

# Ebimera n'endya ennungi mu Uganda

*Enkola enyangu ez'okulimamu emmere  
obulungi*



FOOD PLANT SOLUTIONS  
ROTARY ACTION GROUP  
Solutions to Malnutrition and Food Security

*Emirimu egikolebwa ekitongole kya Rotary Club mu Devonport  
North & Rotary District 9830*

[www.foodplantsolutions.org](http://www.foodplantsolutions.org)

# Ebimera n'endya ennungi mu Uganda



FOOD PLANT SOLUTIONS  
ROTARY ACTION GROUP  
Solutions to Malnutrition and Food Security

Omugaso gwa Food Plant Solutions kwe kusobozesa abantu okutegeera omutindo gw'ebimera eby'emmere nga tuyita mu biwandiiko ebisomesa n'obuyambi obulala kubanga buli dakiika buli lunnaku abaana abato abali wansi w'emyaka etaanno baffa anga kiva ku ndya mbi.

Ng'ogyeko ebitabo bino, ebiwandiiko ebirara bitegekeddwa nga bya Uganda, bye tusobola okuwanula okuva ku mutimbagano ku kibanja kyaffe ekywa:

[www.foodplantsolutions.org](http://www.foodplantsolutions.org)

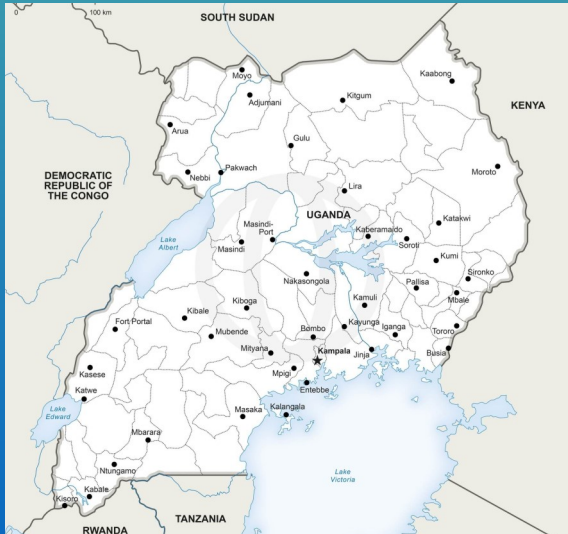
Ng'oyagadde okumanya obubaka obulala okusingawo ku nkola eno tutukkirire ku mukutu guno: [info@foodplantsolutions.org](mailto:info@foodplantsolutions.org)

Twaniriza era twongerera okusaba obuyambi bwo.

Food Plant Solutions: Emirimu egikolebwa ekitongole kya Rotary Club mu Devonport North & Rotary District 9830

Food Plant Solutions ekola emirimu gyayo ng'egoberera amateeka agafuga ekitongole kya Rotary International naye si kitongole ekifugibwa era ekikolera wansi wa Rotary International.

# Okukozesa ebiva mu bimera obulungi



**Eby'obulamu, embeera y'abantu n'emmere  
emala mu nsi kyetagisa okukozesa obulungi  
ebiva mu bimera.**

# Ebimera eby'endiisa ennungi mu Uganda

Obugagga, embeera y'obudde ennungi n'ebika bye ttaka, ekikula kye bitundu, ne bika by'enkuba bye tulina mu Uganda, bwe buude tuvumbule ate tukozese bungi ebimera bye tutafaako ebibala mu bitundu byaffe ate bijjudde ekiriisa ekiyitirivu.



Balugu



Enanansi



Doodo



# Endya ennungi eyamba obulamu bwaffe

Okusigala nga tuli balamu naddala abaana abato tulina okulya emmere ey'ebika eby'enjawulo. Mu bino mulina okubaamu ebika by'emmere bino:

- Emmere ewa omubiri amaanyi – Okugeza; Lumonde
- Emmere ekuza omubiri – okugeza; Ebinyebwa
- Emmere ekuuma ommubiri- okugeza; Indian Spinach

Buli kirungo ekyetagisa mu mibiri bijja kufunibwa era bisisinkanamu embeera eyekyekananyi.

