

Moringa oleifera Lam., 1785 (Moringa)

Identifiants : 2271/morole

Fiche réalisée par Patrick Le Ménahèze ([Le Potager de mes/nos Rêves](#))
Dernière modification le 21/09/2020

- **Classification/taxinomie :**
 - **Famille :** Moringaceae ;
- **Synonymes français :** neverdier (néverdié =erreur ? (qp*)), bâton mouroungue, baton mouroungue, mouroungue, ben ailée, moringa ailée, pois quénique, brède mouroungue, médaille, mouroungue, mourougue, moroungue ;
- **Nom(s) anglais et/ou international(aux) :** ben-oil-tree, benzolive-tree, horseradish-tree (horseradish tree), drumsticktree (drumstick tree), moringa, West Indian ben , Meerrettichbaum (de), murungai (in,ta), marunga (id,tl), meringgai (ms), moringueiro (pt), muringueiro (pt), quiabo-da-quina (pt,br), maranga (es), paraíso (es), paraíso blanco (es), mlonge (sw), mronge (sw), mzunze (sw), pepparrotsträd (sw), marum (th) ;
- **Rusticité (résistance face au froid/gel) :** 0/2 ;
- **Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) :** Partie(s) comestible(s)μ{{0(+x)μ : feuilles, fleurs, fruits, graines, racines, écorce, gousses, épice, légumeμ{{0(+x)μ.
Utilisation(s)/usage(s) comestible(s)μ{{0(+x)μ :
 - les jeunes pousses et les feuilles sont consommées cuites ; elles sont consommées comme potherbesμ{{0(+x)μ, brèdeμ{{0(dp*)μ, ou utilisées dans les soupes et les currys ; elles peuvent être séchées et stockées pour une utilisation ultérieure ;
 - les fleurs sont également utilisées pour les currys ;
 - les très jeunes longues gousses sont consommées cuites, en particulier dans les currys et la soupe ; elles sont également picklées ;
 - les jeunes graines sont consommées grillées ou frites ;
 - parfois, les racines sont utilisées comme substitut du raifort ;
 - une gomme de l'écorce est utilisée comme assaisonnement ;
 - l'écorce est utilisée pour le thé ;
 - les racines, les feuilles, les fleurs et les fruits sont consommés cuits à l'eau et mélangés avec du sel et du piment ;
 - l'huile extraite des graines est utilisée dans les saladesμ{{0(+x)μ.



Précautions à prendre :

néant, inconnus ou indéterminés.

- **Nombre de graines au gramme :** 5 ;
- **Liens, sources et/ou références :**
 - "Eat The Weeds and other things, too" (en anglais) : <https://www.eattheweeds.com/moringa-oleifera-monster-almost-2/> ;
 - dont classification :**
 - "The Plant List" (en anglais) ;
 - "GRIN" (en anglais) ;
 - INPI (recherche, en anglais) ;
 - dont Google (recherche de/pour) "Moringa oleifera" :** [pages](#), [images](#) | "Moringa" : [pages](#) ;
 - dont livres et bases de données :** 0"FOOD PLANTS INTERNATIONAL " (en anglais) ;

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