

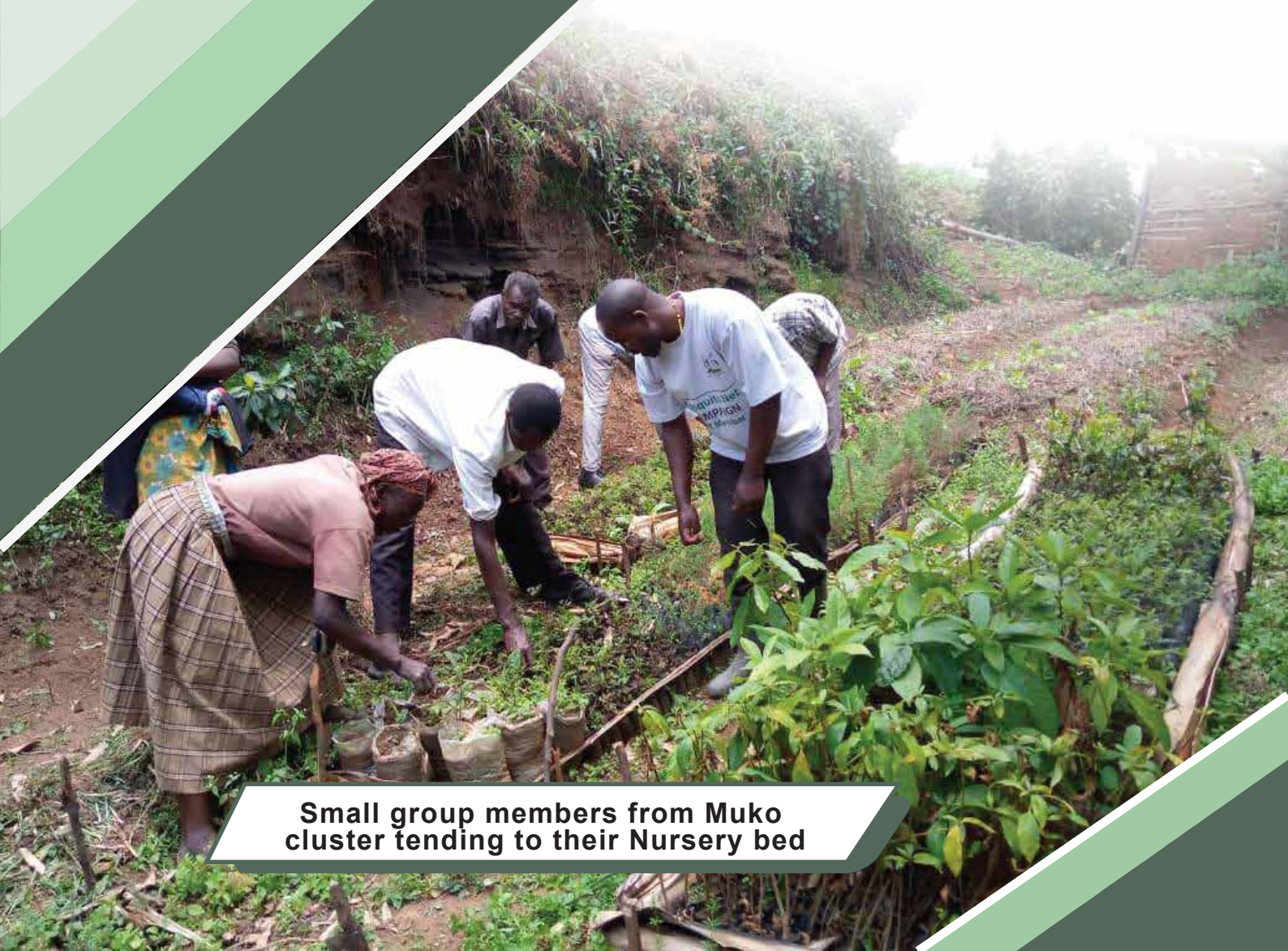


THE TREE

The International Small Group
and Tree Planting Program

CLEAN AIR
ACTION
CORPORATION

TIST NEWSLETTER SEPTEMBER 2019



Small group members from Muko cluster tending to their Nursery bed



Members from Muko cluster after their cluster meeting in Kabale



A farmer from Nyarushanje cluster in his fruit grove in Rukungiri

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The TREE is a monthly newsletter Published by TIST Uganda, a project area of **The International Small Group and Tree Planting Program**.

MISSION STATEMENT:

TIST Uganda is a community initiative dedicated to empowering small groups of subsistence farmers to combat the devastating effects of deforestation, poverty and drought.

