

Akamaro kihariye k'amababi y'icytsi n'imboga mu Rwanda

*UBURYO BW'IBIKORWA BWO GUHINGA
IBIRIBWA BIBONEKA MUGIHUGU NO
KUBIKORA NEZA*



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



The Mustard Seed Institute

A project of the Rotary Club of Devonport North,
District 9830 and Food Plants International

www.foodplantsolutions.org



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Rotary



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Icyerekezo cya the Mustard Seed Institute ni ukuba ikigo cyegereye abaturage, gitanga ibisubizo bishyizwe mubikorwa kandi birambye kugirango turwanye ubukene bukabije, no kubaha amahoro binyuze mu bushakashatsi, guhanga imirimo cyangwa udushya, amahugurwa no gutanga ubumenyingiro, ndetse n'ikiganiro bkwunguye kuri buri wese mu gace k'icyaro ka Rwankuba-Murambi Intara y'I Burasirazuba.

Food Plant Solutions mu kuvugurura imibereho myiza mu baturage binyuze mu burezi n'ubuvugizi kandi bwitaweho, mu kongera ubumenyi ku bijyanye n'umusaruro Mu kugabanya ikigero cy'imirire mibi iri mu bana baho dukorera.

Ku bisobanuro birambuye by'uuyu mushinga tuvugishe kuri info@foodplantsolutions.org.

Twishimiye kubakira n'inkunga yanyu yose.

Food Plant Solutions - ni umushingawa Rotary Club of Devonport North,
akarereka Rotary 9830 na Food Plants International

Aka gatabo gashingiye ku makuru yakuwe mu bubiko shingiro bwa Food Plant International (FPI), "ibimera biribwa ku isi", byakozwe n'umuhanga mu buhinzi witwaga Tasmanian Bruce French.

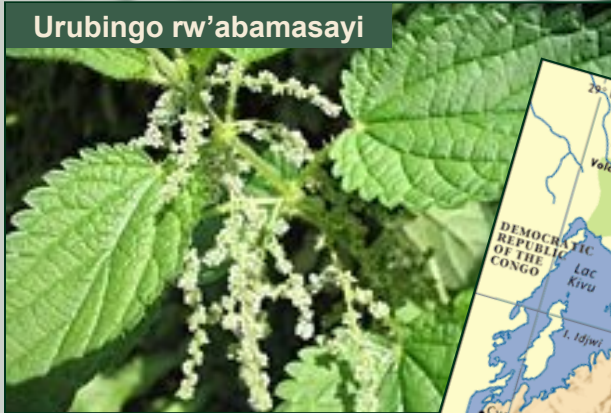
Food Plant Solutions ikora ikurikije politiki ya Rotary mpuzamahanga, ariko ntabwo ari ikigo cyangwan igenzurwa na Rotary International



Rwanda -

Igihugu kibereye imboga rwatsi

Urubingo rw'abamasayi



Epinari



Moringa



Amababi y'ibishyimbo



Imboga rwatsi - Indyo yuzuye y'igihugu

Shepherd's purse



Epinari y'abahinde



Ibijumba



Jute

Gukoresha imboga rwatsi

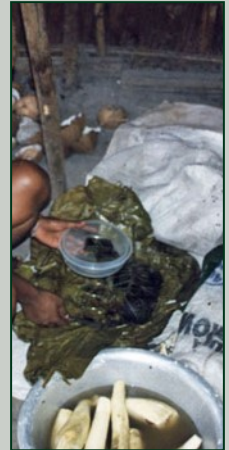
Gusoroma no guteka uruvange rw'imboga



Imboga rwatsi nyinshi ziribwa zimera hafi y'ingo no kunzura.



Ibiribwa by'intungamubiri

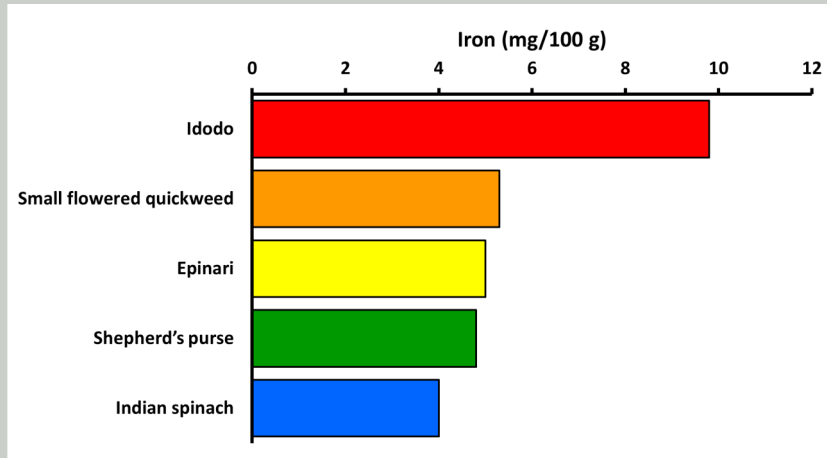


Imboga rwatsi zigomba gutekwa.

