

IMIBHIDA LEMIFINO ELINYWA EZIMBABWE



*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



Imibhida lemifino elinywa eZimbabwe



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.

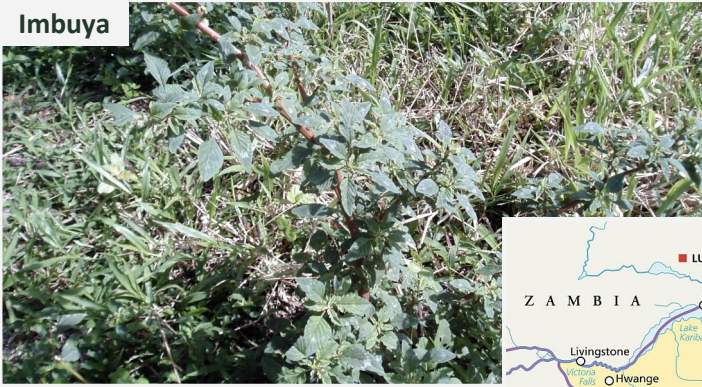
Usizo lwenu lwamukelekile njalo siyalikhuthaza ukuthi liqhubeke lisisekela.

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)

Zimbabwe - Ilizwe elilemibhida emihle

Imbuya



Ugangampunza



Shepherd's purse



Inama

Imibhida — ukudla okwakha umzimba

Moringa



Ikhabitshi



Imbambayila



Umbhandatshatsha

Imibhida etholakala eZimbabwe



Imibhida elamahlamvu aluhlaza kumele idliwe nsuku zonke. Ingaxhwathiswa kumbe ikhanzingwe konke kulungile.

Amahlamvu adliwayo



Umjumbula



Ikhabitshi



Ithanga



Common plantain



Umkhomo

Indlela yokupheka imibhida — khana upheke uhlangisa imihlobo etshiyeneyo



Imibhida iyalimeka egumeni kumbe eceleni kwemigwaqo.



Imibhida elombala oluhlaza kumele iphekwe.



Abantu abalempilakahle badla imibhida eluhlaza

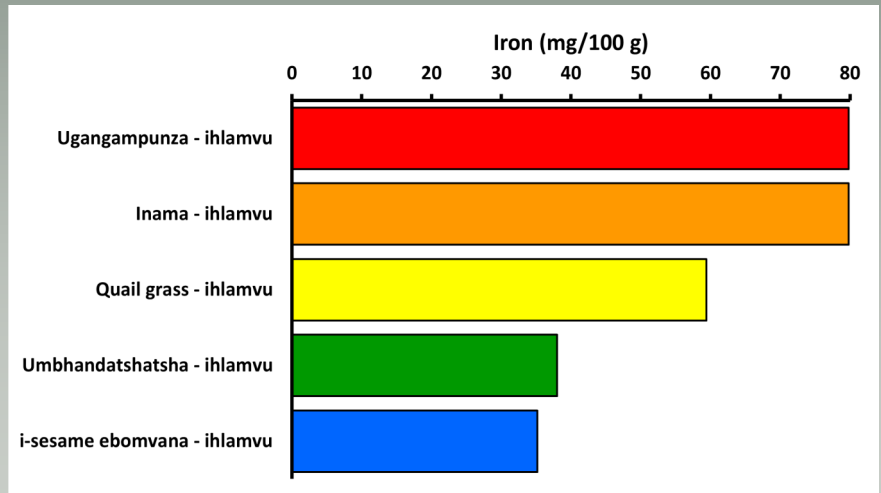
- **Izilimo ezinengi zilamahlamvu adliwayo**
- **Amahlamvu la alemisoco eminengi**
- **Amahlamvu la kuhle aqale aphekwe engakadliwa ukwenzela ukubulala amagciwane**
- **Ukuze umuntu abalempilakahle kumele adle imibhida nsukuzonke.**
- **Imibhida eluhlaza iyalimeka loba kungaphi.**

Imibhida elombala oluhlaza lilomsoco we-Iron

Umsico we –Iron uqakathekile egazini.

Uncedisa amaphaphu ukudonsa umoya we-oxygen okuncedisa umzimba ukuthi ube lamandla okusebenza.