OBJECTIVE STATEMENT:

Combining sustainable development with carbon sequestration, TIST supports the reforestation efforts of over 25,000 subsistence farmers. Sales of carbon credits generate participant income while TIST today also addresses Agriculture, HIV/AIDS, Nutrition and Fuel Wood challenges.

ADDRESS:

TIST Uganda.

Bushenyi Town, Liberation Road - Kitokye Lane

P.O. Box 232, Bushenyi,

Uganda, East Africa. Tel: 0772 058 868 / 0773 716960 / 0772360429 / 0783910878

Website: www.tist.org, info@i4ei.org

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ENGLISH

FRUIT TREES

Fruits are defined as those parts of plant or tree that are formed after flowers have died and seeds develop. Some local examples of fruits are mangoes, Avocados, Jackfruit, Kiwi, Passion fruits, water melon, Citrus.

Food values obtained from fruits

The major and important food values we get from fruits are mineral salts

For example

- One that takes fruits has strong memory
- Not forgetful
- His blood circulation is very active.

Importance of fruit trees

We use fruits to get drinks out of them e.g. passion fruits, water Mellon, Citrus etc.

We get mineral salts from fruits that are essential for our health and development. Some fruits like avocado provide oils in our body

Source of income to our family after they have been sold.

We get jelly from fruits especially from avocado which in turn help to beatify our body.

Some fruits are used as accompaniments to the food we eat e.g. avocado.

Key notes:

It is crucial for a health population to promote the planting of fruit trees.

For Kyaruganda cluster enough sensitization has been made on planting of fruit trees and the community has already started on that.

Every family in Kyaruganda has at least managed to plant a fruit trees or have more.

The aim is to fight malnutrition in Kyaruganda cluster children and Kichwamba as a whole.

By Sunday Vincent-Cluster Servant Kyaruganda Cluster.

THE STORY OF CF PLOT FROM ABAMARIRIRE

Conservation farming is the farming system that promotes and maintains a soil cover and minimum soil disturbance that is no tillage on soil. It contributes and increases water and nutrients use efficiency and improved sustainable soil production.

Advantages of CF

- Increases the production of yields
- Improves soil structure and protects the soil against erosion and nutrient lose.
- Less labor while working in the garden
- It controls pests and disease as crop rotation is carried on the same plot of land per season.

Testimony about CF yields.

In Bushenyi in Abamaririre group, Mrs Joyce Kyosimire Murungi used 1Kg of staking beans last season and was able to harvest 50Kgs from a small plot of land.

Farmers, its time to start preparing your land for the coming season for planting.

Early planting is also an advantage of high yield harvests.

By Murungi David Cluster servant Rutoto in Bushenyi from Abamaririre group

IMPORTANCE OF TIST FARMERS HAVING TREE NURSERY BEDS IN THEIR CLUSTERS

- Many trees can be available for farmers to plant
- It will be easy for Farmers to identify true indigenous tree species, which grow well in their area and plant accordingly
- Farmers will plant trees they love
- It minimizes in the loss or in getting many-spoiled tree seedlings during transplanting



- It will be less or no much expenses to a farmer in getting seedlings and in transplanting
- Helps farmers to develop the heart of ownership, love their trees and manage them well following the experienced challenges during the self-seed collection, seed selection, nursery bed preparations and bed management
- It will be easy to learn during the cluster trainings when comes to nursery bed preparation and management since demonstrations beds to refer to will be available for farmers
- Individual TIST farmers, groups or clusters may have income generating activity in selling surplus seedlings from their nurseries or they can expand for income

By Ngobi Philly Quantifier and trainer-Kayunga

70% PROFIT SHARING.

Dear TIST family, I am pleased to tell you that CAAC and TIST are ready to share with Small Group farmers the annual profits. The vouchers are ready and will be issued out at the next monthly cluster meetings.

CAAC has been able to sell our verified carbon tonnes, pay off the money farmers have been getting in prepayments, meet office expenses, employees salaries and reimbursements, costs of the newsletters, seminars and trainings and many more other costs. It is really good news that we have a profit to share the 70% to small group farmers. The vouchers are based on the profit and not the selling price, as we know that a profit is arrived at when we have a selling price minus a cost price. (selling price-cost price= profit)

For every small group that cut down trees or some of their groves removed from TIST, are not eligible for profit sharing until the tonnes lost have been made up. In our profit share calculation we have to take into account any missing groves for each small group. Those are the "Total Tonnes Lost".

It is unfair that small group members that have maintained their trees have to make up for trees harvested by other members. But that is exactly what happens. As TIST we encourage you to invite the members who cut down trees, sit down with them and help them understand how it is going to cost them a loss because they cut down trees, ask them to pay back the prepayments, plant down new trees. This will help the small group to learn the TIST Values of being mutually accountable and be honest.

