



MORINGA OLEIFERA – THE MIRACLE TREE – UNVEILED IN LIMPOPO PROVINCE
MEDIA RELEASE

On **16 October 2009**, Lammingata Moringa and the University of Fort Hare will announce the results of a scientific nutritional analysis of Limpopo-variety *Moringa Oleifera* leaves at Sedikong sa Lerato Drop-in Centre Tooseng village, GaMphalele, Limpopo province (12km south of Lebowakgomo on the Jane Furse Road).

Live personal testimonies about the benefits of consuming Moringa will be shared by local people, and Lammingata will provide educational briefings on personal nutrition and information on the properties of Moringa and how to consume it.

Many people have called *Moringa Oleifera* the "Miracle Tree" because of its remarkable nutritional and healing properties. Now, for the first time ever, the benefits of Moringa are being made available from a local source to the people of South Africa.

The leaves of *Moringa Oleifera* are loaded with essential nutrients, far surpassing the vitamin and mineral content of carrots, spinach, bananas, and oranges combined. It also contains more protein and calcium than milk, plus all nine essential amino acids. (Source: www.treesforlife.org)

Lammingata Moringa was officially launched in March 2009 in the rural area of GaMphahlele, Limpopo with the aim of harnessing the nutritional and healing power of the Moringa tree to stem malnutrition and alleviate food insecurity in economically disadvantaged communities in South Africa. Thus far, over 500 families and child-care projects have received their own Moringa seedling.

The Southern Africa Trust has partnered with Sedikong to roll-out a US\$20,000 project to plant Moringa trees in households and educate communities, small-scale farmers, traditional leaders, municipalities and government departments on the nutritional values of the Moringa tree, as it holds great promise as a sustainable crop that can overcome poverty and hunger.

According to Mavis Mathabatha, founder of Sedikong, using the Moringa tree's products has already reduced malnutrition amongst the 350 orphaned and vulnerable children which the organization supports.

"Before we started, malnutrition was very prevalent," she said. "But since we've started adding Moringa to the children's food, we've seen remarkable results - the children no longer suffer from malnutrition."

She went on to say that thousands of rural community residents in Limpopo are living below the poverty line and the social welfare grants and pensions that particularly women and pensioners receive, are insufficient to cover essential food items such as meat and dairy products. "Many people only eat meat once a month - on the day they receive their grants or pension. This is not enough to survive and be healthy on."

Containing 2 times more protein than yoghurt, 4 times more calcium than milk, 3 times more potassium than bananas and 4 times more vitamin A than carrots, it is little wonder Moringa has been dubbed 'miracle food'. Moringa trees are drought resistant and can be grown in a wide variety of poor soils. Nearly every part of the tree has beneficial properties and it is also proving an excellent source of animal feed for small-scale farmers. In several developing countries, Moringa is used as a micro-nutrient powder to fight a number of diseases.

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