

ELYANI LY'AMASAAFU LIRI MU UGANDA



***ENGERI CHIKABUKHAANE ECHEKHOLA
MU KHULIMA EBIMERA BYERYA EBYA
BULI LUDAALO N'OKHUSIKHOLA BULAYI.***



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



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

www.foodplantsolutions.org



Elyani ly'amasaafu liri mu Uganda



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

Esitongole sya food plant solution situsa ebyandiko by'okhwekeserakho okhunyalisa abandu okhumanya ebiriisa biri mu bimera byerya bya buli ludaalo khandi n'okhwingiya obumanyi khu bimera biliibwa ebiri n'ebiriisa muno nga byanaliira embeera ch'ebifwo mu biri. Bilala khu bimera bino nibyo embya chitakhoseswa muno ng'ebyakhulya khandi nga ebikhira obungi bikhira ebyakhulya bikhutusa erwanyi w'esyalo. Esitangole sya "food plant solution" situsa ebyandiko bino khulwokhuba buli dadika ya buli ludaalo abaana bataanu abali asi w'obukhulundu bw'emiika chitaanu bafwa khulwobutalya bulayi.

Khukhusangaalira khandu khusaaya obukhoonyi bwawo.

Esitongole sya "food plant solution"-Tekekha y'omukanda kwa Rotary club of development north nende Rotary district 9830

Akhatabo khano khema khu mboosi okhutula mu mbikhiro y'esitongole sya food plants International (FPI) eyatekekekehwa nende Tasmanian agricultural scientist, Bruce French, AO

Version I, Dec 2025 (Samia)

Elyani ly' amasaafu

Olundulundu



Kabbichu



Amabbwoni



Emboka saacha



Elyani Iy'amasaafu Iya Uganda



**Elyani Iya'amasaafu likhoya okhuliibwa
buli ludaalo.**

Linyala Iya karangwa oba Iyadeekhwa.

Amasaafu kaliibwa



Amayuuni



Kukumba ndulu



Ebbuka ly'oluwo



Omutere kwa bbania



Khasaka mokhole

Amasaafu kakabukhaane - yaya khandi odeekhe amasaafu amasaase



Amasaafu kamajaani kaliibwa kakbukhaane kamera awambi n'ennyumba cheefwe nende khu ndulo w'engira.



Amasaafu kakhoya okhudeekhwa.



Abandu bali n'obulamu bulayi balya amasaafu kamajaani

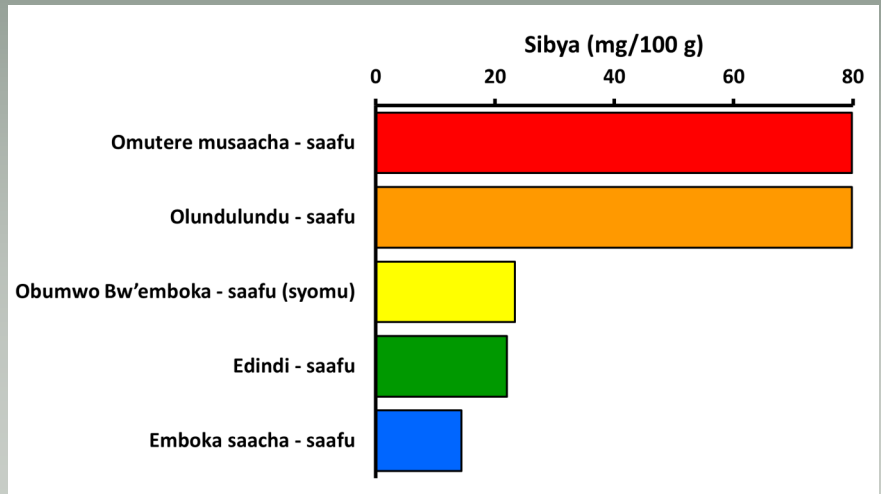
- Ebimera ebingi biri n'amasaafu kaliibwa.
- Amasaafu kaliibwa kali n'ebiriisa.
- Amasaafu koosi kakhoya okhudeekhwa okhwita obubuukha bwa bbakiteerya.
- Buli mundu akhoya okhulya amasaafu kamajaani buli ludaalo asikale naali n'obulamu bulayi.
- Amasaafu kamajaani kandi kanyala okhulimwa koti engaka, musa nende okhwebodokhania ennyumba okhuberesanya eiyani ly'amasaafu.

