

What is moringa?

Moringa is a superfood powerhouse!

The leaves of the moringa plant contain many essential nutrients, vitamins, minerals, amino acids, beta-carotene, antioxidants, anti-inflammatory nutrients and omega 3 and 6 fatty acids.

Moringa is grown by California farmers

Moringa is now locally produced by small-scale farmers in California, including Southeast Asian and Filipino farmers in the Central Valley.

If you are interested in purchasing local moringa or connecting with Central Valley moringa farmers, contact UC Cooperative Extension in Fresno County.

Contact us to learn more about locally grown, California moringa!

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For more information and moringa recipes to try, visit our website at:
<http://ucanr.edu/moringa>



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How do you say moringa in...?

English: *Drumstick tree*

Hindi (India): *Munaga*

Laotian: *B'Loum*

Tagalog (Philippines): *Malunkai/Malunggay*

Vietnamese: *Chum Ngay*

Spanish (Puerto Rico): *Ben*

Hmong: *Moringa*

Indonesian: *Kelor*



How can I use moringa?

Moringa, which has a mild herbal flavor like lettuce or arugula, can be used as a garnish or an herb in a range of different dishes.

Fresh leaves can be added to soups, salads or stir-fries.

The dried leaf and dry leaf powder can be added to smoothies, soups or used as a seasoning on almost any dish.

A serving (100g) of fresh moringa leaves contains:

- more protein than a cup of milk
- more iron than a cup of spinach

Moringa is also high in:

- calcium
- potassium
- vitamin C
- vitamin A