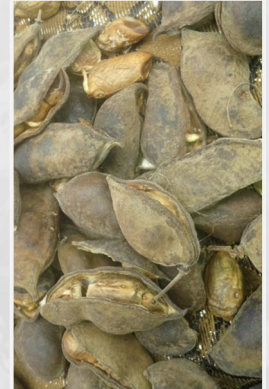


IZILIMO ZEZIMBABWE EZIYIKUDLA OKULEMPILAKAHLE

*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



Izilimo zeZimbabwe eziyikudla okulempilakahle

Rotary



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

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)

Kusetshenziswa izilimo ezidliwayo



Impilakahle yesizwe igqile kakhulu ezilimeni ezidliwayo kuleyo ndawo.

Izilimo zeZimbabwe eziyikudla okulempilakahle

Sokuyisikhathi sokukhangelisisa izilimo ezinengi ebezinganakiwe kodwa ziluncedo kakhulu ekudleni lekupheni imisoco eminengi emzimbeni.



Umgoma



Tamarillo



Spotted cat's ear

Ukudla okwakha umzimba

Abantu kumele badle ukudla okutshiyeneyo okulemisoco eminengi ukuze babe lempilakahle ikakhulu abantwana. Ukudla lokhu kumele kuvele kumaqembu la:

- Ukudla okunika amandla njenge mbambayila
- Ukudla okukhulisa umzimba njengamakhomane lamajodo
- Ukudla okuvikela emkhuhlaneni

Kumqoka ukuthi imisoco le imizimba yethu iyithole ngesilinganiso esaneleyo.



Ukudla okwaneleyo

Limani izilimo ezahlukeneyo ngezigaba zomnyaka ezahlukeneyo ukwenzela ukuthi kungabi khona isigaba esilendlala. Kumele kuhlanyelwe izihlahla zezithelo lenhlamvana.



Umkhomo



Yerera



Shepherd's purse



Moringa



Imbambayila



Spotted cat's ear



Umjumbula



African rice

Izilimo eziletshefu lezigulisayo

Ezinye izilimo ziyagulisa. Kuqakathekile ukunanzelela indlela eziphekwa ngayo:

- Amagcikwane atholakala emahlamvini alakho ukubulalisa umuntu ngesisu. Ngokunjalo ke ukudla kumele kuphekwe kuhle ukuze amagcikwane la afe.
- I-Cynide ngeyinye itshefu etholaka ezilinyweni ezifana lomjumbula. Yenza izilimo zibabwe kodwa ke iqedwa yindlela yokupheka ngemfanelo.
- Ama-Oxalates ngeyi itshefu etholakala ezilinyweni. Amunyu njalo ayatshisa emphinjeni. Ukupheka uchitha amanzi kuyancedisa ukwehlisa inani lama –oxalates ekudleni okunjenge Taro.
- Izilimo zingaba lotshefu owohlobo lwama-Nitrates. Lokhu kwenzakala nxa kungafakwa efethalayiza yohlobo lwe –nitrogen enengi emibhideni.

Umsoco we – Iron odingakala egazini

Umsoco we- iron uqakathekile egazini. Yiwo owenza igazi libe lombala obomvu.

Umsoco we iron uncedisa amaphaphu ukudonsela umoya egazini. Lokhu kwenza sibe lamandla okusebenza.

Ukusilela komsoco we-iron egazini kubangela umkhuhlane we –anaemia. Imizimba yethu yenelisa ukusebenzisa umsoco we iron nxa le-Vithamini C ikhona.

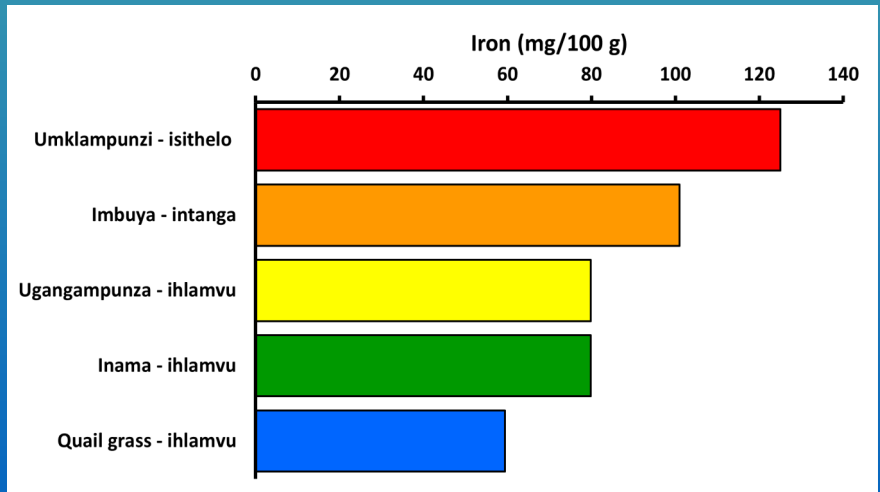
Ukulalisa iphizi ezomileyo emanzini kwenza zibe le iron enengi.



