



MORINGA

helping hand

empowering Africans out of poverty

Moringa Helping Hand

Empowering Africans Out of Poverty

Compiled by Members of

Africa Moringa Hub

www.africamoringahub.org

Dedication

We dedicate the book to our Lord God, who has created all things, and planted this Miracle tree in regions of the world where it is most needed.

We also dedicate the book to all the children of mother Africa suffering of malnutrition or who lost their life on their way to asylum. May they learn about moringa, and may they be able to use it to receive the nutrients that they need so much.

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Foreword

We are pleased to bring you this eBook about Moringa, the Miracle Tree. As you open the pages you will discover the remarkable things that are happening in Africa because of this one tree that grows all over the continent.

Moringa is native to India and well known in the tropics. All parts of this tree are used in human nutrition, traditional medicine, livestock and industry. The oil extracted from moringa seeds is particularly sought after. Extracts of leaves, barks and roots are sought after in the pharmaceutical industry because of their therapeutic virtues.

It is because of the extraordinary virtues of this plant, the Africa Moringa Hub was founded in May 2016. Due to AMH's extensive activities in about 37 African countries, it has received the status of Non-Governmental Organization in Ghana (NGO) in 2017. AMH's objectives are notably to strengthen the capacity of actors in the sector by promoting good practices in the value chain at the level of the continent. This is why, the slogan of AMH is EAT AND PLANT MORINGA.

We have tabled 3 major projects in the coming months, Africa Moringa Series 2 Booklet and Ebook, a Moringa documentary video and Moringa awards. Hence our campaign entitled "MORINGA HELPING HAND - Empowering Africans out of Poverty" coincides with the launch of the fundraising campaign to fund major projects of the Organization.

In this book you will find a compilation of articles written by members of the NGO AMH across the continent. Its transversal reading allows you to stroll through the universe and the growing moringa industry in Africa, continent mother of humanity. Specifically, you will learn what is happening in Ghana, Nigeria, Burkina Faso in West Africa, Cameroon

in Central Africa, Burundi, Malawi, Zambia in East Africa, Eswatini ex Swaziland, South Africa in the southern part of the continent.

We have made this Ebook completely free, so as to reach as many people as possible and popularize the knowledge of this precious gift of nature called Moringa. We encourage you to read this book and to encourage your family members, friends and relatives also download and read.

Good reading!

Fabrice TONGKO

Francophone Administrator AMH

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Preface

In Africa we have a healing tree called Moringa of which the Ancients knew. They called it “the Miracle Tree” and used it to treat more than 300 diseases.

Sadly, once western medicine reached Africa, people lost the knowledge of moringa and its healing benefits. They considered it as a weed, while they suffered with malnutrition, disease and poverty. They preferred expensive medicines from the west over herbal plants that grew around them. These plants were held in suspicion because of their use by witchdoctors.

Thankfully things have changed for the better. Today Moringa has been re-discovered and found by scientists to be the most nutrient-rich plant on earth. It is considered as one of the world’s most useful trees. Almost every part of the Moringa tree has beneficial properties and is used for food, skin care, medicine, agriculture, and much more. In the west, it is one of the top superfoods and is used in weight-loss programs.

Making a Difference

Health workers are seeing extraordinary results by using fresh and dried leaves to treat malnutrition, HIV, and tropical diseases. It is also given to nursing mothers to increase their milk supply. And for the moringa seeds - they are used to purify polluted water, making it safe to drink.

Lives are being saved and changed! People are starting to experience good health! It is easy to see why Moringa has been called the Miracle Tree.

Spreading Awareness

[African Moringa Hub](#) is a NGO that is spreading Awareness of this Miracle tree. We see people suffering, and their families feel a sense of shame due to poverty, malnutrition and unemployment, etc. They need support and understanding! The surest way to pull people out of poverty/malnutrition is to provide education.

We spread awareness by:

- providing important advice (on nutrition, agriculture, production and marketing) in our social media groups, e.g., Whatsapp and Facebook -
- and last year, publishing our first moringa book, Africa Moringa Series 1. (This was sold as both an ebook and printed edition. The printed edition was sold all over Africa.)

This Free Ebook - "Moringa Helping Hand"

But we can no longer keep this news to ourselves!

We must tell the world about the miracles of Moringa in Africa!

We have many stories to tell, hence this Ebook called "Moringa Helping Hand". It is a compilation of stories about Africans helping Africans.

Bernadette Woods

Moringa Helping Hands Campaign Organiser

Introduction

What do you think of when you look at this picture?

My thought was “Africans helping Africans through moringa”, which is what this book is about.

It is a truly remarkable thing to witness how AMH members from all parts of Africa (from all tribes, you might say) have joined hands and are helping one another benefit (in health and finance) from the moringa tree. And how they are reaching vulnerable peoples with the moringa message.



I asked members of AMH the same question. One made this interesting observation, which I hadn't thought of, but it rang true to me about life and God's blessings.

“(The picture) said, this is the power to doing good. I put in your hand...”

And as God has said in the beginning:

“Behold, I have given you every herb yielding seed, which is on the surface of all the earth, and every tree, which bears fruit yielding seed. It will be your food.” (Gen 1:29)

As you will read, the moringa tree has been growing in the wild in many places throughout Africa. Planted by our Creator where it is needed most, able to nourish and heal the people! But the people have been ignorant! They had not realised that the answer to their hunger, sickness and poverty, was in front of their nose.

“My people are destroyed for lack of knowledge.” (Hosea 4:6)

That is where Moringa Helping Hand initiative comes in. To teach and train the people to “eat and plant moringa”! To use what God has placed in our hands and share the knowledge that we have about moringa!

“Freely you have received - Freely GIVE!”

