

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

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FOOD PLANT SOLUTIONS
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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

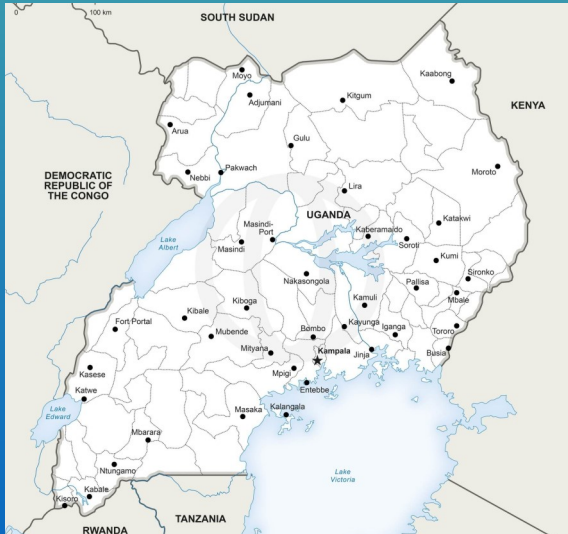
Ng'oyagadde okumanya obubaka obulala okusingawo ku nkola eno tutukkirire ku mukutu guno: info@foodplantsolutions.org

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 eyekyakanyi.

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.

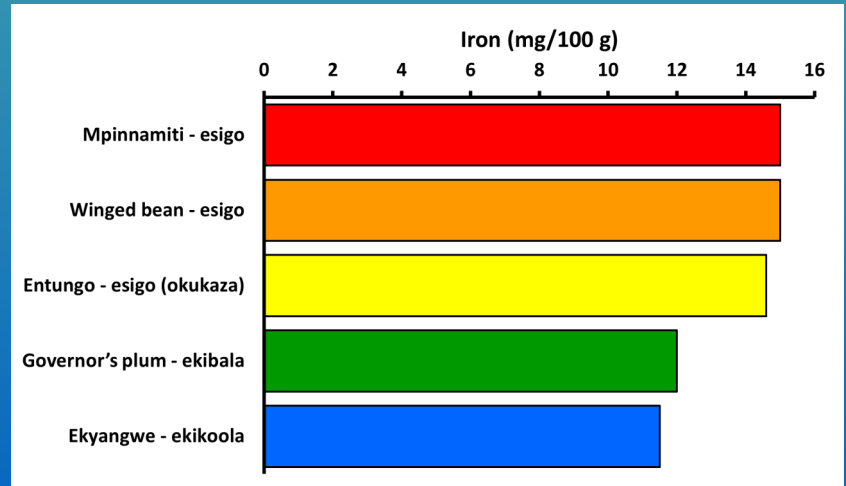
Okunnyika kawo omukalu ekiro nga tanafumbibwa kimuletera okubeera n'ekirungo kya Iron ekiyitirivu.



Mpinnamiti



Entungo

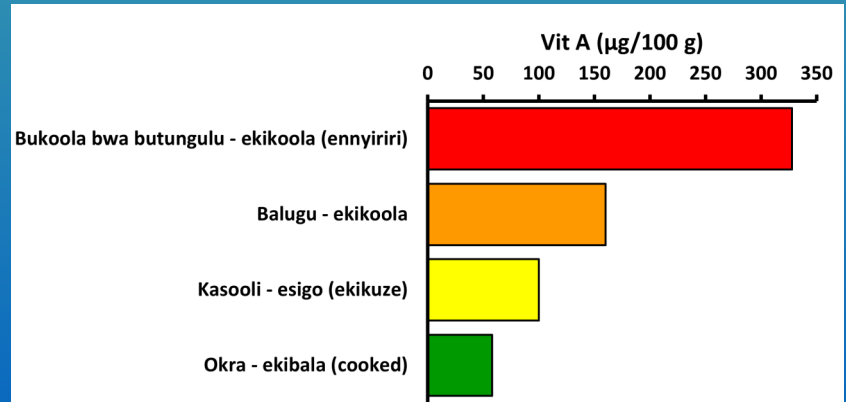


Ekirungo ekikuuma omubiri/ Vitamin A kirungi nnyo ku maaso gaffe

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.

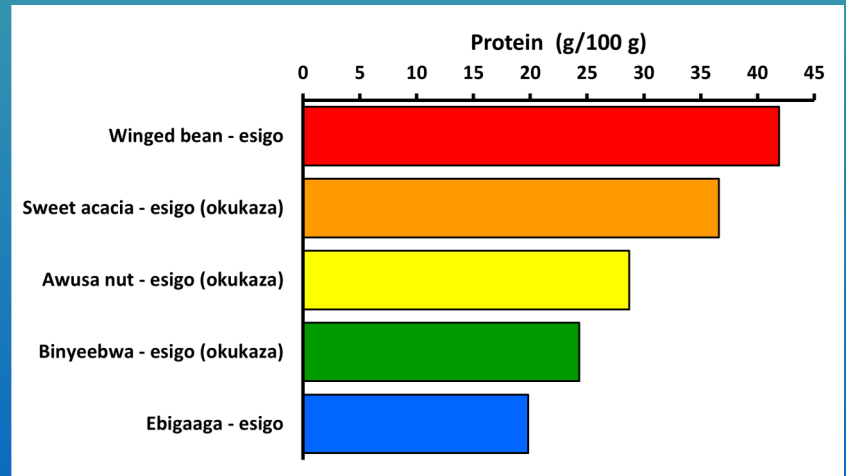
Abantu abataalina kirungo kikuuma mubiri/vitamin A bafuna obuzibu okulaba ekiro.