How can small groups who have cut down trees make up for the tonnes lost?

- Lost tonnes will be made up by the small group by planting many more new trees.
- Others by maintaining the existing trees and letting their growth exceed the lost tonnes.

For some this will occur naturally because tonnes lost are a small proportion and their trees are healthy.

- We expect that in this verification we have just done, most of the small groups who have lost tonnes, their tonnes will be verified and the lost tonnes will be made up to.



What happens when small groups cut down trees?

It should be understood by all the members that when someone cuts down their trees, everyone is affected by the loss.

TIST loses the tonnes of carbon that have already been sold and in times of profit sharing, TIST has to first pay off for the tonnes lost before a profit is made

It's not good when the Verifiers see groves cut down. This can make them worry about the other TIST members, and their actions in future.

As a reminder, the contract with the small groups calls for maintaining the tree groves for 30 years, and replanting any trees that die. Thinning the tree groves is best practice, and can provide firewood, timber, etc. After 10 years, each Small Group can harvest up to 5% of their trees each year. Clear cutting is never a best practice - it harms the soil, the streams, and the biodiversity.

Let's work together to make sure our tree groves and our farms continue to improve!

By Nankunda Sarah

EMITI Y'EBIJUMA

- Ebijuma n'ekicweka ky'ekimera ekirikusigaraho bwanyima yebirabyo byaheza kuragara nari bikooma reeru hakasigaraho ensigo.
- Ebyokureeberaho by'ebijuma harimu: emiyembe, Vakedo, Fenensi, Kiwi, obutunda, Water meron na Mangada.

EKIRIISA EKIRI OMUBIJUMA

- Ebijuma niharugamu emyonyo y'okurinda omubiri
- Namunonga erikushemeza obwongo
- Obuteebwa yebwa
- N'okutambuza eshagama omumubiri

OMUGASHO GW'EBIJUMA

- Nitwihamu ebyokunywa nka obutunda, water meron endumu, emicungwa n'ebindi
- Nitwihamu emyonyo ei omubiri gurik wetenga
- Nitwihamu amajuta nka ovakedo
- Nitwihamu entasya twaheza kubiguza Ebijuma ebindi nibiriirwaaho ebyokurya nka ovakedo

MANYA EBI

- Nikirungi abantu kubyara emiti y'ebijuma
- Aba Kyarukanda bakerundana kandi batandikire kuhinga ebijuma burika omuri Kyaruganda ehingire omuti gw'ebijuma
- Ekigyendererwa nokwenda kuku-szagye abaana abari omuri Kyaruganda Cluster guruups na Kichwamba okutwarira hamwe

Nebya Sunday Vincent Omuheerezak-yaruganda Cluster



OBUJURIZI KURU GA OMU BAMARIRIIRE

AHABWOKUHINGA OKURINDA EITAKA

- Okuhingira okurinda eitaka, n'enkora y'okuhinga kureeba ngu eitaka tiryacukuuka, amaizi norwezo byagumamu reeru ebihingwa byakuragye

- Ebirungi bye mpinga egi
- Nekanyisa amasharuura
- Netangira eitaka butatwarwa mu-

tunga kandi orwezo ruguma omwitaka.

- Nokoresa amaani makye waaba noh- inga omwitaka eri
- Netangira ebikooko n'endwara obutakwata bihingwa

OBUJURIZI BW'AMASHARUURA

- Omuky. Joyce Kyosimire Murungi ow Abamaririire guruupu omuri Bushenyi akabyara kilo 1 yebihimba byamusimbiriro aha purooti, yaasharura kilo 50

- Abahingi nimuhaburwa kutandika kutebekanisa emisiri yanyu kwetegurira okubyara embibo

- Waabyarakare, noosharurabingi

Nebya:Murungi David omuherezawa Cluster

Rutoto Bushenyi Abamaririire guruupu

OMUGASHO GW'ABAHINGI BA TIST

OKUGIRA ZA NASARE ZEMITI OMU

GURUUPU ZAABO

- Abahingi nibagira emiti mingi y'okubyara
- Nikibasisa abahingi kumanya emiti y'enzaarwa erikwera gye omukicweka kyabo.
- Nibahinga embibo z'emiti eibari kukunda
- Nikituubya ahakusiisikara kwa ensigo zemiti waaba nooza kuzibyara.
- Tibarikutamu sente nyingi omuku gura embibo
- Nikibagirisa okukunda ekintukyabo, nokugira emiti ahabwabo nka abantu

- Nikibarahukiza kushoma n'okwega ahakubendeeka emiti omukyanga kyabo.
- Nikikanyisa entaasya omubahngi, za guruupu hamwe nekicweka kyona.