Ukusilela kwe iron kubangela isifo se-anemia. Umsoco we iron usebenza lula nxa kuloVithamini C omnengi.



Inama



Sida cordifolia

Amahlamvu ayadliwa.



Spotted cat's ear



Hypochaeris radicata



**Amahlamvu amancane ayadliwa
ephekiwe.**

Angenziwa isaladi kumbe isobho.



Ugangampunza



Hibiscus trionum



**Amahlamvu lamahlumela
ayaphekwa dliw.**

**Intanga zakhona ziyadleka
ziluhlaza.**



Amahlamvu embambayila



**Isilimo
esinabayo.**

Ipomoea batatas

Amahlamvu angadliwa eluhlaza kumbe ephekiwe.

Shepherd's purse

Capsella bursa-pastoris



Amahlamvu aloVithamini A omnengi.

**Amahlamvu amancane ayadleka ephekiwe
kumbe enjalo.**

Moringa

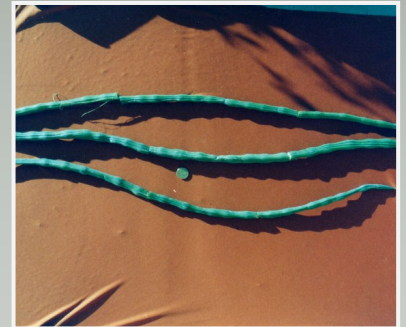


**Yisihlahla
esiphangisa
ukukhula.**

Moringa oleifera



**Amahlamvu amancane ayadliwa ephekiwe.
Amahlamvu akhona engenziwa umfushwa.**



Quail grass



Phyllanthus maderaspatensis



**Amahlamvu aphekwa ndawonye
lendumba.**

Amahlamvu eTaro

Amnandi.



Colocasia esculenta



Imbuya

**Amahlamvu
engaphekwa yimbhida
emihle.**



Amaranthus viridis



Imifino edliwa eZimbabwe



Ikhabitshi



Imbambayila

Imifino iyimihlobo etshiyeneyo

Imibhida lemifino lumele kuhlanyelwe eduzane lomuzi.

Imibhida lemifino kukhula ngezigaba zomnyaka ezahlukeneyo. KUmele izimuli zihlanye imihlobo etshiyeneyo ngesigaba zaso ukuze zithole ukudla umnyaka wonke.

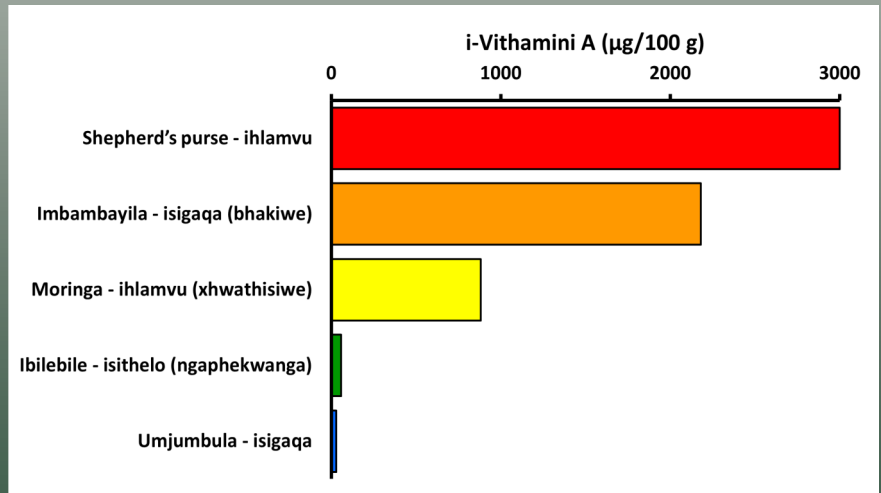


Imibhida lemifino iloVithamini A omnengi

i-Vithamini A iqakatheke kakhulu emehlweni lekuvikeleni imikhuhlane emzimbeni.

Ukusilela kweVithamini A kwenza umuntu angaboni kuhle.

