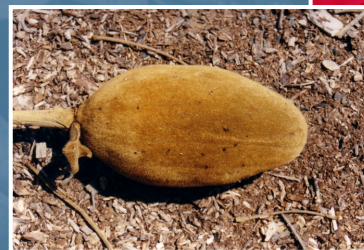
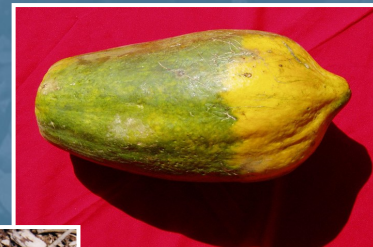


IZITHELO LEZINHLAMVU ZASE ZIMBABWE

*INDLELA ELULA YOKULIMA IZILIMO
ZESINTU EZIDLIWAYO*



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



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

Izithelo lezinhlamvu zase Zimbabwe



Inhlanganiso ye Food Plant Solutions iloba ingwalo ezifundisa abantu ngokuqakatheka kokudla kwesintu. Enye injongo yikumemethekisa ulwazi ngemisoco eqakathekileyo etholakala kulokhu kudla. Inengi lezilimo zokudla kwesintu azivamanga ukulinywa laloba zilohlonzi ukwedlula izilimo zaphetsheya. Inhlanganiso ye Food Plant Solutions iloba lezizifundo ngoba umzuzu ngomzuzu kufa abantwana abahlanu ngenxa yendlala lokuswela ukudla okulemisoco eyaneleyo.

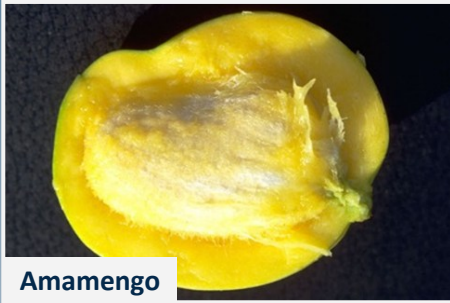
Usizo lwenu lwamukelekile njalo siyalikhuthaza ukuthi liqhubeke lisisekela.

Inhlanganiso yeFood Plant Solutions yasungulwa yi Rotary Club yase Devonport North le Rotary District 9830.

Lolugwalo lulotshwe kusetshenziswa ulwazi oluvela kuluhlu lwezilimo ezidliwayo olwaqoqwa ngabe Food Plants International. Umlobi woluhlu lolu lwe FPI wayethiwa nguBruce French.

Version 1, Apr 2025 (Ndebele)

Zimbabwe - ilizwe elilezithelo ezimangalisayo



Amamengo



Amagwava



Tamarillo



Muguzubheri

Izithelo zimnandi njalo zisipha impilakahle

Umuntu wonke kumele adle izithelo nsuku zonke.

Izithelo zilemisoco edingakalayo emzimbeni
ukuze ube lempilakahle.

Abalimi abahlakaniphileyo balima izithelo
ezinengi ezitshiyeneyo.

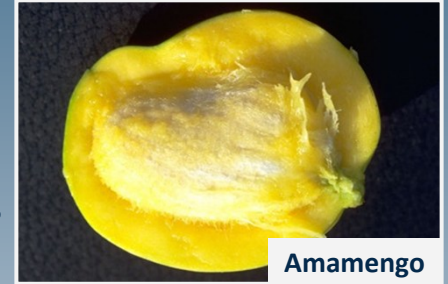


Izithelo ezivuma emkhathini otshisayo



Muguzubheri

Izithelo ezilungele wonke umuntu.
Ezinye zikhula masinyane.
Ezinye zihlanyeelwa ikusasa.
Ezinengi silesigaba somyaka lapho ezitholakala khona.



Amamengo



Umklampunzi



Amagwava

Minza izithelo ukuze unambithe impila kahle

- Izithelo zenza impilo ibemnandi
- Izithelo zilama-vithamini amanengi
- Izithelo ziyikudla okudleka lula
- Izithelo ziyakhwabitheka.

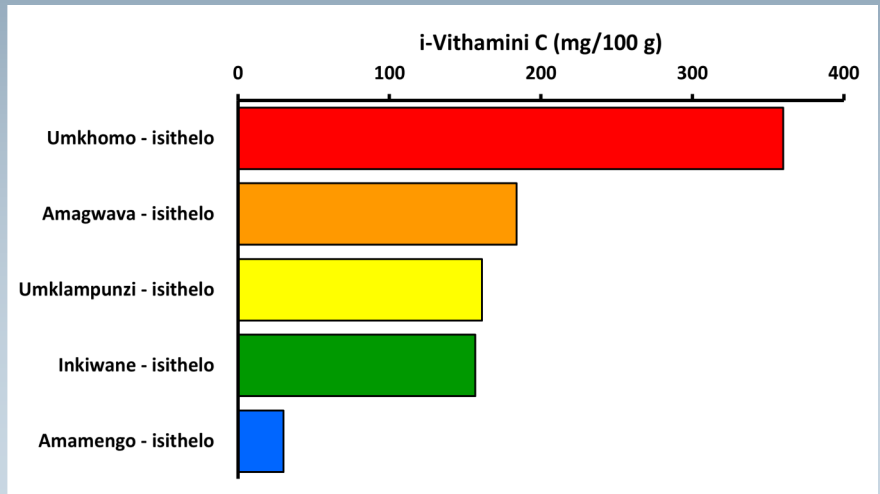


Abantu kumele bakholise ubunandi bezithelo.