Nebya:Ngobi Philly Quantifier and trainer Kayunga

OKUBAGANA AMAGOBA GA 70% KURUGA OMU CAAC

- Nyine amashemererwa abeeka ya TIST mwena ngu aba CAAC na TIST beetegwire kugabana naimwe amagoba gebicweka 70% ahari 100 omwaka ugu.
- Empapura zokushashuriraho zateekatekirwe kandi niziza kubaheebwa omunkiiko eze mpagara ezomwezi.
- CAAC ebasasize kuguza za taani zorwoya kandi neyenda kushashura akasiimo kabahingi ,sente za office,emishara yabakozi,okwihura ezindi ezibire nizikozesibwa,ezokuteera orupapura rwa amakuru,emishomo nebindi.Aga namakuru marungi kushanga twine amagoba gokubagana naho nabahingi baitu.
- Okushashura nikwegamira aha magoba agutukozire,wayihaho enshohoza ya byona.
- Emiti etemirwe nari Emisiri eyasisikaire terikubarwa ekirikumanyisa ngu tekozire magoba nahabwekyo esente namagoba gaayo nigaba gatariho.
- Tikyoburinganiza kushanga ngu ba memba ba group abu emiti yabo etarasisikaire nari etaratemirwe baagi ferwa kwihamu akasimo ahari abo abatemire eyaabo omugurupu egyo,
- Itwe nka TIST nituhabura ngu omunshonga egi,ba memba abatemire emiti yabo ekabura kubarwa ,kandi ekabura kukora amagoba kandi baba batatungire akasiimo omukubanza,kuzigarura kandi bakabyara nemiti eibatemire.
- Eki nikija kwegyesa za gurupu kwega emikorere ya TIST yokuba abobujunanizibwa nokuba abesigwa.



ZA GURUPU ENKYE NIZIBAASA KUGARURAHO EMITI EYATEMIRWE NA TAANI ZORWOYA ORWASISIKAIRE?

- Nizibyara emiti endijo emisya.
- Kureka emiti eyagumireho ekakura ekarenga obwire bwingi kwenda kushumbusha orwoya oru.
- Omu rubaro oru twine amatsiko ngu za taani zorwoya orwabizire nitwija kurushumbushibwa, reeru tugyenere hamwe.
- Nihabaho ki za guruupu enkye zatema emiti
- Kishemereire kwetegyerezibwa ngu waatema emiti, gurupu yoona neba yaferwa.
- Tist neba yaferwa orwoya ahakuguza ,mbwenu ahamuheru nebanza yayiho okuferwa etakabazire magoba.
- Tikirungi ababazi bashanga emiti etemirwe ,eki nikiretera bayerarikirira naza gurup ezindi.
- Mwijukye ngu empatana ya TIST nabahingiri nokubyara emiti ekahisya emyaka 30,kandi nokubyara endijo erayome.Okusharira emiti nikirungi ahakuba niharugamu enku nembaho.
- Bwanyima yemyaka 10 buri gurupu enkye nebaasa kusharura ebicweka 5 ahari 100 byemit yabo buri mwaka.Okutema emiti Burundi nikibi ahakuba nikishisha eitaka,emigyera nebyobuhangwa ebindi.
- Murekya tukorere hamwe tureebe ngu emiti yaiti yagumaho reeru ebibira byaitu bibe gye.

Nebya Nankunda Sarah.

IKITO LU ARAITO

Aaraito ngesi atuubet kotoma oraan arai bon at okito na elomuni akaulo na irasit arai ekitoi aituro kosodikini aipikakin icok. Iponesio nu araito imori-aritos iboro kwape nat emiebei, ebakedo, epeneesi, ematunda, etuo lo enyamio arai bo nat water melon ka emucugwa.

Ajokisio nu inyamat nu idumuni ooni kotoma araito

Ibore yen epol ajokis noi yen idumuni ooni kotoma ainyam araito ngesi inyamat lu einakinete akuan angaleu.

Kwape nat

- Itunganan yen enyami araito ejaasi kede adam nu ikamaka akiro.
- Mam erai itunganan yen imurono
- Ejok eipone lo elosioto ake wokot kakuan.

Ajokisio nu ikito lu araito

Kitwasamai oni araito ka nu adumun imaten kotoma kec kwape nat ematuda, etuo lo enyamio emucugwa ka ice da.