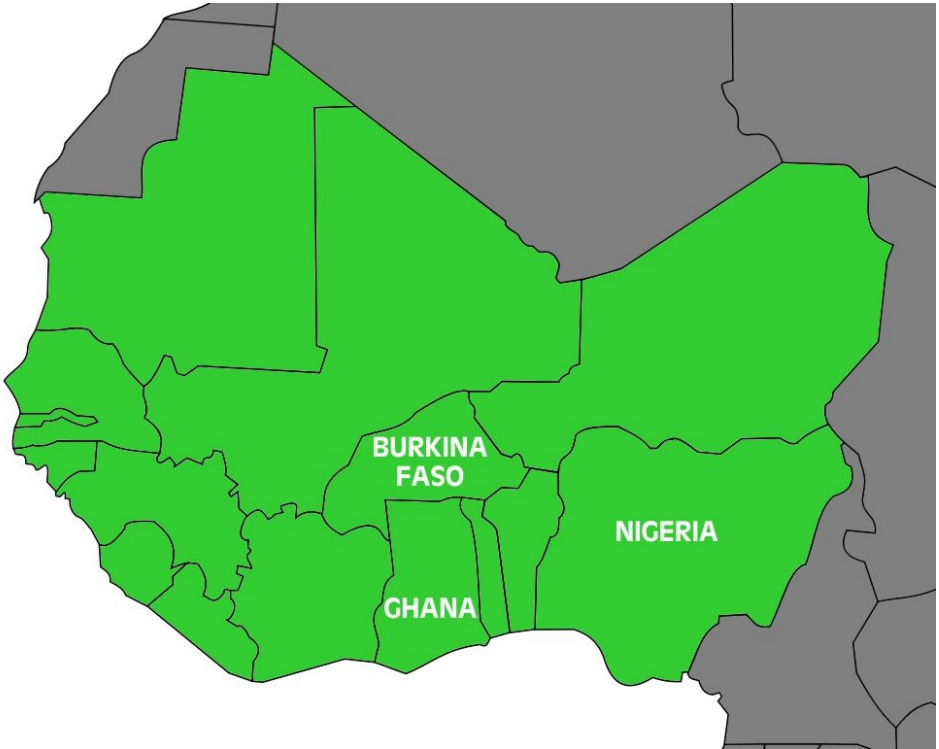
[At the end](#) of the book, you can learn how you too can be involved in Moringa Helping Hand.

God bless you as you read.

Jeanette Burton

Compiler and Editor

PART 1



WESTERN AFRICA

CHAPTER 1

The Tree of Paradise in Burkina Faso

(Presented by Mr Moise Sawadogo - May 2018)



Burkina Faso is a country in West Africa where Moringa has grown for many centuries. Burkina Faso (formerly the Republic of Upper Volta) literally means "Land of Men of Integrity", and is called Burkina for short.

It has an area of 274,000 km², with a population of around 18.6 million divided between 60 ethnic groups. The population density is about 68

inhabitants per square kilometer (World Bank, 2016) and the population growth rate is 2.9% .

Neighbouring countries include Mali in the north and west, Niger to the east, Benin to the southeast, Togo and Ghana to the south and Ivory Coast in the southwest.

The History of Moringa in Burkina Faso



The main two ethnic groups of Burkina call Moringa “the Tree of Paradise”. (It is “Arzantiiga” in Moré language and "Ardjana Yiri" in the Dioula language - both mean "the tree of paradise".)

Moringa was first introduced to Burkina Faso in the colonial period and especially during the times when African

Muslims made the pilgrimage to Mecca on foot. After the Hajj rites, pilgrims would be physically exhausted and many would fall on the return journey, especially in Sudan. (It should be recalled that nowadays there is a strong Burkinabe community in Sudan numbering around 2 million people.)

In Sudan the leaves of the Moringa were used as a drink for patients and also to wash them with. The Sudanese people would also include moringa leaves when cooking fofou, which they fed to the sick pilgrims. The results were remarkable as they recovered their health in

record time, with strength to continue the journey home. Hence their exclamations in Moré language "ad tiig kanga ya arzan tiiga" which means, "this tree is really a tree of paradise." And it was the same expression in the Dioula language.

Since then, people have first used the leaves, bark and seeds for traditional medicine. Most popular have been the leaves used as an ingredient in fougou.

The interest of the various uses of moringa really started in the 90s with different projects that were introduced to Burkina, such as GTZ and international sponsorship plan etc. The selling of Moringa powder and seeds did not begin until the 2000s. The main interest in moringa began in 2009.

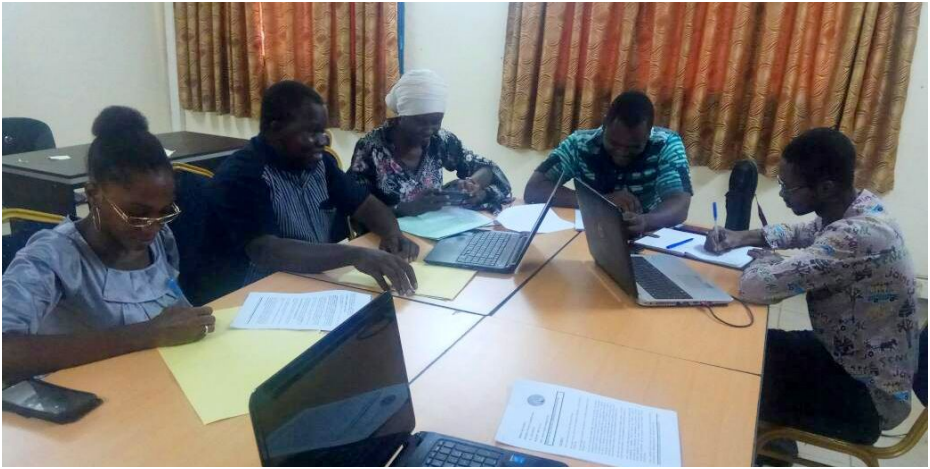
Meet the Burkina AMH Team



We began our Hub program by asking questions of moringa producers and consumers in Burkina Faso. We needed to identify those who were already involved in the Moringa Burkina.

Next we identified and sensitized producers to the organic production of Moringa. There were already many producing organic Moringa,

some by conviction, and others because they could not afford chemicals and they lacked knowledge about organic fertilizers and pesticides. We advised them to continue to produce moringa and offered assistance with training in composting techniques, pesticides and bio insecticides.



These are the questions our team asked:

1. What parts of Moringa are used by Burkinabe populations?
2. How is Moringa produced and what species are grown in Burkina? What is transformed in Burkina Faso?
3. How is Moringa sold in Burkina Faso and what are the circuits flow of Moringa products?
4. What Moringa products are regularly requested in Burkina Faso?
5. Does the supply in Moringa satisfy the population's demand?

Strengths and Weaknesses

Our weaknesses are:

- Our team is young,
- We operate with our own means which are limited,
- Some producers are discouraged and abandoned the growing of Moringa, because they were not paid a fair price by some players, thus we need to restore their confidence;
- We need to convert some producers into organic producers, which requires funds;
- We already have areas identified, but currently these areas are in the insecure red (terrorist) zone.
- Insufficient framework for dialogue and close consultation with some players.
- The lack of framework structures working in the extension of Moringa plantations
- The lack of official document of representation of AMH in Burkina Faso which could give us the strength and legality to operate as a full NGO. (If we had such a document, it could be used in the search for financing for rural producers.)
- The lack of a functioning agricultural bank for producers of Moringa in Burkina Faso.

Our Strengths are:

- We have a dynamic and committed team
- We have diversified and varied skills
- The demand for organic Moringa products is rising and many people are committed in producing organic Moringa
- The existence of several organic producers in several localities.
- Many people have realized the many opportunities that can be offer to them by Moringa.

