

EBYAMO N'AMAYIDO KA UGANDA

*ENGERI CHIKABUKHAANE ECHEKHOLA
MU KHULIMA EBIMERA BYERYA EBYA
BULI LUDAALO N'OKHUSIKHOLA BULAYI.*



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



Ebyamo n'amayido ka uganda



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

Esitongole sya food plant solution situsa ebyandiko by'okhwekeserakho okhunyalisa abandu okhumanya ebiriisa biri mu bimera byerya bya buli ludaalo khandi n'okhwingiya obumanyi khu bimera biliibwa ebiri n'ebiriisa muno nga byanaliira embeera ch'ebifwo mu biri. Bilala khu bimera bino nibyo embya chitakhoseswa muno ng'ebyakhulya khandi nga ebikhira obungi bikhira ebyakhulya bikhutusa erwanyi w'esyalo. Esitangole sya "food plant solution" situsa ebyandiko bino khulwokhuba buli dadika ya buli ludaalo abaana bataanu abali asi w'obukhulundu bw'emiika chitaanu bafwa khulwobutalya bulayi.

Khukhusangaalira khandu khusaaya obukhoonyi bwawo.

Esitongole sya "**food plant solution**"-Tekekha y'omukanda kwa Rotary club of development north nende Rotary district 9830 Akhatabo khano khema khu mboosi okhutula mu mbikhiro y'esitongole sya food plants International (FPI) eyatekekekhehwa nende Tasmanian agricultural scientist Bruce French, AO

Version I, Dec 2025 (Samia)

Uganda syalo syebyamo bilayi



Omukhuuwa



Enanaasi



Amapeera



Mutomoko

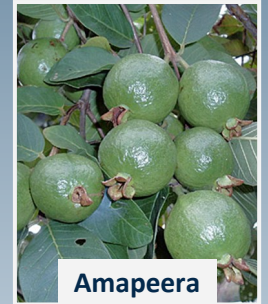
Ebyamo birmoi echamu layi khandi bitulinda nikhuli n'obulamu bulayi

Buli mundu akhoya okhulya esyamo buli
ludaalo.

Ebyamo birimo obukookhwe, bireeta
amaani, birimo omuunyo nende bitameeni
bibuli mundu adakha okhuba n'obulamu
bulayi n'okhuba bulayi.
Omulimi mulayi ataaka emisaala n'ebnyamo.



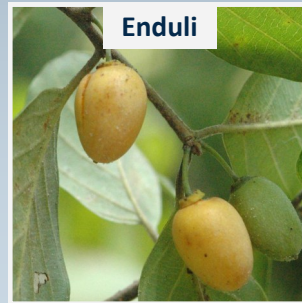
Omuyembe
(Emiyembe)



Amapeera



Mungala



Enduli



Small-leaved white raisin

Ebyamo bikhira obungi bikhola bulayi mu mbeera y'obwire bwa Uganda



Omukhuuwa

Ebyamo bikheerwa n'abandu boosi.

Ebindi bikhula bwangu, ebindi bitaakwa olw'obwichayo.



Mutomoko



Small-leaved white raisin

Ebikhira obungi byama mu bikha bikabukhaane.



Amapeera

Kheera ebyamo wedakhira mu bulamu bulayi

- Ebyamo byongera obulayi mu bulamu.
- Ebyamo biri n'esiriisa sya bitameeni esingi.
- Ebyamo byongesa amaachi mu mubiri.
- Ebyamo syokhulya silayi syabwangu.
- Ebyamo bisangaasi.



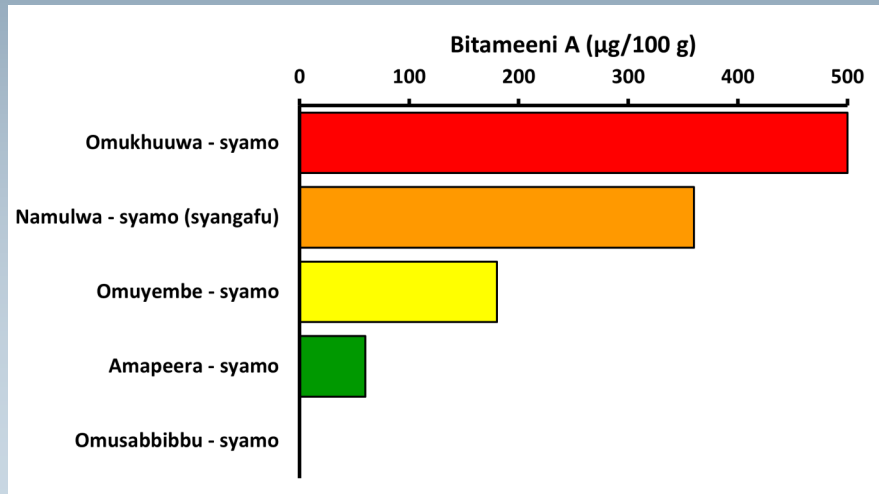
**Khukhoya okhukheera echamu likabukhaane
ly'ebyamo bikabukhaane.**

