



Common names

Moringaceae

**African horseradish tree,**

Scientific name

***Moringa stenopetala***

Edible portion

Leaves, Fruit, Vegetable,

### 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.

### Distribution

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.

### Found in:

Africa, East Africa, Ethiopia, Kenya, Malawi, Senegal, Somalia, West Africa,

### Use

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.

### Cultivation

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

### Production

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



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## Nutritional Values

### *Moringa stenopetala*

Edible Part	/100 g edible portion	Moisture %	Energy KJ	Energy Kcal	Protein g	Provit A μg	Vit C mg	Iron mg	Zinc mg
Leaves dry		0	1235	295	9.0		28		0.53
Leaves		76.2			5.8			5.4	



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