

IBIHINGWA BIRIBWA KUBW'INDYO YUZUYE INTUNGAMUBIRI MURWANDA

***UBURYO BUFATIKA KANDI
BUGARAGARA BWO GUKUZA IBIHINGWA
BIRIBWA NDETSE NUBURYO BWO KU
BIKORA NEZA***



**FOOD PLANT
SOLUTIONS**
ROTARIAN 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



www.foodplantsolutions.org

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The Mustard Seed Institute

Icyerecyezocya The mustard seed institute ni ukuba ikigo cyegereye abaturage, gitanga ibisubizo bigaragara kandi bifatika kugirango turwanye ubukene bukabije no kubaka amahoro binyuze mu bushakashatsi, guhangamirimo cg udushya, amahugurwa nogutanga ubumenyingiro ndetse nibiganiro bifunguye kuri buriwese. Mu cyarocya Rwankuba, muntara y'iburasirazuba.

The mustard seed institute ikoranye na food plant solutions kugirango bongere ubuzima bwiza n'imibereho myiza yabatuage binyuze mu mahugurwa ndetse n'ukwigisha abaturage uburyo bunozwe bwoguhinga ndetse n'ubworozi twibanze ku kungura ubumenyi abaturage kubihingwa bishobora guhingwa kugirango tugabanye imirire mibi mu bana.

Ku bundi busobanuro kubijanye nuyu mushyinga wabarizakuri info@foodplantsolutions.org
Inkunga yanyu turayakiriye kandi turayishimiye.

Food Plant Solutions – niumushingawa 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 witwa Tasmanian Bruce French.

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



Gukoresha neza umusaruro w'ibihingwa biribwa



Ubuzima, imibereho myiza n'umutekano
wibiryo mwiza mugihugu bisaba gukoresha
neza ibiribwa biharimuri icyo gihugu.



Ibihingwa biribwa kubwubuzima nimirire myiza mu rwanda

Kubera ikirere cyiza n'ubutaka bwiza bwera kandi buteye neza, imvura mu bihe bitandukanye mumwaka, nicyo gihe ngo tumenye cg dusobanukirwe kandi tunakoreshe ibihingwa byiza kandi bitandukanye byuzuye intunga mubiri.

Nicyo gihe ngo urwanda rwishyimirire ibihingwa biribwa byiza rufite. Hari ibihingwa byinshi bitandukanye mu karere kacyu.

Tanzania ifite amoko yibihingwa biribwa 1949. Uganda ifite 1160. Burundi ifite 375.



Mulberry y'umweru



Ibigori



Amaranthus

Ibihingwa byokurya bitera cyangwa bituma tugira ibuzima bwiza

Kugirango ubeho ufite ubuzima bwiza, abantu bose cyane cyane abana, bagomba kurya ibiryo bitandukanye kuva mu bwoko bwi biribwa bitandukanye byuzuye intunga mubiri. Ibitera imbaraga- nki bijumba Ibitera gukura- nk'ubunyobwa Ibitera ubuzima bwiza- nka voca Kurya ibiryo bitandukanye, bituma umubiri ubona intunga mubiri zikenewe muburyo bukwiye.



Kurinda neza umutekano wibiryo

**Nibyiza guhinga ibihingwa byinsi
bitandukanye mu bihe bitandukanye mu
mwaka, kugirango twirinde kubura ibyokurya
mu ngengabihe zitandukanye mu mwaka.
Hano hagomba kubamo imbuto ni bita
byu'bunyobwa.**