Umklampunzi



Imbuya

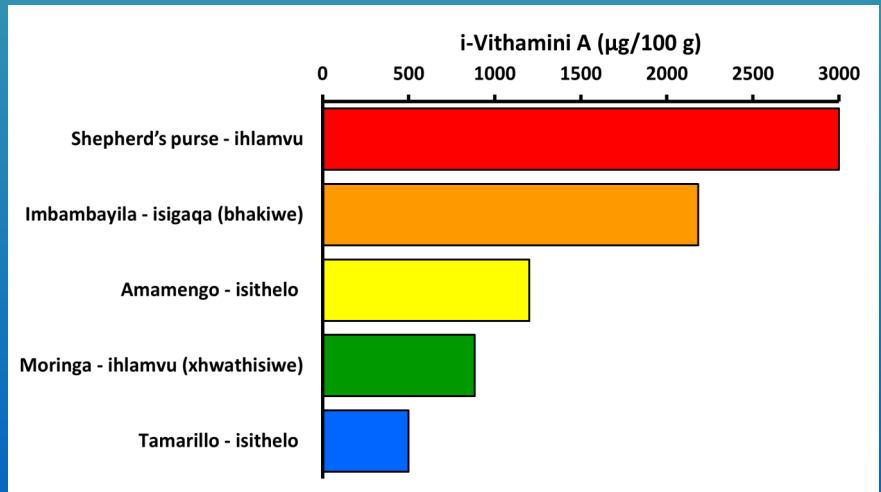
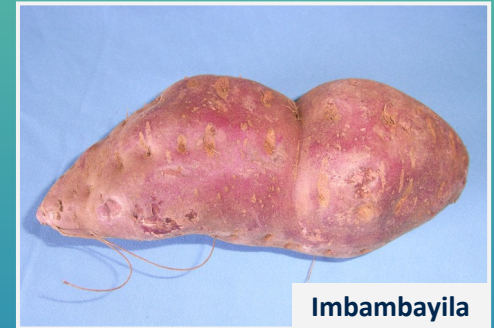


i-Vithamini A ikaqakathekile ukungcedisa amehlo ukubona kuhle

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

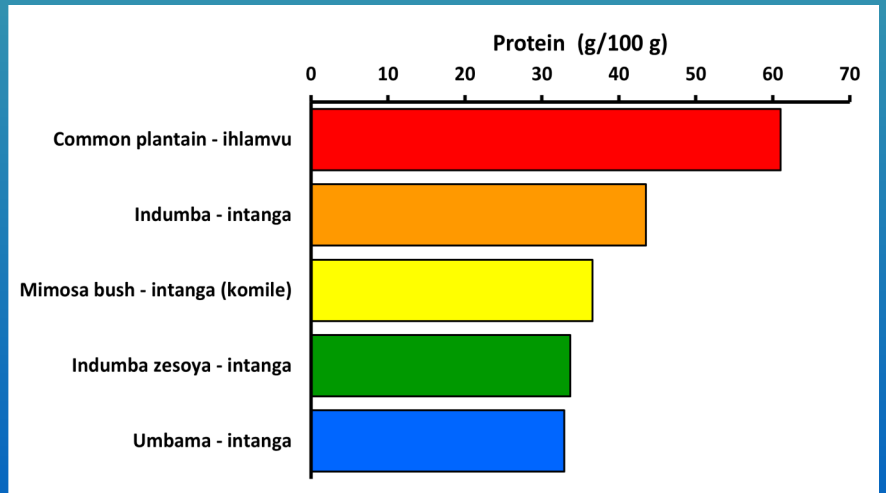
Abantu abasilela nge-Vithamini A emzimbeni kababoni kuhle ebusuku.

