

# IBIHINGWA BIRIBWA KUBW'INDYO YUZUYE INTUNGAMUBIRI MURWANDA

***UBURYO BUFATIKA KANDI  
BUGARAGARA BWO GUKUZA IBIHINGWA  
BIRIBWA NDETSE NUBURYO BWO KU  
BIKORA NEZA***



**FOOD PLANT  
SOLUTIONS**  
ROTARIAN 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](http://www.foodplantsolutions.org)

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**The Mustard Seed Institute**

Icyerecyezocya The mustard seed institute ni ukuba ikigo cyegereye abaturage, gitanga ibisubizo bigaragara kandi bifatika kugirango turwanye ubukene bukabije no kubaka amahoro binyuze mu bushakashatsi, guhangamirimo cg udushya, amahugurwa nogutanga ubumenyingiro ndetse nibiganiro bifunguye kuri buriwese. Mu cyarocya Rwankuba, muntara y'iburasirazuba.

The mustard seed institute ikoranye na food plant solutions kugirango bongere ubuzima bwiza n'imibereho myiza yabatuage binyuze mu mahugurwa ndetse n'ukwigisha abaturage uburyo bunozwe bwoguhinga ndetse n'ubworozi twibanze ku kungura ubumenyi abaturage kubihingwa bishobora guhingwa kugirango tugabanye imirire mibi mu bana.

Ku bundi busobanuro kubijanye nuyu mushyinga wabarizakuri [info@foodplantsolutions.org](mailto:info@foodplantsolutions.org)  
Inkunga yanyu turayakiriye kandi turayishimiye.

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



# Gukoresha neza umusaruro w'ibihingwa biribwa



Ubuzima, imibereho myiza n'umutekano  
wibiryo mwiza mugihugu bisaba gukoresha  
neza ibiribwa biharimuri icyo gihugu.



# Ibihingwa biribwa kubwubuzima nimirire myiza mu rwanda

Kubera ikirere cyiza n'ubutaka bwiza bwera kandi buteye neza, imvura mu bihe bitandukanye mumwaka, nicyo gihe ngo tumenye cg dusobanukirwe kandi tunakoreshe ibihingwa byiza kandi bitandukanye byuzuye intunga mubiri.

Nicyo gihe ngo urwanda rwishyimirire ibihingwa biribwa byiza rufite. Hari ibihingwa byinshi bitandukanye mu karere kacyu.

Tanzania ifite amoko yibihingwa biribwa 1949. Uganda ifite 1160. Burundi ifite 375.



Mulberry y'umweru



Ibigori



Amaranthus

# Ibihingwa byokurya bitera cyangwa bituma tugira ibuzima bwiza

Kugirango ubeho ufite ubuzima bwiza, abantu bose cyane cyane abana, bagomba kurya ibiryo bitandukanye kuva mu bwoko bwi biribwa bitandukanye byuzuye intunga mubiri. Ibitera imbaraga- nki bijumba Ibitera gukura- nk'ubunyobwa Ibitera ubuzima bwiza- nka voca Kurya ibiryo bitandukanye, bituma umubiri ubona intunga mubiri zikenewe muburyo bukwiye.



# Kurinda neza umutekano wibiryo

**Nibyiza guhinga ibihingwa byinsi bitandukanye mu bihe bitandukanye mu mwaka, kugirango twirinde kubura ibyokurya mu ngengabihe zitandukanye mu mwaka. Hano hagomba kubamo imbuto ni bitu byu'bunyobwa.**



