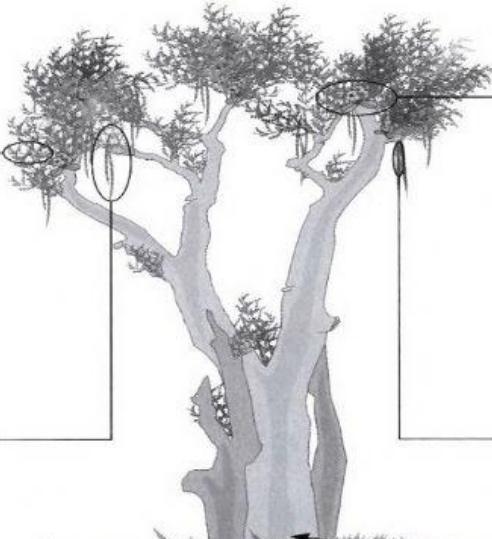
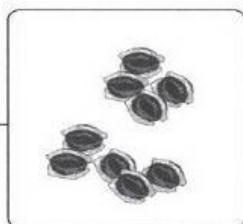


## Medicinal uses



## Culinary uses



Moringa Tree

These so-called (1) ..... because of their shape, are actually (2) ..... which are eaten in similar ways to (3) .....

These contain vitamins, minerals and other (4) .....

They can be preserved in different ways, e.g. (5) ..... or (6) .....

In their whole form, they can be compared to another green leaf: (7) .....

These are used to treat arthritis and other aches as well as (8) .....

They can help relieve pain and the swelling of (9) .....

If eaten, this can aid (10) .....

Its taste is said to be (11) .....

These can be made into a liquid, taken by mothers to stimulate (12) .....

These flowers are considered a (13) .....