

# Ebithi byo syonyinyi omwa Uganda

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



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

*Ni kithongole ekikaberereraya emikolere ye rilyam-  
bulha emiryambo ye kalyo omwa sya distrikit 9830*



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

# Ebithi byo syonyinyi omwa Uganda

Rotary



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

Ekiribilhilihwa kye kyithongole kye bye kalyo (plant solution) lyerilangiri indi abandu bamakenge omughaso we byalya byo bulikiro, nerikangiriribwa erilhaba 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 byabirihulhukibwa inibye Uganda. Ebyosi bya birihiribya okwa kihurulhu kyethu kye [www.foodplantsolutions.org](http://www.foodplantsolutions.org)

Wamanza eriminya binene, kosaya okwa kihururu [info@foodplantsolutions.org](mailto:info@foodplantsolutions.org)

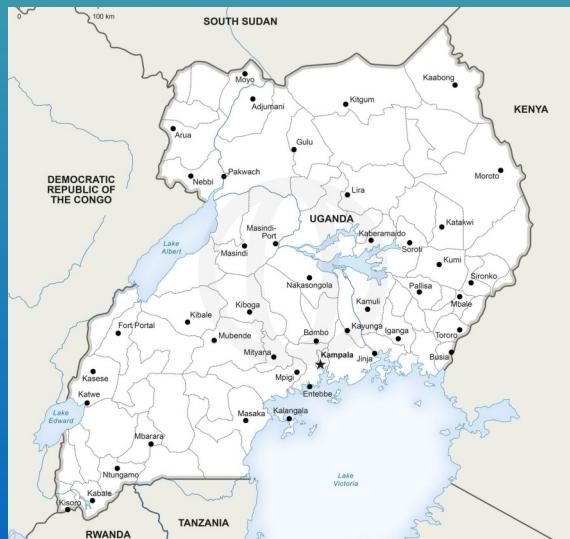


**Food Plant Solutions**, ni kithongole ekikaberereraya emikolere ye rilyambulha emiryambo ye kalyo omwa sya distrikit 9830.

Food Plant Solutions, ni kyi thongole ekikakolengana ne kindi kye Rotary omwa kighugho kyosi, nikwa isikyiri- thehekanibawa ne mighambo ye kithole kye bya kalyo



# Emironderya ya kalyo eyowene



**Obuyitsotse neribyaho ndeke nerilhondekania akalyo, litholere Erikolesya ebirimwa ebikabanika.**

# Ebirimwa bye kirisya omwa uganda

Ni ndambi yerilebya obuthuku ne  
kirimu, ekihohe, omuthaka gho wene  
ne miwiri ye mbulha nerilhangira  
omughulhu werihereramu nekirimwa  
ekitholere kipindi ekirimu omubogha.



Ebimbahu



Enanasi

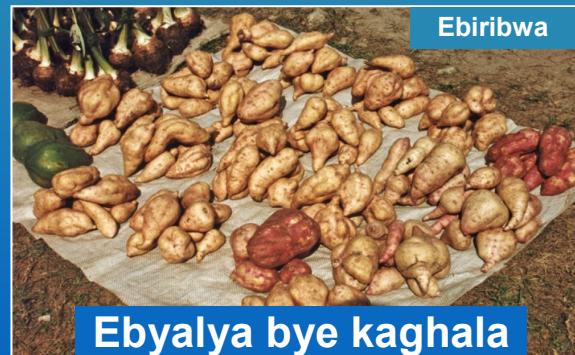


Dodo

# Emiririre yo wene

Abandu bosi mubye nobuyitsotse,  
kulhabirirya abana batholere ibalya  
ebyalya bye kirisyा nga bino:  
**Ebyalya bye kaghala nge biribwa**  
**Ebyalya ebikakulhaya nge. Binyobwa**  
**Ebyalya byo buying nge pinari**

Neryo ibbwa ekirisya ekikayitahisibawa  
ikyasanga ekirisya ekine mubyalya byosi.



# Ebyalya byo

Ghuhere ebirimwa bya buli muthina omwa mwaka ghosi nuku akalyo isikakulhaghako. Iwatswanganiamu ebighumsa ne binyobwa.



