

Ebibala n'ebinyebwa 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

Ebibala n'ebinyebwa mu Uganda



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.

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.

Food Plant Solutions: Emirimu egikolebwa ekitongole kya Rotary Club mu Devonport North & Rotary District 9830

Uganda – nsi ejjudde ebibala ebirungi



Enanansi



Fe'i banana



Amapeera



Sebastian

Ebibala biwooma nnyo ate bikuuma obulamu bwaffe nga bulungi

Enanansi



Buli muntu alina okulya ebibala buli lunaku.

Abalimi abalungi basimba ebika eby'enjawulo eby'emititi gy'ebibala.

Ebibala bituwa minerals, vitamins n'ebirungo ebirara buli muntu bye yetaaga okubeera omulamu obulungi.

Tamarillo



Buffalo thorn



Amapeera



Fe'i Banana



Governor's plum



Emitti egikulira mu budde obunyogovu

Enanansi



Governor's plum



Amapeera



Ffene

Ebibala birina okulibwa buli muntu era n'okubyaga.

Ebimu bikula mangu.

Ebirara tulina okubisimba nga twetegekera ebiseera ebyomumaaso.

Ebibala bingi bilimibwa mu sizoni ez'enjawulo.



Tamarillo

Tukozese nyayo ebibala tusobole okweyagalira mu bulamu bw'ensi eno

- **Ebibala byongerera akawoowo mu bulamu bwaffe.**
- **Ebibala bigagga nnyo mu kirungo kya vitamins.**
- **Ebibala bituyamba okufuna eky'okulya ekyamangu.**
- **Ebibala butuwa essanyu mu bulamu.**

Tulina okwetanira okukozesa n'okuweyambisa akawoowo n'endabika y'ebibabala.



Amatooke emmere ennungi ayamgu



Amatooke/o'b'ameevu agengedde malungi in carotenoids ekiyamba amaaso okulaba obulungi.

Ameevu mangi amegevu gatuwa emmere nnungi eyamangu.



Amatooke malungi mu kirungo kya potassium ekiyamba okukuuma speed n'obungi bw'omusaayi mu mubiri.



Twebuuze ku bantu abanyi amatooke obulungi tubebuzeeko kika ki ekisinga okuwooma era kika eky'okufumba.



Ennanansi – zimanyiddwa okutuwa emmere enyangu



**Okusimba ebikolo bya
wamsi kiyamba ennanansi
okusaako ebibala
amagangu.**



Amapeera - tugafunamu ekirungo kya vitamin C eky'abaana



**Ebibala
bigagga
nnyo mu
kirungo kya
Vitamin C.**



**Emitti gikula mangu
era tulina okugisimba
okumbi n'amaka
abaana basobole
okweyagalira mu
kulya ebibala.**



Governor's plum



Ebibala bisobolwa okulibwa nga tebifumbiddwa nga byengedde, bifumbe, bikalu ob'okubitereka.



Tamarillo - kituwa ebibala buli luvanyuma lwamwaka



**Tubirya nga bibisi oba
nga bifumbe.**

**Bikula bulungi nga
tusimbye ndokwa ez'emitti.**



Chemedak - a versatile fruit



**Biribwa nga bibisi oba
ng'ensigo nsiike.**

**Ebibala ebibisi
biribwa ng'enva
endirwa.**



Buffalo thorn - abaana bagala nnyo ebibala binno

Ebibala bya Buffalo thorn tusobola okubirya nga bibisi oba nga byengedde.



Ebibala bisobola okukazibwa ne tubisekula okubinywa ku caayi nga kaawa.

Uganda – ebinyebwa eby'emmere

Coastal almond



Sebastian



Mobola plum



Desert date

Ebibyebwa - bigagga mu birungo, biterekebwa, biwooma ate birimu ekiriisa kya protein, vitamin ne minerals

- Ekyukakyuka mu endiisa bibaawo.
- Kirungi okubeera n'emmere entereke.
- Emmere entereke nnungi nnyo eri abaana.
- Emmere gy'etutereese teba yabuseere ebeera nnungi okusinga emmere gyetugula eyamangu.



Boabab



Aprokuma

Awusa nut



**Ebinyebwa biribwa ang
tumaze kubifumba.**



Cashew nut - zinc supplement, okusingira ddala mmere y'abaana



Ebinyebwa bigagga nnyo mu kiriisa kya zinc era tukubirizibwa okusimba emitti mingi egy'ebinyebwa bino.



Sweet acacia - ensigo ziribwa nga mbisi



Eppeke za sweet acacia ziribwa mbisi, nga ngyokye ob'ebikuddwa mu nsaano.

Binyeebwa - ebijajnjaalo ebiribwa ng'ebinyebwa



Empeke zirimu
ekiriisa kingi era
tusobola okuzirya
nga mbisi
ob'enfumbe.



Peanuts zongera
omutindo gwettaka
ate bituwa
n'emmere.



Okwebaza

Ekiwandiiko kino kyabagibwa ngekitundu ku mirimu gya 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 n'eyatereeza edabika y'ekiwandiiko kino- Lyndie Kite, John McPhee ne Pam Scott
Okuvunula kwasomebwamu ne kukkakasibwa: Kiberu John Chrysostom

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Wandiika wano by'oyagala

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