Bitameeni A eyiri mu byamo

Bitameeni A y'obukhoonyi khukhubona n'okhulyanisa obulwaye, muno muno mu baana bakhebulwa, abaana bayere n'abakhasi bali asito.

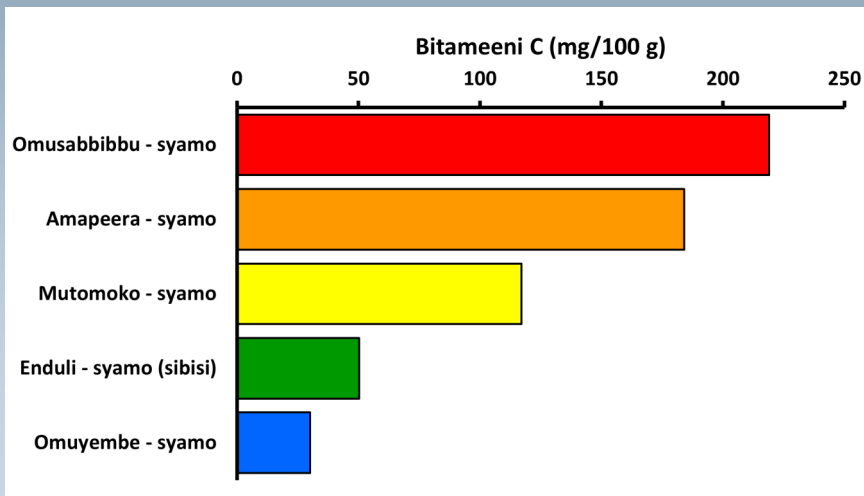
Abandu bataali nende Bitameeni yimala bali n'ebidinyu by'okhubona esiro.

Ebimera birimo bitameeni A yimibiri cheefwe chikalukhania yaaba ey'obokhoonyi.



Bitameeni C eyiri mu byamo

Bitameeni C y'obukhoonyi khukhukhinga-
kira okhulwala n'okhuwonia ebikonjo.
Bitameeni C yongesa ebungi bw'esisiriisa
sy'esibya simibiri cheefwe chingisa.



Omukhuuwa

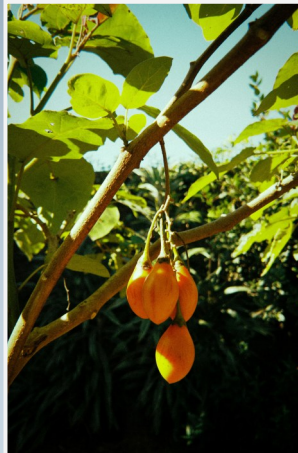
Kumera bulayi okhutula khu
saala khandi kwama ebyamo
omwaka kwosi.

Ebyamo binyala okhluiibwa
nibibisi oba ebideekhe.

Akulu w'olumwo
anyunyuula naye asi
w'olukubukubo anyala
okhuba alulu.



Cyphomandra betacea



Namulwa

Esyamo sinyala okhuliibwa
nisitadeekherwe oba nisideekherwe.
Ebyamo bimyala okhukholwamo jaamu
y'okhubakha khu mugaati.

Physalis peruviana



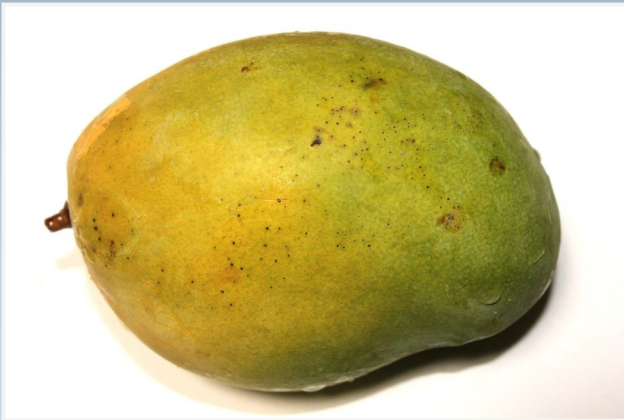
Omuyembe (Emiyembe)



Esyamo sinyala okhuliibwa
nisyengu.

