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## Out With Kale, In With Moringa: The New Super Food

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Move over, kale—there’s a new super green. The leaves of the **moringa oleifera tree**, grown in Haiti, parts of Latin America, and Africa, are drawing interest from trend watchers for their nutritional content. The leaves contain high levels of calcium, potassium and protein, as well as vitamins A, B, C, D and E. Because the trees can grow in both tropical and temperate

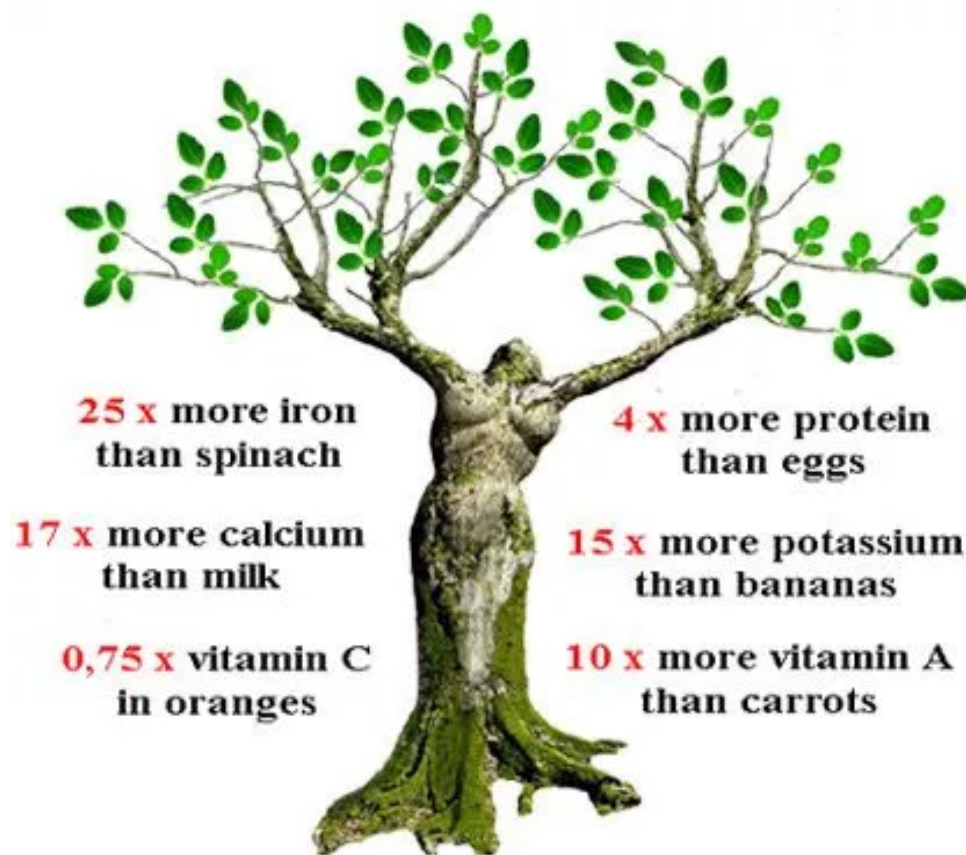
climates and produce leaves year-round that can be eaten fresh, cooked or dried without losing their nutritional content, moringa is becoming an attractive additive.

Oh, and by the way, for all you foodies who don't happen to be botanists too, moringa leaves are the leaves from the drumstick tree!

## SKIM

What tastes like Bacon and is healthier than Kale? Why a Seaweed called Dulse, of course!  
July 17, 2015

7 Tips For Storing Fresh Greens At Home  
December 22, 2015



Moringa has been used as part of diet in India since ages. Its use in treatment is seen in Ayurveda from the times of Sushruta. Many of its parts like drumstick leaves, fruit, oil etc have immense health benefits targeted towards many systems like digestive, heart and circulatory system.