

MICHERO NENZUNGU DZEZIMBABWE



*NZIRA DZINOSHANDA DZEKURIMA ZVIRIMWA
ZVEKUDYA ZVEMUNO NEKUZVIITA NEMAZVO*



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



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

MICHERO NENZUNGU DZEZIMBABWE



Food Plant Solutions inogadzira zvinhu zvekudzidzisa kuti vanhu vanzwisise kukosha kwekudya kwezvirimwa zvekudya zvemuno uye kuwedzera ruzivo rwezvinomera zvinovaka muviri izvo zvakajairira nharaunda yenzvimbo. Mimwe yemiti iyi marudzi acho haanyanyoshandiswe uyezve mazhinji acho mhando yepamusoro uchienzanisa nechikafu nezvirimwa zvinobva kunze kwenyika. Food Plant Solutions inogadzira zvinhu zvekudzidzisa izvi nekuti miniti yega yega yezuva nezuva, vana vashanu vari pasi pemakore mashanu vanofa nekushaya zvekudya zvinovaka muviri.

Tinogamuchira nekukurudzira rutsigiro rwenyu.

Food Plant Solutions - Chirongwa cheRotary Club yeDevonport North & Rotary District 9830.

Bhuku iri rinobva paruzivo kubva mudura reFood Plants International (FPI) rakagadzirwa naBruce French sainzi wezvekurima wekuTasmanian.

Zimbabwe - inyika ine michero inoshamisa



Mango



Gwavha



Tamarillo



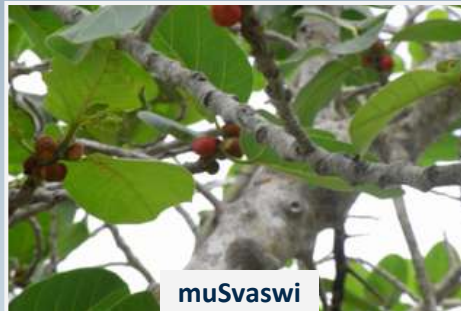
muBheri

Muchero unonaka uyezve inoita akuti tive nehutano hwakanaka

Munhu wose anofanira kudya muchero mazuva ose.

Muchero unopa maminerari, mavhitamini uye zvimwe zvakakosha zvinovaka muviri izvo zvinodiwa nemunhu wese kuti arambe aine hutano.

Varimi vanogona vanodyara marudzi akati wande emiti yemichero.



Michero yemamiro ekunze anopisa

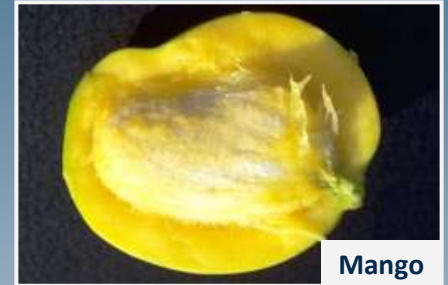


Michero anofanirwa kunakirwa nevanhu vese.

Michero anofanirwa kunakirwa nevanhu vese.

Imwe inokura nekukurumidza.

Imwe inofanirwa kudyarwa kuitira ramangwana .



Akawanda ndeye mwaka.



Nakirwa nemichero kuti unakirwe nehupenyu hwakanaka

- Muchero unowedzera kunaka kuhupenyu.
- Muchero anowanzopfuma muvhitamini.
- Muchero unogadzira chikafu chinonaka, chekurumidza kudya.
- Muchero inonakidza.