Idumuni oni iyamat ngun lu itogogongoite ka aitetenar angaleu wok

Araito ace kwape nat ebakedo einakini akinyet toma aijar wok

Erai araito ibore yen einakini oni apiyai kotoma okalia wok ekaulo na agwelar

Idumuni oni akinyeta nu twanaris kotoma araito aitelekarit araito kwape nat ebakedo , nu ingarakinete aiput ka aitalaun ok awate.

Erai araito iboro lu ibusakinit oni anyamenen duc kowupasi kede inyamat ice kwape nat ebakedo.

Nu epolok

Erai ibore yen epol ajokis noi ka nu itunga lu engaleete aisinyikoikin airayo na ikito lu araito.

Ka nuka aibunget nako Kyaruganda , abu aisisi-anakino na edolit kojaun ka nu airayo na ikito lu araito ido da adautu aitegiar ngun .

Kangon kale kere ko Kyaruganda apedo aira ikito lu araito edope arai nu edparitos edope .

Alosikinet ngesi aitiji ejauten lo ekadakada lo iyamat kotoma otunga ka iduwe luka aibunget nako Kyaruganda cluster ko Kichwamba kere toma aimoriarit .

Ewadikan; Sunday Vincent –Ejanakinan aibunget nako Kyaruganda



AWARAGAT NA IKAMANARA KEDE AKORU NA TINEN KWANA NA ITOJOKARITAI KANE EJAI ABAMARIRE

Akoru na tinen kwana na itojokaritari ngesi erai akoru na itogogongi ka aitojokar ejautene lo alupok ka aitidisiar aitapasio na alupok narai mam amisiri erai na ekorioro. Einakini ka aiyatakin da akipi ka inyamat kotoma alupok ka nu esake lo ikeuna korai da na inyikokinit.

Ajokisio nu akoru na tinen kwana

- Ikeuni edumune kotoma osake.
- Itojokari ejautene lo alupok ka aitikitik ailotanaro na alupok nu ejai ajokis .
- Aitwasam agogong na edit ka nu aitolumun inyamat
- Itidisiari ikur kede adekasinei narai ejai aijuljulio na ikorion kotoma amisiri adiopet ka ngon pak na akoru.

Ajenanut na ikamanara kede esake kotoma akoru ka na

Ko Bushenyi kotoma atukot na didi naka Abamaririre, amucalat Joyce Kyosimire Murungi abu kiraik emaroge lo epoloi kuju ikodikodi ekilo ediopet kotoma airaet na atubor ido abu kopedo asakun ikilos 50 kotoma aiboisit na adit .

Akoriok , erai na apak na ibusakinitor eesi agear aitemonokin amisirin kus ka nu akoru na ebunit koingaren.

Esake lo ikiyara erai ajokis na alingakin akoru

Ewadikan ; Murungi David – Ejaanakinan aibunget naka Rutoto ko Bushenyi

AJOKIS NAKA AKORIOK NUKA TIST AJAUT KEDE AIBOISIO NU IPEPEET IKITO KOTOMA AIBUNGENA KEC

- Ipepeata akoriok ikito epatanikini kesi aira ikito lu epol enaba
- Epatanikini akoriok atiakun ka ajenun abilasinei nu ikito lu epoloete ejok koupanara kede aiboisit kec kosodikinete airaikin.
- Epote akoriok aira ikito lu eminasi kesi.
- Itidisiari atwaniar kede amunamunaun na ikito lu didik lu ebeit aira kotoma apak na iraere
 - Ebuni araun ibore yen mam epol egarama ka etiai da ka nu akorion adumun icok nu iraa ka aikobanar.
 - Ingarakini akoriok ajaut kede etau lo emina ibore yen iswamaete kesi aitelekarit amina ikec kito ka aidar ka aitemonokin kesi kotupitete amisiarit na ejaatator kesi ka ainingosia nu etoroto kesi to

ma kapak na atukonokin icok, aisek kesi, aitemonokin aiboisio nu ipepeere ka aidarit kesi kola-ete.

- Epatanar aisia kotoma aituutorio ka auri-aneta nu aibunget kedol aisia na ikamanara kede aipepe ka aitemonokin ikito narai ejai ne itetemoret ido da iswamaete sek

- Epote akoriok luko TIST, atukona nudidik ka aibungena ajaut kede eipone lo asom apiyai kotoma agwelanario na ikito lu didik arai kipuwaros kotoma aiboisit na ipepeere arai anyanyar ka nu agwelanar.

Ewadikan ; Ngobi Philly-Emaran ikito ka etuutonoran - Kayunga



LUGANDA

EMITTI GYE EBIBALA

Ebibala kivunulwa nti kye kintundu kye kimeera-oba omutti, ekikolwa nga ekimuli kimaze okufa awo ensigo nekolwa.