Esyamo sitaali esyengu sinyala
okhulibwa nonyukhirisakho
emununyu.

Obumwo bunyala okhuliibwa
nibudekherwe.



Mangifera indica



Amapeera

Esyamo sirimo Bitameeni C enyigi.

Emisaala chimera bwangu khandi chukhoya
okhuba awambi nennyumba khu baana bakheere
okhulya esyamo sino.



Psidium guajava



Omusabbiibu

Esyamo siriibwa nisiri
esyengu oba nisiri esibisi.

Ebyamo binyala
okhukhegwa khandi
syomeswa oba
syakholwamo amalwa.



Aegle marmelos

Mutomoko



**Esyamo siriibwa nisiri esibisi khandi
sikhoseswa nga jaamu n'okhuloosa
khu syakhulya.**

Esyakhulya sisiiri majaani.



Dovyalis caffra



Enduli

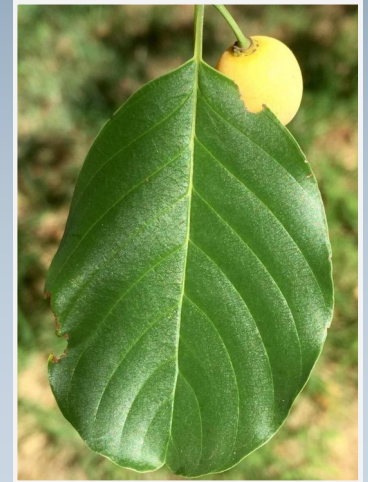


Berchemia discolor



Ebyamo byomu binyala okhuswakwa alala n'obule okhukhola bbisikwiti.

Esyamo siriibwa nisyengu oba nisibisi oba esyomu.



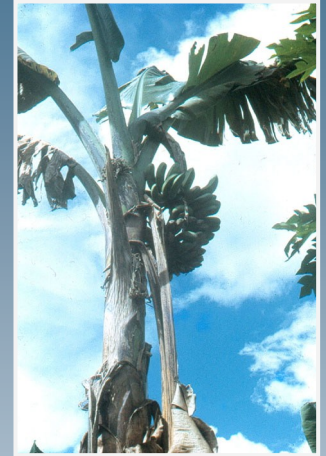
Etemwa; Amatemwa



Amatamwa kanamuki kakhira
okhubaamo esiriisa esikhoonyera
okhubona bulayi.

Amatemwa kakabukhane kenga syaba
esyakhulya sinyunyuula.

Amatemwa kalimo potasi enyingi
eyikhoonyera okhulinda puleesa
y'omubiri niyiri endayi.



Musa spp.

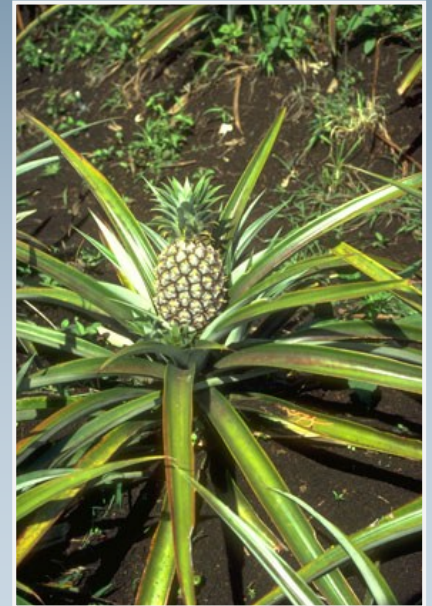


Enanaasi

Syakhulya simanyikhaane.

Okhutaaka embandu yaasi
muno yaama mangu.

Ananas comosus



Omunyungululwe

Esyamo sinyala okhuliibwa nisibisi oba
nisodeekhe.

Sinyala okhwomisibwa khandi syabiikhwa.



Flacourtia indica



Mungala

Esyamo sinyala okhuliibwa nisibisi oba nisyengu.

Esyamo sinyala syomeswa oba syasyebwamo ebindu byokhuteebwa mu chayi.



Ziziphus mucronata



Small-leaved white raisin

Esyamo siriibwa nisibisi.

Obumwo bunyala okhuliibwa.