Uboro



Imyumbati



Moringa



Amadegede



Jute



Ibihwagari



Taro

# Iron ituma tugira maraso meza

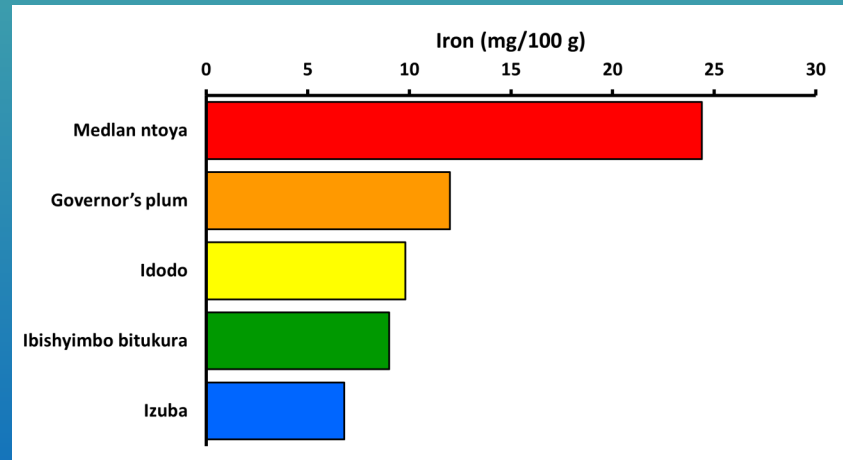
Iron ningenzi mu maraso yacu. Niyo ituma amaraso yacyu aba umutuku.

Iron ifasha oxygen kujiyera mu bihaha byacyu.

Ibi bidufasha kubona ingufu zo gukora akazi neza.

Mugihe tudafite itungamubiri ya iron ihagije mu mubiri wacu duhita tuba “anaemic” (kuba nta maraso ahagije ufite mu mubiri)

Iron tuyigira iyo dufite vitamin C ihagije mu mubiri. Kwinika ibishyimbo nijoro mbere yuko tubiteka, byongera ingano ya iron muri ibyo bishyimbo.

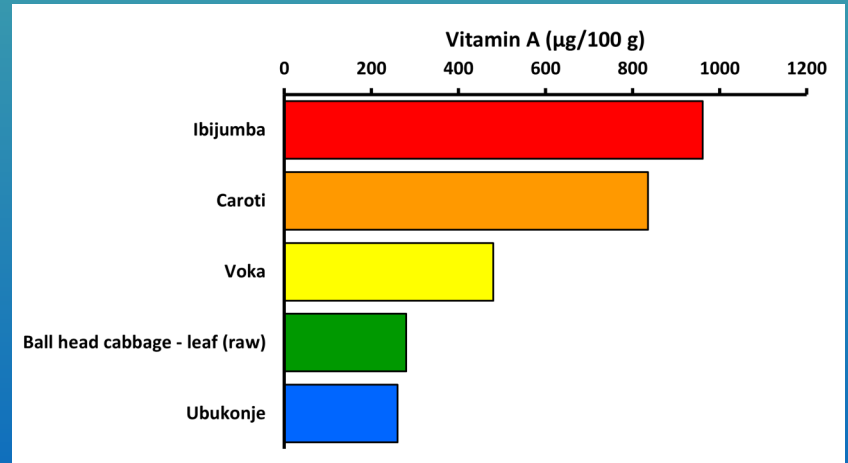


# Vitamin “A” ituma amaso abona neza

Vitamin A ni ingenzi mu mubiri wacu. Ituma amaso yacu abona neza, ndetse nukurwanya indwara cyane cyane mu bana na bagore batwite.

Abantu badafite vitamin A ihagije bagira ikibazo cyokutabona neza nijoro.

