



## Making Moringa Leaf Powder

Moringa leaf powder has a high nutritional value, and is easy to make, easy to store and easy to use. It can be used as a beverage additive and for sprinkling on food. It can also be used for making tea.

### How to make Moringa leaf powder:

- Harvest some leaves from the Moringa tree
- Rinse the leaves in clean water
- If possible, blanch the leaves before drying. To blanch the leaves, place them in boiling water for 3-5 seconds. After 3-5 seconds remove the leaves.
- After blanching the leaves place them in a shady area to dry. If possible, thinly place the leaves on a piece of fabric.
- If humidity is high, turn the leaves often to prevent molding.
- Allow the leaves to air dry (when drying, do not place leaves in direct sunlight so that the vitamins on the leaves does not get depleted)
- After the leaves have dried, rub the leaves over a container until the leaves particles are very small.
- Make sure your container is stored in a shady area.

Studies have shown that *M. oleifera* can be used as an absorbent to remove Pb(II), Co(II), Cu(II), Cd(II) and Ag(I) from water. Using *M. oleifera* to purify water cost less and it is highly efficient (Sharma P, et al).