

ENDIMA ENUNGI NOKUKUZAEBYOKULYA EBITULYA EMIHAMA MUNUKA UGANDA

*EMIRINGO YOKULIMIRAMU NOKUKULIZAMU
EBYOKULYA BYAITU EBYENZARWA HAMU*



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



A project of the Rotary Club of Devonport North and
District 9830

www.foodplantsolutions.org



Endima enungi nokukuzaebyokulya ebitulya emihama munuka Uganda

Rotary



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

Ekigendererwa kye kitongole kinu ekikwegesa endima enungi eyebyokulya ebyemigaso mubwomeezi kiri kyokusobozesa abantu kwetegereza emigaso enyakuli mukulya ebyokulya byaitu ebyenzarwa kurabira mukuhandika hamu nobusagiki bwokwegesa habwokuba abaana bataano abalihansinyemyaka etaano nibafwa buli dakiika buli kiro habwa malyamabi.

Mukwongererraho ebiri mukatabu muno ebindi ebikuyambaho bihandikirwe habwa Uganda kandi nibisobora kutungibwa kuraba hamukutu gwaitu gunu ogwokuhulirizangana owakalimagezi - www.foodplantsolutions.org

Nitutangirra kandi nitukutamu amaani habwobusagiki bwawe.

Ekitongole kinu ekyebyokulya hamu nemikibi eyerukwiragura kiri kitongole kyaba Rotare Ekikusangibwa mumatamba ga Devonport.

Akatabu kanu kahandikirwe ha musingi gwekitongole kyensi yoona ekikwegesa abantu kulima kurungi ebyokulya byomugaso hamu namalya amarungi: "Ebyokulya ebisemerire kulibwa muni enu", bitekanizibwe kandi bya korwa omukugu kandi kalimagezi mubyokulima wekitongole kya Tasmanian Omukuru Bruce French.

Rutooro, Aug 2024

Kulya kurungi kwanguhire

Lima kandi olye ebyokulya ebyemiringo nyingi.

Nukwo ekirisa obukirabura mukyokulya kimu noiya kukisanga mubyokulya ebindi
Kandi ebyemiringo etakusana.



Endya enungi

Abantu boona nokukiramuno abaaba baine kulya ebyokulya ebyemiringo nyingi nukwo baikale bomeezi kurungi. mulibinu harumu ebyokulya ebyemiringo nyingi kuruga mubika byabyo ebitakusana nka ebyokulya ebituha amaani, ebikukuza ebmibiri hamu nebi ebikulinda emibiri yaitu kwikara nyomeezi kurungi. Buli kirisa kyoona ekiturukwetaaga nikisangibwa mukulya ebyokulya ebyemiringo nyingi.