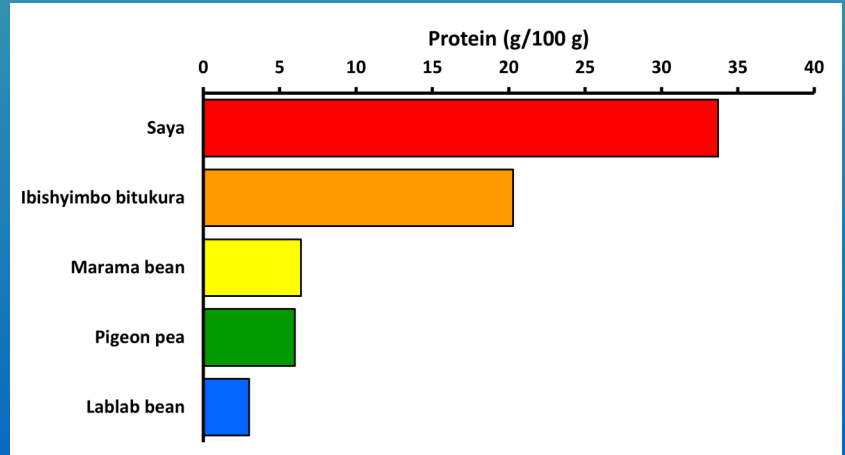
Mu bihingwa habamo chemical zihindura vitamin A mu mu biriwacu.



# Ibiribwa bifite intunga mubiri ya protein



Ibihingwa biribwa n'ingenzi cyane kuko  
byinshi biduha protein cyane cyane mugihe  
tudafite IFI cg inyama.



# Vitamin 'C' ituma tugira ubuzima bwiza

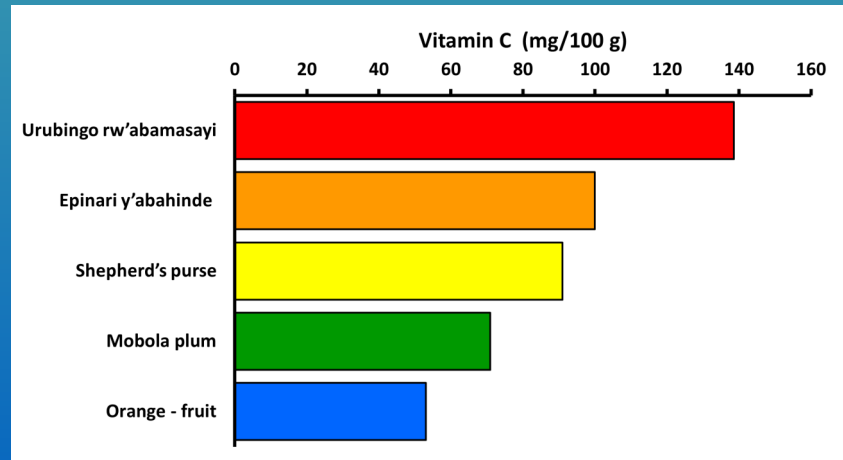


Urubingo rw'abamasayi

Vitamin C ni'ngenzi cyane kuko idufashya  
mu kurinda indwara mumubiri wacu.

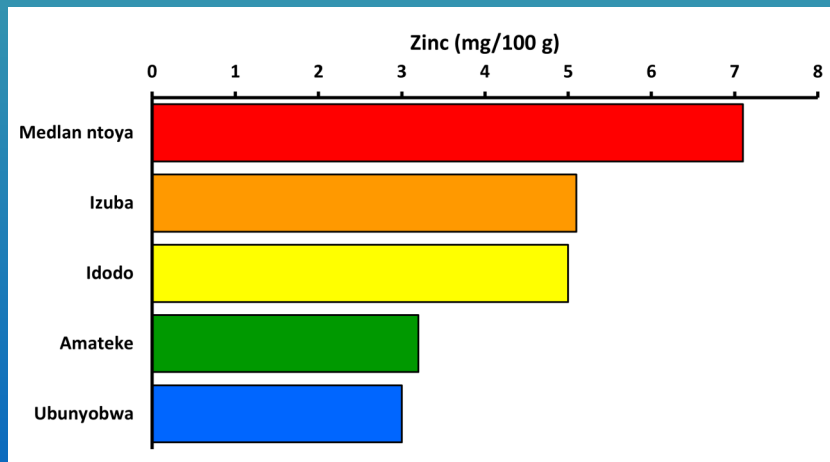


Epinari y'abahinde



# Zinc ituma imibiri yacuikura

Zinc muburyo bwihariye ni'ngenzi cyane mu banana basore, ndetse ni'nkumi kuberako ifasha imibiri yabo gukira indwara bakagira ubuzma bwiza buzirumuze.



