PLANT FACT SHEET

Moringa peregrina (Forsskal) Fiori

GENUS *Moringa* **FAMILY** Moringaceae

COMMON NAMES Ben-oil tree

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves, Roots, seeds - oil, Stems, Flowers

The oil from the seeds is edible.

DESCRIPTION

An erect shrub. Seedling trees develop an exposed tuber. From this 3-5 broad leaflets emerge. Then the plant branches and produces longer leaves with many widely spaced leaflets. These leaves fall. The flowers are pink and occur in long stalks.

HABITAT

A Mediterranean and tropical plant. It grows naturally near the Red Sea. It is moderately salt tolerant. It can survive arid conditions. It grows below 1,000 m above sea level. It can grow in arid places. It suits hardiness zones 10-12.

NOTES

There are 13 Moringa species. Ben-oil is a very fine lubricant.

PICTURES



Credit: Food Plants International (Bruce French)



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