

MY MORINGA TREE© by Dan Pemble, Kissimmee, Florida – August 9, 2026

The following information is as paraphrased by me from information obtained on web sites.

What is a Moringa tree?

This tree is a native to India and Pakistan. It loves heat, handles sandy soil and drought, and in fact grows very well here in Central Florida where winters are mild. It is a fast-growing tropical tree with leaves packed with nutrition and is often referred to as a “miracle tree”. It is currently considered to be a non-invasive plant in Florida.

How fast does this tree grow?

In one warm Florida season a seed can become a 10 to 15 foot tree. When I first potted my tree, as was given to me by a friend, it was only about 3.5 feet tall; and now, in a matter of only a couple months, its height is 7-8 feet! Please see photo below. Fully mature trees can reach heights up to 40 feet! If the leaves and other growth are to be harvested for nutritional/health benefit consumption, with proper pruning, the height can be managed to keep leaves and pods within easy reach, perhaps at around 8-10 feet, for practical harvesting.

Is Moringa good for you?

Moringa leaves are genuinely nutritious. Per the Cleveland Clinic, a cup of chopped fresh leaves gives you a real dose of calcium, potassium, magnesium, iron, and vitamins A and C, plus a little protein, all for about 13 calories. The leaves are also rich in antioxidants, which help protect your cells. That is a lot of nutrition from a tree that grows like a weed in Florida heat!

Although many people claim that Moringa cures just about everything, science does not back up most of these claims. I believe we all know there is no such thing as a single cure-all in nature or anywhere else! Just think of Moringa as a good food that does have some health benefits.