Ekyokulabilwako amangu gye emiyembe ovakedo fene akatunda wotameloni ne micungwa

EKIKULU EKYOKULYA EKIRI MUBIBALA

- o Ekyamakulu kyetufuna nga tulidde ebibala gwe munyu omulungi
- o Nga omuntu asiiba aya ebibala afuna okujukira nyo
- o Omuntu teyerabirarabira
- o Omusayi gwo omuntu alya ebibala gutam bula bulungi

AMAKULU GE MITTI GYE BIBALA

- o Tufunamu ebyo kunywa nga obutunda, emicungwa, wotameroni nebilala
- o Tufunamu omunyu gwomubiri ogwetagibwa enyo mu bulamu bwaffe ne mukukula.
- o Ebibala ebimu nga ovakedo bituwa buto obwetagisa mu mubiri gwaffe
- o Emitti gino gyabya nfuna eri amaka gaffe nga bitundidwa
- o Tufuna ebizigo okuva mu bibala ebimu, okusingira dala mu ovakedo ne tulyoka tufuna endabika enungi
- o Ebibala ebimu bitekebwa ku nmere yaffe nga tulya

BYOLINA OKUMANYA

- o Kikulu nyo abantu okulembeza okusimba emitti egyebibala
- o Mukibiina ekinene ekya kyaruganda ekya TIST okusomesa abantu mu kusimba emitti gye ebibala kikoledwa bulungi era abantu batandika okusimba
- o Buli makka mu kyaruganda bagezezako okusimbayo omutti ogwe bibala
- o Omulamwa kwewala okonzibwa kwa abaana okutwaliza awamu mu byalo bya kichwamba

Bya: Sunday Vicent- cluster servant- eKyaruganda

OLUGERO LWE ENIRO EYIRIMIDWA MUKOLA YENIMA ENUNGI EYITIBWA CF OKUVA ERI AKABIINA KA TIST AKE ABAMARIRIRE

Eniima enungi eno eya CF ye nkola ekulakulanya no okubesawo ettaka lyo kungulu nebitawanya ettaka obutaba ddungi.

Enkola eno eyamba mukudabiriza, nemunkozesa amazzi ne ebiriisa muttaka obulungi.

TEBIRUNGI EBIRIMU NKOLA EYA CF

- o Kyongerera mu kwongerera mu nkungula ye emere
- o Kiyamba mu kutereza mu nkola ye ttaka ne mu kutaasa mukukulukuta kwe ttaka ne mubutafirwa kirissa mu ttaka.
- o Nemukukendeza ku mirimu mu nimiro
- o mukwewala ku ndwadde ne biwukka bye nimiro nga tukyusa kyusa ebimera buli sizoni

OBULIZI KU NKUNGULA ENENE MU NIMA ENO EYA CF

Mubushenyi mu kibiina ekya Abamaririre mukyala Joyce Kyosimira Mulungi ya kozesa kilo emu eye bijanjalo esizoni ewedde nasobola okungula kilo 50 mu kalimiro akatono Abalimi kye kisera okutandika okutereza enimiro zaffe okwetegekera sizoni ejja eno. Okusimba nyo mu kukungula ekingi. Bya: Murungi David- Omubazzi we mitti – Rutoro mu Bushenyi

AMAKULU AGALI ERI ABALIMI MU KUBA NE ZINASARE BEDI ZEMITTI MU KIBIINA KYABWE EKINENE (CLUSTER)

- o Emitti mingi agyokusimbibwa gibawo eri abalimi
- o Kijja kuba kyangu nyo omulimi okuzula emitti emitufu gyikasangwa egikula obulungi mukitundu kyabwe ne a gisimba
- o Abalimi basimba emitti gyebagala
- o Kiyamba obutafirwa ndokwa nyingi nga gisimbulizibwa
- o Kikendeza mu kufulumya ekinene mukugula endokwa ne mu kusimbuliza endokwa eri omulimi
- o Kiyamba omulimi okufuna omutima ogwo bwananyini, mukwagala emitti gyabwe ne mukugilabirira okusinzira kubumanyirivu obwe bizibu bye bayitamu nga banonya ensigo, okulondamu ensigo enungi ezokusimba, mukukola ne mukulabirira zinasare bedi.



o Kijakuba kyangu nyo okuyiga nga abalimi bali mu misomo ne munkugana ze kibiina kya TIST ekinene ki Cluster egyobulimwezi kubanga wajja kubawo ebyokulabirako mu kitundu kyabwe nga batuse mukuyiga mu kukola ne mukulabirira zi nasare bedi ze mitti.

o Omulimi wa TIST sekinomu, ekibiina oba ekibiina ekinene ekiyitibwa cluster ekigatta ebibiina ebitono bayinza okufuna ekiyingiza sente mukutunda endokwa ze mitti nga bamaze okujjako gyebasimba nga bamemba era bayinza okugaziya ku zinasare zabwe kulwokokolamu nga bizinensi yabwe eya nasare bedi.

