

**Benɛn bibu ba d̄aa maamaakigia teni ȳɛ̄, kɔɔ !**

**Yera ba sokum :**

- Ka baturem :** Moringa  
Bensolive  
Ben Ailé
- Ka baatonum :** Yoru yárá  
Yorwata  
Yoroguma  
Lagalagagundi
- Ka dendim :** Windibundu
- Ka dāhɔmem :** Kpatima  
Kpanuma  
Ma hizihizi  
Yovokpatin  
Kpano  
Yovotin
- Ka natɛmbam :** Tekpinda
- Ka marem :** Guildandeni  
Latj iri  
Egi-lakiliigru  
Muringa
- Ka waamam :** Yori kununfa
- Ka yorum:** Ewé ilé
- Ka kaɔm :** Ewé igbale  
Ewé ile  
Ewé oyibo  
Agun, Ayere  
Manyieninu  
Oyib

Nom scientifique : *Moringa oleifera*



**Yoru yárá kun duurubu s̄ɛ̄ :**

- Saa yen binun di, ñ kun mɛ yen potira
- Baa tɛm mɛ mu wasira sɔɔ ka kp̄i a yoru yàrà duure
- Ya ñ n̄ribu baka bikia mɔ
- Ya ñ nim bakam bikie
- Suru noba itan biru ya ra wurusu ka biinu marum tore

**Yan ñ dendibu s̄ɛ̄ :**

- Ka kp̄i a yen wuru bekusu ñ kun mɛ gbebusu doke dian diirɛnu sɔɔ
- I ten wurusu kewo saaro kpa i suni ñ kun mɛ I ka sɔnɛ da
- Tɔn batere à n da buuten sibi nɔ tia di ya koo wunɛn bwã dobu sosi

**Ya arufaani mɔ :**

- Yoru yárán ɛkita tian sɔɔ, w̄sɔ ka w̄sɔ ten buuru tɔnu tia i ko wa
- Ya w̄ɛsu ka gberenu kere

**I koowo !**

- I yoru yárán buuru dokeo bɛɛn dian diirɛnu sɔɔ yam s̄areru baatere
- I bɛɛgibu daabaaru n̄ɔsio

**ABM Association Béninoise du Moringa**

ABM ya tabu mɔ ka ḡɔru saa yoru yàrà di :

- Ya somi mɔ yen d̄orabu sɔɔ
- Be ba koo yoru yárá duure, ABM gibu ba be dera mɔ

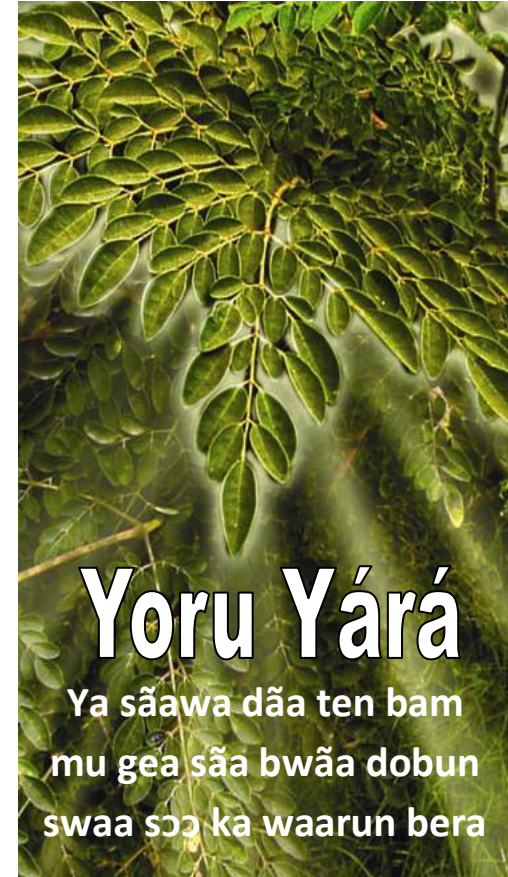


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**Association  
Béninoise du  
Moringa** 



