

Report on the CD project

"Making moringa powder for a better diet for children"

in Gbodjoko, February 2022

We gathered the women of Gbodjoko in the courtyard of the Gbodjoko elementary school to talk to them about making moringa powder.



The women are used to cooking moringa leaves like other vegetables in their sauces. I explain to them that this results in a loss of the nutritional values of the moringa. To retain the nutritional values, the leaves should be dried in the shade. Once they are crisp, they can be ground in mortars into a powder. It can then be sprinkled on meals when the food is already a bit cool on the plate.

The women ask what is the best way to dry the leaves. We suggest building a small drying shed in a corner of the schoolyard. The school principal immediately has an idea of where it could be built. As there is not enough moringa in Gbodjoko, the women decide to immediately plant moringa around the school yard.



With young trunks, the Women's Group of Gbodjoko immediately set to work.





Soon afterwards, we also start the construction of the dry house. A foundation consisting of four rows of bricks is made, in which the wooden pillars are concreted. The roof is built on top. The women fill the foundation with sand. The walls are closed with cut tree trunks.



Inside, we have drying tables made of palm stems on which cotton cloths are placed. In the dryer, there is an optimal dry climate that allows the leaves to dry in only 2 or 3 days, until they are pink enough to be crushed. During the drying period, the leaves are turned three times a day.