Moringa



Ekimbahu



Omuyirima



Kinyamusasi



Ebiribwa



Dodo



Omuhogo

# Ekirisya kye makuha habo musasa

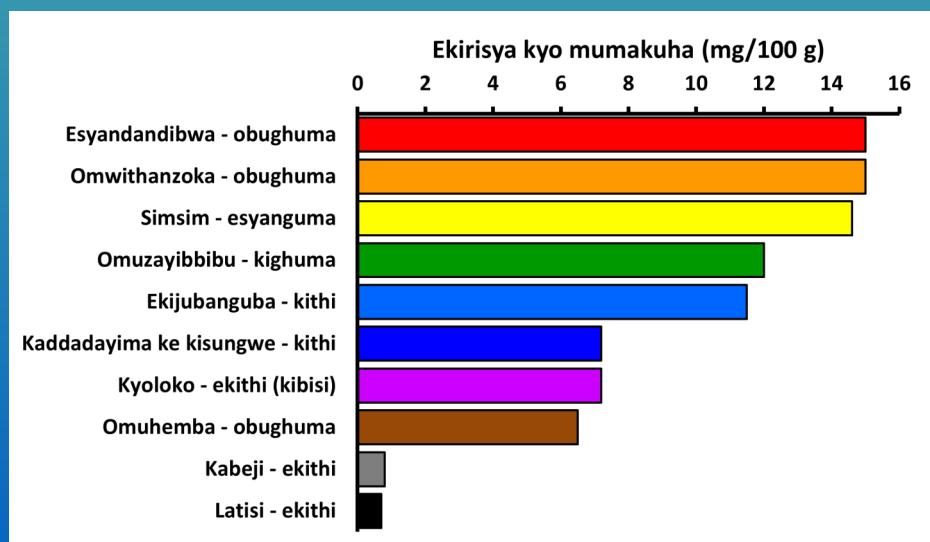
Ekirisya ekyi nikikulhu omwa musasi. Kyekikakola omusasi mu wa munyama.

Ekirisya ekyi, kikaleka omusasi iniahika omwa bihaha, neryo ibbwa omundu iniathunga amani.

Ekirisya ekyi kyamathubulhamu, neryo ghukalhwalha anemiya kutse ekikuba kye mbeho.

Kandi kiksatsirsamu eribanika ne kirisia kye C.

Eribobya ebikwamimbi ekiro kyosi ghute waghukabyo, kikaletha ekirisya kye makuha.

