powder can be spread out, washed in clean water, allowed to dry for 24 hours, and used in relishes or added to another relish. When pods are slightly older and the flesh hard, remove the pieces, open them and scoop out while fresh. Then, add to the powder and grind with mill or pestle. Seed pieces and pollen can be used in salads, and fresh pods can be cooked in soups.