Ebitakuli

Ebyokulya ebituha
amaani



Amapeera

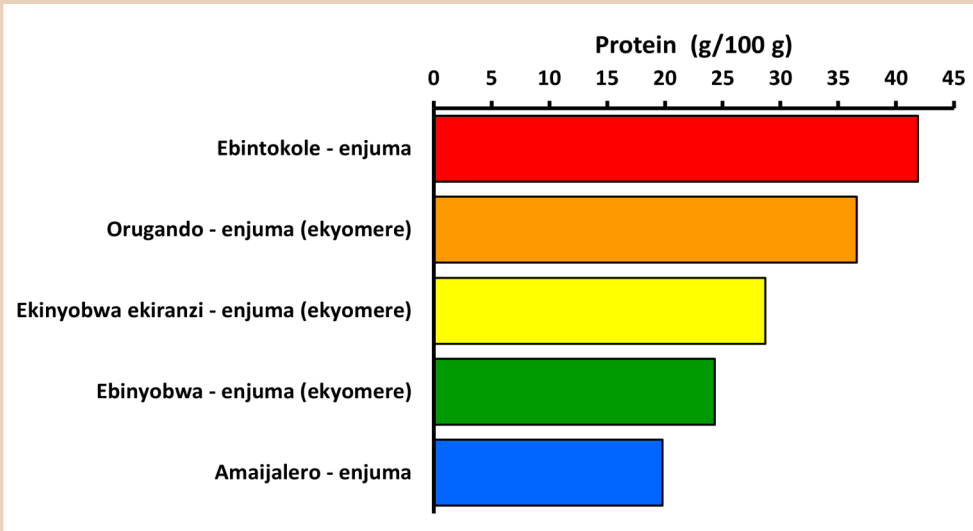
Ebyokulya ebikutangira endwaire



Ebinoybwa

Ebyokulya ebikukuza emibiri
yaitu.

Ebyokulya ebyebirisa ebikuza emibiri yaitu



Ebyokulya ebyebirisa ebikuza emibiri yaitu

Ebyokulya binu nibyongeramu ekirisa ekyomugaso ekikuyamba kukuza emibiri yaitu obutubirya.



Ebinyobwa



Ekinoyobwa ekiranzi

Ensigo enyingi nisisobora kukarangibwa kandi zikalibwa bwango bwango.

Ebimera ebyabulikiro bituha ebyokulya ebyorutekerro



Dodo

Kozesa ebyokulya ebyenzarwa ebyemiringo nyingi rundi ebyo ebyalesirwe bushyaka nukwo habeho ebyokulya buli kaire.

Habwokuba ebyokulya binu byenzarwa, bine kuba byagumire enyikara yoona hamu na mali gebyokulya.



Ekitakuli kya puleesa

Ebimera byoona binu buli kimu kiine emiringo etakusana eyokugumira enyikara embi rundi sizoni embi.



Amaijalero

Kulima ebyokulya mumulingo gwobuhangwa



**Kulima ebyokulya ebyemiringo nyingi mumusiri
gumu mulingo murungi kandi nikikeshyaho amali
hamu noburwaire bwebimera.**



Nkoku ebyokulya bimera mubuhangwa

Ebimera tibikurra mu line mubuhangwa bwabyo.

Kukuza ekimera kimu kyonka tikikizire kukanya mubuhangwa.

Ebimera byemiringo nyingi nibirlererwa mubuhangwa.

Mubuhangwa ekimera ekihikire ekirungi nikikurra mukikaro ekihikire.

Mubuhangwa ebijuma bimera buli sizoni.

Ebirisa bikara nibigarurwa buhyaka mubuhangwa.

Enkora zebintu ebyobuhangwa nizikaraho.

Mubuhangwa itaka likaraho kurungi kandi line orwezo.

Kulima ebyokulya nobitabatabura kintu kirubgi muno

**Dodo hamu ne bicooli birimirwe
mumusiri gumu.**



**Ebiyuni, ebitoke hamu
nemikubi erukwiraguar
mumusiri gumu.**

Ebyoine kumanya ha kulima

Ebikuburamu



Kwahura ensigo

Itwena hamu twine
kwegerahamu kandi
tukabagana hamu
ebitumanyire.



Amali



Endwaire



Ebimera byawe byomeezi kurungi?

Ebimera byoleke obwokuroraho obwembaganiza obubikuba bitakukura kurungi.

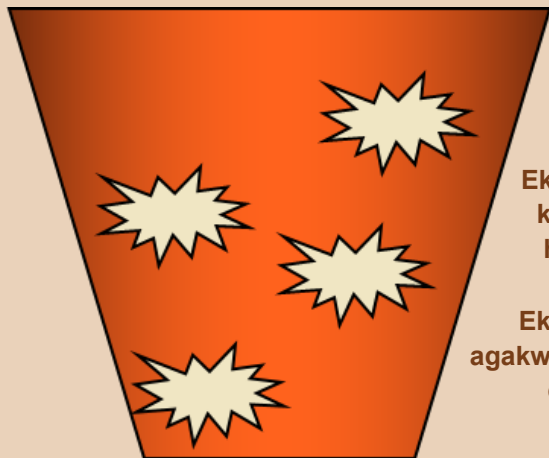
Ekikora kyekicooli kinu nikyoleka ibura lyekirisa ekya nitrogen. Ebikora ebikuru muno ha kicooli muhagati yakyo homa nihasana nkenyuguta ya V.nebimera ebindi nabyo nkebinyansi biine akokuroraho nkako.