Uboro



Imyumbati



Moringa



Amadegede



Jute



Ibihwagari



Taro

Iron ituma tugira maraso meza

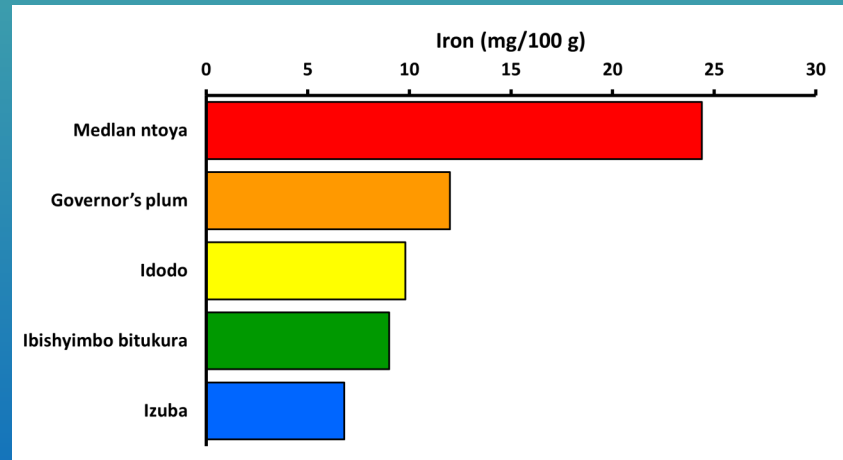
Iron ningenzi mu maraso yacu. Niyo ituma amaraso yacyu aba umutuku.

Iron ifasha oxygen kujiyera mu bihaha byacyu.

Ibi bidufasha kubona ingufu zo gukora akazi neza.

Mugihe tudafite itungamubiri ya iron ihagije mu mubiri wacu duhita tuba “anaemic” (kuba nta maraso ahagije ufite mu mubiri)

Iron tuyigira iyo dufite vitamin C ihagije mu mubiri. Kwinika ibishyimbo nijoro mbere yuko tubiteka, byongera ingano ya iron muri ibyo bishyimbo.

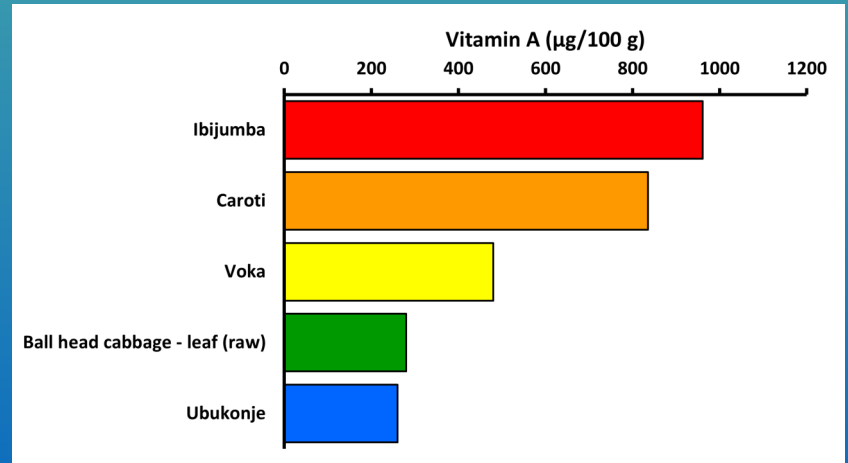


Vitamin “A” ituma amaso abona neza

Vitamin A ni ingenzi mu mubiri wacu. Ituma amaso yacu abona neza, ndetse nukurwanya indwara cyane cyane mu bana na bagore batwite.

Abantu badafite vitamin A ihagije bagira ikibazo cyokutabona neza nijoro.

