

»Engeri y'okukola mu akalimiro akatono mu Kenya«

Obukugu obw'eyambisibwa mu kulima awaka kigendererwa mu okukungula enva endiirwa eziwerako n'ebibala,okusoboola okumalawo obwetaavu bw'emmere obulinnye ennyo mu kenya,nga bakoze amabanga agabeera e waka okugeza ng'enziggya.

Obulimiro obutono buyamba famire eziteesobola okusobola okufuna ebirungo bya vitamini,ebya minerals ,n'ekirisa ekizimba omubiri mu bwangu binno babifuna mu nva endiirwa zebasobola okufuna buli lunaku.Era basobola okutunda nebafuna mu sente.

Obulimiro obutono

Obulimiro obutono bunnyonyolwa ng'ennima y'omubikebe obiteekebwa mu biffa ebitono nga embalaza,nekubusolya.Ebikebe ebyenjwulo bisobola okozesebwa okugeza ng'obuccupa obumazze okozesebwa,n'emikebe omutebwa kasasiro.Okulima kw'obulimiroo bunno tekwetaaga maannyi mangi.

Ebikozebwa

mulimu,obuccupa,endokwa,sengenge,makansi,ebigimusa,ettaka,amazzi,ennyondo,magalo,amayinjja,emisumaali,n'embaawo okusobola okuzimba ekibangirizi.

Okuzimba

Londa ekifo woyagala okuteeka ekizimbe kyo.Woba oli mu kibuga emabega w'ennyumba yo oba ku lubalaza mu maaso g'ennyumba yo byebiffa ebisinga okuba obirungi.

Sala sengenge mu kipimo kya sentimita 120 omuteeke mu butuli bw'okubye mu kaccuppa.lekawo amabanga ga sentimita 30 mu makati g'obuccupa.Kozesa akawuzi owanike aobuccupa waggulu.Obuccuppa bujjuze ettaka n'ebigimusa mu kipimo kya

ratio 1:1. Yiwa mu amazzi era okube obutuli mu ttaka era osimbe enva endiirwa n'ebirungo.