Ekirisa kinu ekikukuza ebimera kiri mumwanya kandi ebimera tibisobora kukitunga rundibuli obuhuka obutoito mwitaka kandi na hamihama yebimera nkebihimba nebyo byoona ebikwesaniriza nkebihimba buhindura ekirisa ekyo nukwe kikoze sibwe ebimera.



Ekigega kyebirisa

Kakuba tutekerezaho itaka nkekigega kyebirisa, twine kwijuzza ekina ekyahansi muno rundi kwongeraho ebirisa ebituli haihi ekigega kinu kitakahimbire kint kindi kyoona.



Nitusobora kwega kumanyirra birisaki ebiri haihi obu niturora ebimera byaitu nobwegwndereza

Ekirisa ekikuyamba ekimera kukora ebyokulya byakyo hamu nokumera kurungi

Ekirisa ekikupima amaizi agakwetagisa hamu nokutangira endwaire mu kimera

Ekirisa ekikukuza ekimera



Ebimera ebitakusana bimera hamataka gemiringo etakusana



Ebiyuni bwetagisa itaka lyorwezo



Vayisi nazo zenda itaka lyorwezo



Ebiyuni ebindi nibigumira itaka eritaine rwezo



Ebitakuli nibisobora kumera haitaka lyona eritaine rwezo rwingi



Muhoogo emera na haitaka eribi

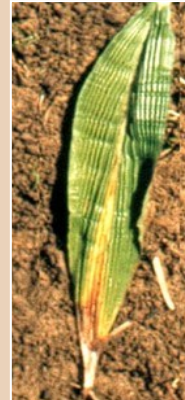


Ekirisa ekya nitrojeni ekikukuza ebyokulya kakuba kiba kitaito....



**Enanasi Zenga
zitukura**

**Ekirisa kinu kiyamba ebimera kutunga
amakora amarungji**



**Ebimera ebinyansi ebikuru binemu
enyuguta ya V**



**Ebikora ebikuru
bihinduka biba bya
kyenju.**

Ebihimba bireta ekirisa ekikukuza kandi bigarra buhyaka itaka

Ebihimba biine obuhuka obwembaganiza obuli hamihama yabyo nukwe busobozeseebimera kutahya ekirisa kinu kuruga mumwanya bikakiteeka mwitakahabwebiera kukikozesa. Kirisa kya busa.



Amajalero



Ebintokole

Ebihimba ebikutembera nka habichooli mumisiri kandi byona ebichooli nebihimba byera kurungibyera kurungi.

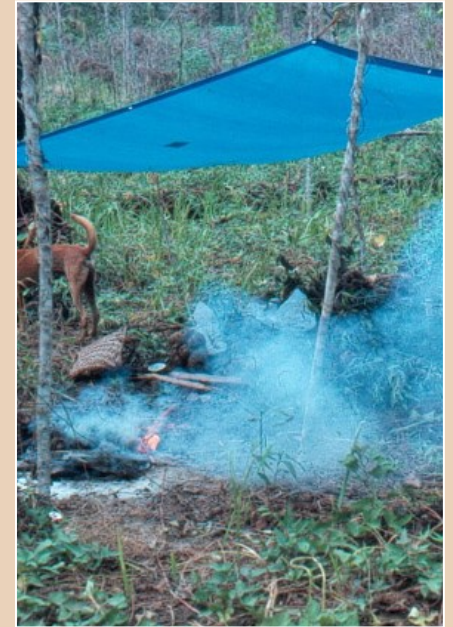
Kwokya nikusisa ebirisa hamu nitaka

Kwokya muhanda murungi ogukwanguha kutekaniza omusiri. Baitu kyakubaire kirungi kuleka ebinyansi nebimera ebindi ebitemerwe kujunda bikagarra orwezo mwitaka.