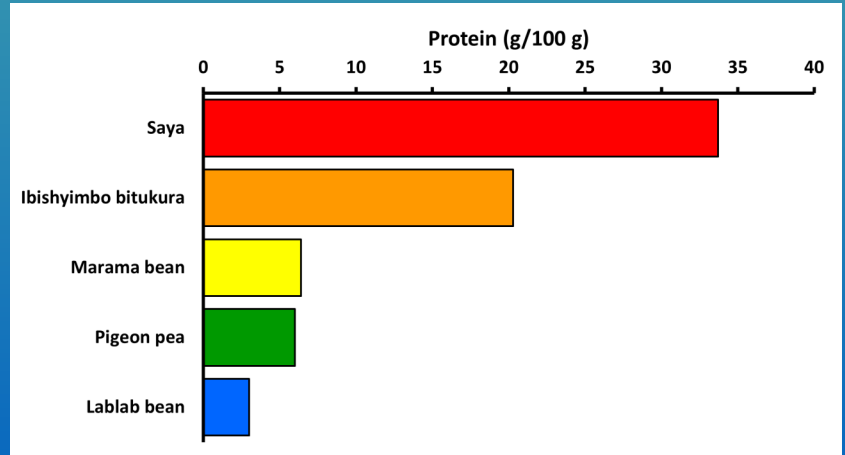
Mu bihingwa habamo chemical zihindura vitamin A mu mu biriwacu.



Ibiribwa bifite intunga mubiri ya protein



Ibihingwa biribwa n'ingenzi cyane kuko
byinshi biduha protein cyane cyane mugihe
tudafite IFI cg inyama.



Vitamin 'C' ituma tugira ubuzima bwiza

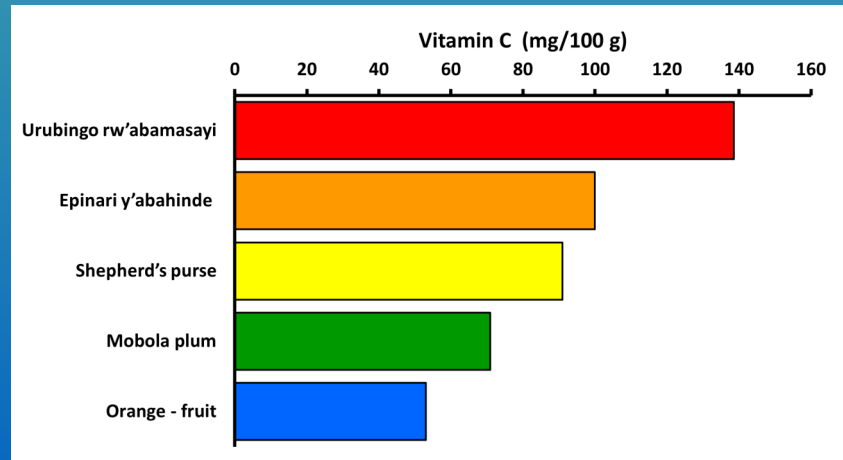


Urubingo rw'abamasayi

Vitamin C ni'ngenzi cyane kuko idufashya
mu kurinda indwara mumubiri wacu.



Epinari y'abahinde



Zinc ituma imibiri yacuikura

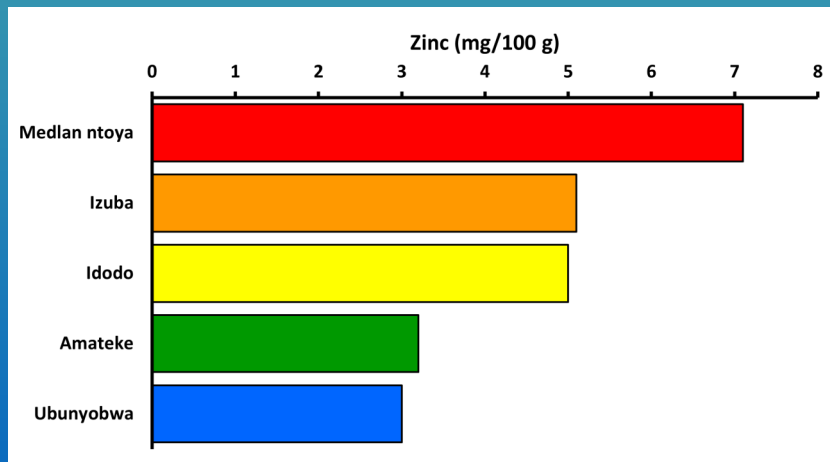
Zinc muburyo bwihariye ni'ngenzi cyane mu banana basore, ndetse ni'nkumi kuberako ifasha imibiri yabo gukira indwara bakagira ubuzma bwiza buzirumuze.



