

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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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 ekya:
www.foodplantsolutions.org

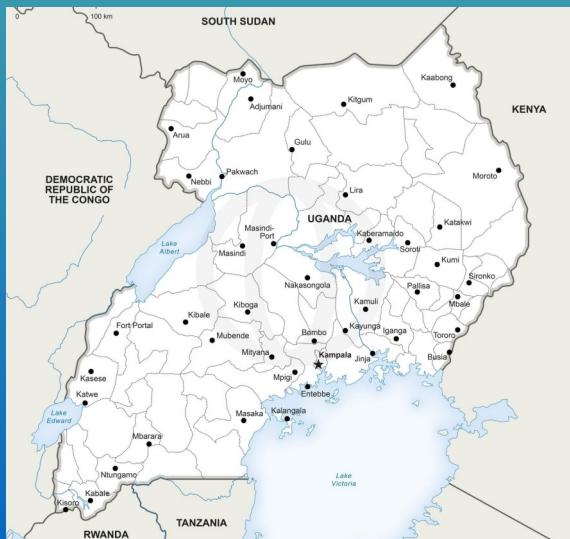
Ng'oyagadde okumanya obubaka obulala okusingawo ku nkola eno tutukkirire ku mukutu guno: info@foodplantsolutions.org

Twaniriza era twongera 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 ekuma ommubiri- okugeza; Indian Spinach

Buli kirungo ekyetagisa mu mibiri bijja kufunibwa era bisisinkanamu embeera eyekyekanyi.



Emmere ekuza



Sukuma wiiki



Emmere ewa amaanyi

Okukuumma 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



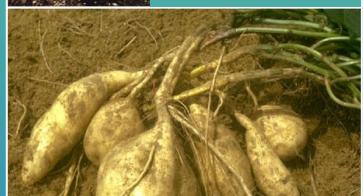
Taro



Balugu



Edible hibiscus



Lumunde omunsi



Doodo



Muwogo

Ebimera ebizaamu omusaayi

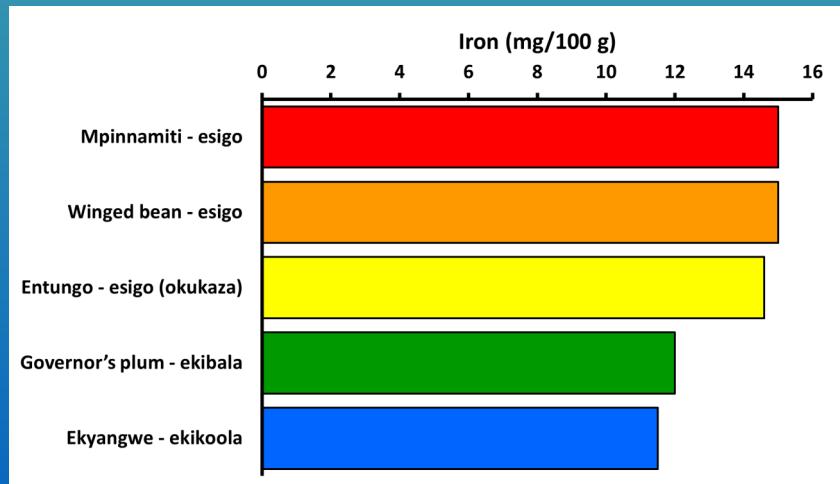
Ekirungo kya Iron kikulu nnyo mu musaayi. Kiyamba omusaayi okubeera omumyufu.

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 ekiytirivu.