Kinu kireta ebirisa kandi kiyamba obuhuka obwomugaso mwitaka nebintu ebindi ebiine obwomeezi kuyambaho ebimera kukura kurungi.

Itaka erine orwezo rundi ebintu ebijunzire nenjura obwegwa nyingi tirihwaibwaho orwezo oru.

Ebirisa ebindi obubokya ebimera, ebirisa bicucuka mumwana kandi ebindi bikara mwitaka nkekirisa ekiri mwiju.



Kukora orwezo



**Orwezo runu orwamunuka
rurungi habwemisiri yaitu entaito
eyahaihi neka.**

**Otokya kasasiro gituume hamu
ekolemu orwezo rwaitu orwamunuka.**



Nkooku osobora kukora orwezo rwaitu orwamunuka

Ebyokuhondera mukukora orwezo rwaitu orwamunuka

- Yombeka ekibokisi ekine ekitaswekerwa hamutwe kitangire ebisoro aheru
- Tekamu ebintu ebikwanguha kujunda nibyootandikise hansi
- Taburamu ebikora ebibisi hamu nebintu ebindi ebyomera
- Osigemu mbere embeho eraraba kutaha mukibokisi
- Ekibokisi kibemu oryoya namaizi mataito taito
- Tekamu ekintu kyoona ekyali kineho obwomeezi
- Obukiraba nikisoboka ogume nohindahindura omutumo gwawe ogworwezo nukwo obutagasi bube bwingi nukwe kicweke cweke kijunde bwagu

Ensonga zorwezo runu

Obuhuka obutaito nebintu ebindiebiine obwomeezi bikora muno kucwacwana ebimera nebindi ebiine obwomezi nukwe harugemu orwezo rwaitu orwamunuka.

Habwokuba obuhuka bwomeezi nibwenda orwoya na maizi nokulya kurungi amakora hamu nebindi ebindi ebyomere kitalyekyo nibifwa.

Ebintu ebindi ebine obwomeezi nibiba biine ebirisa byabyo ebingaine ngaine kurungi habwebimera ebindi kumera hati ebyo birisa birungi muno.

Kwikara lyomeezi itaka niryenda ekirisa kyamaani hamu nebintu ebindi ebine obwomeezi kukora omulimo ogukuhuniriza ogwamaani ogututakurora mwitaka oku.

Ekirisa kinu kiine kuba nikyokya nukwe kite Irungu hamu namali gebyokulya.

Endwaire ezimu zituha oruganikyo

Ekiragiro kimu mukutangira amali hamu
nendwaire mu bimera byaitunikyoy
kubyara ebimera ebihikie kurung,
mukikaro ekirungi nokubirolerra kurungi
nukwo bikale byomeezi.



Oburwaire bwe
binyobwa
obukukwata
ebikora bikaba
byakyenju



Oburwaire bwakihotoka yebitooke

Endwaire ezimu zituha oruganikyo

Bunu oburwaire hankora yebitakuli nibumanyisa ebintu bisatu:

- Itaka litandikire kukura hamu nokuhoibwamu orwezo.
- Enkoora yebitakuli enu mbibo etakugumisiriza endwaire.
- Enkoora enu nesobora kuba yarugiremwianga lindietaine burwaire hati tiine mani goona agokugumira endwaire.



Hati mukukendezaaho endwaire enu kora binu

- Itaka lyongeremu orwezo.



Amali

Nokoseza ebimera ebitakusana kandi nebika bingi kinu kyokwerinza kyamaanhali ebihuka na amali agandiagakusiisa ebirimwa byaitu.

Akahuka akakusana Akahoiholya komuakakulya ebitooke. Cwaho enkanaana habitooke habwokuba nuho akahuka kanu kakwesereka nikatina omusana.



Weyahurre ensigo zaawe wenka

Ebirimwa ebirugire munsigo oyeyahuliire wenka tikira kurwara rwara nkoku zimanyirire enyikara yekikaro.



