

Gulf

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AGRICULTURE™

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APRIL 2-4, 2012, DUBAI



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A FARM VISIT: H.E.Khalifa Al Ali, Executive Director of Strategic Planning & Performance Management Sector, Mr. Vijayan Pillai, owner of Al Ain Al Khaly Farm, H.E. Rashid Al Shariqi, Director General of Abu Dhabi Food Control Authority, Dr.Mohamed Salman ALHammadi, Director of Research & Development Division, An official from Abu Dhabi Food Control Authority & Mr. Sen Eapen, Financial Planning Manager, Abu Dhabi Food Control Authority.

WHERE NATURE AND ENVIRONMENT ARE IN A PERFECT HARMONY

It may not be a surprise. When you enter into the farms, you are welcomed by the song of birds, bustling of the wind that blows on the trees. You can see blossomed herbs, green lush vegetation and trees laden with fruits, greenhouses, water lily, fish and animals. Here nature and environment are in a perfect harmony.

This is a farm where biodiversity and nature meet at its best. Al Khaly Farm located in Al Ain is well known in UAE due to its traditional way of farming. Mr C. P. Vijayan an electric engineer who loves sun, sands and soil left his career to become a truthful farmer. His presence is felt every where in



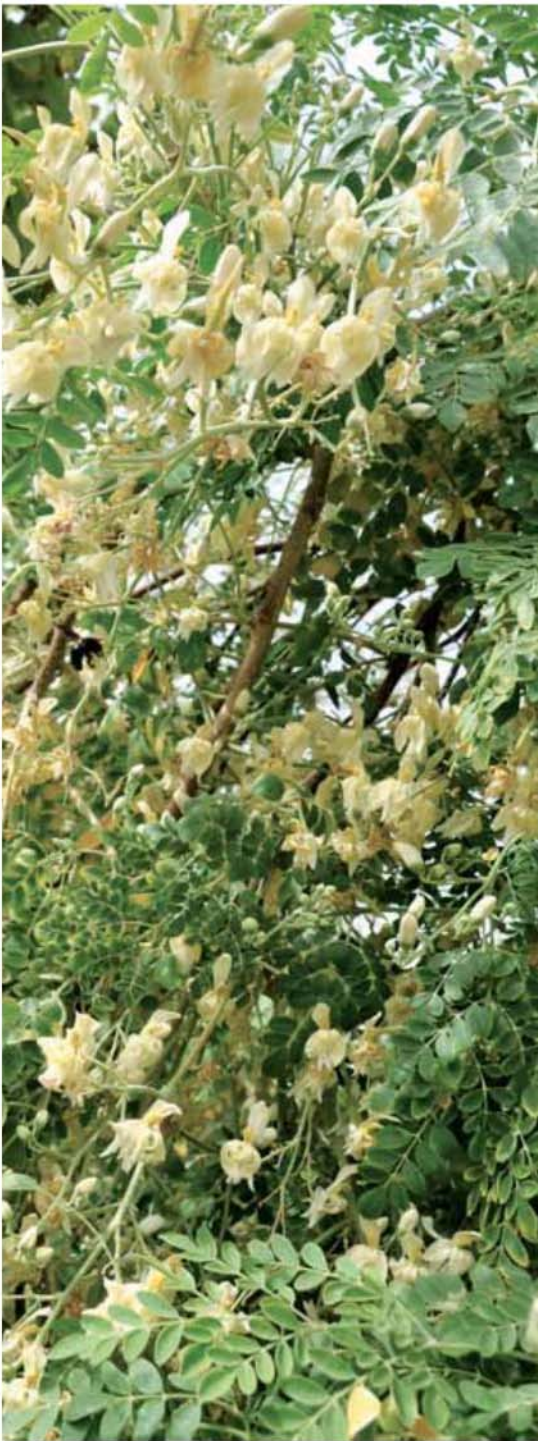
MORINGA IS THE IMPORTANT TREE AMONG MY COLLECTIONS. IT'S HEALTH BENEFITS HAVE LONG SINCE BEEN WELL UNDERSTOOD AND CHERISHED BY THE PEOPLE OF ASIA AND AFRICA. THE MORINGA TREE'S USES AS A HEALTH AND MEDICINAL PLANT CAN BE TRACED BACK CENTURIES; THERE ARE DOCUMENTED REFERENCES OF MORINGA OIL BEING PLACED IN THE TOMBS OF ANCIENT EGYPTIANS, HE EXPLAINS.



the farm. Today the farm become a synonym for learning traditional way of farming technology.

