



MORINGA

THE MIRACLE TREE

Photography Supplied

Editorial Sacha Fortuné

Its roots hold firm in the earth, a stalwart to protect the soil from erosion. Its seeds are used to purify water, our life source. It supplements the development of other plants and animals we eat. Its leaves and pods are used by some for a tasty meal, by others as vital medicine and to stave off malnutrition in areas where it blooms in full glory: the moringa tree...

For a tree that has been around for centuries, moringa still manages to keep quite a low profile. This can perhaps be attributed to its large family—a range of 13 known varieties—and its hundreds of names in dozens of languages throughout the world.

The 'miracle tree', as it is known in some cultures, has a profound effect on those who stumble across its path and discover its nutritional value.

Within its tiny leaves, the moringa oleifera tree packs enormous benefits: 92 nutrients, 46 antioxidants, 36 anti-inflammatories, 18 amino acids, and nine essential amino acids. It has seven times the Vitamin C of oranges, four times the Vitamin A of carrots, four times the calcium of milk, three times the potassium of bananas, and twice the protein of yoghurt.

Moringa is used in many medicines or on its own to treat anaemia, arthritis, asthma, cancer, constipation, diabetes, diarrhoea, epilepsy, stomach ulcers, heart conditions, kidney stones, thyroid

disorders, and bacterial, fungal, viral and parasitic infections—just to name a few! In some parts of the world, it is well known as an aphrodisiac, and even as a topical ointment for snake bites, warts and wounds.

In Trinidad and Tobago, the leaves and pods are sold in some local markets as a vegetable called 'sajan', and are used in salads, stews and curries as seasoning. When the leaves are dried, the nutrients are more concentrated. The dried leaves can then be made into a powder, which is marketed as a supplement.

One provider of these supplements is Anton 'Lenny' Roberts, located in South Trinidad. Roberts, a nutritionist with a Master's in Health Education, had always been interested in using natural products to enhance health. After a family member told him about 'moringa bitters' that worked wonders on boosting energy, Roberts began doing his research about moringa. He soon imported seeds to begin a small farming operation of moringa trees, as well as the production of capsules via grinding the leaves into a powder.

"Moringa is just one small part of fulfilling my inner dream to work with herbs, and to help people," he explains.

For others, moringa has also provided a foothold into the realm of the health and wellness industry. Kevin Mitchell, located in East Trinidad, was searching online for healthy snack ideas when a web advertisement banner for moringa caught his eye. Intrigued, he delved into further research about this miracle tree—a tree that would soon form the basis of his entrepreneurial endeavour.



Moringa powder & Leaves



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Moringa Tea



Moringa Dish

He began importing the seeds, which he planted beside his house, as well as various products, including the leaf powder, tea, and drops. Since starting his small business two years ago, Mitchell has also begun making products locally, the most recent being moringa soap, which treats skin conditions such as psoriasis.

"I have seen the impact of moringa myself," he says. "It has made a remarkable difference with the sugar levels of my grandfather, who is diabetic. This proved to me that there are cures and treatments in natural products, which I see as the future of medicine."

Once you've gotten to know this tree, its benefits are undeniable—quite the 'miracle' indeed!

These are only two examples of people in Trinidad and Tobago who are learning the benefits of moringa and turning the tree into a source of nutrition and general health and wellness for those around them. ■

More information about moringa can be found online at this link:
www.treesforlife.org/our-work/our-initiatives/moringa/moringas-potential

To purchase moringa trees and products, Lenny can be contacted at 1 (868) 362-6017. Kevin can be contacted at 1 (868) 712-6496 or via Facebook at www.facebook.com/MoringaTT.

Mojito

By ANGOSTURA®



NAME: SAGA BOY
MOJITO
GLASSWARE: Collins
GARNISH: Mint Leaves

INGREDIENTS:
 2 oz White Oak Rum
 1 oz lime Juice
 3 oz Portugal Juice
 Mint Leaves (8-10)
 Soda Water (top of)
 2 dashes Angostura®
 orange bitters

METHOD: In tall glass add White oak rum and lime juice then 8-10 fresh mint leaves. Using muddling stick gently bruise leaves, fill glass with crack ice pour in Portugal juice, soda and Angostura orange bitters. Garnish with sprig of mint.



RAYMOND C. EDWARDS

is the Chief Mixologist at the House of Angostura and has been a professional in the Hospitality industry for over 9 years. Known as the "Cocktail Guru," Edwards is a multi award-winning Mixologist and has collaborated on both national and regional television. He has developed menus for top restaurants and bars both locally and regionally.