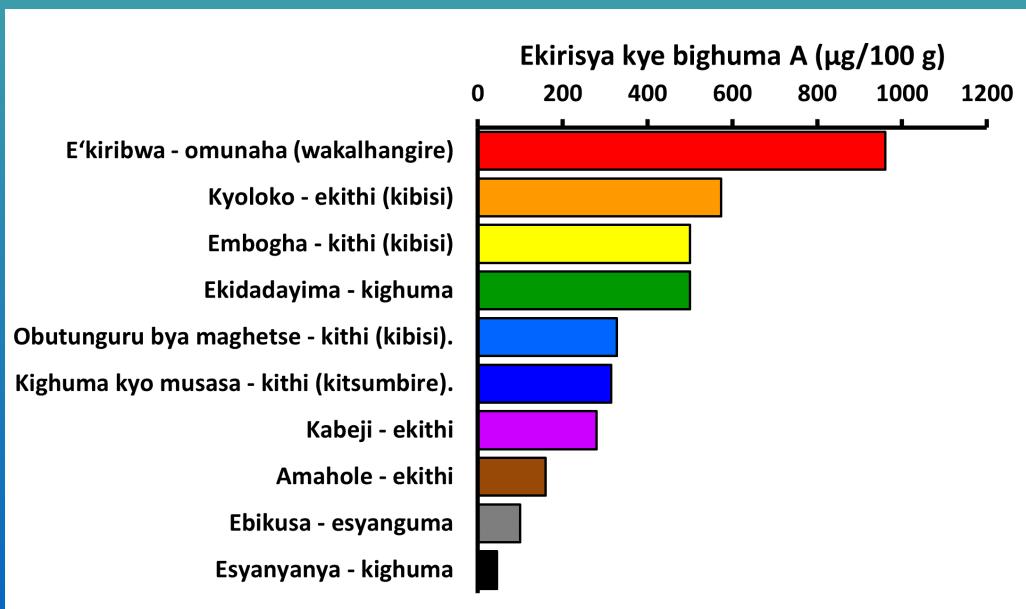


# **Ekirisya kye A habwa ameso waghu erilhangira ndeke**

**Ekirisya kye A ni kikulhu okwa meso kandi  
kikahihitha amalhwere, kulhabiriryha omwa bana  
na bakule.**

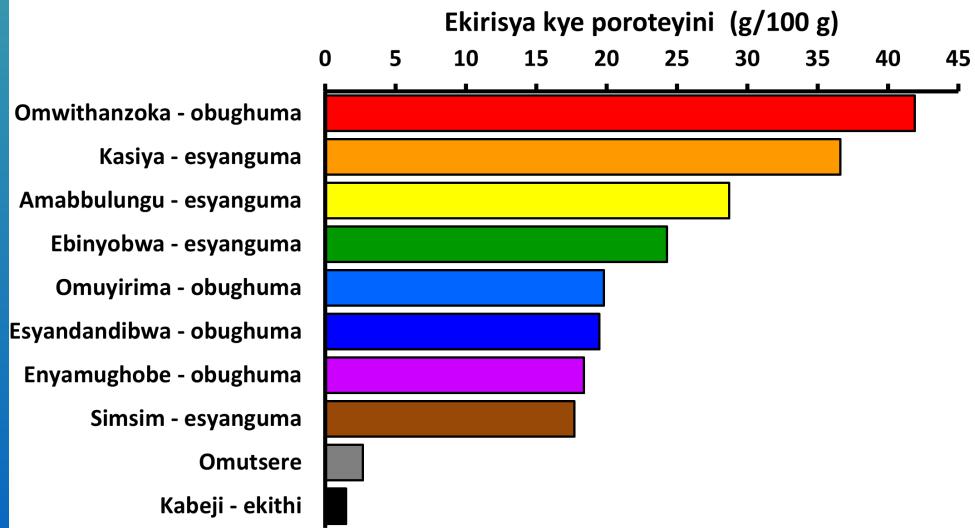
**Abathawithe ekirisya ekyi  
sibe Ihangira ndeke  
omwa kiro.**

**Oma bithi, ekemiko  
yikabanika kandi  
eyikendibendulwa mu  
kirisia kye A omwa mibiri  
yethu.**



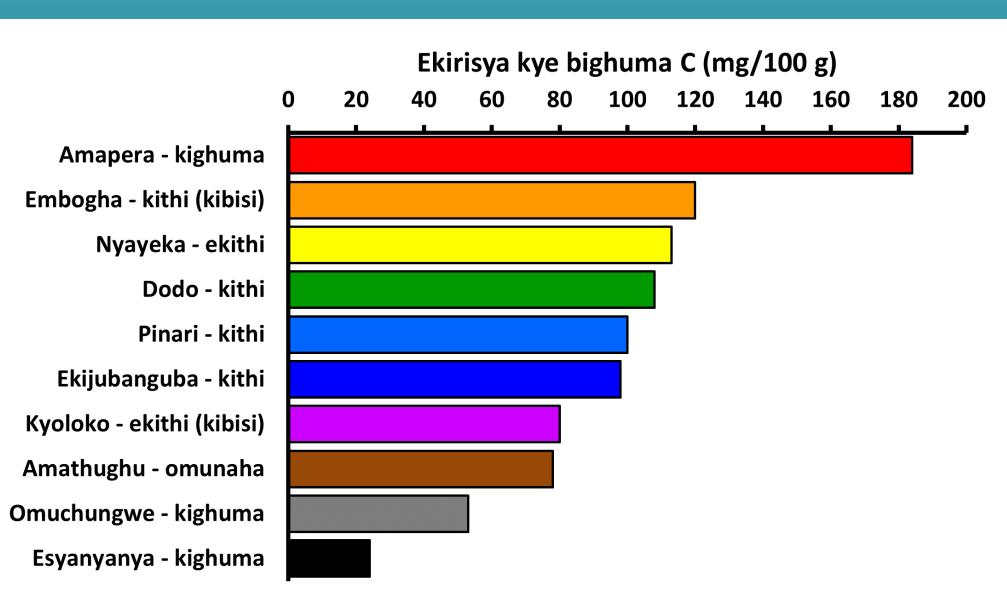
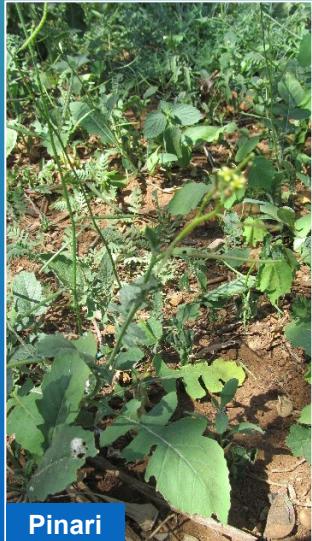
# Ebyalya bye kirisyra