Ekirungo ekikuuma omubiri/ Vitamin A kirungi nnyo ku maaso gaffe

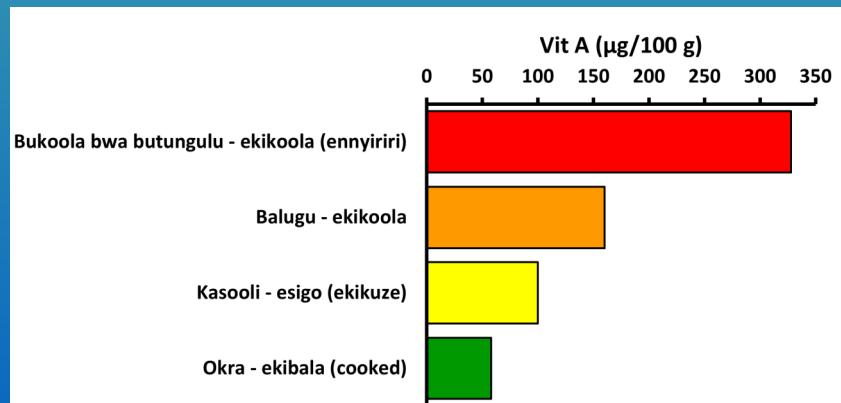
Ekirungo ekikuuma omubiri/Vitamin A kikulu nnyo ku kukuuma amaaso nga galaba bulungi n'okulwanyisa endwadde, okusingira ddala mu baana abawere n'abakyala ab'embuto.

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.

