

Ebighuma ne binyobwa omwa Uganda

*Emiherere y'owene
y'eriheramo ebirimwa
byo bulikiro*



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

*ni kithongole ekikabererera emikolere ye rilyam-
bulha emiryambo ye kalyo omwa sya distrikit 9830*



www.foodplantsolutions.org

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Ekiribilhwa kye kyithongole kye bye kalyo (plant solution) lyerilangiri indi abandu bamakenge omughaso we byalya byo bulikiro, nerikangiriribwa erihaba omwa bisondoli byethu kutse ebitabu, nerihikako obuhererya, kusangwa obuli kiro omwa dakika nguma, abana be mwaka 5 bakaholha busana ne ryuse.

Eryongera okwa kitabu ekyi, ebindi bitabu byabirihukibwa inibye Uganda. Ebyosi bya birihiribya okwa kihurulu kyethu kye www.foodplantsolutions.org

Wamanza eriminye binene, kosaya okwa kihururu info@foodplantsolutions.org

Thwamabakokya neribakakamirirya, neribasaba obuwatikya bwenyu.

Ekitabu kino kimanirweho habya obukwenda erihwa omwa kithongole kye Food Plants International (FPI) database, “Ekirimu esyonyinyi esi`kalibawa omwa kighugho kyosi”, ebyaethawa na Tasmanian agricultural scientist Bruce French.

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Uganda – Ni hanga lye bighuma bibuya



Ebighuma bisihire kandi bikatuha ekirisha

Enanasi



Obuli mundu atholere inialya ebighuma obuli kiro.

Omulimi mubuya akahera ebighuma bye mithi muthina-muthina.

Ebighuma bikalhwamo birisya bingyi ibyangaleka omundu iniathunga buying buwene.

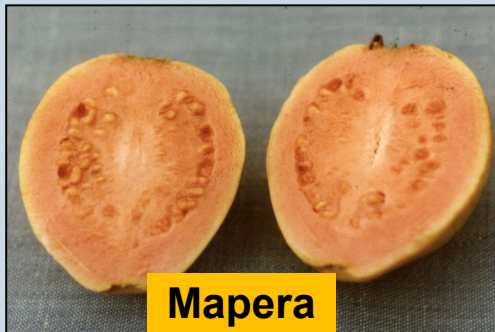
Ekidadayima



Buffalo Thorn



Mapera



Amatembe



Omuzayibibu



Ebighuma bikanza ebirimu bihuhiriri

Enanasi



Omuzayibibu



Mapera



Ffene

Ebighuma ebikanzibawa no buli mundu.

Ebighuma bindi bikera lhuba.

Ebindi bikanza iwaherabyo linyuma.

Ebindibiwithe birimo byabyo.



Ekidadayima

Ghutsemere omwirwa ebighuma

- Ebighuma bikongera akahoho omwa ngebe.
- Birimu ekirisha kye C.
- Wanginasarangamu mu tsorolenia (snacks).
- Ebighuma sini-bya mughanda.

Thutholere itwatsemera ebighuma kusangwa muli akahoho kiwene.



Amathoke – naghu wangina tsoleraniagho



**Amathoke
manene akenera
iniabya mero
werirya.**



**Awerire mule ekirisha ekyikalibulha
ameso.**



**Mukalhwa amero awakaha
ekirisha ke potesamu,e kikaleka
omusasi iniatekana, I wata
thunga puresa.**



**Ghubulhaye
oyuwasi
amathoke awali
ndeke, niku
akubwiri amatoke
aghuwene na
wathuwene.**

Enanasi-yeritsolerania



**Erihera ebisolhu
ibyamabikulha, neryo
esyananasi sikahetha
lhuba.**



Amapera-Alimu ekirisha kya bighuma omwa bana



**Ebighuma
birimu
ekirisya kye
C.**



**Emithi yagho
yikakulha lhuba, kandi
ambe iwaherayo
hakuhi no buthalha
niko abana bathoke
erilia kuyo.**



Muzayibbibbu



Ebighuma byanginalibwa bibisi kutse byabiryera kutse iwabitsumba neryo iwabikabyo.



Ekidadayima-kikahulhukaya ebyughuma omwa mwakaghosi



Bikalibawa bibisi kutse ebyatsumbwa.

Embindihiri yikalhasa wamaherayo.



Ffene - Nikighuma ekyisihire



**Kikalibawa kibisi kutse
ebighuma ibyatsumbwa.**

**Ekitherire
kikalibawa nge
syanyinyi.**



Obukerere - abana banzire okutekerere othu

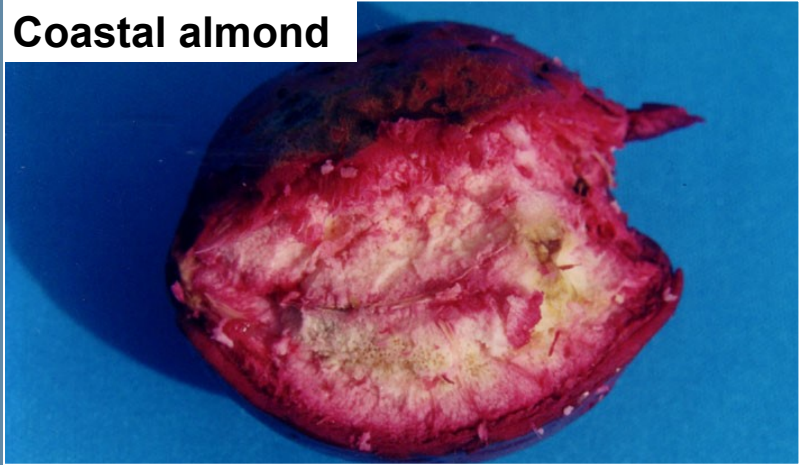
**Obukerere
bwanginalibwa
ibwabiryera kutse
bukuke.**



**Obughuma bwanginaswebwa
neryo ibwakolha ngo mwani.**

Uganda – Ebinyoba

Coastal almond



Akadadayima



Mobola Plum



Omughando

Ebinyoba – birimo ekirisha, bikabikika kandi muli birisya muthina-muthina nga poroteyini

- Ni kirimwa kya buli kirimo.
- Ebyalya byanginabyaho kusangwa bika-bikika.
- Byanzirwe na bandu.
- Ebeya yabyo ni nge foods.



Boabab



Aprokuma

Amabbulungu



Akalibawa abihukwa.



Amabbulungu - muli ekirisya kyo mobana



Muhere e`mithi
kusangwa muli
ekirisya kye
zingi.



Akasiya - Obughuma bakabulya bubisi



Obughuma byanginalibwa bubisi, ibokibwa neriswibwa.

Ebinyobwa - Enguma yakalibawa mu kinyoba



**Bisihire kandi
birimu ekirisya.**



**Bikasubaya
omuthaka kandi
ibyongera akalyo.**



Erilighana

Ekitabu kino kya mahulhukibwa habya mithekere ye kithongole kye Food Plant Solutions Rotary Action Group, ekikawatikaye esya Rotary 9830.

Sikya ngathokekene abayihayo erikolera bbuli kubathatahayo obilhotho byabu, nerilhangira indi bamahiraho obutswiri-tswiri, neri tendiyiminyako omwikolha emithekere eyi.

Kya mathungererwa, neritsutsikanibwa nerihirakyo kwa kihururu na Lyndie Kite, John McPhee na Pam Scott
Translation – Kirere Zefhanus

Food Plant Solutions, ni kithongole ekikaberereraya emikolere ye rilyambulha emiryambo ye kalyo omwa sya distrikit 9830.

Eherisakanga

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