- We have the support of the HUB members at the central level and in others country.
- We regularly receive encouragement from the executive management of AFRICA MORINGA HUB, Trustees and the Moringa Family in Africa (Anglophone and Francophone groups).



***Together let us plant and eat Moringa
for Africa to win and help Africans live better.
Mr Moise Sawadogo***

Eat and Plant Moringa

CHAPTER 2

Empowering Households in Ghana through Moringa

(Presented by Diedong Samir - June 2018)



My name is Diedong H. Samir (Prince), one of AMH's country representatives from Ghana. This is a report on how we as Ghanaians are doing in the Moringa industry.

Ghana is a democratic and mostly Christian country in Western Africa, with a population of approximately 28 million, with a variety of ethnic, linguistic and religious groups. In 1957 it gained independence from the UK.

Ghana covers an area of almost 240 thousand square km, with a diverseness of coastal savannahs to tropical rainforests. It is nestled between the Ivory Coast to the west, Burkina Faso to the north, Togo to the east and the Gulf of Guinea and Atlantic Ocean to the south.

Ghana means "Warrior King" in the Soninke language.

Due to a growing economy and a democratic political system, Ghana has become a regional power in West Africa.

The History of Moringa in Ghana



Moringa has been a well-known tree in many parts of Ghana, particularly in the north where it is cultivated. It also grows in the wild and has been used over the centuries without much ado about its greatness until recent media hype. Now its medicinal qualities are well known.

One Ghanaian weekly described it as a “miraculous tree” which has been helping millions of people around the world. Hence Ghanaians have embraced moringa as an affordable alternative to other high cost medications.

Local people have many names for it, which include Yevu-ti, Babati, Babatsi, Kpokpoti, Atiuwuse, Nukunaya, Kpotowuzie, Yevuts (Ewe language); Zingeridende (Hausa); Obnukuo, Ornyyukuo, Zangala (Dagari); Kpokpotsor (Damgbe); Nasadua (Krusaal); and Gambadua (Bimoba).

Addressing Poverty - Value-Added Products



In Ghana we have a situation where there is a high demand for value-added moringa products, but there is not enough being produced. Ghanaians need to seize this opportunity to become involved in moringa production. Not only will it provide for the market, but it will also address poverty among smallholder farmers in rural areas, setting them up in their own enterprises.

On a global scale, the demand for Moringa products has also grown. This means there is more potential income for the poor, but it comes with challenges. Three main ones are limited production volume, high quality demands from buyers, and limited producer knowledge and practices.

So we need to take a holistic approach in order to increase productivity, improve processing, storage and delivery, and develop a market with maximum benefits to our farmers.

On the plus side, Moringa grows quickly, thrives in poor, dry soil and requires little water. Hence it is able play a vital part in climate change mitigation in Ghana.

A Local Non-Profit Making a Difference in North-West Ghana



One local Non-Profit that is making an impact in the Upper West Region of Ghana is called [Rural Empowerment for Accelerated Development \(READ for short\)](#).

In 2015, READ started a five-year project on improving household livelihoods and nutrition through moringa. Moringa leaves are part of the local diet in the Upper West region, especially among the Dagaaba ethnic group.

The main objective is to teach women how to use and sell it to sustain their families. In the training sessions the women learn about harvesting and processing moringa leaves, and cooking nutritious meals for their families.

Since the introduction of Moringa, awareness has grown, and around 1000 rural women and their families have benefited from this intervention.

About READ:

Four-fold operations: Food Security, Vocational Training and Micro Credit, Natural Resources Management, and Livelihood Empowerment.

Goal: Increase the self-esteem and empowerment of the poor.

Mission: To provide support, build capacity, and integrate individuals into mainstream society.

Vision: We envisage a world where communities manage their environment in a sustainable and healthy manner and where equal opportunities exist for all people in the use of natural resources and indigenous knowledge.

Philosophy: We believe in promoting Moringa farming and beekeeping as a business enterprise.

Objectives:

- To promote gender equality.
- To reduce poverty by improving economic status of individuals through income generation activities.
- To inculcate the habit of savings and credit among target groups.
- To improve health status of communities through health education, environmental cleanliness, and increasing access to primary health and child care centers in remote villages.
- To properly manage the environment especially in education on bushfires and charcoal production.
- To increasingly adopt sustainable agricultural practices.
- To assist farmers with pricing and to be competitive.

Success Stories in Ghana



Mr. Columbus in Goriyiri, Daffiama Busie Issa district, makes about \$1,000 every year from the sale of moringa seeds and leaves.



“My name is Dery Mary, am 42 years old mother of five children and I live in Tuggo (15km away from the town of Lawra). Thanks to the training I received from READ Ghana in 2016, I support my whole family alone through. This activity is a blessing to me because I can earn between ₵30 to ₵50 (US\$7.50 to \$12.50) per day through the sale of moringa leaves. I also learned that moringa is a remedy that can cure diseases such as diabetes and ulcer. Mothers with malnourished children come often to buy moringa powder.”

Hajia Mariam in Wa makes moringa leaves with Koosey (beans cakes) that not only provide financially for her family but also nutritionally for her community.



Mr. Ali Kirpol (on the extreme right) in Konzokala, Jirapa district in his moringa farm - he makes about \$800 every year from the sale of moringa seeds and leaves.

Our Future Plans

- Start working on being registered in Ghana.
- Increase value added moringa products by 50% in 2023.
- Distribute concrete bee hives to all our moringa farmers.



Eat and Plant Moringa

CHAPTER 3

Nigeria, a Hub for Moringa

(Presented by Deji and Ife Adeleke - May 2018)



Nigeria, a country of 180 Million with majority of the population being farmers, has been farming moringa for years. It is widely grown in the northern part of Nigeria and known as Zogale.

The History of Moringa in Nigeria

In the 1970s and 80s Moringa was a popular vegetable among the lower class, eaten with staple food. It was also given to those with various illness in the rural areas.

In the last 15 years, a lot of young farmers has gone into planting moringa and adding value to it. An average home in the Northern part of Nigeria has a Moringa tree.

Nigeria hosted a Moringa conference in 2007, which also have birth to the Moringa association of Nigeria. Unfortunately the association has had some challenges in the last few years and government support has been limited to moringa growers. Despite all these challenges, Nigeria can still boast of over 20 moringa producers, producing teas, powders, oil, soaps, etc., which are available in retail stores. All shoprite, spar and big supermarkets and pharmacies in Nigeria have moringa products.

A few companies also have been able to export Moringa finished products in Europe, America and other parts of Africa.

Challenges

However, there are a few challenges that we need to overcome:

- Invasion of herdsmen on Moringa plantations.
- The buying power of the people has reduced.
- Getting our moringa certified for export.
- Lack of cohesion among moringa farmers and produce manufacturers.