Peanuts



Emmere ekuza

Emeere ewa obulamu



Sukuma wiiki

Lumunde omunsi



Emmere ewa amaanyi

# Okukuuma emmere

Tulime ebimera, ebirimibwa mu budde obwenjawulo mu mwaka, tuleme kubulwa mmere mu budde bw'omwaka obumu. Ebyetagisa okurimibwa mulimu emitti gy'ebibala n'egiribwa empeke.



Mulinga



Edible hibiscus



Taro



Lumunde omunsi



Balugu



Doodo



Muwogo

# Ebimera ebizaamu omusaayi

Ekirungo kya Iron kikulu nnyo mu musaayi. Kiyamba omusaayi okubeera omumyufu.

Iron ayamba Oxygen okutuuka mu mawugwe. Kino kiyamba okuwa abantu amaany okukola emirimu.

Bwetutaba na Iron amala tubeera tetuyina musaayi. Tubeera ne Iron mungi singa tubeera n'ekirungo ekikuuma omubiri/vitamin C ekimala.

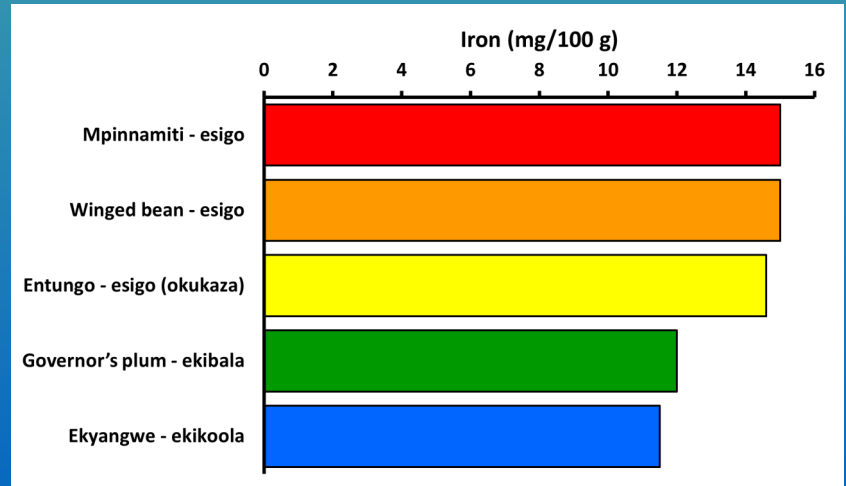
Okunnyika kawo omukalu ekiro nga tanafumbibwa kimuletera okubeera n'ekirungo kya Iron ekiyitirivu.



Mpinnamiti



Entungo



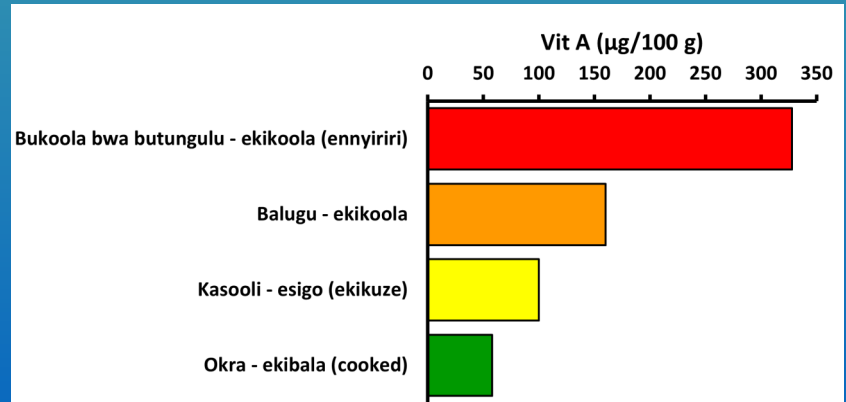


# Ekirungo ekikuuma omubiri/ Vitamin A kirungi nnyo ku maaso gaffe

Ekirungo ekikuuma omubiri/Vitamin A kikulu nnyo ku kukuuma amaaso nga galaba bulungi n'okulwanyisa endwadde, okusingira ddala mu baana abawere n'abakyala ab'embuto.