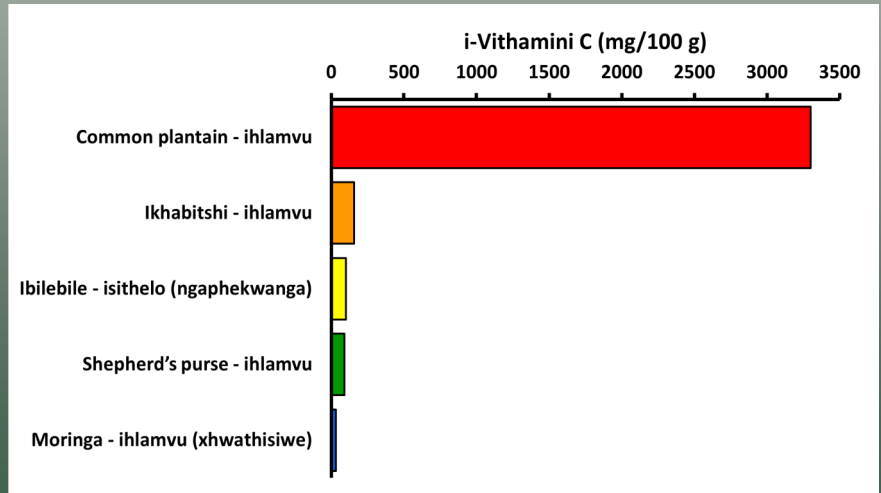
Ezilinyweni itholaka ngesakhi esingasetshenziswa ngumzimba ukubumba iVithamini A.



Imibhida lemifino iloVithamini C



I-Vithamini C iqakathekile ekuvikeleni imikhuhlane.



Imibhida imnandi



Ibilebile



Izithelo zakhona zingadliwa
ziphekiwe kumbe ziluhlaza.

Lamahlamvu akhona
angaphekwa adliwe.



Capsicum annum



Common plantain



**Amahlamvu amancane ayadliwa kodwa
madala ayababa gamu.**

Amahlamvu angonyiswa enze itiyi.

**Intanga zingacholwa zibeyimpuphu
yokubhaka isinkwa.**

Plantago major



Indumba



Zingadliwa lamakhasi zingaphekwanga. Kumbe
zingacadadwa besezikhanzingwa.



Tylosema
fassoglensis



Indumba

Indumba zingaphekwa zilamakhasi kumbe
zicacadwe zibeyisitshebo. Amahlamvu
akhona yimibhida emihle.



Vigna unguiculata



Ikhabitshi



Brassica carinata

Amahlamvu ayo engadliwa eluhlaza.

Amahlumela lamaluba akhona ayadliwa.



Imbambayila

Imbambayila ingaphekwa, ikhanzingwe,
ibucuzwe kumbe yonyiswe.