Abarya imboga rwatsi bagira ubuzima bwiza

- **Ibihingwa byinshi bigira ibibabi biribwa.**
- **Ibibabi biribwa byuzuye intungamubiri.**
- **Ubusanzwe imboga zose zigomba gutekwa kugirango hicwe bakiteri.**
- **Buri wese nibura agomba kurya imboga zuzuye nk'igikombe kugira ngo agire ubuzima bwiza.**
- **Imboga zimwe na zimwe zishobora gukurira nko ku rugo, mu bishanga, no mu mirima yo hafi y'ingo kugirango zibashe kuboneka bihoraho.**

Amababi y'imboga rwatsi - Ingano y'imyunyu ngugu



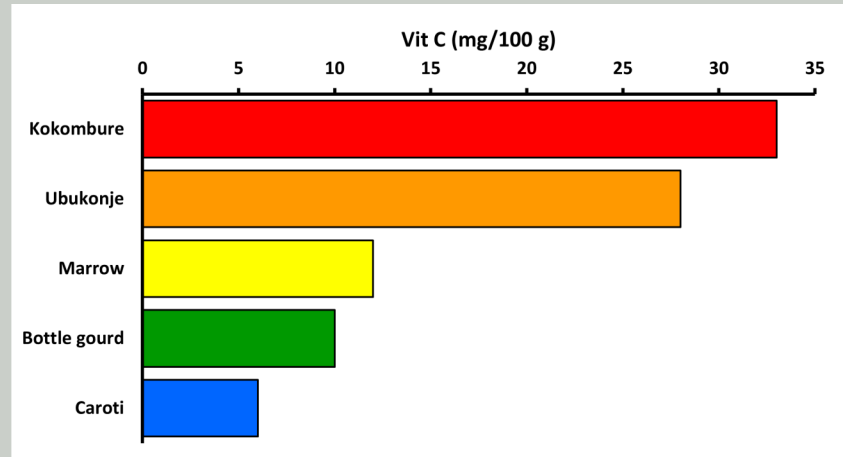
Umunyu ngugu wa IRON ni ingenzi, niwo utuma amaraso yacu aba umutuku.

Iron ifasha oxygene kugera mu bihaha. Ibyo bikadufasha kugira imbaraga zo gukora.

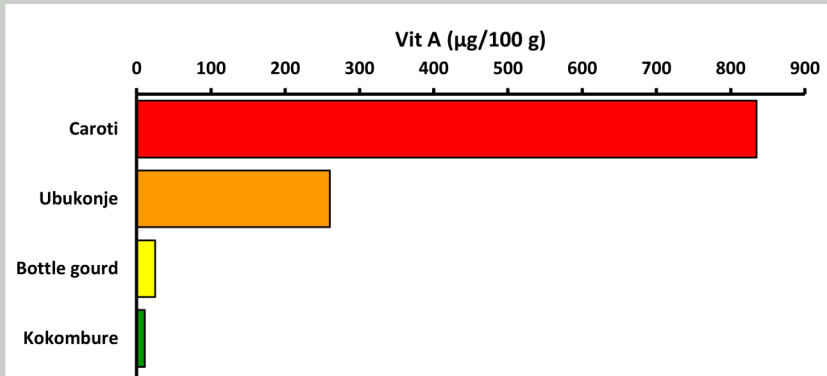
Iron nkyeya twitwa anemic. Iron iboneka cyane iyo Vitamin C ihari.

Vitamin C mu kugira ubuzima bwiza

Vitamin C ni ingenzi kuko iturinda uburwayi.



Vitamin A agaciro k'imboga



Vitamin A ni ingenzi ituma tureba neza no kurwanya, cyane cyane abana batoya ndetse n'abagore batwite.

Abantu bafite vitamin A nkyeya mu mubiri bagira ibibazo byo Kutareba nijoro.

Mu bihingwa, harimo ikinyabutabire gishobora guhindukamo Vitamin A iyo gishyitse mu mibiri yacu.

Rumari -

Amababi yabyo ni isoko nziza ya Vitamin C

Amababi n'uduti twayo dushobora kuribwa ari bibisi cyangwa bitetse.



Galinsoga parviflora

Amaranth - Igihingwa gikura vuba kandi kibereye akarima k'igikoni



Gusasa imbuto mu mivu y'umuriro ishaje bifasha ibimera gukura.



Amaranthus
spp



Cat's whiskers



Imboga zishobora
gusarurwa hagati
y'ibyumweru 4-5
nyuma yo guterwa.