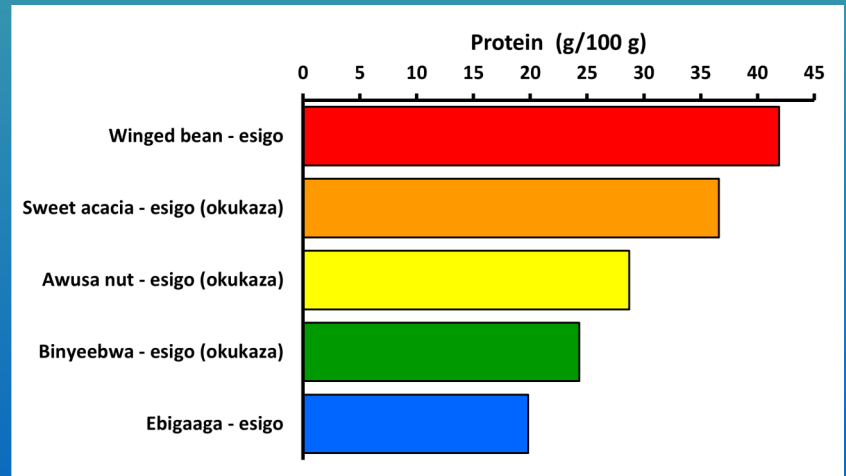
Abantu abataalina kirungo kikuuma mubiri/vitamin A bafuna obuzibu okulaba ekiro.

Mu bimera mulimu ekirungo ekirina okukyusibwa kifuuke ekirungo kya Vitamin A mu mibiri gyaffe.



# Ekirungo ekizimba omubiri

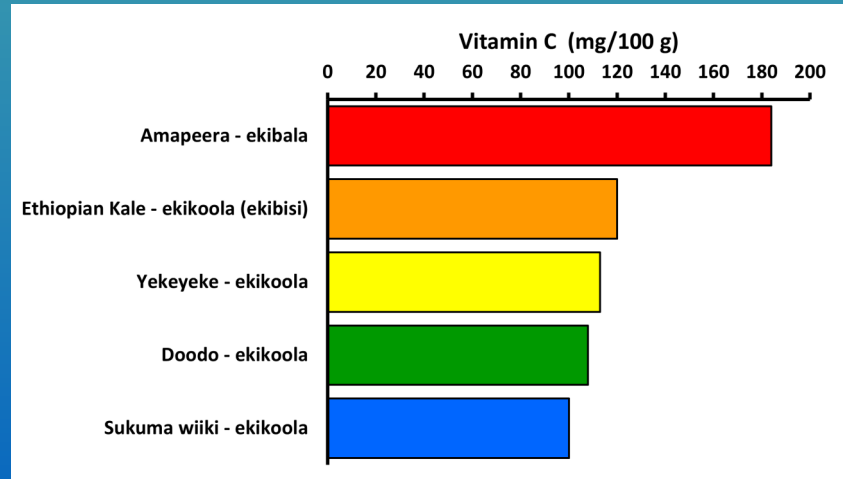
Ebimera bikulu nnyo okutuwa ekirungo ekizimba emibiri naddala eby'enyanya ne nyama tetusobodde kubifuna.