Elyani ly'amasaafu lya majaani - lychula esiriisa sy'esibya

Esiriisa sy'esibya sy'obukhoonyi mu khukhola amabanga. Nisyo esikera amabanga keefwe kafwana ranjaayi.

Esiriisa sy'esibya sikhoonyera omuuya kukhuyeera okhutula mu machukhu keefwe kwasasaanira mu mubiri kwefwe. Sino sikhoonya obwongo bwefwe, ennyama n'obutafwali bw'omubiri okuhola emirimo.

Nikhutaali n'esiriisa sy'esibya simala sino silangwa aneemya. Okhwingisa esiriisa sy'esibya singiya bitameeni C niyiruwo.



Omutere musaacha

Amasaafu n'emilokoyo chiriibwa nichidekherwe.

Ebyola bikhoseswa okhudeekha omunyu
mutongwa.

Obumwo bunyala bwaliibwa nibubisi.

Hibiscus trionum



Olundulundu



Amasaafu kaliibwa
nikadekherwe.



Sida cordifolia



Edodo

Amaranthus spp.



**Amasaafu n'ebimera bidoto biliibwa
nibideekherwe.**

**Obumwo bunyala bwasyebwamo
obusy.**



Endindi

Amasaafu kisiiri amadoto n'ebisina biriibwa ng'elyani.



Acalypha bipartita



Python climber

Cocculus hirsutus



**Amasaafu kanyala kaliibwa amabisi,
kakhosesebwa okhuta echamu mu
byakhulya oba kadeekhwa khandi kaliibwa
nikateerwekho omunyu nende pilpili.**

Esyamo sinyala okhuliibwa.



Omutere musungu

Abelmoschus manihot

Amasaafu kali n'echamu elingi khandi
kali n'esiriisa esingi.

Khalanga oba odekhere omuuya kubalire
okhukayira okhulimbuukha.



Amasaafu k'amabbwoni



Ipomoea batatas

Simera sikhulira asi khu loba oba siniina emisaala.

Amasaafu kaliibwa amabisis oba amadeekhe.

Amasaafu kamayuunia

Siriibwa silayi muno.

Colocasia esculenta



Sipinachi y'omusiino



Amasaafu kanyala kadeekhwa oba
kakhalangwa.

Kahulira khu ngaka,emisaala oba
khu bichikhi.



Basella alba



Sipinachi



**Amasaafu n'emilokoyo
bilibwa nibidekherwe
koti elyani ly'amasaafu.**



Beta vulgaris subsp. *cicla*



Moogo



**Amasaafu madoto kaliibwa
olunyuma lw'okhudeekhwa.**

Manihot esculenta



Elyani liri mu Uganda



Kukumba ndulu



Omutere kwa bbania



Elyani likabukhaane khandi liiri n'ebiriisa bikabukhaane

Elyani n'amasaafu kaliibwa kakhoya okhutaakwa awambi n'ennyumba bibe ebyamgu okhulifuna kata mu ndaalo ch'efula oba abandu nibatanyala okhwola yiriri.



Elyani lindi limera mu bikha bikabukhaane. Amadaala kakhoya okhutaaka elyani ly'amasaafu khukanyale okhuba n'ebiyakhulya mu mwaka kwosi.

