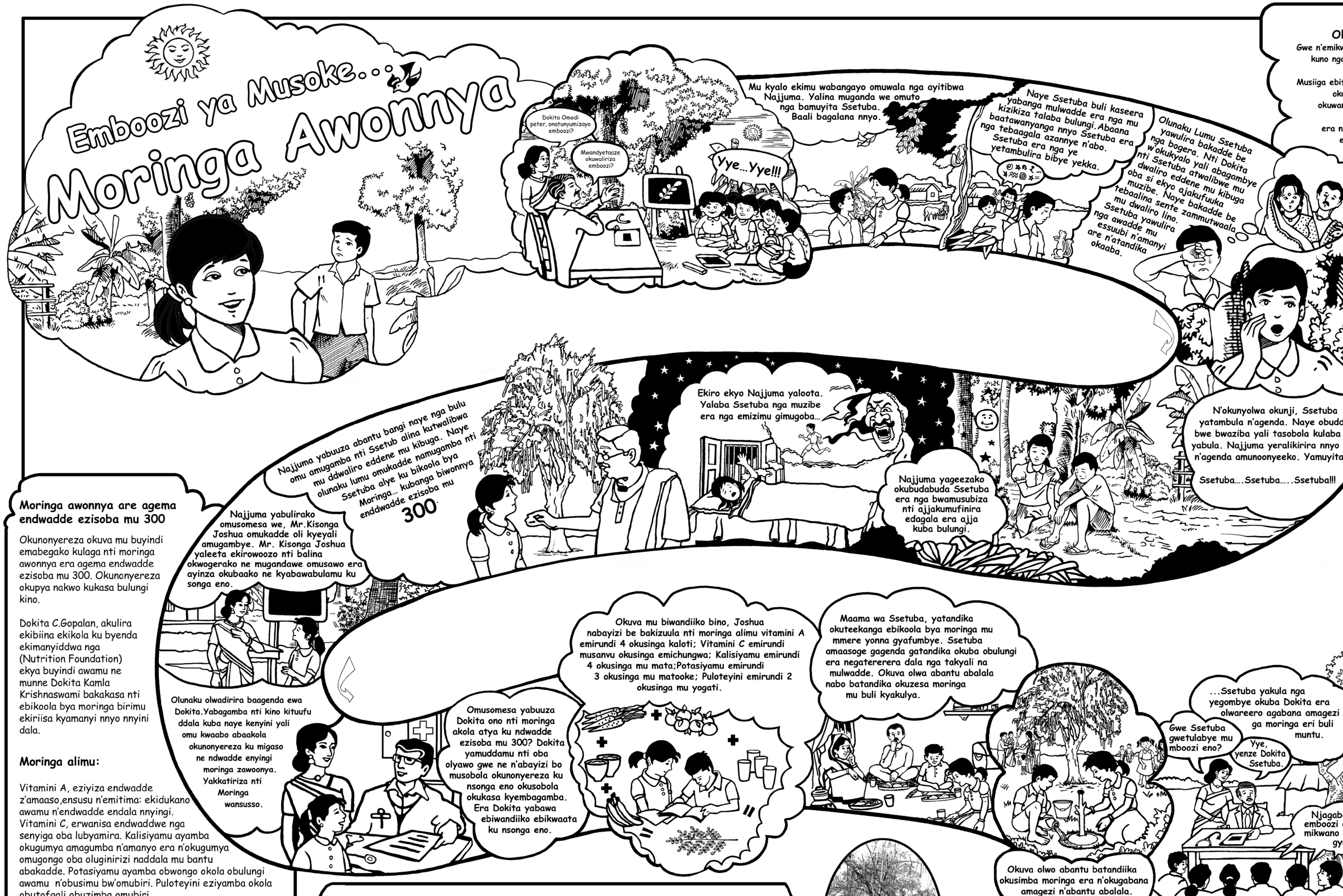
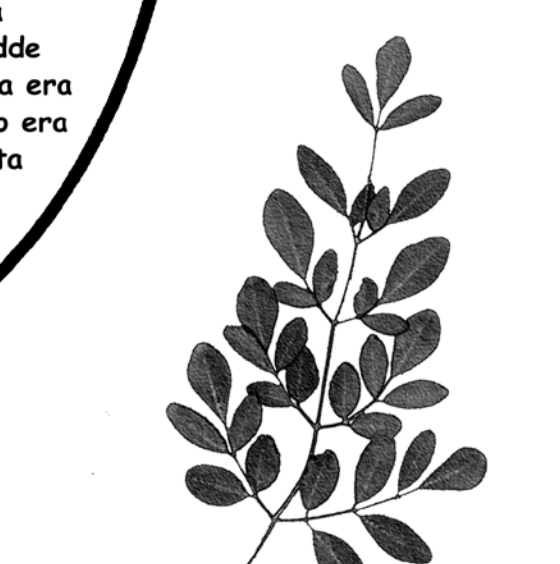