Oburwaire
obukusana
nkorume
nekiho
hamababi

Ebikeke bingi nebindi ebimera ebiri nko mu kika ekyebikekenibirwara orufu oru.

Air-layering

Gunu guli mulingo gwokutungiramu ensigo. Akatagi akataito nokasaraho kataito akatagi kakyalyaho hamuti omukooto. Itaka,nebirisa mbabisibira hakitaagi kukyeterora nekintu ekya pulastiki. Nihahwaho obwire nikirasa emihama hati aho nokisaraho notwara kubyara.



Kakuba ekijuma ekikunura rundi ekyokwenda rundi ekinyobwa kyakubaire kirungi kubyara empinju zakyo nukwe omuti omushyaka gube nigusana omukuru.

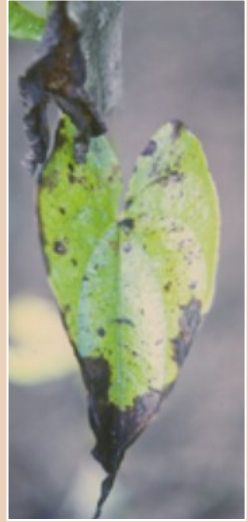
Amali, nendwaire hamu nebikuburamu

Oburwaire Bwa Kihotoka
ya Bwaise nibuturra
kakuba enjura egwa ekiro
obu hakuna haligo
obutagasi.



Enkkora kwefunya funya. Bunu oburwaire
buba bubi muno kakuba itaka liba libi
litaina rwezo hamu nembibo etakugumira
endwaire

Bunu oburwaire bwebiyuni
bwita amakoora
bwangukakuba amakora
gatunga obuzibu.



Kubwara ebitooke



Ebitoke kukira muno tubyara ebyana.

Ebibo etalyemu kandi eyekomewemu neyetagisibwahabwokutunga embibo enungi.

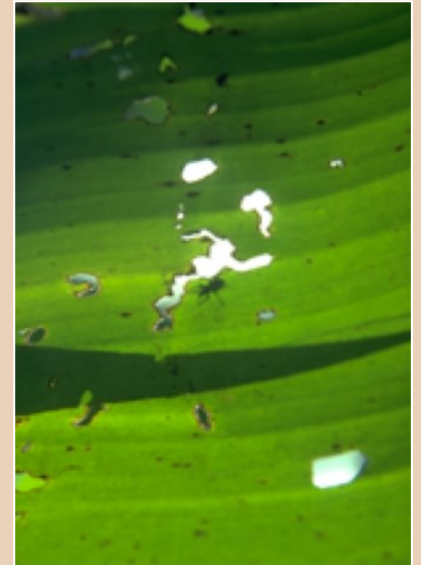


Endwaire hamu na amali ge bitooke



Empuku zinu nisisa emihama yebitooke hamu nemikonde ekintu ekikumara ebitooke amani.

Empuku zebitooke , wefunye, empuhira binu byona birya embabi zebitooke nizibisisa.



Ebihuka ebikusisa ebitooke



Kanu kahuka kataito muno nikasana ekihoiholya baitu kalya ebitooke nikabisisa muno.nikesereka munkanana yekitooke habwokutiina omusana. Enkanana nikagiryane kwekaho nebitooke nikabirya.



Empuku zomubitooke nisisobora kutahirakimu mu Mihama yebitooke kandi bikagwa na hansi.