Ebirimwa bindi byanginabya bye poroteyini hamabya isihali mahere ne syo nyama.



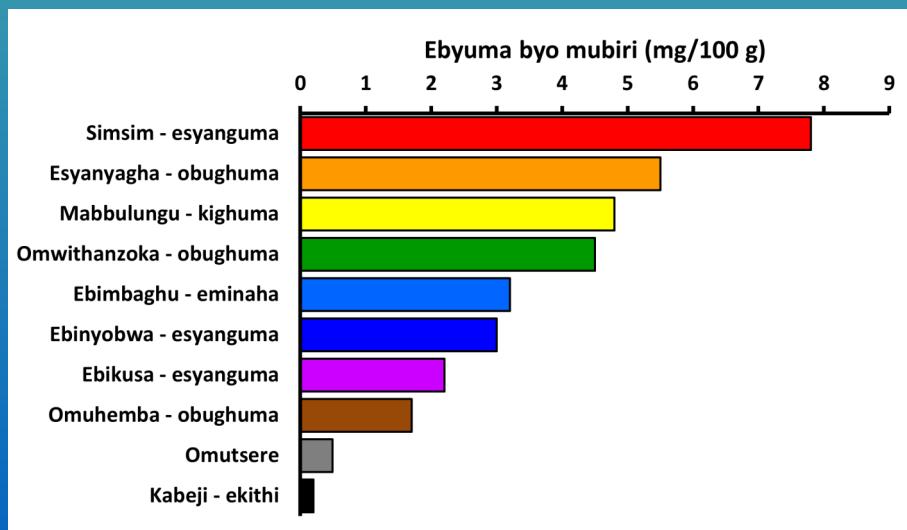
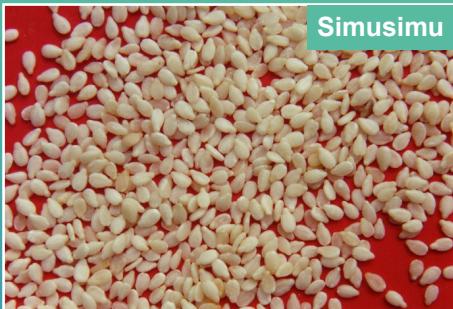
# Ekirisya kye bighuma (c)

Ekirisya ekyi  
kikathuwatikaya erihihitha  
amalhwere.



# Ekirisya kye zingi omwa mubiri

Ekyi kikawatikaya emisuku na bana eribya nobuyingo bubuya, nerilhama amalhwere.



# Esy nyinyi ni sya mubongo

Esyanyinyi nyiraghulhu sirimu ekirisya kye makuha, poroteyini, ne bindi birisya muthina-muthina ebikawatikaya obuyingo.

Esyanyinyi esi abakule nabo bakanzasyo.

Ekirisya ekikongera obutafali bo mubiri kyamakeha, neryo omundu anginathunga emisulhu-suthu akabutha.

Obuli mundu ,mukali mulhume, bana atholere hakiri iniabirirya ekihanza kye syanyinyi okwa buli kiro.



# Ebirimwa bye mirihya bikera ndeke bya maherwa emisithu

Ebyalya byakaghala bye bikanyirire  
omwa ngebe ya banya Uganda.

Thutholere ithwaminya obuminyikalho  
bwe hihuka, amakoni ne hisoro ebikalya  
ebirimwa byethu.



