

AKAMARO KIHARIYE K'IMBUTO N'UBUNYOBWA BY'U RWANDA

*UBURYO BW'IBIKORWA BWO GUHINGA
IBIRIBWA BIBONEKA MUGIHUGU NO
KUBIKORA NEZA*



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



The Mustard Seed Institute

A project of the Rotary Club of Devonport North,
District 9830 and Food Plants International



Akamaro kihariye k'imbuto n'ubunyobwa by'u Rwanda

Rotary



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The Mustard Seed Institute

Icyerekezo cya the Mustard Seed Institute ni ukuba ikigo cyegereye abaturage, gitanga ibisubizo bishyizwe mubikorwa kandi birambye kugirango turwanye ubukene bukabije, no kubaha amahoro binyuze mu bushakashatsi, guhanga imirimo cyangwa udushya, amahugurwa no gutanga ubumenyingiro, ndetse n'ikiganiro bkwunguye kuri buri wese mu gace k'icyaro ka Rwankuba-Murambi Intara y'I Burasirazuba.

Food Plant Solutions mu kuvugurura imibereho myiza mu baturage binyuze mu burezi n'ubuvugizi kandi bwitaweho, mu kongera ubumenyi ku bijyanye n'umusaruro Mu kugabanya ikigero cy'imirire mibi iri mu bana baho dukorera.

Ku bisobanuro birambuye by'uyu mushinga tuvugishe kuri info@foodplantsolutions.org.

Twishimiye kubakira n'inkunga yanyu yose.

Food Plant Solutions – ni umushinga wa Rotary Club of Devonport North, akarereka
Rotary 9830 na Food Plants International

Aka gatabo gashingiye ku makuru yakuwe mu bubiko shingiro bwa Food Plant International (FPI), "ibimera biribwa ku isi", byakozwe n'umuhanga mu buhinzi witwaga Tasmanian Bruce French.

Food Plant Solutions ikora ikurikije politiki ya Rotary mpuzamahanga, ariko ntabwo ari ikigo cyangwan igenzurwa na Rotary International



Rwanda - Igihugu cy'imbuto nziza



Medjan ntoya



Umuneke



Voka



Mulberry y'umweru

Imbuto ziryohera kandi ziduha kugumana ubuzima bwiza

Wild custard apple



Buri muntu akwiye kuryaimbuto nibura buri munsi.

Abahinzi beza bahinga ubwoko bwinshi bw'imbuto.

Imbuto zigira imyunyungugu, vitamin n'izindi ntungamubiri nyinshi umuntu wese akenera kugirango agume kubaho kandi neza.

Governor's plum



Amadegede



Mobola plum

Imbuto z'ikirere gishyuha



Wild custard apple



Voka



Governor's plum



Umuneke



Mulberry y'umweru

Imbuto zishimirwa na bose.
Zimwe zikura vubavuba.
Zimwe zihingwa ziteganyirizwa ahazaza.
Inyinshi zigira igihe cyazo cyo guhingwa.

Ryoherwa n'imbutu, uryoherwe n'ubuzima bwiza

- Imbutu zongera uburyohe bw'ubuzima.
- Imbutu zikungahaye burigihe ku ntungamubiri.
- Imbutu ni ibiryo byihuse ako kanya.
- Imbutu zirashimishije ubwazo.

Tugamije kwishimira uburyohe bushimishije hamwe n'imiterere idasanze y'imbutu.



Imineke - Ibiribwa byoroheje kandi byiza



Imineke y'umuhondo ikungahaye kuri karatenoide ifasha kubona neza.

Abitoki byinshi byeze biribwa nk'ifunguro.

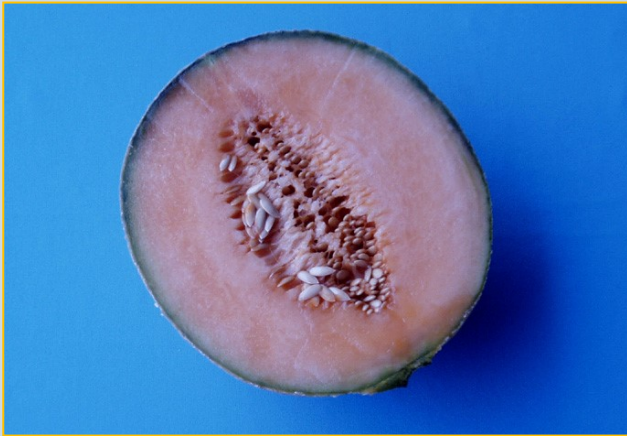


Abitoki bikungahaye kuri potassium ifasha mugutuma umuvuduko w'amaraso uba kukigero.



Baza umuntu uzi neza ibitoki kugushakira ibiryohera byagenewe gutekwa.

Amadegede - ni nziza kuri Vitamin C kubana



Cucumis melo

Ibice byose
by'igihingwa biribwa.



Voka - Imbuto zitandukanye



Imbuto zibikwa ku giti igihe kirekire.

Imbuto zikungahaye kuri Vitamin A.

Persea americana



Governor's plum

Imbuto zishobora kuribwa ari mbisi, zeze
cyangwa zitetse, zumye zibitswe.



Flacourtia indica

Mulberry y'umweru



**Imbuto ziribwa ari
mbisi cyangwa
zitetse.**



Morus alba



**Imbuto zerera ibyumwe-
ru byinshi.**

Medlan ntoya

Vangueria parvifolia



Imbuto, intete,
n'amababi biribwa.



Wild custard apple

Imbutoziribwaa ari
nshya iyo zeze.



Indabyo n'amababi bishobora
kuribwa.

Annona senegalensis

Rwanda - igihugu cy'ubunyobwa n'imbuto bitangaje



Imbuto y'izuba



Egyptian sesban seed



Imbuto y'ubukonje ya squash



Ubunyobwa

Imbut - Intungamubiri ububiko,uburyohe, n'ubukungahare kuri vitamin n'imyungugu

- Ibihe bitandukanye mubihe by'imirire.
- Akenshi ibiryo birabikwa.
- Akenshi zikundwa n'abana.
- Byiza kandi bihendutse kuruta kugura ibiryo byihuse byoroshye.



Mobola plum nut



Parinari curatellifolia

Ibinyomoro ni byiza mu gutanga
protein na ubutare.



Imbuto zo mu gihe cy'izuba



Helianthus annuus

Imbuto zikora ibiryo bifite
intungamubiri, zitanga fer na zinc,
bikaba byiza kubana.



Imbuto y'ubukonje ya squash - bitandukanye kandi bifite intungamubiri



Cucurbita maxima

Imbuto zishobora kuribwa ari mbisi cyangwa zakaranzwe zigahindurwa ifu.



Ubunyobwa - ibishyimbo biribwa nk'imbuto



Imbuto zishobora
kuribwa mbisi cyangwa
zitetswe.

Ibishimbo bishobora
guteza imbere ubutaka
mu gihe byongera ibiryo.

Arachis hypogea



Ugushimira

Iki gitabo cyateguwe nk'igice cya gahunda yakozwe na Food Plant Solutions Rotarian Action Group, byashobotse hamwe n'inkunga yatanzwe na Rotary Club of Nundah, Rotary Club of Mooloolaba.

Ntibyari gushoboka hatabayeho kwiyemeza no gushyigikirwa n'abakorera bushake banyuranye batanze icyerekezo kandi batizigamye n'imbaraga zabo kugirango bashyigikire uyu mushinga.

Gusubiramo, uburyo inyandiko ikozwe - Lyndie Kite, John McPhee na umukozi ushinze ibikorwa Karalyn Hingston.

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