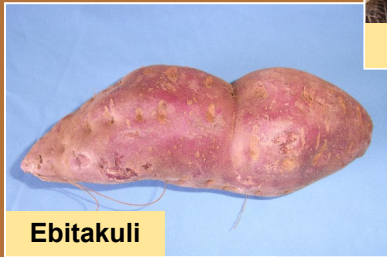
Ebyokulya rundi ebimera ebyemihama



Bwayise



Ekitakuli kya puleesa



Ebitakuli



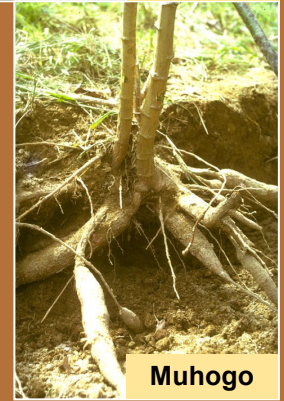
Enanaasi

**Binu bisemera muno mubikaro
ebikwokya yokysa**

**Ebyokulya binu nibyo maani gihanga layitu. Hati
twine kubimanya kurungi.**



Bwayisi



Muhogo

Kulima ebiyuuni

- Ebiyuni biine kubyarwa mwitaka erikworoberra kandi eryorweao
- Ebiyuuni nibyenda omusana mwingi.
- Biine kuba byemeriire bigumire kurungi biraihire nka mita 2
- Ekyana kye kiyuuni ekikuru nikyo kirungi kubyara.
- Ebiyuuni ebitemerwe hamutwe gwekiyuuni biine kwahurwa kurungi mukikaro ekikufuka kurungi nobutagasi butaito kuhikizakimu biresire eminonwa.



**Kubyara embibo
eyetemerwe hamutwe
gwekiyuni**



Ekiyuni ekigumire kurungi

Endwaire zebiyuuni

Oburwaire bunu ebiikora nibifwooka bya bulaaka rundi nibiragura kandi nibijunda kara habwoburwaire kandi oburwaire bunu nibweyongera kakuba ebiyuuni biba bikuzire kandi mubwire bwenjura nekimera kakuba kiba kiine butandwa bwoona.



Oburwaire bwo kwegenyagenya kwebikora byebiyuuni

Endwaire zebiyuni

Ekiyuni ekirwaire ekiine ebikora byakyenju tosemeriire kukibyara.



Baitu kakuba ebimera biba nibimera kurungi ekyo tikine kizibu kyamaani.

Kulima bwaisi



Enkonya za bwaise eyekika ekichaina hiyo nekura kurungi mwitaka eritane maizi maingi. Netwara emweezi Mwenda kukurakandi nomukituru ekitaitotaito nekurrayo.

Bwaise ekura kurungi kakuba nobyara ekikonya kyayo ekikooto. Nesobora kukurra mumaiz ngebisaru hamu nomubituru.



Endwaire za bwaise

Kihotoka ya bwaise ebikoora nibyefunya nibifooka bya kyenju kandi nibyoma.



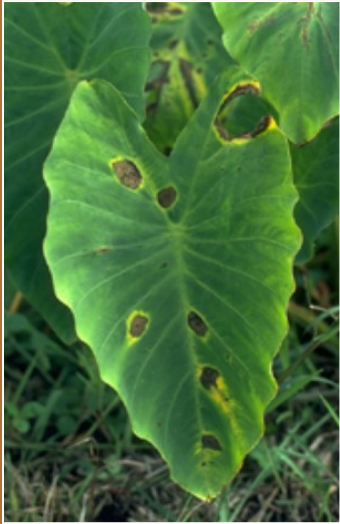
Alomae / Bobone virus

Byara bwaise zebika bingi nukwo oyetantale byoona kurwarra hamu.



Oburwaire
bwakihotoka ya
bwaise burwaire
bubi muno.

Endwaire za bwaise



**Bunuburwaire
nibutekam ebihuru
mubikora bwa bwaise**

**Kwefunya funya
kwebikoora**



**Obotone tone bwa
kyenjo habikoora**

Amali ba bwaise



**Ekihuka nikisana
Empuku yabwaise**



Wefunye

**Kinu kihuka nikiragura
kirya bwaise**



Amali ba bwaise



**Akahuka
nikasikamu amaizi
mubwaise kaine
omunwa
gurahirire**

Empuhira



Ndihuliza



Kulima ebitakuli

Ebitakuli nibwenda binu ebintu hansi kukura kurungi

- Orwoya mwitaka obibyale
- Obyale enkora etunuliire omusana
- Itaka erine orwezo kukira muno ita erirumu iju
- Itaka erina orwezo nkiju.



