

Seedlings.



Mature seed pods.



Cut the high limbs low to the ground after you harvest your summer crop.

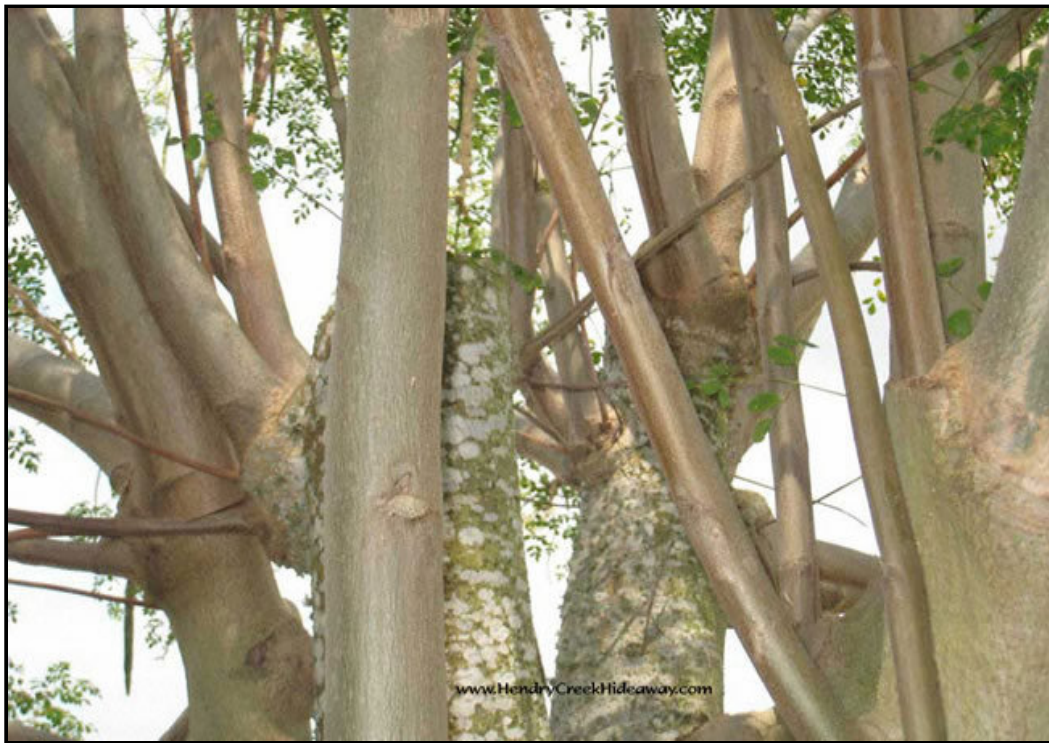




Seed pods.



Green Moringa seeds.



Limbs used for cuttings to start "living fence".





Moringa leaf Harvest:

Significant source of beta-carotene, Vitamin C, protein, iron, potassium, calcium and phosphorus.



Dried Moringa leaf for tea and cooking:

- 7 times the vitamin C in oranges**
- 4 times the calcium in milk**
- 4 times the vitamin A in carrots**
- 2 times the protein in milk**
- 3 times the potassium in bananas**





Moringa flower harvest. Ants love them! If you harvest flowers, you will not have seed pods.





Add dried, crushed Moringa leaves to oil with other fresh herbs. Dip hot bread.



Moringa and tomato omlet.





**Olive Oil, Rosemary, Basil, Moringa Leaf, Seasoned Salt, Lemon Pepper, Garlic, Basalmic
Vinegar
on Tomato topped with fresh Mozzarella. Serve on a bread slice. Healthy snack!**