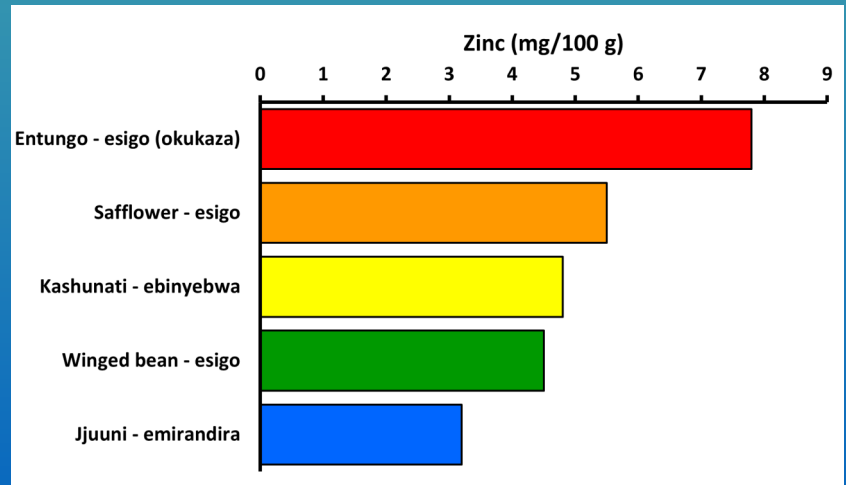
# Ekirungo ekizimba omubiri/ Vitamin C kirungi nnyo mu bulamu bwaffe

Ekirungo ekizimba omubiri/  
Vitamin C kikulu nnyo, kituyamba  
okuziyiza endwadde.



# Ekirungo kya Zinc kiyamba mu kukula kw'omubiri

Ekirungo kya Zinc kikulu nnyo mu baana abato n'abavubuka nga kibayamba okuwona endwadde n'okubakuuma nga balamu.



# Emmere eyakiragala ey'ebikoola nayo nnungi nnyo

Ebikoola ebyakiragala nabyo birungi okutuwa ekirungo kya Iron, ekirungo ekikuuma omubiri n'ebirungo bya Vitamin ne Minerals ebikulu ennyo mu ndya ennungi.

Ebikola ebidugavu nga birimu kiragala birina Folate, ekirungo abakyala bonna abakyazaala kyebetaaga.

Singa ekirungo kya Folate kiba kitono nnyo mu mukyala afunye olubuto kiyinza okuleeta obuzibu bungi mukuzaalibwa kw'omwana.

Kirungi abantu bonna, naddala abaana n'abakyala okulya olubatu lw'enva endiirwa buli lunaku.



Dodo



Edible hibiscus

# Ebimera ebiribwa emirandira birungi era bikula bulungi mu hot humid tropical climates

Emmere ya starch y'emme  
eyongera obulamu mu Uganda.

Twetaaga okunonyereza ku biwuka,  
endwadde n'obubonero bw'ebimera  
ebirimibwa mu ttaka ebbi.



Taro



Amayuuni



Balugu



Lumunde omunsi



Muwogo



# Ebijanjalo bituwa ekirungo ekikuuma omubiri/protains era kiyamba ttaka okufuna obugimu

Emirandira gy'ebijanjalo giriko obuwuka obulungi obusika nitrogen okuva mu mpewo netekebwa mu ttaka nekozesebwa ebimera.

Kino kigimusa kyabwereere.



Mpande



Winged bean



Binyebwa



Ebigaaga

# Kirungi buli muntu yenna okulya ebibala buli lunaku

Ebibala bituwa minerals ne Vitamins  
n'ebirungo ebirara buli muntu bye  
yetaaga okubeera omulamu obulungi.

Abalimi abalungi ab'omutindo basimba  
ebika bingi eby'emiti gy'ebibala.



# Kirungi okusimba emiti gy'ebibala okumpi okwetoolola enju

Kirungi ebibala okulibwa buli muntu.

Ebibala ebimu kirungi okubisimba nga  
twetegekera ebiseera eby'omumaaso.

Ebibala bingi bituuka buli sizoni. Ebimu bituuka  
era bikula mangu.



Awusa nut



Ffene



Sebastian



Governor's plum



# Ebibala bya bika bingi ate birina ekiriisa mu mibiri gyaffe

Ng'eva endiirwa bwe zikula mu biseera ebyenjawulo amaka galina okusimba ebibala ebyenjawulo okusobola okubeera n'ebibala obudde bwonna mu mwaka.