Bya: Ngobi Philly-Omubazzi we mitti era omusomesa wa TIST -Kayunga

LOK I KOM PUR MAGWOKO MOC NGOM KI I DUL ME ABAMARIRIRE.

Pur ma gwoko moc ngom obedo pur ma yubu moc ngom ma malo-ni , pien pe gipuru, ento gijwero te cam ajwera. Man miyo lum magijwero ni top ite cam ci medo moc ngom. Dwoko bene mol pa moc ngom ki kalele piny, weko cam ma l poto meno nongo cam gi ma oromo dok gicek mabup dok maber.

BER PA PUR MAN.

- Ceko cam mabup makato
- Gwoko moc ngom dok miyo kalele pe molo.
- Tic l poto meno bedo nok pien pe gipuru, ento gijwero ajwera.
- Gwoko cam ki l kom two ki anyai, pien gipito cam mapat-pat l poto meno, l kare mapat pat bene

CADEN I KOM PUR MAN.

l Bushenyi, l dul me Abamaririre, mrs Joyce Kyosimire Murungi otiyo ki muranga ma gityelo ki yat-ni, kilo 1 l kare me kot mukato-ni ci oceko kilo 50 ma opuru l poto mo matidi. Lupur luwota, watiyo ki pur ma gwoko moc cam wek wanongu cam mabup. Pito kodi con bene miyo l ceko cam mabup

BER PA LUPUR PA TIST MA GITYE KI KAPITO KODI (NURSERY BED) I GANGI-GI.

- Kodi yadi matino bedo madwong me apita
 - Weko lupur ngeyo kodi yat mene madongo l kabedo gi
 - Weko lupur pito yadi magimaro
 - Kodi yadi pe bale mapol ka gikwanyo l ka pito kodi ma cok ki poto
 - Pe cwalo cente mapol me kobo kodi l kapito ne me tero l poto.
 - Weko lupur maro yado dok gwoko-gi maber
 - Konyo pwonye l kacoke me dwe l kom kit me yubu kapito kodi
 - Lupur twero cato kodi ma gupito odong woko ginongo cente
- Man Ngobi Philly, lakwan yadi me Kanungu aye ocoyo.



YADI MA GICAMO NYIG-GI.

Nyig yat en aye kodi magicamo ma aa ki I kom yat ka dong ture opoto. Labol-le; Muyeme, ovakado, mupenic, matunda ki mukene mapol atar.

CAM MA WANONGO KI IKOM NYIG YAT.

Moc cam mapire tek ma wanongo ki I kom nyig yadi aye kado maginongo ki I ngom. (mineral salts)

Labol-le /Ber-ner;

- Ngat ma camo nyig yadi bedo ki nipor matek
- Wiye pe will ata-tar
- Remo woto I koe maber

BER PA NYIG YADI.

- Watiyo ki nyig yadi me yubo gin amata (juice) labol-le matunda, okwer-munu ki mukene.
- Wanongo kado me ngom ki I kom nyig yadi ma konyo yoto kom ki dongo
- Nyig yadi mogo macalo ovakado miyo moo I kom-wa.
- Wacato nyig yadi ci kelo it-wa cente
- Watiyo ki nyig yadi me yubo moo wiro kom-wa- ovakado
- Nyig yadi rubo kin cam ma wan wacamo, weko bed omit dok kelo yot kom

GIN MA PIRE TEK.

- Obedo gin mapire tek pi dano ma kom-gi yot me pito yadi ma gicamo nyiog-gi
 - Ki I dul madit ma I Kyaruganda, gipwo-nyo dano I lok kom pito yadi ma gicamo nyig-gi, dok bene dong gitye ka pito-ne.
 - Dog gang ki acelacel I Kyaruganda tye ki yadi ma gicamo nyigi
 - Man tye me lweny I kom two ma nok pa moc cam kelo I kom dano-ki I kabedo man.
- Man Sunday Vincent, ma lakwan yadi me Kyaruganda aye ocoyo.

MTII YA MATUNDA

Matunda hufafanuliwa kama sehemu hizo za mimea au mti ambao huundwa baada ya maua kukufa na mbegu zinakua. Baadhi ya mifano ya matunda ya hapa ni maembe, avocados, ffen-esi, kiwi, matunda ya matamaniao, tikiti, na machungwa.