# Imboga zibyatsi ningenzi cyane

Imboga zibyatsi ningenzi cyane kuko ni'soko ya IRON, vitamin ni zindi ntungamubiri zi kenewe mumubiri wacu kugirango tugire ubuzima bwiza.

Imboga zibyatsi zi gira intungamubiri yitwa 'folate' zikenewe nabagore bose bageze migihe cyo kubyara.

Kutagira intungamubiri ya 'folate', mugihe cyogusama byazatuma habaho imbogamizi cg ibibazo bikomeye cyane mugihe cyokubyara.

Buri wese cyane cyane abadamu na bana bakeneye kurya imboga zibyatsi nyinsi buri munsu.



Epinari y'abahinde



Moringa

# Ibihigwa biribwa imizi nibyiza cyane ahantu hari ubushyuhe butari bwinshi

Ibiribwa bifite intunga mubiri ya  
starch ni'ngenzi cyane mu rwanda.

Ariko Dukeneye kwirinda indwara,  
udukoko dutera indwara, ni  
bimenyesho yuko ibihingwa biri  
gukurira mu butaka butari bwiza.



# Ibishyimbo biduha protein kandi birinda ubutaka

Ibishyimbo bigira agakoko ka bacteria  
kihariye mumizi yabyo kabifashya kwingiza  
nitrogen mubutaka ngo ikoreshwe ni  
bihingwa.

Ni ifumbire yu'buntu!



# Buri muntu akwiriye kurya imbuto buri munsu.

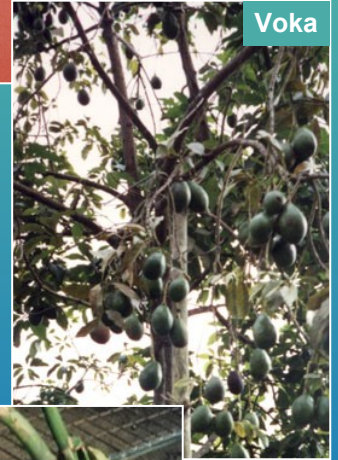
Imbutozi duha vitamin , ni zindi ntungamubiri zikenewe numubiri wacyu kugirango tugire ubuzima bwiza buri munsu.

Abahinzi beza batera imbuto nyinsi cyane.

Amadegede



Voka



Governors plum



Umuneke

# Gutera imbuto nibiti byubunyobwa bikikije ingo zacu.

N'imbuto zishobora kuribwa na buri wese.

Zimwe ziba zikenewe guterwa kubwa hazaza.

Imbuto nyinsi zera mubihe bitandukanye.

Izindi mbuto zera cg zikura vuba.



# Imboga zibyatsi ziduha intungamubiri nyinsi zitandukanye

Mugihe imboga zimwe zi kura mugihe runaka kihariye, imiryango ikwiriye gutera imboga nyinshizi tandukanye kugirango ibone ibiryo umwaka wose.

Imboga zimwe zikeneye guterwa hafi yamazuru yacu kugirango tubashye kuzibona bitatugoye no mu gihe cyu'bukonjye cg se mugihe unaniwe cg udafite umwanya wo kujya mu murima wakure.



Igihaza/ idegede



Kokombure



Caroti



Intoryi



Bottle gourd

# Ibihingwa twifashisha kuzitira imirima

Ibihingwa binini dushobora ku byifashisha  
mu ku zitira imirima yacu.