Elyani – lilirimo ebiriisa khandi liri n’echamu



Ekhubi



Fwene



Kukumba ndulu



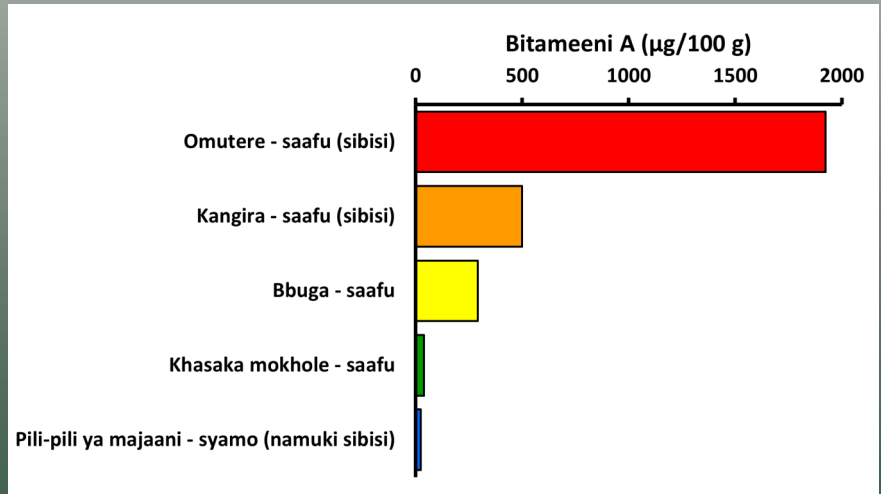
Boabab

Bitameeni A nibwo obulayi bw'elyani

Bitameeni A y'obukhoonyi khu khubona n'okhulwanisa obulwaye, muno muno mu baana bakhebulwa, abaana bayere n'abakhasi bali asito.

Abaadu bataali nende Bitameeni A baba nebidinyu bw'okhubona esiro.

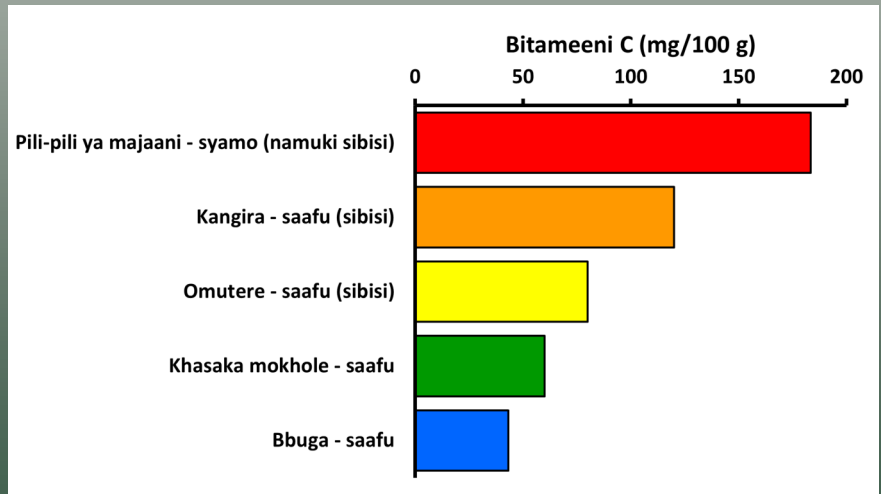
Ebimera birimo bitmeeni A yimibiri cheefwe chikalukhania okhuba ey'obukhoonyi.



Bitameeni C nibwo obulayi bw'elyani

Bitameeni C yingiyisya abongi bw'esilungo sy'esibys simubiri kunuuna okhutula mu byakhulya.

Bitameeni C y'obukhoonyi mu khukayirira abaana okhulwala n'okhuwona ebikonjo.



Omutere

**Amasaafu kasookha kaaywa olunyuma
lw'ejuma 6.**

Corchorus olitorius



Pili-pili ya majaani

Amasaafu kaliibwa amabisi oba kadeekhwa. Pili pili yinyala okhubakhwa khu byakhulya, okhukhalangwa, okhubikhwa oba okhukhoseswa okhuwongesa esa mu byakhulya.

Capsicum annuum

Amasaafu kaliibwa nikadekherwe.



Kangira

Amasaafu madoto n'emilokoyo kaliibwa
nikadekherwe. Amasaafu kakhoseswa mu
khudeekha omuunyu kw'okhudonga.

Erucastrum arabicum



Bbuga

Amaranthus tricolor



**Amasaafu madoto n'emilokoyo kaliibwa
nikadekherwe.**

Obumwo bunyala okhuliibwa.