Ebimbaghu



Ekimbaghu



Ekinyangwa



Ebiribwa

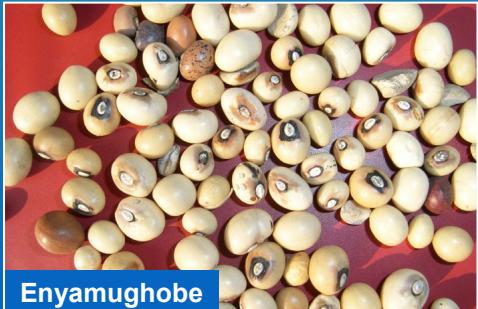


Omuhogo

# Ebihimba bikahulhukaya ekirisya kye poroteyine nerisubania omuthaka

Ebihimba biwithe obuhuka  
obukalya okwa mirihya neryo  
ibyaleka nitrogini iyasighalha  
omwa muthaka neryo ebirimwa  
ibya lhasa ndeke.

It is free fertiliser!



Enyamughobe



Omwita nzoka



Ekinyobwa



Omuyirima

# Obuli mundu atholere inialya ebighuma obuli kiro

Ebighuma bikalhwamo birisyu bingyi  
ibyangaleka omundu iniathunga buying  
buwene.

Omulimi mubuya akahera ebighuma bye  
mithi muthina-muthina.



Buffalo thorn

Amatembe

# Ebighuma ne binyobwa hakuhi ne eka

Ebighuma ebikanzibawa no buli mundu.

Ebindi, bikayitahisibawa erihera omwa biro  
bye mbere.

Ebindi biwithe ebirimu bya-byo.



# Esyonyinyi syabuli muthina ne kirisy

Esindi sya nyinyi siwithe birimo byaso, neryo ghutholere iwaherasyo omwa bunene niko sisikulhagheko.

Esyo nyinyi syanginaherwa hakuhi neka nuku mubye imwa nginasisolhoma omwa bya Ihuba kulhabiriry a bamayighanyiriry eriyasolhama hale.



# No kwa misike ya malima, ghuhereko



# No kwa misike ya malima, ghuhereko

Ebirimwa binene byenginera okwa misike ya malima.



Kinyamusasi



# Ghubibesyo



Okra



Ekinybwa



Ebiribwa



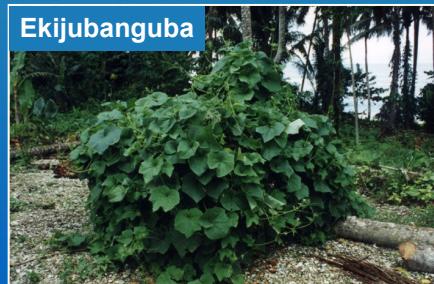
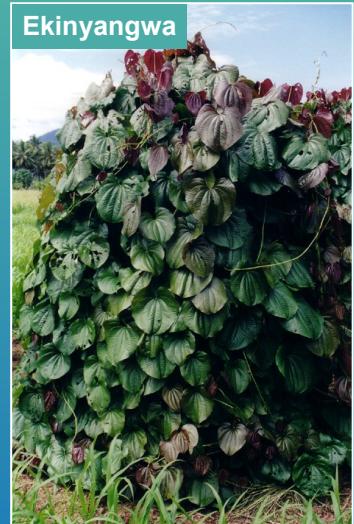
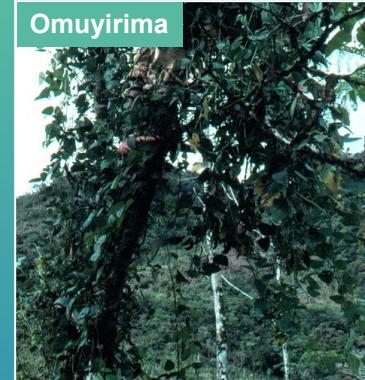
Olhutunguru



Dodo

# Ghuheresyo okwa nyughuthu

Ebirimwa binene byanginaherya okwa syanyumba no kusanyighuthu.



# Erlighana



**Ekitabu kino kya mahulhukibwa habyw 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**

**Thwamabakokya neribakakamiriry, neribasaba obuwatikya bwenyu.**

**Food Plant Solutions** – ni kithongole ekikaberereraya emikolere ye rilyambulha emiryambo ye kalyo omwa sya distrikit 9830

Ekitabu kino kimanirweho habya obukwenda erilhwa omwa kithongole kye Food Plants International (FPI) database, "Ekirimu esyonyinyi esi'kalibawa omwa kighugho kyosi", ebyalethawa na Tasmanian agricultural scientist Bruce French.



# Eherisakanga



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