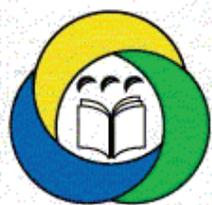


# Nutrition And Clean Water For Africa

A project  
of

**ABLE**  
and  
**WILLING**

*International  
Education  
Foundation*



<http://AbleAndWilling.org>

July 2012 (DRAFT)

## Nutrition and clean water from one plant ?

It's a tree called

***Moringa oleifera.***

- *Every part is nutritious for people and animals.*
- *Grows fast in dry areas.*
- *Disease and pest resistant.*
- *Easy to harvest and process.*



**Seeds produce valuable oil...**

**...while the residue purifies water...**

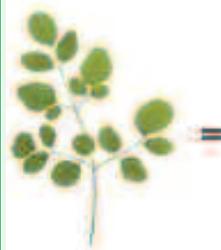


**...and the remaining waste makes great fertilizer.**

**Tiny leaves.** Enormous benefits.

Ounce per ounce:

- 7** times the vitamin C of oranges
- 4** times the vitamin A of carrots
- 4** times the calcium of milk
- 3** times the potassium of bananas
- 2** times the protein of yogurt



**Plus vitamins B1, B2, and B3, chromium, copper, iron, manganese, phosphorus, zinc and all the essential amino acids**

## The Potential

The health benefits of the Moringa oleifera tree have been known for centuries and proven in labs and field tests. Popularity and production are high in a several countries: India, Philippines, Senegal, Ghana. and Nicaragua.

## The Problem

Attempts to introduce the miracle tree into some agricultural and social systems where it is most needed have been met with limited success. Effects of Moringa programs started by foreign aid organizations fade away when the group leaves the country.

## Our Plan

Three distinct approaches.

Documented for and by locals

- **Scouts in Congo**
- **Farms in Mali**
- **Cooperatives in Cameroon**

} **Document and share**

## Our People

All volunteers for Able & Willing, lead by visionaries from Congo, Mali, Cameroon, Kenya and America.

# Mali Farms



Mamadou Dia grew up in Mali with a love of farming. He now lives in Virginia and returns to Mali to manage his farm and improve the productivity of his cows and goats.

His dream is to introduce a more adaptable and productive model into the traditional farming system in Mali.

Since learning about the wonders of moringa, he has grown test plots in U.S. and Mali. He is ready to expand production and work with the local *Centre de Santé de Manabougou* medical facility to cure the rampant malnutrition among children under five.

# Congo Scouts



Mbuyu WaMbuyu, aka, Puma, grew up in Congo, mastering many trades. He lives in Frederick, MD and has returned every year since 1994 to build schools in rural areas. Two campuses now enroll over 600 students from grade one through technical school.

Key to the schools' success is the innovative student aid programs he created to keep students in school. The Scouting for

Education Program lets students work during summer vacation in exchange for free tuition and participate in extracurricular activities.

Puma will implement a new learn and earn activity for the Scouts to plant, tend and harvest the moringa trees at home and market the produce.

# Co-ops in Cameroon



Richard Emeni grew up in Cameroon where he started his IT career that includes an MBA from American University. He has extensive experience in radio, TV, Internet

and print. He lives in Hagerstown, MD where he directs projects to help African countries.

Richard is developing community-based plans, joining land owners, investors, laborers, and marketers in an African cooperative known as Ndjangi.

# Document and Share

Growing moringa trees on a farm and in homes is not enough to spread the production and use of moringa. One of Richard's tasks will be to create a documentary of production methods and benefits by interviewing local workers and consumers of moringa products in both the Mali and Congo projects. The narratives will be translated into French, English, Swahili and local languages.

He will instruct students in our school in Congo how to create effective media.

## How You Can Help

**Volunteer...**

**or**

**Send your tax-deductible contribution to**

AWIEF

P.O. Box 4303,

Frederick, MD 21705-4303

**Or contribute securely online:**

<http://AbleAndWilling.org>

***Please designate "Moringa"***

*AWIEF is a 501(c)3 non-profit organization.  
Financial statement available on request.*

## Questions?

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