*Cleome
gynandra*



Shepherd's purse



**Amababi yabyo ni isoko ikomeye
ya Vitamin A.**

**Amababi yabyo ashobora gutekwa
Cyangwa kuribwamo salade.**



**Utubabi dutoya natwo
dushobora kuribwa**



Capsella bursa-pastoris

Amababi y'ibijumba



**Amababi ashobora kuribwa atetse
cyangwa salade.**

**Ibyerera mu butaka cyangwa
ibizamuka hejuru yabwo.**



Ipomoea batatas

Urubingo rw'abamasayi



Amababi matoya arasoromwa, agatekwa ndetse akaribwa.



Urtica massaica

Moringa



Igiti gikura vuba. Imitwe
yacyo n'amababi
aratekwa akaribwa.

Moringa oleifera



Imyumbat



Manihot esculenta

Utubabi dutoya turibwa dutetswe.



Epinari z'abahinde



Amababi ashobora gukarangwa, gutekwa mo isosi akaribwa.



Ikura ijya hejuru ishingiriye, cyangwa mu kago gatoya kazengurutseho.

Basella alba



Amababi ya Taro

Ubwoko bwiza
bw'ibiryo.



Colocasia esculenta



Epinari

Uduti dutoya n'utubabi
turatekwa tukaribwa.



Celosia trigyna

Amababi mabisi y'u Rwanda



Amaranth



Imyumbati ya rutaminsi



Moringa

**Amababi y'icyatsi kijimye
ashobora kuribwa burimunsi.
Agomba gutekwa, agakaranwa
cyangwa akabizwa.**



Epinari y'abahinde

Amababi aribwa



Iteke

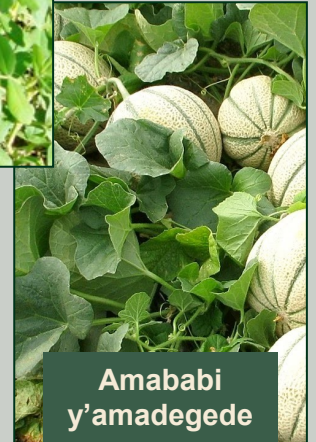
Amababi y'ubunyobwa



Jute



Pumpkin leaf

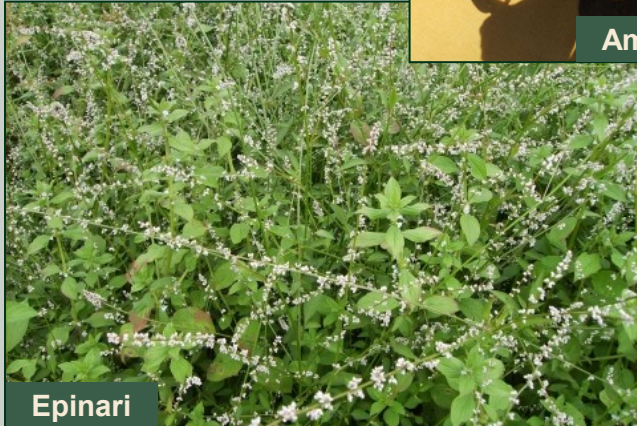


Amababi
y'amadegede

Amababi aribwa



Amababi y'ibishyimbo



Epinari



Bottle gourd leaf

Amababi aribwa



Ibijumba

Pigeon pea



Egyptian sesban

Uburozi bw'ibihingwa

Ibihingwa bimwe na bimwe byifitemo ibintu byatera indwara. Reba uko wabitegura mbere yo kubirya. **INGERO:**

- Bagiteri zo ku mababi zishobora gutera kuribwa mu nda. Ibiryo bigomba gutekwa kugirango zipfe.
- Cyanide ni uburozi rusange busangwa mu bihingwa (urugero; imyumbati), biyitera kurwaza, ariko igashwanyaguzwa no gutekwa cyane.
- Oxalates ni rusange ku bihingwa (urugero; taro). Birasharira kandi bikangiza umuhogo. Guhindura amazi mu gihe cyo guteka bigabanyamo oxalates.
- Ibihingwa bishobora kwegeranya uburozi bubi ku bana. Ibyo biba iyo intungamubiri za nitrogen ziyongereye mu mababi y'imboga. (urugero; amaranth).

Ibiribwa by'imboga by'u Rwanda



Bottle gourd



Angled loofah



Ibigori

Imboga zitandukanye n'imirire

Imboga zimwe na zimwe n'amababi aribwa bigomba kuba bihinze hafi y'urugo kugirango bibashe kuboneka burimunsi no mu minsi y'imvura nyinshi, cyangwa abantu bafite uturima tw'igikoni turi kure y'ingo.