Izilimo silemisoco esetshenziswa yimizimba yethu ekulungiseni i-Vithamini A.



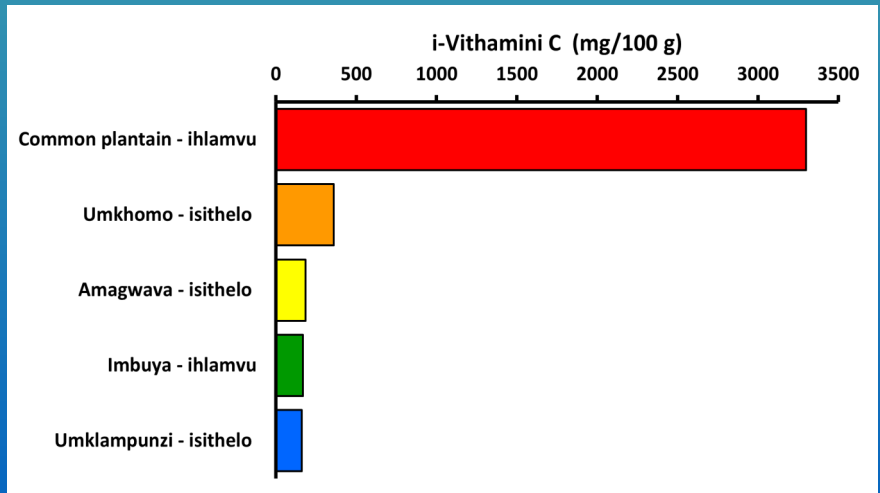
Ukudla okwakha umzimba

Izilimo zisipha umsoco wama protein lapho kungekho inyama lenhlanzi.



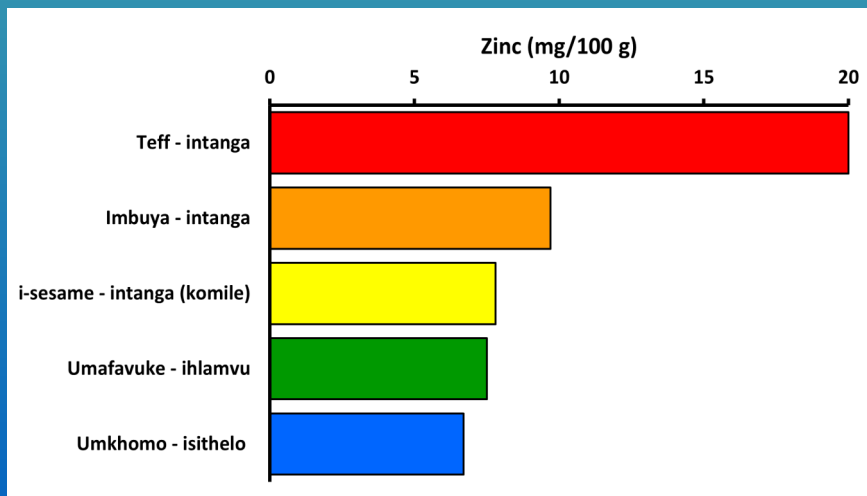
i-Vithamini C iqakathekile kumpilakahle

I-Vithamini C iqakathekile ekuvikeleni imikhuhlane.



Umsoco we-zinc uncedisa ukukhulisa umzimba

Umsoco we-zinc uqakathekile ebantwaneni ukubasiza ukusila emikhuhlaneni lokuba lempilakahle.



Imibhida elamahlamvu alombala oluhlaza aqakathekile

Imbhida elamahlamvu alombala oluhlaza isipha imisoco ye-iron, ama-protein leminyeye imisoco lamavithamini aqakathekileyo.

Imbhida elamahlamvu alombala oluhlaza ilemisoco ye –iron folate edingwa kakhulu ngabesifazana abakuzinga lokungabeletha.

Ukusweleka komsoco we-iron folate kubomama abazithweleyo kubangela ukungabumbeki kuhle komntwana osesiswini.

Umuntu wonke kumele adle imibhida elombala oluhlaza isilinganiso esigcwala isandla ngelanga.



Ikhabitshi



Moringa

Izilimo ezizalela emhlabathini zilungele umkhathi otshisayo

Isitshwala siqakathekile
eZimbabwe.