“You cannot have good health if you do not consume food that is nutritional. How does nutrition, with its vitamins, minerals and other nutritional compounds promote a healthier lifestyle?

“I have established this farm to grow plants which can contribute wellness to the



people' says while picking up a cucumber from his garden.

"You can taste it and see the difference that you get from the market". He offered me a cucumber.

He cultivates tomatoes and cucumber under greenhouses and trees and herbs as open farming.

"Moringa is the important tree among my collections. Its health benefits have long since been well understood and

cherished by the people of Asia and Africa. The Moringa tree's uses as a health and medicinal plant can be traced back centuries; there are documented references of Moringa oil being placed in the tombs of ancient Egyptians, he explains.

For centuries, the people of Africa and Northern India have known of the many benefits to cultivating a Moringa plant. It goes by a variety of names, based on its many uses: the

clarifier tree, the horseradish tree, and the drumstick tree (referring to the large drumstick shaped pods). In East Africa the Moringa plant is known as "mother's best friend". India's ancient tradition of Ayurveda holds that the leaves of the Moringa plant prevent 300 diseases.

Today, this plant is dubbed as a superfood and with plenty of reason. All parts of the Moringa plant can be used for

beneficial purposes. It offers vitamins, minerals, proteins, amino acids, antioxidants, and bio-nutrients.

The plant species was originally native only to the foothills of the Himalayas and has rapidly spread around the

world's tropical and sub-tropical climates. It regenerates itself quickly, second to only bamboo, making it viable as a crop. Much of the plant is edible by both humans and livestock, and the bark and wood is used as firewood.

The Moringa tree prefers well drained sandy or loam soil, though it can be grown in a clay based soil. It does not tolerate water logging. New growth starts in spring, and the slender plant may grow up to a height of 10 meters, and will require frequent pruning.

"In my farm, you can see Moringa trees with flowers and fruits all the time irrespective of the seasons".

Because the Moringa tree is rich in nutrients, and because the tree's various parts can all be used, Moringa's many benefits vary depending on which part of the plant is being used. The young, immature Moringa oleifera pods are the most valued and widely used of all the tree parts. The pods are extremely nutritious, containing essential amino acids, forming a complete protein source, and many vitamins, minerals, co-enzymes, and antioxidants.

How can Moringa benefit you?

- * Increased physical energy - Tune your body up with naturally occurring nutrients to make your energy last longer
- * Mental and emotional balance - Moringa oleifera's amazingly powerful nutrient compounds help restore stability to the chemicals that govern our thoughts and emotions. You have to experience it to appreciate it!
- * Faster recovery - Moringa oleifera's complete amino

BENEFITS OF MORINGA OLEIFERA

- * INCREASED ENERGY
- * GREATER ALERTNESS
- * BETTER ENDURANCE
- * INCREASED FOCUS
- * MENTAL CLARITY
- * 47 ANTI-OXIDANTS
- * 36 ANTI- INFLAMMATORIES
- * 25 MULTI-VITAMINS
- * 30% PROTEINS
- * 7 TIMES THE VITAMIN C FOUND IN ORANGES
- * 4 TIMES THE CALCIUM FOUND IN MILK AND TWICE PROTEIN
- * 4 TIMES THE VITAMIN A FOUND IN CARROTS
- * 3 TIMES THE POTASSIUM FOUND IN BANANAS
- * 3 TIME THE IRON FOUND IN ALMONDS

profile, along with dozens of vitamins and minerals, makes it a perfect recovery food after grueling workouts and physical strain.

- * Nutrient-dense mother's milk - Increased iron, potassium, Vitamins A, B, C, E, and dozens of other important nutrients are all readily absorbed from Moringa oleifera and transferred from mother's milk to the growing newborn. No wonder Moringa is called 'Mother's Best Friend' in cultures across Africa!

- * Healthy blood sugar levels - antioxidants and unique regulating compounds help control blood sugar and keep the blood free of unhealthy substances.

Just a few of the other many benefits of Moringa include increased flexibility, improved sensory perception, better sleep cycles, decreased depression and anxiety, and improved memory. Moringa has been used to help those with diabetes, arthritis, high blood pressure, and even cancer.