**Likhula bwangu, litaakho bulayi khandi liri
n'esiriisa.**



Khasaka mokhole



Emilokoyo midoto chinyala chateebwa mu supu, esikhuyuko n'okhuta echamu mu byakhulya.

Emilokoyo midoto chinyala chanyukhiriswa mu byakhulya.

Emilokoyo midoto chinyala chaliibwa emibisi.

Ipomoea aquatica



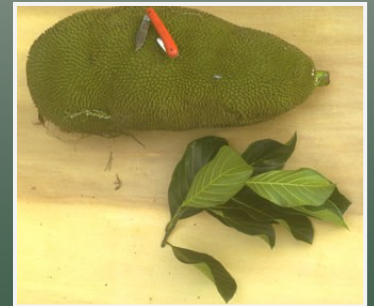
Fwene



Fwene yitaali enyengu yinyala okhudeekhwa yaliibwa kotu eiyani. Yinyala yakhalangwa yakhola kotu ebisaari.



Artocarpus heterophyllus



Bbiriganya

Chinyala chakhalangwa, okhukhengwa mu bufuru menye,
okhusambwa oba okhwanikhwa chabiikhwa.

Chikhoseswa mu bisaari.

Solanum melongena



Kukumba ndulu



Endoto, ebyamo bilulu binyala byadeekhwa
byabakhwa, byakhalangwa oba
byanyukhriiswa khu byakhulya.

Amasaafu koosi kaliibwa.

Okhwinikhira obumwo
okhumala esaawa 24
lw'okhutaaka bikhoonyera
okhumera.



*Momordica
charantia*

Omutere

Amasaafu kanyala okhuliibwa nikateerwe khu byakhulya bindi
oba okhudeekhwa ng'elyani.

Ebyamo bidoto bideekhwa ng'elyani.

Luffa acutangula



Omutere kwa bbania

Amasaafu madoto. Amatuutu n'obumwo bunyala okhuliibwa.



Amasaafu kaliibwa nikadekherwe.

Ebyola biliibwa nibidekherwe oba kakhoseswa okhudeekha omuunyu modongwa.



*Abelmoschus
esculentus*



Ebiyindiyindi

Obumwo, amasaafu n'ebikholoboyo byosi biriibwa.

Phaseolus lunatus



Embande

Vigna subterranea

Obumwo bunyala okhuliibwa khandi obudoto oba obwomu bunyala bwakhoseswa mu chayi.

Ebikholoboyo binyala okhudeekhwa ng'elyani.



Ekolimbo - omuto khuli no'bumwo nende amasaafu khaliibwa



Ekolimbo - omuto kuli n'emisi echicha asi muno echinyala okhukalusa ebiriisa mu loba khandi bikukhoonyera okhumera mu bifwo byomu.

Amasaafu, ebikholoboyo, obumwo binyala okhudeekhwa byaliibwa.

Simera sinyala okhukhonyera okhukalusa nayiturogeni mu loba.



Cajanus cajan

Enondoliro

Musa spp.



Enondoliro ech'amatemwa kakhira obungi chikheegwa mu bitundu bidiidi bidiidi khandi byadeekhwa.



Khandi mulimo esiriisa sya poroteyini n'esiriisa sy'esibya.



Okhwabasa /okhusiima



Obwandike buno buwagiirwe ohuwayo ohutula mu Interact club of Kedron High school.

Esyandiiko sino khasi syakhanyaliikhe ataali okhwewaawo n’obukhoonyi bwa batume abakabana esilooto sino n’obutemana ebikha byabwe okhukhoonya etekekha yino.

Okhwiluula, Okhulambulula n’Okhuwombakha – Rick Campbell, John McPhee

Okhukalukhania – Orodi Jack, Ogol Pofuojamino, Nafula Sylvia Egondi, Kawagga Susan, Namude Aidah, Wandera Charles, Mangeni Richard Sande, Mande Olinga Yowa, Mangeni Joseph, Ojiambo Godfrey Adika, Oguttu Joseph, Sanya Robert

Omukanda kwasoma mekhaliirisa – RC Budia (Bwire James), RSatC Lumino (Oundo Francis, Barasa Godfrey)

Ebikhira ano twolerere khu sibanja : info@foodplantssolution.org, website www.foodplantsolution.org

Esitongole sya food plants solution sikhola okhuchiira khu malako ka Rotary International naye khasi sikholera, oba okhukobibwa nende Rotary International

Okhwebasa/okhusiima ab'ebifwananyi

Ebifwananyi bikhoseeswe mu syandiko sino bitula mu mbikhiro y'emboosi ya food Plants international

Okhwebasa / okhusiima khubereswa khu lw'ebifwananyi by'ebimera ebyatula khu intaneeti.