We hope that as we get into the rainy season, more producers will embrace moringa and come together to develop the industry.

Plush Organics - Our Moringa Business



[Plush Organics](#) was started because there was a need to add value to our farm produce by processing our moringa leaves and seeds.

We started by producing teas (we had three variants of the moringa tea; plain moringa tea, moringa & ginger and moringa & rooibos tea).

The response to the tea was great, but the market was getting flooded as well, so we added body and beauty products. These include hair and body butters, lip balm, moringa oil bar soaps, shampoo and body wash all made with moringa oil, leaf or/and seed powder.

Plush Organics has grown in the past few years, so that in November 2017 we decided to give back to the Nigerian community through education.

We organised a spelling bee in one rural area of Kwara state Nigeria.

We had 35 schools in attendance. With over 120 students. Both primary and secondary schools categories. Every attendee got a gift pack consisting of school bags, exercise books, writing materials. They also had lunch and snacks, with ice moringa tea as a meal accompaniment.



The winning schools were awarded renovations and the first 3 winners in the 2 categories for scholarships of varying values.

Plush organics is big on education and giving back to the community.

We also went to some FEDERAL govt college, Ilorin and gave out about 800 exercise books to students.

Eat and Plant Moringa

PART 2



CENTRAL AFRICA

CHAPTER 4

Short stories on a Moringa in Cameroon,

(Presented by Eng. Guillaume NDE TENE)



(Cameroon is a Central African country on the Gulf of Guinea, bordered by Nigeria, Chad, Central African Republic, Equatorial Guinea, Gabon, and Republic of Congo. French and English are the official languages. Population is approx. 23.5 million and area approx. 475,000 sq km.)

I am delighted and feel honored to share the following short life stories on Moringa in Cameroon.

I first came to hear about this God given species thru a friend, but when I saw it and tasted it, I was sure that I had already experienced it when I was young. I remembered its leaves

with their light acidic taste and small size. I then started searching the Internet to confirm what excellent qualities were credited to Moringa Oleifera.

After I discovered its numerous properties, as a process engineer by background, I wanted to process this plant to make it available to the

population at large. I wanted them to be able to take advantage of its nutritional, preventative and therapeutic properties.

Unfortunately, despite the fact that I was only starting a small operation, I was unable to get a continuous supply of fresh leaves. The answer would be to own a farm which could grow and supply enough fresh leaves and seeds for the processing plant. Processing would be the next challenge.

I was able to source seeds from India that were higher yielding varieties (PKM1 for leaves and seeds for high agricultural yield, and grade A for seeds for long lasting sowing.)

After purchasing and launching the farm, following instructions gathered on the Internet, we now had to contend with both interesting neighboring farmers and acquiring suitable processing equipment.

Reinvigorates the Elderly

The village where my farm is located has a council with ruling elders making the decisions. They are all old men over 70 with normal old age physical limitations.

One old man complained to me about his joints that had seized up so that he was unable to climb the river banks to check his fishing nets. He found it a very difficult situation to cope with. I urged him to consume some fresh Moringa leaves cooked as any other vegetable in his diet.

One week later when we met, he was so happy to be able to climb the little cliff in far less than 20 minutes, which is how long it took him before. He also confirmed that his stamina had increased and he was able to satisfy his younger wife twice a day instead of a difficult encounter per week.

Now, all the elders and other families in the village have at least one tree in their compounds, and all the population looks healthier and stronger, from toddlers to elders.

This boosted my determination to have it available for all neighboring villagers. It is meant to be help for their health.

Diabetes and High Blood Pressure

I once had a parent suffering from diabetes and high blood pressure. When I told him about Moringa, he denied any possible use of it, as he had tried it before with no sound result, and was even surprised why people still credited it of so many properties.

I urged him to trust me and to take the powdered leaves I offered him, and within two days, his blood pressure came back to normal. His sugar level lowered to normal after a week and stayed steady as he continued to consume the leaf powder.

It happened that previously he had bought Moringa leaves powder that was in transparent plastic bags, and mixed up with different green matter to keep the color despite the shining sun over it for several days. This was due to high income generating value of Moringa Oleifera.

I then decided that no matter how difficult it would be, drying and storing should be done under shade and avoid direct light exposure, to be sure to preserve adequate curing and nutritional properties. Healthy properties will be better preserved.

Healthy Baby Food

When you consider how difficult it is for babies and toddlers to get all the nutrients in their daily food, plus the huge cost of imported baby foods, and the shortage of local tubers and cereals used in processed

baby foods, you easily understand why our children grow up only wanting to eat bread and pasta, rice and so on.

They don't have the taste memory of our valuable dishes and their esteemed properties that kept our ancestors free from what today are known as modern diseases. Moringa, even if not used directly in the traditional diet, is easy to add and improve the quality of our foods.

We therefore decided to conduct program researches on baby foods and children snacks. We aim to revert the loss of local tastes and traditional foods, and have results in one or two generations.

Profitable Activity for All Groups

Moringa Oleifera is a fast growing plant likely to provide excellent green matter for kitchen, and used as any other vegetable. It does not require a wide area for growing, nor fertilizers and pesticides. This makes it ideal to grow anywhere, be it rural, urban and peri urban areas. Thus it can be a profitable activity to be involved in, from planting, processing (if need be), and marketing.

We are working to promote Moringa activities among all groups of people, no matter where they live, what investment is required, what type and level of involvement, etc. We have various proposals to develop these activities.

On Health Issues

On health issues, with many people, we have witnessed improved health at an unexpected pace due to Moringa. They were diagnosed hyper or hypo calcemia, prostates inflation, HIV positive, nerves pains, joint pains, gout, arthritis, rheumatism, guinea worm, etc etc...

Daily supplies in essential minerals and vitamins are easily met with Moringa, and its regulatory power on the internal environment is no

more questionable. This is a way it can help cure or prevent several serious diseases for which western medicine is very often powerless.

Expansion

In conclusion, we have decided to expand the initial farm of less than 2 hectares to more than 60 hectares now, so we can increase our processing and provide the market with a continuous supply and competitive prices, be it local, regional or international.

We also need to obtain all required certificates in order to respond to future requests. The first one is the bio certification which we aim to acquire before end 2018.

I also decided to get involved into launching a farm to have enough raw material for processing. I'd like to provide a wide range of quality products to reach the maximum of our population who need well-balanced diets.

Efficient processing of Moringa powder includes:

- Proper washing of freshly harvested leaves;
- Shade drying of said leaves, at a temperature under 65°C;
- Grinding with a stainless steel hammer grinder;
- Sieving if need be with a stainless steel sieve at desired mesh dimension.