Medlan ntoya



Izuba



Imboga zibyatsi ningenzi cyane

Imboga zibyatsi ningenzi cyane kuko ni'soko ya IRON, vitamin ni zindi ntungamubiri zi kenewe mumubiri wacu kugirango tugire ubuzima bwiza.

Imboga zibyatsi zi gira intungamubiri yitwa 'folate' zikenewe nabagore bose bageze migihe cyo kubyara.

Kutagira intungamubiri ya 'folate', mugihe cyogusama byazatuma habaho imbogamizi cg ibibazo bikomeye cyane mugihe cyokubyara.

Buri wese cyane cyane abadamu na bana bakeneye kurya imboga zibyatsi nyinsi buri munsu.



Epinari y'abahinde



Moringa

Ibihigwa biribwa imizi nibyiza cyane ahantu hari ubushyuhe butari bwinshi

Ibiribwa bifite intunga mubiri ya
starch ni'ngenzi cyane mu rwanda.

Ariko Dukeneye kwirinda indwara,
udukoko dutera indwara, ni
bimenyesho yuko ibihingwa biri
gukurira mu butaka butari bwiza.



Ibishyimbo biduha protein kandi birinda ubutaka

Ibishyimbo bigira agakoko ka bacteria
kihariye mumizi yabyo kabifashya kwingiza
nitrogen mubutaka ngo ikoreshwe ni
bihingwa.

Ni ifumbire yu'buntu!



Buri muntu akwiriye kurya imbuto buri munsu.

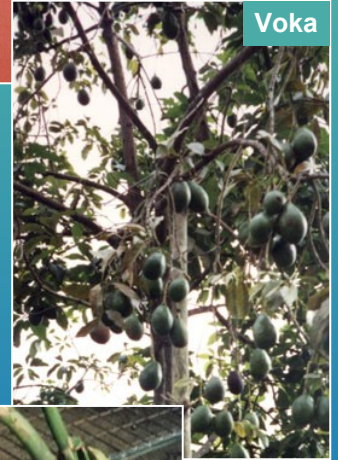
Imbutozi duha vitamin , ni zindi ntungamubiri zikenewe numubiri wacyu kugirango tugire ubuzima bwiza buri munsu.

Abahinzi beza batera imbuto nyinsi cyane.

Amadegede



Voka



Governors plum



Umuneke

Gutera imbuto nibiti byubunyobwa bikikije ingo zacu.

N'imbuto zishobora kuribwa na buri wese.

Zimwe ziba zikenewe guterwa kubwa hazaza.

Imbuto nyinsi zera mubihe bitandukanye.

Izindi mbuto zera cg zikura vuba.



Mobola plum



Mulberry y'umweru



Ubunyobwa

Imboga zibyatsi ziduha intungamubiri nyinsi zitandukanye

Mugihe imboga zimwe zi kura mugihe runaka kihariye, imiryango ikwiriye gutera imboga nyinshizi tandukanye kugirango ibone ibiryo umwaka wose.

Imboga zimwe zikeneye guterwa hafi yamazuru yacu kugirango tubashye kuzibona bitatugoye no mu gihe cyu'bukonjye cg se mugihe unaniwe cg udafite umwanya wo kujya mu murima wakure.



Igihaza/ idegede



Kokombure



Caroti



Intoryi



Bottle gourd

Ibihingwa twifashisha kuzitira imirima

Ibihingwa binini dushobora ku byifashisha
mu ku zitira imirima yacu.