Izithelo zisipha i-Vithamini C



I-Vithamini C iqakathekile ekuvikeleni imikhuhlane.

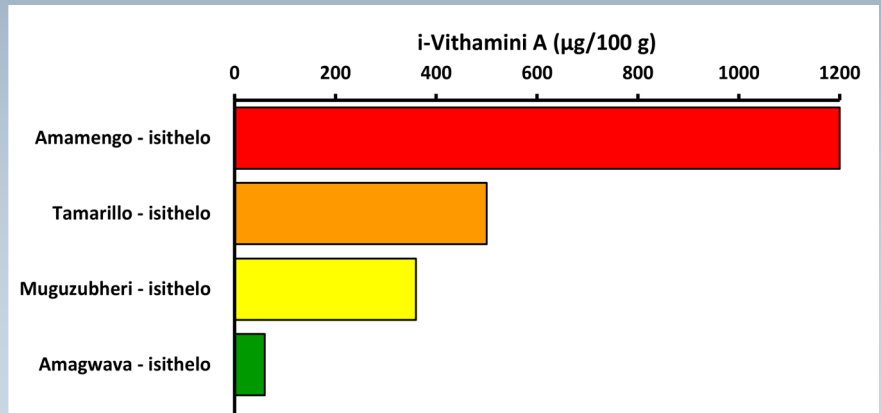


Izithelo zisipha i-Vithamini A

I-Vithamini A iqakathekile ukuncedisa amehlo ukubona lokuvikela umzimba emikhuhlaneni ikakhulu ebantwananeni lakubomama abakhulelweyo.

Abantu abasilela nge-Vithamini A emzimbeni kababoni kuhle ebusuku.

Izilimo silemisoco esetshenziswa yimizimba yethu ekulungiseni i-Vithamini A.



Inkiwane



**Inkiwane idliwa isanda kukhiwa esihlahleni
kumbe yonyisiwe.**



Ficus benghalensis

Umklampunzi



Grewia tenax

**Izithelo zidliwa zisanda kukhiwa
esihlahleni njalo ziluhlaza.**

Izithelo zakhona zingonyiswa.

Amagwava

Izithelo zile-Vithamini A enengi.

Izihlahla zakhona zikhula lula.

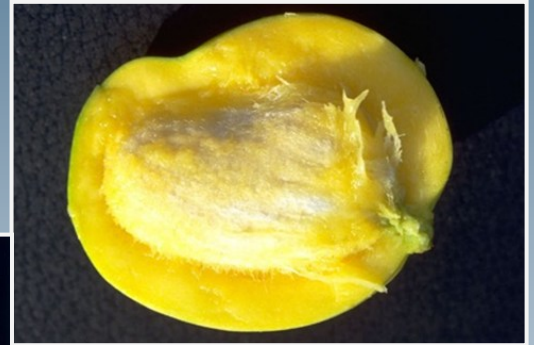
Kuhle izihlahla zakhona
zihlanyelwe eduzane lomuzi ukuze
abantwana bathole izithelo zaso.

Psidium guajava



Amamengo

Izithelo zingavuthwa zidliwa zinjalo. Imengo eziluhlaza zingafakwa itshwayi. Intanga lazo zingaphekwa zidliwe.