From this powder, so many other products can be manufactured: tablets, capsules, etc. It could also be added to other powders/flours to produce snacks, biscuits, baby foods, paps, etc.

Our challenge is now to move from research level of our productions to marketing size, in order to present our products wherever potential customers are located. We will be proud of the fact once you've

consumed Moringa and its derivatives, you remember well it made you and come back to it, without any addiction or side effect.

On the Environment

Finally, when it comes to the environment, Moringa is known to be one of the best carbon dioxide absorbents in the world, and its leaves sprout quickly once cut off. So we must also notice its potential to reverse greenhouse effects!

If we compare the efforts to produce and expected sales on either markets, it is also important to mention Moringa is a high-value-added species from all ends. It is good to encourage in its growing, processing and marketing.

We definitely must Eat and Plant Moringa everywhere across Africa !!!

Eat and Plant Moringa

CHAPTER 5

From HIV and TB to Wellbeing

(Story of Nkole Chanda, Zambia)



My Moringa story began in 2007 when my parents began growing Moringa trees at our farm.

My names are Nkole Chanda and in June, 2001, I was tested positive for HIV. Back then, there were no antiviral drugs as there is now. We tried different herbal medicine such as the African potato, but nothing prevented me from developing TB of the spine which left me paralyzed partially.

To find answers, my parents did a lot of Google research on Moringa which led to our

growing Moringa.

I started taking it as a food supplement as I had problems eating food, because by then I had started medication and I was on TB treatment. From then, my quality of life improved tremendously. I was now able to do things on my own.

To cut the long story short, I have helped many people see the importance of Moringa in their foods. And I've shown them how moringa can help prevent diseases, and slow down the progression of HIV into full blown AIDS. I always emphasize it is not a cure but a food supplement.

Because of my active participation in farming I was honoured by the Minister of Agriculture as the determined farmer. I also enrolled in boot camp and my project was on Moringa. I was the only one who graduated in my class. This was because I got a lot of help from members of the members of the Africa Moringa Hub WhatsApp group. Today as I speak an admin of the group.



Once a Simple Farmer...



Now Moringa has opened doors for me.

There are so many things one can do with Moringa in the health, agricultural, industrial and pharmaceutical sectors. Also at household level.

As Africa Moringa Hub we are encouraging fellow African countries to Eat and Plant Moringa. I was just a simple farmer, but Moringa has opened doors for me. It can open the doors for others as well.

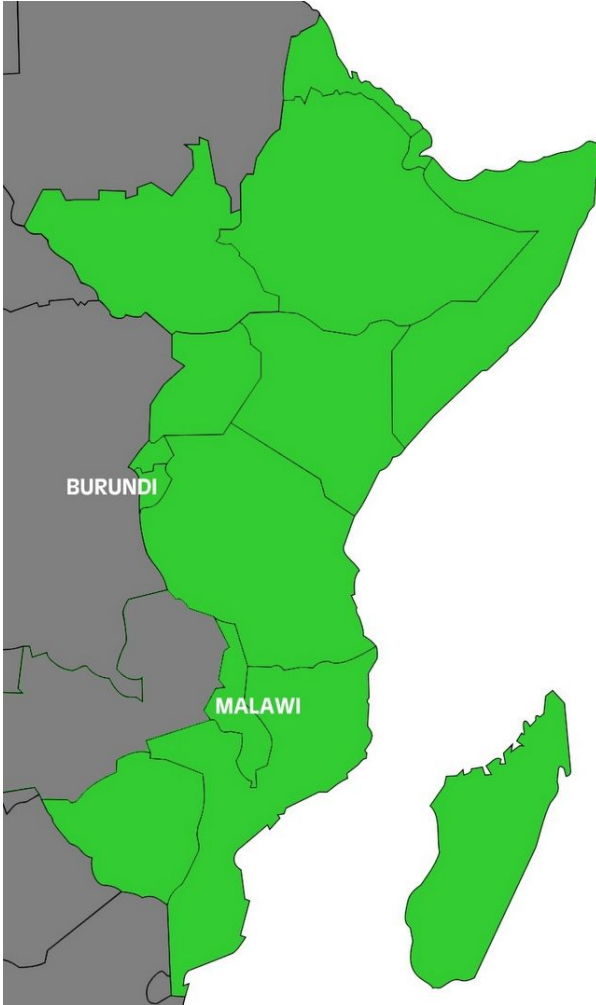
Together we can better Africa and the livelihood of the people.

As a counselor, I get to interact with different people. I have discovered that people living with the virus live longer with good nutrition and lots of water. That's the secret to avoiding opportunistic infections. When I tested positive, I was told that and it works. I combine Moringa with a healthy diet.

I am also mentoring physically changed people. Their greatest disability is the mind when one fails to accept their situation.

Eat and Plant Moringa

PART 3



EASTERN AFRICA

CHAPTER 6

Moringa in Green Burundi

(Presented by Vincens Burow Lydia - Feb 2018)

My name is VINCENS Burow Lydia. I am a Burundian, Manager of MOTHER NATURE PRODUCTS.



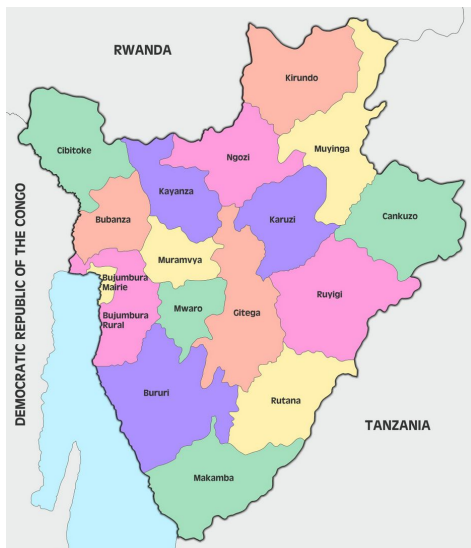
(In this photo I am with AMH's President, Professor Robert Tchitnga, who visited Burundi in January.)

Traditionally in the Kings' era, Burundians ate vitamin-rich sorghum pulp (crushed with its bark), but because of the low yield of this food, Burundians subsequently kept their food habits, making use of maize and cassava pills which have a higher yield per hectare (ha), but, low nutritional values (white flours).

Mr Albert Mbonerane (former Minister of Environment and territory Planning) is behind the official and massive introduction of the Moringa Oleifera Tree in Burundi.

It is mainly through its association called "Green Belt" that Burundians have known the moringa plant and its benefits that I will list in my presentation and in the UNICEF document.

A 2012 study showed that nutrition-related causes of death contribute to the deaths of 3.1 million children under five every year. In many African countries, malnutrition, particularly chronic malnutrition and stunting, is poorly understood.