Ibihingwa bikurira hasi mumirima



Hari ibingwa bimwe bi kurira hasi mu mirima yacyu

Epinari



Ubunyobwa

Ibijumba



Uboro



Cat's whiskers



Ibihingwa bikura byurira inzitiro

Ibihingwa byinshi bi kurira kunzitiro z'urugo cg zu'murima.



Kokombure



Epinari y'abahinde



Marama bean



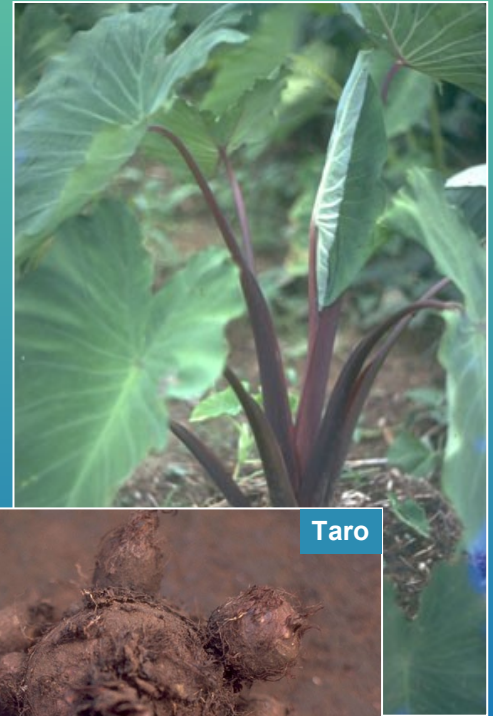
Lablab bean



Ibishyimbo bitukura

Ibihingwa bikurira mugishyanga

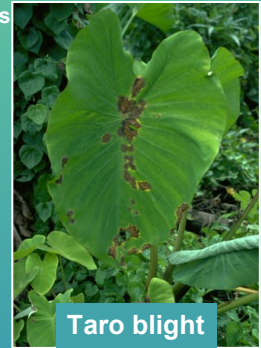
Ibihingwa biribwa bishobora kwera ahantu henshyi hatandukanye, ndetse no mu bishyanga.



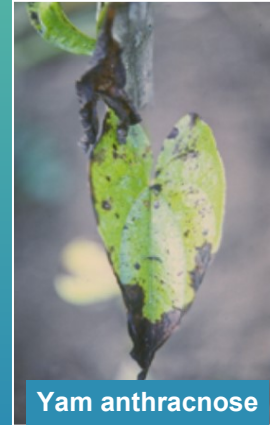
Indwara nu'dukoko byataka ibihingwa

Ibihingwa bi kujijwe neza ntago byibasirwa ni'ndwara ndetse nu'dukoko. Bishobora kuma kubera ubutaka bubi. Ni'ngenzi cyane kumenya ibi bimenyetso kare ukanabifatira ingamba hakiri kare.

Aka gakoko ka taro blight fungus
kaka mugihe cya majoro atose
Kandi ashushe.



Taro blight



Yam anthracnose

Aka gakoko gatuma
ibibabi byangirika ndetse
bikanapfa.

Iyi fungus scab iba mbi bitewe
nubutaka bubi ndetse nubwoko.



Wrinkled sweet potato leaves

Agakoko gato canee bita moth
kihisha muni yindabo gahunga
izuba.



Banana scab moth

Iyo uteye imyumbati mubutaka butari
bwiza ntago ishobora kwera gutanga
ibiryo bihagije.



Cassava short of nutrients

Ugushimira



The Mustard Seed Institute

Gukora iki gitabo ntago byari gushoboka iyo bitaba uwete ndetse nubufasha bwa bakorera bushake ni bigo bittere inkunga uyi mushinga.

Abaterankunga - Dobmac pty ltd, Rotary Club Howrah nets na Rotary Club ya Tamar sunrise.

Abagateguye no kugatunganye Lyndie Kite, John McPhee na Karalyn Kingston (Uyoboye Umushinga).

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Ibyanditswe



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