Indumba silomsoco wama-proteins njalo isilimo sakhona siyancedisa ukuvundisa umhlabathi

Isilimo sendumba ngumvundiso wamahala.

Silezinanakazana empandeni zaso ezancedisa ukudonsa umvundiso we nitrogen emoyeni ziwusa emhlabathini.



Indumba



African locust bean



Umbama

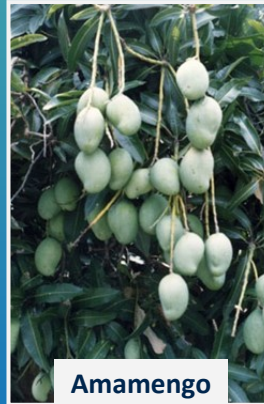


Amazambani

Umntu wonke kumele adle izithelo nsuku zonke.

Izithelo zilemisoco edingakalayo emzimbeni ukuze ube lempilakahle.

Abalimi abahlakaniphileyo balima izithelo ezinengi ezitshiyeneyo.



Izithelo lezinhlamvu

Izithelo zikholiswa ngumuntu wonke.
Ezinye zihlanyelelwa ikusasa.

Ezinengi silesigaba somyaka lapho
ezitholakala khona.

Ezinye zikhula masinyane.



Imibhida lemifino ehlukeneyo elomisoco

Imibhida eminengi ilesigaba somyaka lapho ezitholakala khona. Izimuli kumele zilime imihlobo etshiyeneyo yemibhida ukuze zizuze ukudla ezigabeni zonke zomnyaka.

Imibhida kumele ihlanyelwe duzane lomuzi ukuze abantu bengahambi umango omude ngesikhathi sezulu. Lanxa belemisebenzi eminengi kumbe bekhathele imibhida iyabe izuzakala eduze.



Imbuya



Moringa



Common plantain



Ikhabitshi



Ibilebile

Izilimo zokulima emingceleni yesivande

Izilimo ezinkulu zingalinywa emingceleni wesivande.



Ithanga



Umjumbula



Umklampunzi



Umjumbula

Izilimo zokulima emingceleni yesivande

Ugangampunza



Amagwava



Moringa



Tamarillo

Izilimo zesivandeni



Izilimo ezinabayo lezithandela ucingo

Izilimo ezinengi zingalinywa ecingweni olugombolozele umuzi kumbi isivande.



Amazwi okubonga



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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>Amaranthus viridis</i>	Imbuya (Green amaranth)	https://www.cabidigitallibrary.org/cms/10.1079/cabicompendium.4654/asset/7022728c-2351-471b-9146-dacbc32556e/assets/graphic/amaran_.jpg https://upload.wikimedia.org/wikipedia/commons/thumb/2/20/Amaranthus_viridis_25042014_1.jpg/220px-Amaranthus_viridis_25042014_1.jpg
<i>Capsella bursa-pastoris</i>	Shepherd's purse	https://fr.wikipedia.org/wiki/Fichier:Capsella_bursa-pastoris_1.JPG
<i>Hypochaeris radicata</i>	Spotted cat's ear	https://commons.wikimedia.org/wiki/File:Hypochaeris.radicata.Alan.JPG#/media/File:Hypochaeris.radicata.Alan.JPG
<i>Oryza glaberrima</i>	Umphunga (African rice)	https://i.pinimg.com/474x/77/48/1f/77481fb8134243595c851b56ac63ea4c--natural-resources-mali.jpg
<i>Tylosema esculentum</i>	Umbama (Gemsbok bean)	https://upload.wikimedia.org/wikipedia/commons/thumb/8/8d/Tylosema_esculenta_pod.PNG/220px-Tylosema_esculenta_pod.PNG
<i>Tylosema fassoglensis</i>	Indumba (Marama bean)	http://palkowitschia.cz/sukulenty/img/travelling/kenya/flora/Tylosema%20fassoglensis%20Ghazi%20Kenya%202014_0192.jpg
<i>Xanthosoma sagittifolium</i>	Yerera (Chinese taro)	https://commons.wikimedia.org/wiki/File:Xanthosoma_sagittifolium_in_Bukidnon,_Philippines_01.jpg#/media/File:Xanthosoma_sagittifolium_in_Bukidnon,_Philippines_01.jpg

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