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



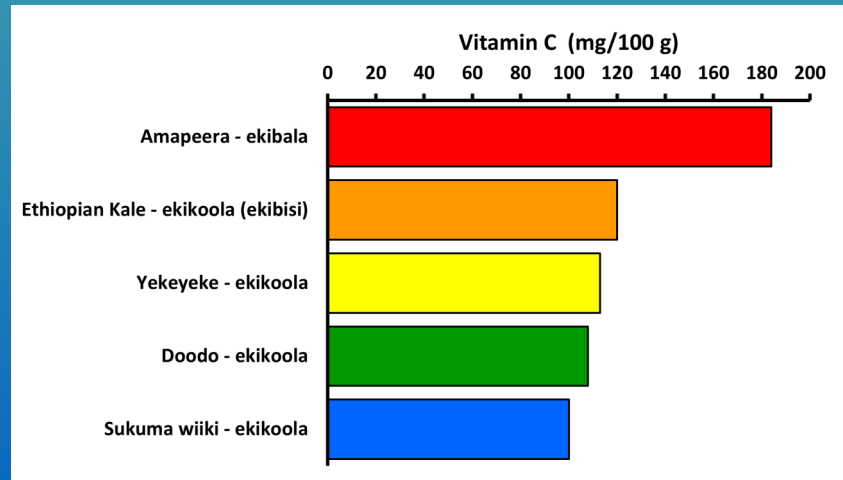
Ekirungo ekizimba omubiri

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



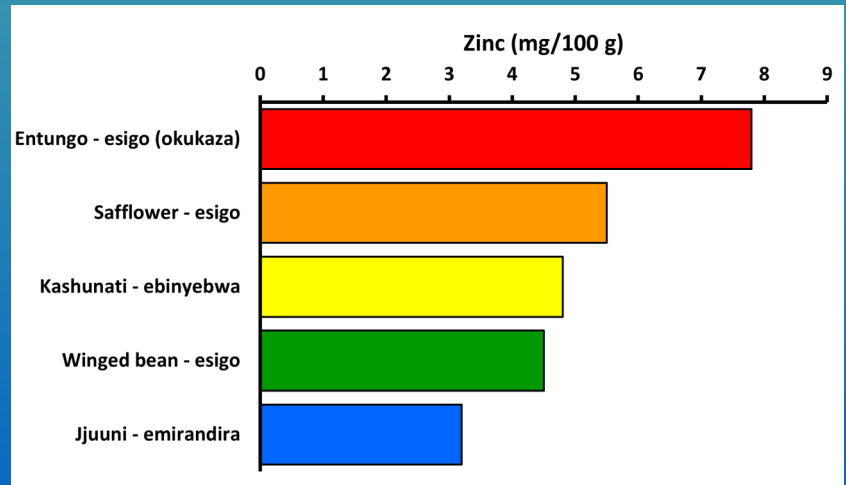
Ekirungo ekizimba omubiri/ Vitamin C kirungi nnyo mu bulamu bwaffe

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



Amapeera



Mulinga



Ensete

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

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

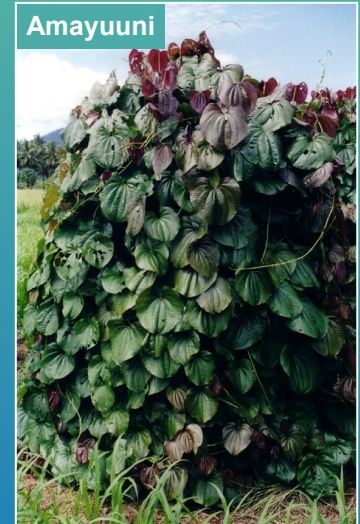
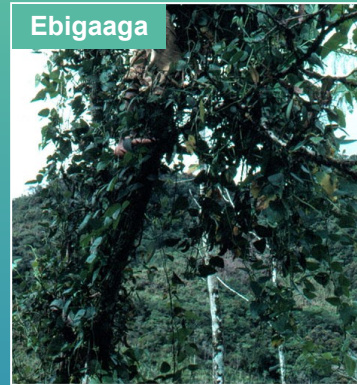


Tulina ebimera ob'ebibala ebimu ebyetagisa okuyita mu



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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