Thamani za chakula zinazopatikana kutoka kwa matunda

Thamani kubwa na muhimu ya chakula tunapata kutoka kwa matunda ni chumvi za madini Kwa mfano

- Moja ambayo inachukua matunda ina kumbu-kumbu kali
- Haisahau
- Mzunguko wake wa damu ni kazi sana

Umuhimu wa mti ya matunda

Tunatumia matunda kupata vinywaji kutoka kwao k.m. matunda ya matamaniao, tikiti, machungwa

Tunapata chumvi za madini kutoka kwa matunda ambayo ni muhimu kwa afya na maendeleo yetu.

Matunda mengine kama avocado hutoa mafuta mwilini mwetu.

Chanzo cha mapato kwa familia yetu baada ya kuuzwa.

Tunapata jelly kutoka kwa matunda, haswa kutoka avocado, ambayo husaidia kuipiga miili yetu.

Matunda mengine hutumiwa kama msaada kwa chakula tunachokula k.k. avocado.

Maelezo muhimu:

Ni muhimu kwa idadi ya watu wenye afya kukuza upandaji wa miti ya matunda.

Kwa nguzo ya Kyaruganda, uhamasishaji wa kutosha umefanywa juu ya upandaji wa miti ya matunda na jamii tayari imeanza kwa hilo. Kila familia huko Kyaruganda angalau imeweza kupanda mti mmoja wa matunda, au zaidi. Kusudi ni kupambana na utapiamlo kwa watoto wa nguzo za Kyaruganda na Kichwamba kwa ujumla.

Na Jumapili Vincent- Mtumishi-wa nguzo ya kyaruganda.



HABARI YA CF NJAMA KUTOKA

ABAMARIRIRE

Kilimo cha uhifadhi ni mfumo wa kilimo unakuza na kudumisha kifuniko cha mchanga na usumbufu wa chini wa ardhi ambao hauna uvunjaji wa ardhi. Inachangia na kuongeza maji na virutubishi hutumia vizuri na kuboresha uzalishaji endelevu wa udongo.

faida ya CF

- Huongeza uzalishaji wa mavuno
- Inaboresha muundo wa mchanga na inalinda udongo dhidi ya mmomomyoko na upotezaji wa virutubisho
- Kazi duni wakati wa kufanya kazi katika bustani
- Inadhibiti wadudu na magonjwa kwani mzunguko wa mazao unafanywa kwa shamba moja kwa msimu.

Ushuhuda kuhusu mavuno ya CF.

Katika Bushenyi kwa kikundi cha Abamaririre, Bi Joyce Kyosimire Murungi alitumia kilo moja ya maharagwe yaliyokomaa msimu uliopita na aliweza kuvuna kilo 50 kutoka shamba ndogo ya ardhi.

Wakulima, ni wakati wa kuanza kuandaa ardhi yako kwa msimu ujao wa kupanda.

Kupanda mapema pia ni faida ya mavuno ya mavuno mengi.

Na Murungi David- mtumishi wa nguzo-Rutoto huko Bushenyi kutoka kundi la Abamaririre

MUHIMU YA WAKULIMA WA TIST AMBAO WANA VITANDA VYA VITALU NDANI YA NGUZO YAO.

- Mti mingi inaweza kupatikana kwa wakulima kupanda
- Itakuwa rahisi kwa wakulima kutambua aina ya mti asilia, ambayo hukua vizuri katika eneo lao na hupanda ipasavyo
- Wakulima watapanda mti wanapenda
- Inapunguza upotezaji, au katika kupata miche ya mti iliyoharibiwa nyingi, wakati wa kupandikizwa

- Itakuwa chini, au sio gharama kubwa, kwa mkulima katika kupata miche na katika kupandikiza
- Huwasaidia wakulima kukuza moyo wa umiliki, penda miti yao na kuisimamia vizuri kufuatia changamoto zilizopatikana wakati wa ukusanyaji wa mbegu, uteuzi wa mbegu, matayarisho ya kitanda na usimamizi wa kitanda
- Itakuwa rahisi kujifunza wakati wa mafunzo ya nguzo inapofikia matayarisho ya kitanda na usimamizi kwani vitanda vya maandamano kutaja vitapatikana kwa wakulima
- Wakulima wa TIST ya mtu binafsi, vikundi au vikundi vinaweza kuwa na shughuli za kujiongezea kipato katika kuuza miche ya ziada kutoka kwa kitalu chao au wanaweza kupanuka kwa mapato

Na Ngobi Philly-kwantifaya na mkufunzi-Kayunga



Farmers from Nyakishenyi after their cluster meeting in Rukungiri