

## Drumstick, Moringa Oleifera - Plant



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Description

### Description for Drumstick, Moringa Oleifera

Moringa pterygosperma is the most widely cultivated species of the genus Moringa, which is the only genus in the family Moringaceae. It is a fast-growing, drought-resistant tree that is native to the southern foothills of the Himalayas in northwestern India, but widely cultivated in tropical and sub-tropical areas.

The tree itself is rather slender, with drooping branches that grow to approximately 10m in height. In cultivation, it is often cut back annually to 1-2 meters and allowed to regrow so the pods and leaves remain within arm's reach.

In developing countries, moringa has potential to improve nutrition, boost food security, foster rural development, and support sustainable land care. It may be used as forage for livestock, a micronutrient liquid, a natural anthelmintic and possible adjuvant.

For edible landscaping, a Moringa tree is hard to beat. This versatile tree can be grown year round in any tropical climate, and successfully grown as an annual, in temperate zones. Fast-growing, nutritious, and lovely to behold, Moringa is gaining in popularity daily.

Common name	Flower colours	Bloom time	Height	Difficulty
Drumstick Also known as sajna, Arango, Ben Nut Tree, Clarifier Tree, Indian Horseradish, Jacinto, Kelor Tree, Malunggay, Marango, drumstick Tree, Horseradish tree, Senjana, Guggala, Mochaka, Shevga.	white	Annual	32 to 40 ft	Easy to grow

## Planting and care

The Moringa plant is a fast-growing, drought resistant tree that can reach up to 3 meters in its first year. The Moringa tree is very easy to grow. Simply plant seeds or cuttings in a sunny spot. The moringa tree is a plant that grows mainly in semiarid, subtropical areas.

Sunlight	Soil	Water	Temperature	Fertilizer
Full sun	Well-drained sandy or loamy soil.	Medium	25 to 30 degrees C	Use any organic fertilizer

## Caring for Drumstick

## Typical uses of Drumstick

### Special features:

**Culinary use:** The soft pods of the drumsticks are utilized broadly within the preparation sambhar that is extremely popular in South India. However, there are certainly other distinctive recipes, a typical one being adding it within your soup, including a typical Asian flavor to it. A number of the culinary uses of drumsticks are:

They are extremely delicious, and boost your urge for food.

Sometimes, they are cut longitudinally into fine strips, and also cooked along with spicy gravy as well as chilly.

If you're out for the formal meal, drumsticks might be served by breaking it open, and you've got to consume the inner soft pods with the aid of your spoon.

Throughout your family dinners, your teeth can certainly do the work of the spoon, since you do not need to be so formal. Usually the pods are consumed, whilst the outer skin is discarded.

Drumsticks can also be used just for garnishing, simply by chopping them into tiny pieces.

The soft sensitive green pods are occasionally also utilized in various other preparations, even with meat.

Appetizing, whenever cut peeled and into finger lengths as well as cooked in spicy gravy.

At a formal meal, the shell of the piece of drumstick is split open along with spoon and fork, and the spoon utilized to scrape out the tasty interior with its entire scrumptious flavor.

During family meals the preferred technique is to get the section of drumstick using the fingers as well as scrape away the soft center using the teeth.

The woody exterior is additionally chewed to extract flavor and after that discarded to the side of the plate.

**Medicinal use:** Always seek advice from a professional before using a plant medicinally.

## References

- <http://www.healthbenefitstimes.com/health-benefits-of-drumsticks/>
- [http://miracletrees.org/growing\\_moringa.html](http://miracletrees.org/growing_moringa.html)