Eliita ly'abasayaasi	Eliita lya buli ludaalo	Omukhoosi URL kw'ebifwananyi
<i>Abelmoschus esculentus</i>	Omutere kwa bbania	https://tse3.mm.bing.net/th?id=OIP.dSnO-ca28kw4NFGh9JYtmAHAGr&pid=Api
<i>Abelmoschus manihot</i>	Omutere musungu	https://s3.amazonaws.com/eit-planttoolbox-prod/media/images/Abelmoschus_manihot_Akc8BOmmkNR9.jpeg
<i>Acalypha bipartita</i>	Mhacha	https://lavierebelle.org/local/cache-vignettes/L450xH600/acalypha_bipartita-2-59d01.jpg?1571340234
		https://th.bing.com/th/id/R.107f57e5cf9fd281a75312865b4e682b?rik=FHDScy5GPtBkQ&riu=http%3a%2f%2fmedia.ooreka.fr%2fpublic%2fimage%2fplant%2f1193%2fmainImage-source-12458229.jpg&ehk=3COLJZ6u0wHxypRqjVfiZ2Auwpc%2bleJ1QDNZMOK1u7o%3d&risl=&pid=ImgRaw&r=0
<i>Arachis hypogaea</i>	Engooli	https://media.istockphoto.com/id/865700520/photo/background-texture-green-foilage-with-dew-water-drops.jpg?s=612x612&w=0&k=20&c=ocr5gpv-8W0lxzqLfkIy7-ebvv0bY09qcWBH2IhcACU=
<i>Capsella bursa-pastoris</i>	Wererambite	https://fr.wikipedia.org/wiki/Fichier:Capsella_bursa-pastoris_1.JPG
<i>Erucastrum arabicum</i>	Kangira	http://www.southernafricanplants.net/photocollection/batch038/medium/E/BS2006_15_28.JPG
		https://inaturalist-open-data.s3.amazonaws.com/photos/61708408/medium.jpeg
<i>Hibiscus trionum</i>	Omutere musaacha	https://i.pinimg.com/originals/29/a5/c2/29a5c2c4457308d0fc36439ee5e26310.jpg https://tse2.mm.bing.net/th?id=OIP.9s8ocguL95E0--TsbBf01QHafV&pid=Api
<i>Sida cordifolia</i>	Olundulundu	http://keyserver.lucidcentral.org/weeds/data/media/images/sida_cordifolia/sidacordifolia28.jpg
		http://upload.wikimedia.org/wikipedia/commons/f/f4/Sida_cordifolia_(Bala)_in_Hyderabad,_AP_W_IMG_9420.jpg
		https://storage.googleapis.com/powop-assets/PPA/Below_3000/h1317g_fullsize.jpg
		http://keyserver.lucidcentral.org/weeds/data/media/images/sida_cordifolia/sidacordifolia20.jpg
<i>Sphenostylis stenocarpa</i>	Ekhubi	https://upload.wikimedia.org/wikipedia/commons/thumb/7/7c/Sphenostylis_stenocarpa_seeds.jpg/375px-Sphenostylis_stenocarpa_seeds.jpg
<i>Vigna subterranea</i>	Embande	https://th.bing.com/th/id/OIP.bGfFall_I7Pza33Zj_P2VfwHaE5?w=279&h=185&c=7&r=0&o=5&dpr=1.5&pid=1.7
		http://www.westafricanplants.senckenberg.de/images/pictures/voandzeia_subterranea_westlich_sindou_6_2165_aeae28.jpg

Obwandiike

Obwandiike



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



www.foodplantsolutions.org