Nk'uko imboga zimwe na zimwe zikura mu gihe cy'imvura gusa, imiryango igomba guhinga ahantu hanini ngo ibone ibiryo umwaka wose.

Imboga - Intungamubiri zifite uburyoshye y



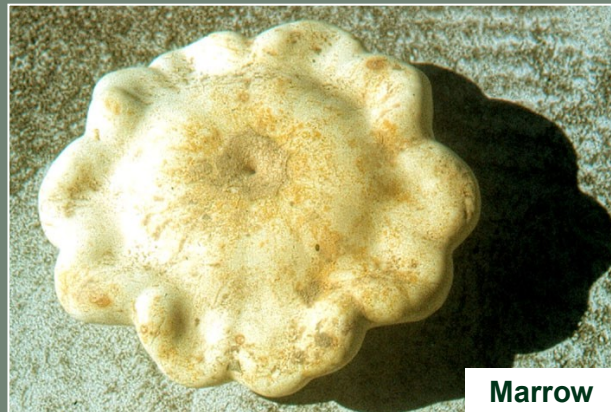
Ibishyimbo bya Mung



Ibishyimbo bitukura



Ingemwe



Marrow

Uboro - Imbuto zitandukanye



Imbuto zishobora gutekwa cyangwa zigakorwamo ifu.

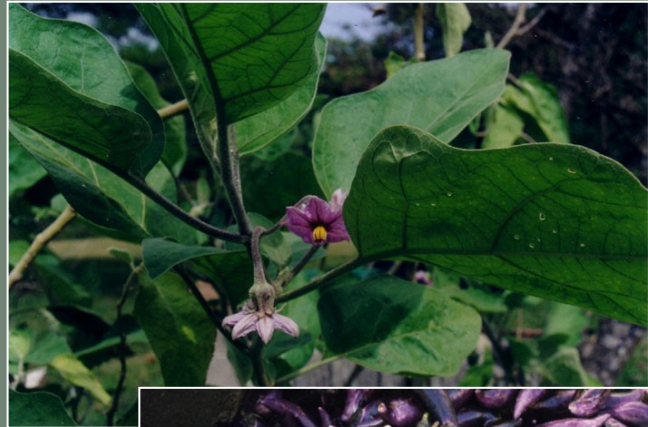
Eleusine coracana



Ingemwe

Imbuto ziribwa zikaranze,
grilled, bazitetse, stuffed or stewed.

Zishobora kumishwa kugirango
zibikwe neza.



Solanum melongena



Kokombure



Momordica charantia

Intoya, izikomeye zishobora gutekwa, zeze neza, zikaranzwe cyangwa zitoranijwe.



Amababi nanone araribwa

Gutumbika imbuto mbere amasaha 24 byihutisha kumera.



Ubukonje

Imbuto zishobora gutekwa, kubizwa, gukarangwa, gutekwa ntamazi azikozehoho cyangwa guhekenywa utubuto twazo.



Cucurbita maxima

Ibishyimbo bitukura byera vuba



Gushingirira ibishyimbo byongera gukura kw'imiteja yabyo.

Phaseolus coccineus



Guhinga mu macupa biringa imbuto



Imbuto ntoya
zishobora gutogoswa,
guhumeakwa,
gukarangwa no
gutoranywa zikiri
ntoya zikaribwa.



Lagenaria siceraria



Ubunyobwa

Bukura neza ahantu.

Imbuto zabwo zaribwa
mbisi cyangwa
zakaranzwe.



Arachis hypogaea

Pigeon pea - Igihuru kigizwe n'imbuto ziribwa amababi



Pigeon pea ishora imizi cyane ikuzimu bigatuma iba ikiribwa gikura n'ahantu humye.

Ni ikinyamisogwe gikura nitrogen mu butaka.



Ibibabi, ibishishwa, imbuto n'ibimera byose bishobora gutekwa no kuribwa.

Cajanus cajan



Amasaka

Sorghum bicolor



Imbito ziribwa
nk'ibinyampeke ndetse no
mu binyamafu ishobohora
gukorwamo udutsima
(amandazi) cyanwa
ibinyobwa bitandukanye.

Turashimira



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Iki gitabo cyateguwe mu rwego rwa gahunda yakozwe na Foods Plant Solutions Rotarian Action Group, byashobotse ku bw'inkunga y'akarere ka 9830.

Ntibyarigushoboka hatabonetse ubufasha n'umuhate bitagereranywa by'abakorera bushake batanze icyerekezo, kwikunda and no kutizigana umwanya n'imbaraga mu ushyigikira uyu mushinga.

Byasubiwemo binatunganywa na – Lyndie Kite, John McPhee and Executive Officer Karalyn Hingston

Ku bisobanuro birambuye by'uyu mushinga tuvugishe kuri info@foodplantsolutions.org.

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Ibyanditswe



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