Enva endiirwa ezimu n'ebirime ebiribwa abikoola tulina okubisimba okumpi n'enju nga tusobola okubifuna ne mu biseera by'enkuba, ne bwetuba tukooze nnyo oba nga tulina eby'okukola bing nga tetusobola kugeda mu nnimiro eziri e wala.

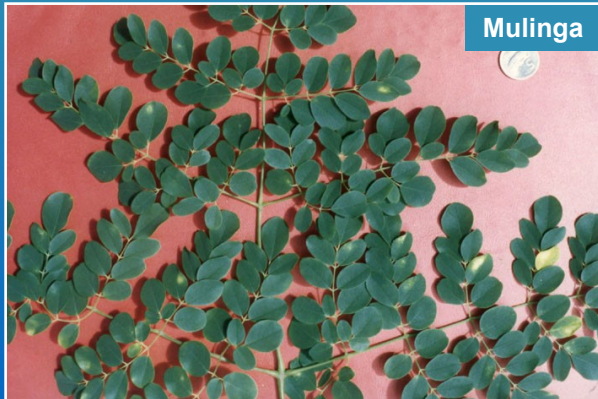




Waliwo n'ebimera bye  
tusimba ob'ebirimibwa  
ku mbalama ze nnimiro



Soursop



Mulinga



Amapeera



Ensete

# Waliwo n'ebimera bye tusimba ob'ebirimibwa ku mbalama ze nnimiro

Ebibala eby'emitti eminene kirungi  
okubisimba ob'okubirimira ku  
lusalosalo lw'ennimiro.



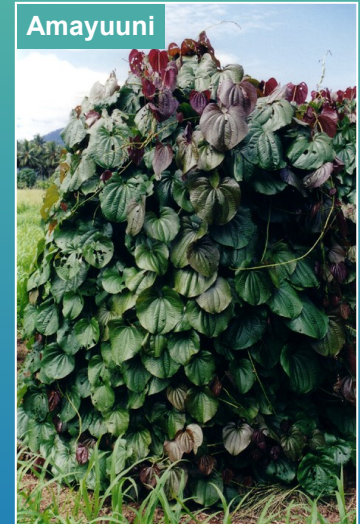
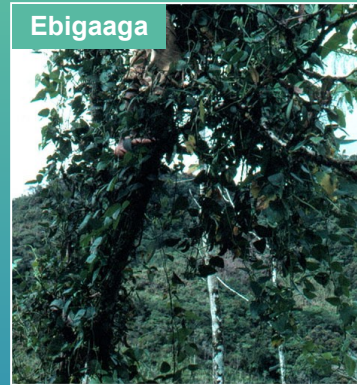


# Tulina ebimera ob'ebibala ebimu ebyetagisa okuyita mu



# Ebimera ebimu bikulira ku nkomera enzimbe ob'esimbe

Ebibala ob'ebimera bingi ebisobola  
okulimibwa ku nkomera z'enju  
ob'ezennimiro.





# Okwebaza



**Ekiwandiiko kino kyabagibwa ngekitundu ku mirimu gya Food Plant Solutions Rotary Action ate kyamalirizibwa n’obuyambi bw’ensimbi okuva mu kibiina kya Rotary District 9830.**

**Omulimo guno tegwandibadde mwangu singa tetwafuna buyambi kuva eri abantu banakyewa abagabana ebirowoozo n’obudde bwabwe okutukkiriza n’okumaliriza omulimo guno.**

**Twebaza eyasengeka era natereza endabika yekiwandiiko kino- Lyndie Kite, John McPhee ne Pam Scott**

**Okuvunula kwasomebwamu ne kukkakasibwa: Kiberu John Chrysostom**

Ekitabo kino kyawandiikibwa nga kyesigamizibwa ku bubaka okuva mu Food Plants International (FPI) database, “Edible Plants of the World”, ekyawandikibwa Tasmanian agricultural scientist Bruce French.

**Wandiika wano by'oyagala**



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