Grewia tenax



Amayido n'obumwo buli mu Uganda



Amayido bumwo buli n'ebiriisa, obwerinda, buli n'echamu khandi buli nende poroteyini, amafuta, bitameeni nende omunyu

- Amayido bumwo buliibwa mu bikha bikabukhaane.
- Byakhulya binyala byebiikhwa khandi byerinda.
- Byakhulya bikheerwa n'abaana.
- By'obukusi bwasi khandi bikhira ebyakhulya bikulwa.



Ekorosi



Embande



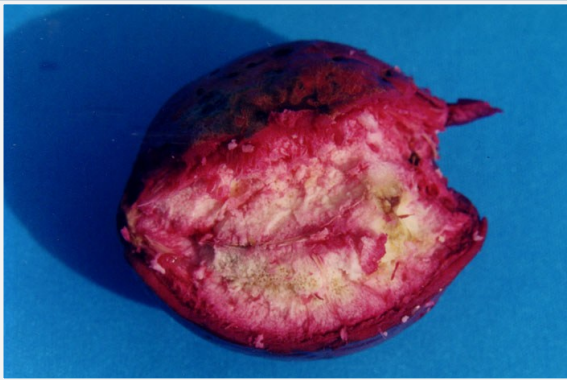
Aprokuma

Edongodongo

Esikholoboyo sy'olumwo sinyala
okhuliibwa nisibisi.

Olumwo lunyala okhutuswamo
amafuta kaliibwa.

Terminalia catappa



Amayido

Obumwo bunyala okhwomiswa khandi bwabiikhwa
okhukhoseswa obwichayo.

Obumwo buli n'esiriisa khandi buuyala bwakhalangwa
khandi bwaliibwa.

Amayido kanyala kateresa eloba nga lukaliibwa.



Arachis hypogaea



Mupundu

Obumwo bunyal bwakhoseswa okhuta esaami
mu byakhulya khandi koti amayido mabisi.

Parinari curatellifolia



Ekoroosi

Amayido kalimo esiriisa sya ziiki.

Byakhulya bilayi by'abaana.

Okhutaaka emisaala mingi sisaaywa.

Anacardium occidentale



Okhwabasa /okhusiima



Obwandike buno buwagiirwe ohuwayo ohutula mu Interact club of Kedron High school.

Esyandiiko sino khasi syakhanyaliikhe ataali okhwewaawo n’obukhoonyi bwa batume abakabana esilooto sino n’obutemana ebikha byabwe okhukhoonya etekekha yino.

Okhwiluula, Okhulambulula n’Okhuwombakha – Rick Campbell, John McPhee

Okhukalukhania – Orodi Jack, Ogot Pofuojamino, Nafula Sylvia Egondi, Kawagga Susan, Namude Aidah, Wandera Charles, Mangeni Richard Sande, Mande Olinga Yowa, Mangeni Joseph, Ojiambo Godfrey Adika, Oguttu Joseph, Sanya Robert

Omukanda kwasoma mekhaliirisa – RC Budia (Bwire James), RSatC Lumino (Oundo Francis, Barasa Godfrey)

Ebikhira ano twolerere khu sibanja : info@foodplantssolution.org, website www.foodplantsolution.org
Esitongole sya food plants solution sikhola okhuchiira khu malako ka Rotary International naye khasi sikholera, oba okhukobibwa nende Rotary International

Okhwebasa/okhusiima ab'ebifwananyi

Ebifwanayi bikhoseeswe mu syandiko sino bitula mu mbikhiro y'emoosi ya food Plants international

Okhwebasa / okhusiima khubereswa khu lw'ebifwanayi by'ebimera ebyatula khu intaneeti.