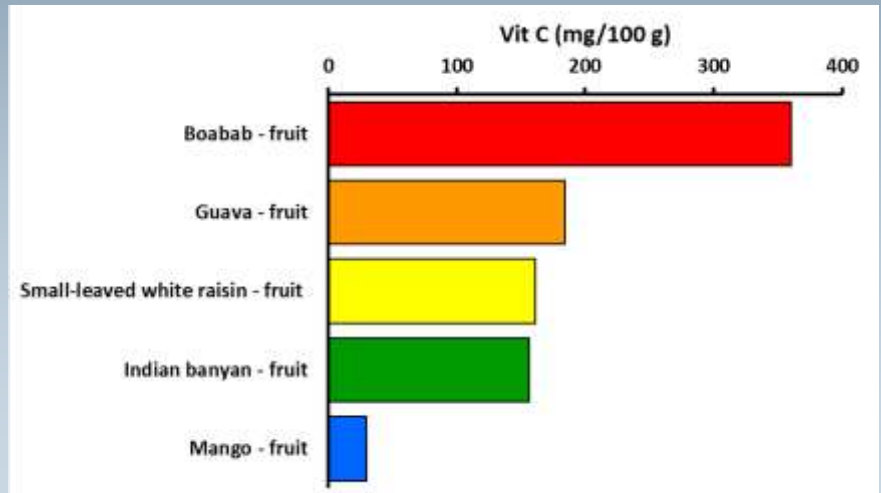


**Tinonakidzwa nezvinonaka zvinonaka uye maumbirwo
emhando dzakasiyana dzemuchero wekupisa.**

Vhitamini C iri mumuchero



Vhitamini C yakakosha pakutibatsira kudzivirira kurwara.

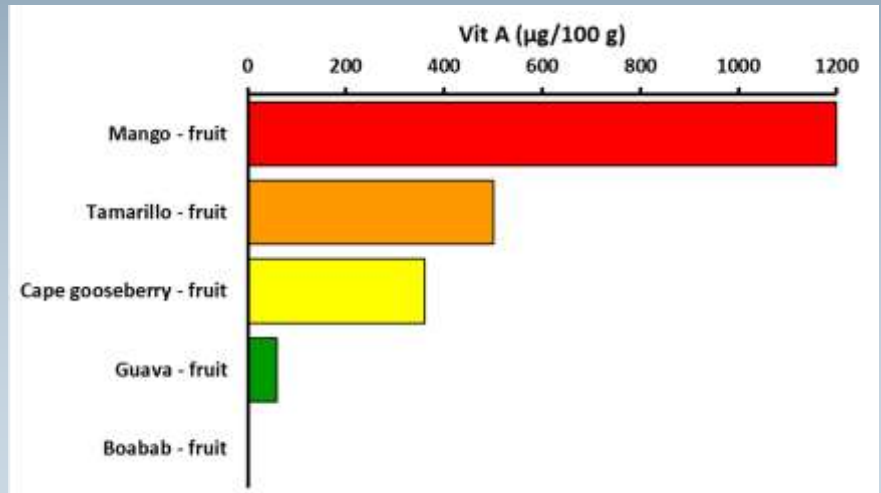


Vhitamini A iri mumuchero

Vhitamini A yakakosha pakuona nekurwisa zvirwere, kunyanya mucheche, vana vadiki nevakadzi vane pamuviri.

Vanhu vakashota Vhitamini A vane dambudziko rekuona husiku.

Muzvirimwa, kemikari iyi inoitika muchimiro chinofanira kushandurwa kuita Vhitamini A mumiviri yedu.



muSvaswi



Maonde anodyiwa ari manyoro. Anogonawo kuomeswa.



Ficus benghalensis

muSukameno



Grewia tenax

**Muchero wakaibva unodyiwa uri
munyoro uye mbishi.**

**Muchero unogona kuomeswa wodyiwa
gare gare.**

Gwavha

Muchero wakapfuma neVhitamini C.

Miti inokura nyore uye saka inofanira kuva pedyo nedzimba kuitira kuti vana vanakirwe muchero yacho.

Psidium guajava



Mango

Muchero wakaibva unodyiwa uri mbishi.
Muchero usina kuibva unovigwa. Mbeu
dzinogona kudyiwa dzakabikwa.