Ipomoea batatas



Umjumbula



Manihot esculenta

**Amajodo akhona
ayadliwa engaphekwa
avuthisise.**



Amazwi okubonga



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://upload.wikimedia.org/wikipedia/commons/thumb/2/20/Amaranthus_viridis_25042014_1.jpg/220px-Amaranthus_viridis_25042014_1.jpg https://www.cabidigitallibrary.org/cms/10.1079/cabicompndium.4654/asset/1aa5e854-8e14-40a5-a0d0-96b06e31fc37/assets/graphic/47904.jpg
<i>Brassica carinata</i>	Imbuya (African cabbage)	https://commons.wikimedia.org/wiki/File:Habesha_gomen_in_Ethiopian_garden.jpg#/media/File:Habesha_gomen_in_Ethiopian_garden.jpg https://pfaf.org/Admin/PlantImages/Brassica-carinata1b.jpg
<i>Capsella bursa-pastoris</i>	Shepherd's purse	https://fr.wikipedia.org/wiki/Fichier:Capsella_bursa-pastoris_1.JPG https://tse4.mm.bing.net/th?id=OIP.p8tiCIWETveQbp5QVYyXgOHaIO&pid=Api https://tse3.mm.bing.net/th?id=OIP.i52Km8TLwU7aVUI_z0YUJgHaF7&pid=Api
<i>Cucurbita maxima</i>	Ithanga (Winter squash)	https://commons.wikimedia.org/wiki/File:Pumpkin_plant_@_Kanjirappally_02.jpg#/media/File:Pumpkin_plant_@_Kanjirappally_02.jpg
<i>Hibiscus trionum</i>	Ugangampunza (Flower-of-an-hour)	https://i.pinimg.com/originals/29/a5/c2/29a5c2c4457308d0fc36439ee5e26310.jpg https://tse2.mm.bing.net/th?id=OIP.9s8ocguL95E0--TsbBf01QHaFV&pid=Api https://tse4.mm.bing.net/th?id=OIP.msGXJ6BEXbj3ThwOg2cnLQHaE7&pid=Api
<i>Hypochaeris radicata</i>	Spotted cat's ear	https://commons.wikimedia.org/wiki/File:Hypochaeris_radicata_two_flowers.jpg#/media/File:Hypochaeris_radicata_two_flowers.jpg https://commons.wikimedia.org/wiki/File:Hypochaeris_radicata.Alan.JPG#/media/File:Hypochaeris_radicata.Alan.JPG https://upload.wikimedia.org/wikipedia/commons/thumb/9/91/Hypochaeris_radicata_3285.JPG/800px-Hypochaeris_radicata_3285.JPG
<i>Manihot esculenta</i>	Umjumbula (Cassava)	https://upload.wikimedia.org/wikipedia/commons/thumb/8/8f/Manihot_esculenta_dsc07325.jpg/360px-Manihot_esculenta_dsc07325.jpg https://upload.wikimedia.org/wikipedia/commons/thumb/3/3e/Manihot_esculenta_-_cross_section_2.jpg/407px-Manihot_esculenta_-_cross_section_2.jpg
<i>Parkia filicoidea</i>	African locust bean	http://www.westaficanplants.senckenberg.de/images/pictures/fabmimo_parkia_filicoidea_cbch_6118_4049_b8ed36.jpg
<i>Plantago major</i>	Common plantain	https://upload.wikimedia.org/wikipedia/commons/thumb/3/33/Grote_weegbree_bloeiiwize_Plantago_major_subsp._major.jpg/220px-Grote_weegbree_bloeiiwize_Plantago_major_subsp._major.jpg https://upload.wikimedia.org/wikipedia/commons/thumb/6/6a/Broadleaf_Plantain_Spike.jpg/150px-Broadleaf_Plantain_Spike.jpg
<i>Phyllanthus maderaspatensis</i>	Quail grass	https://storage.googleapis.com/powop-assets/PPA/0151_0200/h0163c_thumbnail.jpg https://storage.googleapis.com/powop-assets/PPA/0151_0200/h0163b_thumbnail.jpg
<i>Sesamum calycinum</i>	i-sesame ebomvana (Rose-pink sesame)	https://upload.wikimedia.org/wikipedia/commons/thumb/b/ba/Sesamum_calycinum_var._angustifolium_%2826805852061%29.jpg/640px-Sesamum_calycinum_var._angustifolium_%2826805852061%29.jpg
<i>Sida cordifolia</i>	Inama (Goat's horns)	https://commons.wikimedia.org/w/index.php?curid=5259423 https://commons.wikimedia.org/wiki/File:Sida_cordifolia_flower.JPG#/media/File:Sida_cordifolia_flower.JPG

Image acknowledgements (continued)

Most images used in this publication are drawn from the Food Plants International database. Acknowledgement is given for images of the following plants sourced from the internet.

Igama lesayensi	Ibizo elijwayelekileyo	Lapho okuthethwe khona umfanekiso lo
<i>Tylosema esculentum</i>	Umbama (Gembok 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 https://tse3.mm.bing.net/th?id=OIP.-2MVZYynAjpakV_9HLP4PgHaK4&pid=Api https://tse2.mm.bing.net/th?id=OIP.Y2agMU1BVSuyMz-aaR75SwHaGX&pid=Api
<i>Vigna unguiculata</i>	Indumba (Cowpea)	https://commons.wikimedia.org/wiki/File:Lobia.jpg#/media/File:Lobia.jpg https://commons.wikimedia.org/wiki/File:BlackEyedPeas.JPG#/media/File:BlackEyedPeas.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

Notes

Notes



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