Burundi, a small and densely populated country in East Africa, has more than 10 million inhabitants, with around 90% living in rural areas. Despite its lush green hills, the country is experiencing the highest hunger rate out of the 120 countries where the world hunger index has been calculated. Almost two third or 58% of children under-fives suffer chronic malnutrition - one of the highest rates in the world.

Indeed, as a solution to malnutrition, moringa powder should be added to corn pasta and cassava to balance the diet. For example, to each meal of a pregnant woman, moringa powder is added, the unborn child finds all he needs for good growth, whether intellectual or physiological.

As you know, a child's growth starts from a very young age and, like building a house, it has to have a good foundation if you want to build high. That is the challenge of the youth of tomorrow.

The only way to change dietary habits is to raise awareness about the importance of nutrition and medicinal plants. Unfortunately, this becomes difficult because many Africans are suspicious of herbal medicine, because they associate it with witchcraft.



“Many people have Moringa trees like this man, but do not know that it is of great importance. This man told me, he had never eaten it and that he planted just for its shadow.” - Prof. Robert Tshitnga

Mother Nature Products

We produce an excellent quality of Moringa oleifera leaf powder, grown in our own fields, free of chemical fertilizers, insecticides and pesticides.

Our products are carefully selected and dried in a natural way, protected from the light to preserve all the nutritional and healing properties.



OUR MORINGA PRODUCTS INCLUDE:

- Moringa leaf powder capsules
- Moringa seed powder capsules
- Moringa leaf powder
- Pure Moringa oil
- Moringa soaps
- Moringa skin creams.

Eat and Plant Moringa

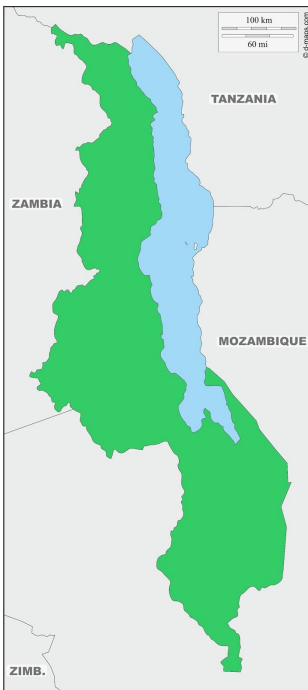
CHAPTER 7

Opportunities in Malawi

(Presented by Owen Kandulu - June 2018)

I am Owen Kandulu from Malawi, and I am the Managing Director for Sustainable Living Solutions Limited. This is a company with its core business of creating entrepreneurs with and without use of natural resources. I make this presentation on behalf of this organisation and on behalf of fellow Malawians. The presentation centres on the opportunities and challenges of moringa as a business and possible solutions.

OPPORTUNITIES



Malawi is a country with around 18 million people and ranked among the poorest countries in the world. It is ironic that so many people face hunger, poverty and malnutrition, while moringa is flourishing and could eradicate these challenges.

Moringa grows wildly in many parts of the country in the hot areas along Lake Malawi. Looking at the vastness of fertile land that is available for moringa production and availability of water, this stands out as an opportunity for serious commercial farmers.

Most people are now aware of the importance of moringa leaf powder, moringa oil and its by products. Moringa is used

traditionally as a medicine for prevention and treatment of various diseases. Its products are also becoming household names for cosmetics.

There is an influx of moringa products for health and beauty care, this shows there is a market opportunity. Of late, many foreign nationals are scrambling to buy moringa seeds along the lake shore areas. Unfortunately, they are not willing to pay a fair price.

Vast areas of idle land can be used for growing moringa it can be a good alternative cash crop. Most other crops require high rainfall, but moringa trees is renowned for being drought resistant.



CHALLENGES

- Lack of viable business channels for moringa undermines the potential farmers to grow moringa.
- Lack of governing policies to protect moringa trees and its raw products, i.e., seeds and leaves.
- Lack of technologies to make value added products from moringa.

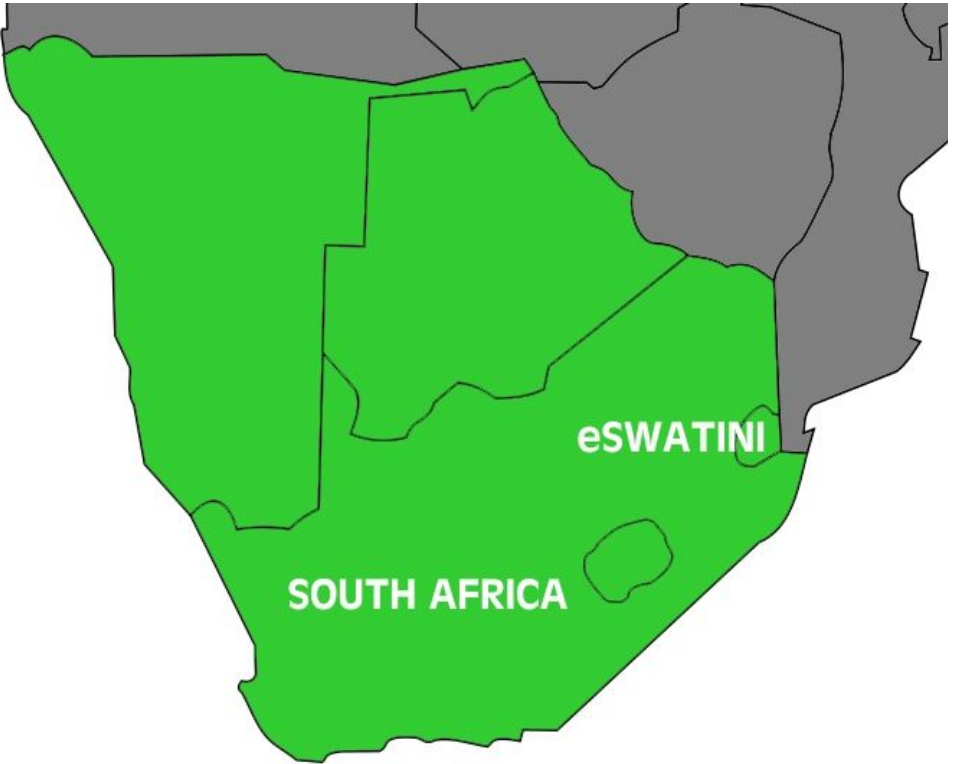
- It's still a challenge for some people to accept raw moringa as some people are shy from taking what is called traditional medicine.
- This unacceptance creates challenges as moringa has the potential to eradicate some of the problems and challenges being faced in the country.
- Certification for Organic moringa is very expensive for individual farmers.
- Lack of public policies to protect the moringa trees.

