



## *Moringa - Tree of Life* *Part 2*

Moringa is one of the most nutritious and eco-friendly plants ever studied, even though the only way you can get it in many parts of the world is as a powdered supplement. We now need to get the attention of entrepreneurs, importers, non-governmental organizations and environmental and justice-oriented nonprofits to make moringa wide-spread. Why? Because not only is the moringa tree an incredible source of nutrition, it also has the potential to reverse global warming, provide food for the starving, create thriving agricultural economies in some of the poorest places on earth, and even remove toxins from drinking water.

Joel Fuhrman, MD, gives kale and other greens a perfect 1,000 score on his Aggregate Nutrient Density Index (ANDI) scale. Here's the thing: that's a little like the Olympic judges giving perfect 10's for the first floor exercise routine of the day. It doesn't leave room for another gymnast doing even better than that. However every part of the moringa tree is a storehouse for important nutrients. In fact, one researcher claimed that moringa is the "most nutritional plant yet discovered." Others have said that there is likely no plant equal in terms of its combination of nutritive, medicinal, and disease preventative value. In fact, when moringa competes with other nutrient gold medalists, it wins just about every time. According to a Fast Company article, "In a gram-for-gram comparison with kale, moringa has more than twice the protein, six times the iron, and 97 times the vitamin B2." And it's been a staple crop across Asia and Africa for centuries. Now, it's quickly gaining cheerleaders in the rest of the world, too, thanks to evidence that this prodigious plant brings tremendous benefit for our bodies, the global economy, and the planet.

A raft of organizations are springing up to help plant moringa trees, empower local farmers, sequester carbon, and generally do well for the planet. Here are a couple of great ways to support their efforts:

### **Moringa Connect**

While working with farming communities in rural Ghana, Moringa Connect founders Kwami and Emily saw that aid organizations had spread moringa trees throughout rural communities in Ghana. But without connections to a market, the fast-growing tree became a nuisance in farmers' backyards. And the seeds from the tree were left to rot or were fed to animals. Kwami and Emily set about creating a supply chain to connect farmers to conscious consumers and introduce the world to moringa. To date, this business has planted more than two million trees, while serving 5,000 farmers.

### **Moringa Partnership**

Moringa partnership is an investment fund that targets agroforestry projects in Latin America and Sub-Saharan Africa. They're looking for partners to develop sound, moringa-based sustainable projects, combining economic benefits with positive environmental and social programs. If you or anyone you know is looking for an investment opportunity that supports sustainable agriculture and social uplift for struggling farmers, check out Moringa Partnership.

***Farming Secrets says: Grow Moringa For Another Layer Of Income And To Add Resilience To Your Farm***

**Ref:** <https://miracletrees.org>

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