

# Trees

## [TR29-10 - Moringa Tree Seeds](#)

Moringa oleifera. Open Pollinated. Moringa Tree. This tree produces excellent yields of edible slender fruits, commonly known as drumsticks. It is grown for its young seed pods and leaves, used as vegetables, and used as herbal medicine. In the Philippines and Indonesia, it is grown for its leaves, which are used as food. The leaves are the most nutritious part of the plant, being a significant source of Vitamin A, Vitamin B, Vitamin C, Vitamin K, and are high in Beta-Carotene, Manganese, and Protein. The leaves are cooked and used in a similar way as spinach and are dried and crushed into a powder for soups and sauces. The seeds are eaten like peas or roasted like nuts. It is also used for water purification. The fruits are prepared as a culinary vegetable, often cut into shorter lengths and stewed in curries and soups. The taste is similar to asparagus with a hint of green beans. The bark, sap, roots, leaves, seeds, and flowers are used in traditional medicine. It is a fast-growing, drought-resistant tree. It tolerates a wide range of soil conditions but prefers neutral to slightly acidic well-drained, sandy soil. In waterlogged soil, the roots have a tendency to rot. The Moringa is heat tolerant and does not tolerate freezing or frost. Can be grown in large containers and brought indoors during cold temperatures. Moringa is also drought tolerant. Also known as Drumstick Tree, Horseradish Tree, Ben Oil Tree, and Benzolive Tree. An excellent choice for home gardens, open production, and commercial production. A variety from India.