Magnifera indica

Umkhomo



Adansonia digitata



**Umkomo udliwa okwaphakathi.
Impuphu yakhona ingehlukaniswa
lentanga yenziwe inamnende.**

**Amahlamvu amancane omkhoma aya-
phekwa adliwe njengembhida kanje
lamahlumela esihlahla sakhona.**



Tamarillo

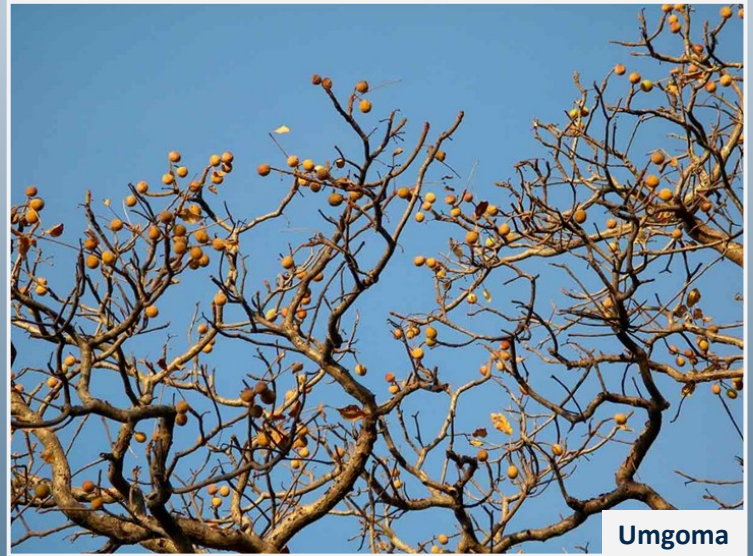
Isithelo lesi sidliwa sinjalo kumbe siphekiwe. Indlela zokusipheka zibalisa ukuxhwathisa, ukosa, kumbe ukubhaka.



Cyphomandra betacea



Izinhlamvu zaseZimbabwe



Izinhlamvu zilemisoco eminengi, zimnamndi njalo zigcineka lula

- Zidliwa ngesikhathi sazo somnyaka.
- Zigcineka lula esiphaleni.
- Abantwana bayazithanda.
- Ziyikudla okulula ukwenza umpakho wabantwana.



Umkhomo



Umgoma

Umgoma



Schinziophyton rautanenii

**Inkelo zakhona zingadliwa zinjalo,
ziphekiwe, zonyisiwe kumbe zigigwe
zabayimpuphu.**



Amazambani

Ayagcineka esiphaleni.

Alemisoco eminengi njalo ayakhanzingeka.

**Isilimo samazambane siyancedisa ukuvundisa
umhlabathi emasimini.**



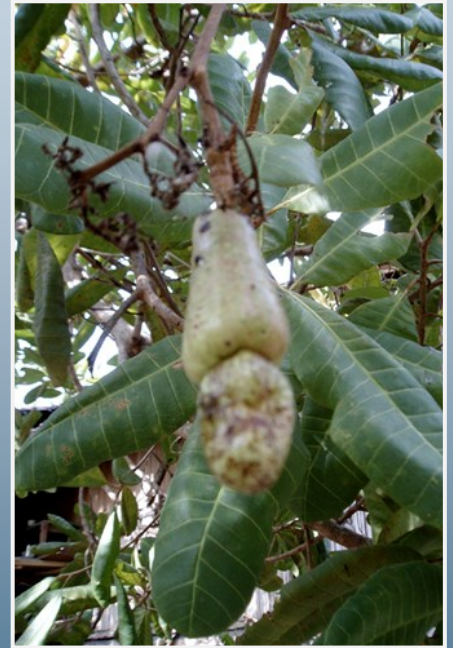
Arachis hypogaea



Cashew



**Izinhlamvu zakhona
zidliwa zosiwe.**



Anacardium occidentale

Umkhomo

Intanga zomkhomo zilomsoco opha umzimba amandla
kakhulu.

Zingadliwa zinjalo, zonyisiwe kumbe zigigiwe.



Adansonia digitata



Amazwi okubonga



Lolugwalo lwasekelwa kakhulu ngemali ngabe yiRotary Club yase Devonport North.

Loluhlelo lokuqoqa lezizifundo belungeke luphumelele kungela sekelo lwamavolontiya azinikelayo.

Abahlela lokuhlaziya lolugwalo - Tom Goninon, John McPhee

Owahumutshela esiNdebeleni - Alfa Ndlovu

Ukutholwa ulwazi olugcweleyo lobelani kukheli ethi: info@foodplantsolutions.org kumbe lixhumale lathi ebulenjini ku www.foodplantsolutions.org

Inhlanganiso yeFood Plant Solutions isebenza ilandela ingqubomgomo ye Rotary International kodwa ilugatsha oluzimele lodwa ingekho ngaphansi kwe Rotary International

Imifanekiso

Imifanekiso eminengi esetshenziswe kulolugwalo ithethwe kuluhlu lwabe Food Plants International. Imifanekiso yezilimo ezilandelayo ithethwe kundawo ezehlukeneyo kusuka ku inthanethi.

Igama lesayensi	Ibizo elijwayelekileyo	Lapho okuthethwe khona umfanekiso lo
<i>Anacardium occidentale</i>	Cashew nut	https://blogs.extension.iastate.edu/answerline/2021/04/13/cashews-not-really-a-nut/
<i>Schinziophyton rautanenii</i>	Umgoma (Mongongo nut)	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>	Umkhomo (Boabab)	https://tropical.theferns.info/plantimages/sized/a/9/a941320ae66e8c6826d98e38ec6a6f6b60ec2160_960px.jpg https://tropical.theferns.info/plantimages/sized/9/2/9294a2e9c584e1c83505ce9f33372221e33db63b_960px.jpg

Notes



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