SOLUTIONS

- I am sure there are African countries that are advanced in moringa growing and processing. I would like to take this opportunity to ask those that can help Malawi in every way possible to turn all opportunities and challenges into viable businesses. As Malawi is indeed a warm heart of Africa and has conducive environment for businesses.
- Formation of Cooperatives will enable people to cost share expenses on Certification of moringa growing and products.
- For AMH leadership to start organising Regional or International events on moringa to create a platform for partnerships and networking. There is vast experience within the Hub, so it is possible to create business opportunities and markets within ourselves.
- These events can also be a platform to recruit more members into the hub and a fundraising opportunity for Africa Moringa Hub.

Eat and Plant Moringa

PART 4



SOUTHERN AFRICA

CHAPTER 8

Eat and Plant Moringa in eSwatini (Swaziland)

(Presented by Lungile Ginindza - May 2018)



Good afternoon Moringa family. I'm humbled to present to you a story about me in the Moringa journey.

I started Moringa in 2013 upon hearing from the Royal family, Prince and the Princess, talking about the economic and health benefits of Moringa, during the Cattle byre which was held in 2012 in eSwatini. I was listening to the radio.

Out of that curiosity, I started researching about Moringa Oleifera. As a Researcher, Agricultural Economist, I gathered that it was one of the most nutritious plant, a vegetable plant, a miracle tree, never die tree. I surfed the Internet to find out more about this amazing plant. I gathered a lot of documentations from other authors which brought evidence that the tree was really a plant to be promoted for its medicinal use, benefit use, to cite a few.

Then, early 2013 I registered a company called Ventures Renata to promote Moringa. One may ask how did I get stock?



It is a long story, but to cut it short, I surf the net again, until I met one man in Nigeria who was into Moringa growing, promotion as well as Moringa product development, he sent me stock.

These were the products I started with.



highhill Moringa
a complete nutrition for life

The most nutrient-rich plant ever discovered!
100g Moringa Leaf = 27%



MORINGA OIL



MORINGA SEED



MORINGA CAPSULE



MORINGA POWDER



Ancient medicine says Moringa prevents 300 diseases. Modern research has confirmed that Moringa has 539 chemical that help improve our health

BENEFITS:

- Balance cholesterol level
- Promotes normal blood pressure and blood sugar
- Promotes faster recovery from pains and strains
- Immune booster and energizer
- Anti wrinkles
- Aids good sleep and improve memory
- Detoxifies impurities in the body
- Promotes normal kidney functions
- Strengthens the immune system of lactating mother

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- Promotes normal digestion
- Enhances the healthy skin
- Nourishes the eyes and the brain
- Prevents inflammations
- Improves fertility
- Promotes healthy blood circulation

Endorsed by:







Natural Moringa
NATURAL NUTRIFENTS LIMITED
www.naturalmoringa.com
Producer of
HEALTHY GREEN SUPERFOODS
08065220074

I then discovered locally grown Moringa products like the seeds and the powder, so I sold those.

I first tasted the Moringa seeds, then I introduced them to clients. I would make them taste the Moringa seed and gave them water to feel the bitter and sweet taste after drinking the water. That was how introduced Moringa seeds.

Even though a number of people did not like the taste, I still continued.

One Moringa seed, one Miracle.

I sold Moringa seeds in small sachets, where I counted the seeds and sold them at SZL10.00 in our currency (\$.83). It was affordable.

As I was introducing the Moringa, a lot of people, especially our Minister of Health in place at that time (2013), announced through the media to eat Moringa at one's own risk. However, those negative words could not stop me to advocate for Moringa, as I would research more about the vegetable plant. The negative reports caused some other people to lose hope, but when they saw that I promoted it, they began selling it again.

The fact that I had end products of Moringa, that made it easier for me to promote it. I would tell people that Moringa has tea, leaf powder, Moringa ointment, Moringa hair food to cite a few.

At Ventures Renata, I hired staff. As I was working for government, I taught them and they would be able to advocate, like I told them. The staff I had were teachable to such that they enabled me to promote the Miracle tree. I had posters at the shop which easily indicated the benefits of Moringa.



I would also attend Trade shows in eSwatini, South Africa and Botswana, where I promoted Moringa. Eating the seeds was the order of the day. I would have water nearby so that people should chew the seeds and drink water to feel the taste. I would tell them to buy the Moringa seeds to plant as well, as they did not know that they could be planted. I would tell them to plant 2 cm deep. So that was how I encouraged eating and planting Moringa.



During one exhibition in eSwatini, I met Prof. Edge at our Ventures Renata stand. He enquired about the Moringa plant. I explained the economic, health benefits of the plant. At first he was not for the idea, but I encouraged him to research more about the Moringa plant. I gave him some seeds to chew and to start planting. I pointed out it would be better if he could introduce Moringa at the University of Swaziland - Luyengo Campus. Then, he did likewise, that's how its was introduced at the university.

Along the way, I met Philip Mamba who also grew Moringa. I bought seedlings, but only one survived till now.

As a researcher and a networker, I met Joshua Huran on Facebook, who felt there was a need to establish Africa Moringa Hub. That excited me that I will network with others from other African countries in advocating for Moringa. The birth of Whatsapp platform was established. So I was one of the Pioneers in establishing Africa Moringa Hub.

Upon establishing the hub, we adopted the slogan “Eat and Plant Moringa”, which is what I had been encouraging people to do. African people needed to know about the health benefits of eating moringa, and then learn about planting it to make moringa readily available.

As already stated, Moringa is one of the most nutritious vegetable plant. Every part of it is used from the seeds, leaf, roots, flowers, barks and drumstick pods.

As advocates for Moringa we need to learn about product development. I like to encourage other members to continue promoting Moringa, and have case studies.

It is quite interesting even in the AMH as we continued learn, a booklet was established, competitions are run and I partake.



Recently, I did Moringa Fish. I was very excited to be part of the video recipe competition. I learned to record a video for the first time, which was posted even on other platforms.

To infer, I am humbled to present to you my brief story. I thank God for the Africa Moringa Hub. We Are What We Eat!

THANK YOU

NGIYABONGA

“One Moringa seed, one Miracle”

Eat and Plant Moringa

CHAPTER 9

My Moringa Journey

(by Marethabile Leqheka, South Africa)



My name is Marethabile Leqheka, raised by the most beautifully soul-gifted man and woman.

I descend from the peaceful village of Pitseng. I would spend my young days with playing freely with my 5 brothers and sisters, without a care in the world. My powerful and determined parents taught us the strict rules of survival, love and happiness at a tender age. We would

draw water from the springs, wash our tons of laundry at the river to turn and soak in the same river cooling off our young carefree bodies and day-by-day scars.

