PLANT FACT SHEET

Moringa stenopetala (Baker f.) Cufod.

GENUS *Moringa* **FAMILY** Moringaceae

COMMON NAMES African horseradish tree

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit, Seeds, Vegetable

The young leaves are eaten as a vegetable. They are often cooked with balls of flour.
The skin of the fruit is removed and the fruit are eaten but not the seeds.

DESCRIPTION

A tree. It grows 10-15 m high. The bark is smooth. The branches are soft. The leaves are compound and divided 2-3 times. The flowers have a sweet scent. They are white and occur in loose flower arrangements. The fruit are long pods. The fruit are yellow when ripe. They split open to release seeds that have 3 wings.

HABITAT

A tropical plant. In Kenya it grows in sandy soils with a high water table. It grows between 390-1,250 m above sea level. It can grow in arid places. It grows in areas with average temperatures between 24-30°C.

PRODUCTION

Cultivation

Plants can be grown from seeds. Trees are pruned every 5 years during the rainy season.

Harvesting and Seed Production

Plants can reach 3 m high in 14 months. Leaves can be harvested after 3 years.

NOTES

The seeds can be used to clarify muddy water.

PICTURES

Credit: Food Plants International (Bruce French)

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