

INCREASING AWARENESS AND CONSUMPTION OF NUTRIENT-DENSE MORINGA IN CALIFORNIA

Production of climate-sensitive nutrient-dense specialty crops is imperative for sustainable food systems. *Moringa oleifera* (moringa) is an ideal crop in speed with California's mission to have a healthier environment, healthier people, and prosperous farmers.

Our CA Dept of Food & Agriculture Specialty Crop Block Grant aims to foster better knowledge and utilization of moringa through a 3-part training covering:

- Awareness of Moringa
- Cultivation & Consumption
- Processing & Preservation

Moringa Awareness Training will discuss historical and modern uses; geographic and climatic distribution; nutritional and health benefits of leaves, fruits, and seeds; and the environmental benefits of cultivation. Current and potential cultivation in CA.

Summer Cultivation & Consumption Training will distribute seeds and support construction of beds. Moringa samples for tasting!!



Moringa "micro-forests" for intensive leaf production (foreground) & moringa tree (background) at UC Davis Horticulture Innovation Lab Demonstration site.

MORINGA

GROWS FAST & EASY

NUTRIENT & PROTEIN DENSE

BIOACTIVE PLANT COMPOUNDS

SPECIALTY CROP FOR SOCIAL, ECONOMIC & ENVIRONMENTAL BENEFITS

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