| Eliita ly'abasayaasi | Eliita Iya buli ludaalo | Omukhoosi URL kw'ebifwananyi |
|-------------------------------|---------------------------|--|
| <i>Aegle marmelos</i> | Omusabbibbu | http://phytoimages.siu.edu/CUBIC_IMAGES/phytoimages/paraman1/9_16_06_3/WBW4/WW11Image021.jpg https://efloraofindia.com/wp-content/uploads/2020/10/IMG_7267.jpg |
| <i>Anacardium occidentale</i> | Ekoroozi | https://pixabay.com/photos/cashew-cashew-tree-351766/ https://www.bing.com/images/search?view=detailV2&ccid=jnGqYycl&id=F3C548F85B08FD018DAB3BF6FB14AFCE31B89452&thid=OIP.jnGqYyclZadMWpU8mo8heAHaHa&mediaurl=https%3a%2f%2fi.etsystatic.com%2f14286705%2fr%2fil%2fcb4513%2f1268394173%2fil_794xN.1268394173_me15.jpg&expw=794&expw=794&q=Anacardium+occidentale&simid=608027002056821993&FORM=IRPRST&ck=6B555E319DF565DDB05F462B50938DDA&selectedIndex=16&itb=0 |
| <i>Arachis hypogaea</i> | Engooli | https://cdn.pixabay.com/photo/2015/01/31/14/40/peanuts-618547_1280.jpg https://www.seedsofnamibia.com/product-page/berchemia-discolor |
| <i>Berchemia discolor lor</i> | Enduli | https://wikiwandv2-19431.kxcdn.com/_next/image?url=https://upload.wikimedia.org/wikipedia/commons/thumb/c/c8/Berchemia_discolor01.jpg/640px-Berchemia_discolor01.jpg&w=640&q=50 https://bs.plantnet.org/image/o/61ddaebb21ab773581aad01a59c2ad37e8869781 |
| <i>Cordia myxa</i> | Sebastian tree | https://garden.org/pics/2019-02-09/Silversurfer/92a4bc.jpg https://www.pintadosouriques.com/wp-content/uploads/2023/01/cyphomandra-betacea-18280.jpg |
| <i>Cyphomandra betacea</i> | Omukhuuwa | https://cdn.pixabay.com/photo/2022/09/03/01/56/fruits-7428670_1280.jpg https://www.pexels.com/photo/tropical-tamarillo-fruits-hanging-on-tree-branch-30577901/ https://www.pexels.com/photo/tamarilloes-cut-in-half-16963375/ |
| <i>Dovyalis caffra</i> | Mutumoko | https://th.bing.com/th/id/R.f06f44f170cc9c6876afd4051fff200f?rik=JeB2swj6KsLOWw&riu=http%3a%2f%2fwww.zimbabweflora.co.zw%2fspeciesdata%2fimages%2f14%2f140800-7.jpg&ehk=aaWd27DTY5nhkwWGBHT9JMfNoSWDuVKh41jJluRgWE%3d&risl=&pid=ImgRaw&r=0 https://i.etsystatic.com/12977413/r/il/6f314e/3614413249/il_fullxfull.3614413249_ftc1.jpg https://www.venditapianteonline.it/wp-content/uploads/2023/05/Dovyalis-caffra-1-2-1200x1200.jpg |
| <i>Grewia tenax</i> | Small-leaved white raisin | http://www.southernafricanplants.net/photocollection/batch005/medium/G/TILLIACEAE_Grewia_tenax_Arandis_20090215_072_(1).jpg |

Okhwebasa/okhusiima ab'ebifwananyi

| Eliita ly'abasayaasi | Eliita Iya buli ludaalo | Omukhoosi URL kw'ebifwananyi |
|--------------------------------|---------------------------|---|
| <i>Grewia tenax</i> | Small-leaved white raisin | https://th.bing.com/th/id/R.732525d189288602be5e33a52dd3b34e?rik=N0MjIouWcFltizQ&riu=http%3a%2f%2fwww.southernafricanplants.net%2fphotocollection%2fbatch018%2fmedium%2fG%2fTILLIACEAE_Grewia_tenax_Arandis_2011.02.13_035.jpg&ehk=nhee697O5BVjVLBAlbXRcaxaVel5MG6efAwJq6xjXk%3d&risl=&pid=ImgRaw&r=0 |
| | | https://static.teline.fr/upload/malvaceae/grewia-tenax/191214082058/grewia-tenax-photo4.jpg |
| | | https://static.teline.fr/cache/1280/malvaceae/grewia-tenax/191214082522/grewia-tenax-photo12.jpg |
| <i>Parinari curatellifolia</i> | Mupundu | http://1.bp.blogspot.com/-4xS96YPSHms/VqrsB0ZAqpl/AAAAAAAAAWI/RIYLyPiX3JA/s1600/parinari1.jpg |
| <i>Psidium guajava</i> | Amapeera | https://www.pexels.com/photo/plenty-of-green-and-yellow-guavas-2351813/ |
| <i>Terminalia catappa</i> | Edongdongo | https://ts3.mm.bing.net/th?id=OIP.r4UzUdHOQsodU1IsqUk7GgHaEn&pid=15.1 |
| | | https://th.bing.com/th/id/OIP.G7cB4bKAqLZpuHKyUGv_GAHaHZ?w=183&h=181&c=7&r=0&o=5&dpr=1.5&pid=1.7 |
| <i>Ziziphus mucronata</i> | Mungala | https://tropicals.com/pics/garden/m1/Podarki_18/Ziziphus_mucronata2107_fruits_OlgaB_.jpg |

Obwandiike

Obwandiike



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