Ebitakuli biine ebika bingi ebitakusanaisana. Ebimu bikura bwango baitu bitaho ebitakuli bitaito. Olime ebitakuli ebyemiringo nyingi nukwe otunge ebyokulya bingi ebikusemeza.

Kulima muhogo

Muhogo kirimwa ekitulya emihama kandi kyanguhire kubyara nokukuza, nikisobora kwahurwa mwitaka kandi nikikura nitaka nobulikuba libi nikigumira nobwire obwomusana.

Obyale empinju ezebiti byamuhogo nkoburaiha bwa centimita 15 cm mwitaka.

Itaka obuliraba niryoroba tikikwetagisa kubanza kulimamu.

Muhogo nekurra kutandikira emyeezi ikumi kugarukira 14.

Itaka obulikuba libi nkeryekisura rundi mubituru bingi muhogo nayo tekutaho muno



Muhogo one kugicumba ekahya kurungi nukwe obutwa bwenguda obuletereza muhogo kusarrasarra bukarugamu nukwo butajya mumusayi gwomubiri.

Ebikora bya muhogo nabyo nibisobora kucumbibwa bikalibwa.



Ebizibu ebimu ebiri mumuhogo

Kakuba ebikora byamuhogo ebikuru bihinduka bikafwooka bya kyenju nikimmanyisa haroho ekirisa ekikuburamu ekyo ekikuza muhogo.



Ebikora byamuhogo obumu biba nobutone tone bwakitaka habwoburwaire. Baitu itaka kakuba liba lirungi oburwaire bunu tibukuba bubi muno.

Nkebirimwa ebindi muhogo ekura muno kakuba itaka liba lirungi muno. Nkitaka erirumu iju lirungi muno mukukuza muhogo.



Ebikora ebito nibindukamu kyenju mwitaka eribi eryorunyu - Nanambee hali ebifutafuta.

Kulima ebilaya

Ebilaya byokulya Birungi ebikutuha amaani kandi biine ebirisa ebindi ebingi muno.



Ebilaaya nabyo obirireho ebyokulya bundi.

Ebilaya nibibyarwa kuruga mukilaya kyenyni ekikuru, ekilaya ekikooto nosobora kukisaramu okabyaraeminonwa mbere ekuturukira. Ebilaya bwenda kubikutira obubiba nibyera mpora mpora.



Kusiima nokumanyirra

Ebihandikirwe mukatabu kanu bitairweho nkemu hantekaniza eyatwairwe ekitongole ekikwegesa abantu kulima ebimera hamu nendya nungi ekya Rotary nobusagiki kuruga mu Distrikiti numba 9830.

Kinu tikyakusobokere kakuba batarabaire abantu abatalibamu kwehayo kuyamba hamu nokurorra hara kandi bahayo obwire bwabu batakwebalirra mukusagika purojekiti enu.

**Kurabyamu Amaiso, Nokutekaniza Hamu nokwinganizibwa - Rick Campbell, John McPhee
Kuhindura - Mugume Bright Araali (Lead), Sam James Mugweri.**

Akatebe akagumize ebihandikirwe - Faustine Victor Ngarambe (Lead)

Akatabu kanu kahandikirwe ha musingi gwekitongole kyensi yoona ekikwegesa abantu kulima kurungi ebyokulya byomugaso hamu nendya enungi projekiti ya Rotare Distrikiti 9830.



Kumanya ebikukiraho tuhondere hamikutu yaitu enu. : info@foodplantsolutions.org, website:

www.foodplantsolutions.org

Ekitongole kinu ekyebyokulya hamu nemikibi eyerukwiragura nikorra habiragiro bye kitongole kyaba Rotare baitu tikikukwatibwaho Habwekitongole kya Rotary ekyensi yoona, rundi kubaragira ekyukokora.



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