Magnifera indica

muUyu



Adansonia digitata

**Zvinhu zvichena zvakatenderedza mhodzi
zvinodyiwa zviri mbishi. Inoshandiswawo pakunwa.**

**Mashizha madiki anodyiwa semuriwo wakabikwa.
Nhungirwa dzembeu dziri kumera dzinodyiwa.**



Tamarillo

Muchero unodyiwa usina kubikwa kana kubikwa. Muchero wacho unogona kubikwa, kana kugochwa.



Cyphomandra betacea



Zimbabwe - nzungu nembeu



Cashew



muUyu



muNgongoma

Nzungu - dzinovaka muviri, dzinochengeteka, dzinonaka uye dzakapfuma muprotein, mavitamini nemaminerari

- Kusiyanana kwemwaka mukudya.
- Kazhinji chikafu chekuchengetedza.
- Kazhinji inodiwa nevana.
- Zvakachipa uye zviri nani pane zvikafu zvema zvimedu zviduku zvekudya.



muUyu



muNgongoma

muNgongoma



Schinziophyton rautanenii

Nzungu idzi dzinodyiwa dziri mbishi, dzakaomeswa, dzakabikwa, dzakazara kana kuti dzakadzvurwa uye dzakasanganiswa nezvimwe kugadzira ndiro dzakasiyana.



Nzungu

Mbeu inogona kuomeswa yochengetwa kuti ishandiswe gare gare.

Zvinovaka muviri uye zvinogona kugochwa uye kudyiwa sechikafu.

Nzungu dzinogona kuvandudza ivhu apo dzichipa chikafu.



Arachis hypogaea



Cashew



**Nzungu inodyiwa
mushure mekugochwa.**



Anacardium occidentale

muUyu

Mbeu dzebabab dzine simba guru.

**Dzinogona kudyiwa dziri nyoro kana kuti
dzakaomeswa dzogayiwa kuita upfu.**



Adansonia digitata



Tinopa kutenda



Chinyorwa ichi chakaitwa kuburikidza nerutsigiro rwerupo rweRotary Club yeDevonport North.

Zvingadai zvisina kuitika pasina kuzvipira uye kutsigirwa kwevazvipiri vakasiyana-siyana vakagovera chiratidzo uye vasina udyire vakapa nguva yavo yekutsigira chironzwa ichi.

Ongorora, marongerwo uye fomati - Tom Goninon, Carol Manetta, John McPhee

Shanduro - Tafadzwa Nyanhanda, Kurt Hoelzl

Kuti uwane rumwe ruzivo taura nesu pa: info@foodplantsolutions.org, webhusaiti: www.foodplantsolutions.org

Food Plant Solutions inoshanda zvinoenderana neRotary International Policy asi isiri iyo agency, kana inodzorwa neRotary International.

Mufananidzo kuzivikanwa

Mifananidzo mizhinji akashandiswa mubhuku rino akatorwa kubva muFood Plants International database. Kutenda kunopihwa pamifananidzo yezvirimwa zvinotevera zvakatorwa kubva painternet.

Zita resainzi	Zita rakajairika	Mufananidzo URL batanidzo
<i>Anacardium occidentale</i>	Cashew	https://blogs.extension.iastate.edu/answerline/2021/04/13/cashews-not-really-a-nut/
<i>Schinziophyton rautanenii</i>	muNgongoma	http://zambiaflora.com/speciesdata/image-display.php?species_id=135650&image_id=2 https://www.zimbabweflora.co.zw/speciesdata/images/13/135650-5.jpg
<i>Adansonia digitata</i>	muUyu	https://tropical.theferns.info/plantimages/sized/a/9/a941320ae66e8c6826d98e38ec6a6f6b60ec2160_960px.jpg https://tropical.theferns.info/plantimages/sized/9/2/9294a2e9c584e1c83505ce9f33372221e33db63b_960px.jpg

Zvinyorwa/Manotsi



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