Organic plants have always been a part of me, as there was not much to depend on those days. We would cultivate maize meal, sorghum, beans, potatoes, traditional herbs and all kinds of vegetables that kept us going and awakened my love for farming.

Through this experience of land cultivation at a young age, I can turn any dull garden into a luscious therapeutic place. Even if I say it myself, I have the greenest hands in Africa!

I am an innovator, trend setter, but most importantly a mother to my children and a mother to nature and good living. I am always ready to

move and not make excuses. I am determined to shift from struggle to freedom in every segment of my life.

I am a staunch woman of wisdom, a free spirit, a kindness breather and one who understands that you are what you give and in return get what you give.

When you loves you also attract those who love. That is how I met Sue, a fellow entrepreneur, in our journey of transport and logistics. She was later to become a close friend (2007). I have 3 rules: (1) prayer, faith and hope; (2) spreading love and kindness; and (3) hard work.

Knowing About Moringa

I care for a good and healthy life for everyone. That is how I am part of creating a world of greens, with moringa playing a vital part.

Moringa Organic has saved my life in ways unmentionable. I wholeheartedly believe it could restore our immunities like those of our forefathers, instill happiness, stabilise world depression and spread kindness. Because a healthy soul is a kind soul.

For many years I had not known about the existence of Moringa until I visited my friend Sue. I had flu symptoms accompanied by a massive headache, when Sue offered me Moringa tea and Moringa leaf powder. From that day I had been relieved of my illness without consulting the Doctor. I was swept off my feet by the power of Moringa!

I slowly began became interested in this miraculous herb to such an extent that I would often visit Sue, just so I could have Moringa tea. I became so motivated that I started researching on my own and acquired information in setting up a Moringa Farm.

After inquiring up and down, I finally got hold of Moringa seeds and started my Moringa journey.

As the saying goes, “If it is to be it is up to me”- Steve Harvey. The first batch of my seeds never made it, and did the next.



As hard as it was to get hold of the seeds, I told myself this was the green I have been searching for all my life. So I was determined to get them.

In 2013, I officially could declare myself a Moringa farmer. Fortunately, I live near the coast where the climate is warm with sufficient rain all year round. Therefore when my seeds had spouted there was no turning back. The soil appreciated Moringa, my family appreciated Moringa, and it was time for the market to also appreciate Moringa.

Sis Thabiles Moringa Production

The nice part about cultivating the Moringa plant is that no part of it is wasted. All parts of it are useful. The farm is not big, but it accommodated many healthy trees, which have grown into a thick forest. Some trees are at least 5 metres tall. I find all this amazing, and without having used any fertilizers, all cleanly organic.



Moringa has enormous benefits, not only to mankind but also to animals. Not only my family and I are healthy, but also my animals have benefited from moringa. Visit my home and my dogs will attest!

Moringa is easy to plant and is easy to grow. The hardest thing is convincing the market of moringa's benefits. After I had officially set up my Moringa base and had fresh Moringa leaves I had to make a living, nowhere else but through the market.



And to those of you who wonder and ask about the secret behind my radiant skin, this is what I wake up to every morning! My Miracle Moringa Smoothie...

And my philosophy for life and marketing?

I have respect and love for people. I talk politely, I care and practice the act of kindness.

More often you repel respect by how often you refuse to give it. You attract offence by how often you produce it.

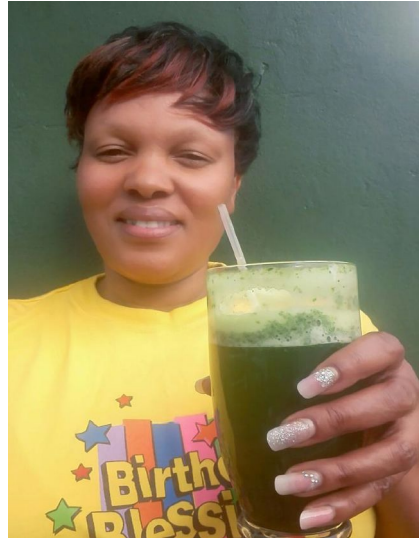
If you think of decorating the world with flowers, start by chopping off the roses at your doorstep. I bet you, wherever you go, people will listen to your story making it easier to market and sell your products and services.

Sis Thabiles Miracle Moringa

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+27 81 3535818



Eat and Plant Moringa

CONCLUSION

Join Hands with Moringa Helping Hand



Thank you for reading Moringa Helping Hand.

Would you like to join hands with us in spreading the message of the Moringa Tree?

Africa Moringa Hub NGO has new projects planned for the rest of the year to educate and spread awareness of the Moringa tree. We invite you to join hands with us! You can partner with us to bless many as we continue this work.

The projects include:

1. Africa Moringa Series 2 booklet (starts 1 July) - estimate \$4000 by 30 August 2018
2. Moringa Documentary (starts 1 Sept) - estimate \$6000 by 30 October 2018
3. AMH Participation Awards (starts 1 Nov) - estimate \$3000 by 18 December 2018

[JOIN OUR CURRENT CAMPAIGN - SERIES 2 BOOKLET](#)

About Africa Moringa Hub NGO

Africa Moringa Hub NGO was founded in May, 2016 with the purpose of:

- Increasing awareness of the benefits of Moringa on the domestic market
- Promoting good sustainable local production and processing practices
- Creating a strong trustworthy brand that meets both the local and international standards
- Empower African Moringa Producers, Processors and Retailers

Africa Moringa Hub was developed as a social enterprise, with the aim of becoming self-funding. In January 2018, AMH officially became a Non-profit Organisation.

The Hub offers various opportunities for individuals to get involved in impacting lives and changing Africa. These opportunities are:

- Through Business: take Moringa out to the world, buy and/or resell the Moringa products
- Through Mission: to go in and be a part of the mission community, to help communities produce Moringa, and invest in their time and money
- Through education: to teach indigenous peoples how to use and eat moringa, and how to grow and produce it.

WEBSITE: www.africamoringahub.org

FACEBOOK: [@africamoringahub](https://www.facebook.com/africamoringahub)

Eat and Plant Moringa

Acknowledgements:

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The content in the book have been taken from stories that hub members presented this year on AMH's Whatsapp group platform. We are grateful to the contributors for allowing to use your stories. Story contributors are:

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3. Deji and Ife Adeleke - AMH Country Rep; CEO of Plush Organics, Nigeria
4. Eng. Guillaume NDE TENE - AMH Director and Consultant, Cameroon
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6. Vincens Burow Lydia - Manager, Mother Nature Products, Burindi
7. Owen Kandulu - Managing Director, Sustainable Living Solutions Ltd, Malawi
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9. Marethabile Leqheka - CEO of Sis Thabile's Miracle Moringa, South Africa

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MORINGA
helping hand

Eat and Plant Moringa