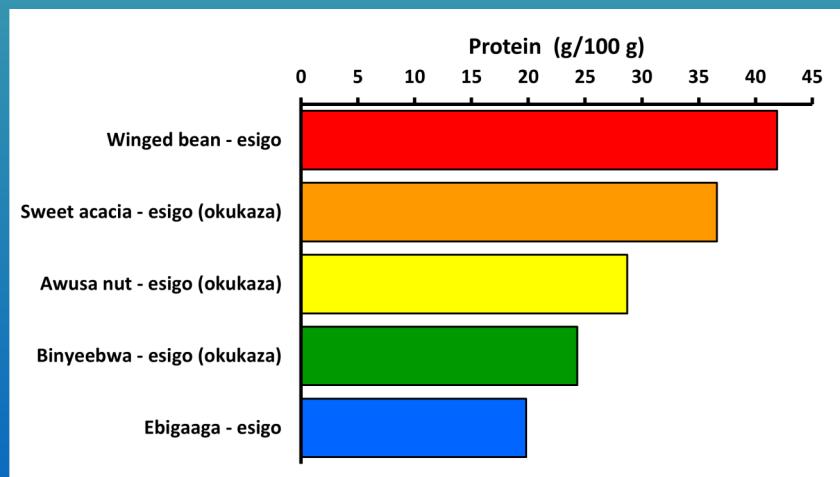


Jute



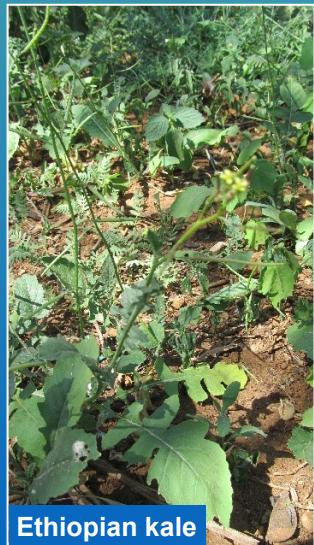
Ekirungo ekizimba omubiri

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

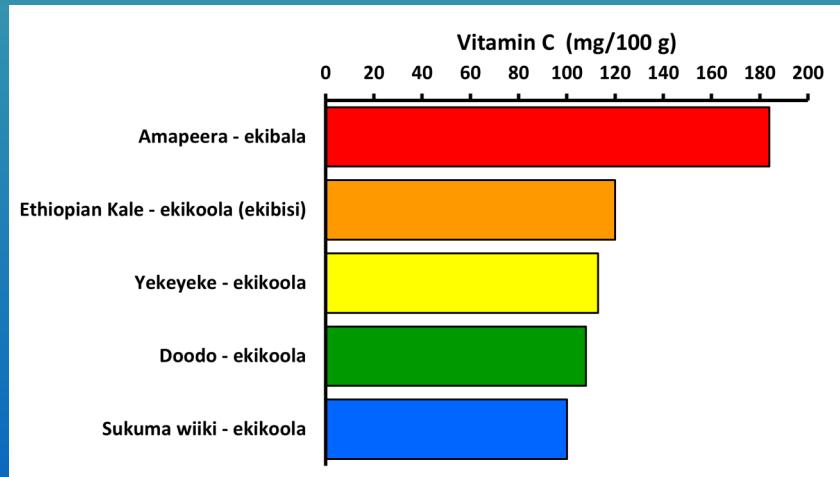


Ekirungo ekizimba omubiri/ Vitamin C kirungi nnyo mu bulamu bwaffe

**Ekirungo ekizimba omubiri/
Vitamin C kikulu nnyo, kituyamba
okuziyiza endwadde.**

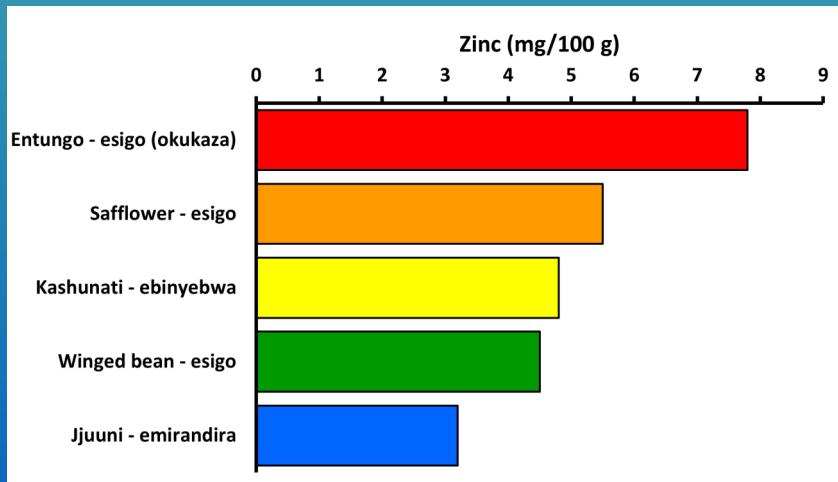


Ethiopian kale



Ekirungo kya Zinc kiyamba mu kukula kw'omubiri

Ekirungo kya Zinc kikulu nnyo mu baana
abato n'abavubuka nga kibayamba
okuwona endwadde n'okubakuumma 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 bona abakyazaala kyebetaaga.

Singa ekirungo kya Folate kiba kitono nnyo mu mukyala afunye olubuto kiyinza okuleeta obuzibu bungi mukuzaalibwa kw'omwana.

Kirungi abantu bona, naddala abaana n'abakyala okulya olubatu lw'enva endiirwa buli lunaku.



Ebimera ebiribwa emirandira birungi era bikula bulungi mu hot humid tropical climates

Emmere ya starch y'emmere
eyongera obulamu mu Uganda.

Twetaaga okunonyereza ku biwuka,
endwadde n'obubonero bw'ebimera
ebirimibwa mu ttaka ebbi.



Amayuuni



Balugu



Lumunde omunsi



Muwogo

Ebijanjalo bituwa ekirungo ekikuumma omubiri/protains era kiyamba ttaka okufuna obugimu

Emirandira gy'ebijajnaalo giriko
obuwuka obulungi obusika
nitrogen okuva mu mpewo
netekebwa mu ttaka nekozesebwa
ebimera.

Kino kigimusa kyabwerefere.



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.



13



Buffalo thorn



Fei banana

Kirungi okusimba emitigy'ebibala okumpi okwetoloola 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.



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
tukooye 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



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

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



Edible hibiscus



Tulina ebimera ob'ebibala ebimu ebyetagisa okuyita mu

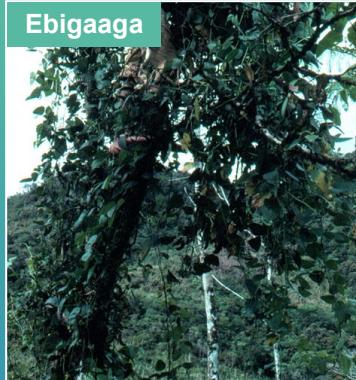


Ebimera ebimu bikulira ku nkomera enzimbe ob'esimbe

Ebibala ob'ebimera bingi ebisobola
okulimibwa ku nkomera z'enju
ob'ezennimiro.



Winged bean



Ebigaaga



Amayuuni



Ekyangwe

Okwebaza



**Ekiwandiiko kino kyabagibwa ngekitunu ku mirimu nya 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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