Okugabana okumanya:

Gwe n'emikwano gyo musobola okugabana okumanya kuno nga mukola bino wammanga;

Musiiga ebifananyi ebiyigirza kubisenge,
okuzannya emizannyo n'ennyimba,
okuwandiika, musimba moringa,
mutandikewo obulimiro bwa moringa,
era n'ebintu ebirala bingi byemuinza okola nga esomero oba nga gwe omuntu.

Nga tukwasiza wamu tusobola okufuula ensi yaffe ennungi era eyeeyagaza.



Moringa awonnya are agema endwadde ezisoba mu 300

Okunonyereza okuva mu buyindi emabegako kulaga nti moringa awonnya era agema endwadde ezisoba mu 300. Okunonyereza okupya nakwo kukasa bulungi kino.

Dokita C.Gopalan, akulira ekibiina ekikola ku byenda ekimanyiddwa nga (Nutrition Foundation) ekya buyindi awamu ne munne Dokita Kamla Krishnaswami bakakasa nti ebikoola bya moringa birimu ekiriisa kyamanyi nnyo nnyini dala.

Moringa alimu:

Vitamini A, eziyiza endwadde z'amaaso,ensusu n'emitima: ekidukano awamu n'endwadde endala nnyingi. Vitamini C, erwanisa endwaddwe nga senyiga oba lubyamira. Kalisiyamu ayamba okugumya amagumba n'amanyo era n'okugumya omugongo oba oluginirizi naddala mu bantu abakadde. Potasiyamu ayamba obwongo okola obulungi awamu n'obusimu bw'omubiri. Puloteyini eziyamba okola obutofaali obuzimba omubiri.

Bino byonna biriisa birungi nnyo era ebyetagiibwa mumubiri, era olwokuba nti byonna bisangibwa mu moringa, kino kiretera moringa okuba owensussa mukuziyiza endwadde ezo zonna ezenjawulo.

Awomesa: Moringa takoma kubaamu biriisa byoka ,naye era bwoba omugase mubyokula nga enva endiirwa oba ekintu ekirira kyonna assa akawoowo ,edekende era n'okuwooma okwenjawulo mu kyokulya.

Akola ebanga lyonna: Okweyambisa moringa ebanga lyonna,kirungi n'omwanika n'akala bulungi n'omusekula n'akoloa ensaano era n'omutereka awantu oba mukintu ekikalu.Osenako mpolo nossa mu kyokula kyonna kyoba ofunnye naddala nga mu nva endiirwa.

Mwangu okusimba: Moringa mwangu nnyo okusimba era n'okulabirira.Osobola okusimba ensigo oba akatabi. Akatabi kalina okuba nga kaweza yinchi emu obunene era ne fuuti nga biri mu buwanvu. Sima ekinnya ekyekigero era ossemu ekatabi okuva ku moringa omukulu.Teekamu ebijimusa ebyanakavundira, ettaka nómusenyu. Simba mu biseera by'enkuba.

Essoma lino likutuusibwako:

Emiti Kulw'obulamu (Uganda)
Muntu ku muntu nga tuyita mukweyamba.

Essomo lino likyusidwa mu Luganda era ne likutuusibwako:

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