# Ibihingwa bikurira hasi mumirima



# Hari ibingwa bimwe bi kurira hasi mu mirima yacyu

Epinari



Ubunyobwa

Ibijumba



Uboro



Cat's whiskers



# Ibihingwa bikura byurira inzitiro

Ibihingwa byinshi bi kurira kunzitiro z'urugo cg zu'murima.



Kokombure



Epinari y'abahinde



Marama bean



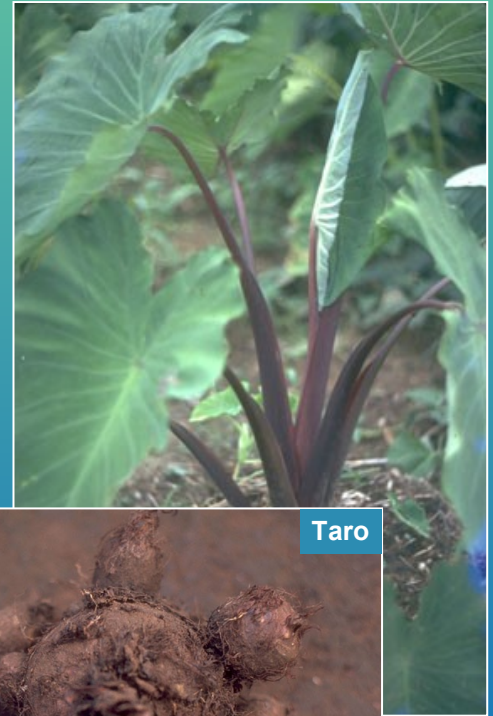
Lablab bean



Ibishyimbo bitukura

# Ibihingwa bikurira mugishyanga

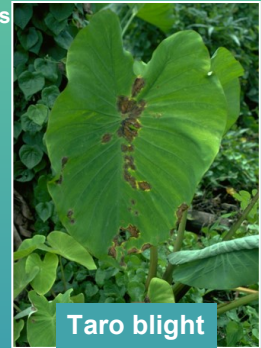
Ibihingwa biribwa bishobora kwera ahantu henshyi hatandukanye, ndetse no mu bishyanga.



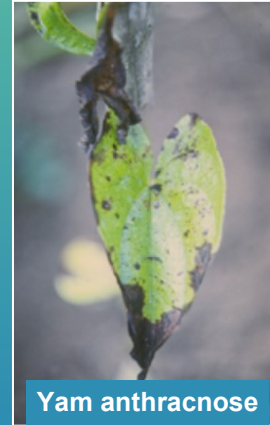
# Indwara nu'dukoko byataka ibihingwa

Ibihingwa bi kujijwe neza ntago byibasirwa ni'ndwara ndetse nu'dukoko. Bishobora kuma kubera ubutaka bubi. Ni'ngenzi cyane kumenya ibi bimenyetso kare ukanabifatira ingamba hakiri kare.

Aka gakoko ka taro blight fungus  
kaka mugihe cya majoro atose  
Kandi ashushe.



Taro blight



Yam anthracnose

Aka gakoko gatuma  
ibibabi byangirika ndetse  
bikanapfa.

Iyi fungus scab iba mbi bitewe  
nubutaka bubi ndetse nubwoko.



Wrinkled sweet potato leaves

Agakoko gato canee bita moth  
kihisha muni yindabo gahunga  
izuba.



Banana scab moth

Iyo uteye imyumbati mubutaka butari  
bwiza ntago ishobora kwera gutanga  
ibiryo bihagije.



Cassava short of nutrients

# Ugushimira



**The Mustard Seed Institute**

Gukora iki gitabo ntago byari gushoboka iyo bitaba uwete ndetse nubufasha bwa bakorera bushake ni bigo bittere inkunga uyi mushinga.

Abaterankunga - Dobmac pty ltd, Rotary Club Howrah nets na Rotary Club ya Tamar sunrise.

Abagateguye no kugatunganye Lyndie Kite, John McPhee na Karalyn Kingston ( Uyoboye Umushinga).

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**Ibyanditswe**



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