**Yoru Yárá**

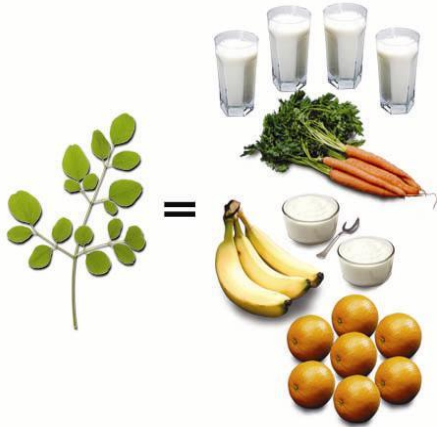
Ya s̄awa d̄aa ten bam  
mu gea s̄aa bwã dobun  
swaa sɔɔ ka waarun bera

**Benɛn  
Yoru Yárá  
Yigbɛru**



**Mɔndu ta nƐƐ :**

**« Yoru yárá ya ra baranu doodooka 300 gbarewa. »**



Giso, kaso ga sɔɔci mƐ wuru piibi ni nu bam mɔ mɛ mu koo de bƐsƐn wasi yu bara dabinu gbara...



**Maamaaki !**

Bam mɛ mu wáa yaan sɔɔ, sián sɔɔ, bomn sɔɔ, mu ra tɔnun wasi sɔmƐ. Bam mɛ, maamaaki tɔna mu wáa yoru yáran wurusun sɔɔ.

**2 yera yen bam mu ka**

**bom faanin gia kere**



Bam mɛ ba soka fitamini C mƐna mu ra deri bƐsƐn wasi yuka baranu nde boowusuru ka fɛku baranu tabu ko. Ba ra bam mɛ mawa demunu kuure ka yáki sɔɔ. Adama, yoru yáran sɔɔ ya kpáaru bo.

**7 yera yen bam mu fitamini C**

**ka demunu kuuregia kere**



Bam mɛ mu wáa agƐdƐn sɔɔ mƐna mu tɔnun wiikpɛndu dam kƛ mɔ, adama yoru yáran bam mu agƐdƐn gia kere.

**3 yera ya ka agƐdƐn**

**bam kere**



Yoru yáran bamn fitamini A yera ya ra tabu ko ka wasin gonan baranu, nonin baranu, woo sɔndun baranu, ka kesukubu. Karɔtu ya fitimini A mɔ adama yoru yáran gia kpáaru bo.

**4 yera yoru yárá ya fitamini A**

**mɔ ya ka karɔtu kere**



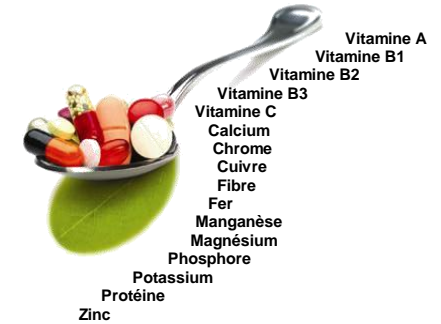
Bam mɛ mu ra tɔnun kukunu ka donnu dam kƛ mu wáawa bomn sɔɔ, adama yoru yáran sɔɔ ya kpáaru kere.

**4 yera ya ka**

**bomgia kere**



**À n yoru yárá mɔ ya sáa nde a baturen tím gbaaru mɔ wunƐn dii biruɔ.**



Fitaminiba	Dian Teesu	Wuru Bekusu	Wuru Gbeebi
Vitamine A	1.8 mg Karɔtu	6.8 mg	18.9 mg
Calcium	120 mg Bom	440 mg	2003 mg
Potassium	88 mg AgƐdƐ	259 mg	1324 mg
Protéine	3.1 g Bom faani	6.7 g	27.1 g
Vitamine C	30 mg Demunu	220 mg	17.3 mg

\* Valeur nutritive des aliments, par C. Gopalan, et al, et *The Miracle Tree - Moringa oleifera: Natural Nutrition for the Tropics*, par Lowell Fuglie, éd. Plus d'informations: [www.treesforlife.org](http://www.treesforlife.org) / moringa