

»Obuugi obulimu ekiriisa«

Mu Africa, abaana wakati w'emyezi 6 n'emyaka 2 balwala, olw'endiisa embi. Okubawa obuugi obulimu ekiriisa kibasobozesa okukula n'amaanyi n'ebizibu bitono.

Kasooli alimu ekiriisa akolebwa okuva mu nsigo ennamba oyongerezeeko obuwunga bwa kawo, soya, ebinyeebwa n'ebibala. Nga tonnatandika kuteekateeka buugi obulimu ekiriisa, longoosa effumbiro lyo n'ebintu by'okozesa mu ffumbiro era onaabe engalo zo ne sabbuuni n'amazzi. Ekitali ku buugi bwa bulijjo, toggyako kakuta ka birime bya mpeke. Ensigo z'empeke zisekulempolampola mu kinu okuggyamu ebisigalira.

Okukaatuusa ebirime by'empeke

Oluvannyuma lw'okusekula, wewa era oyoze ensigo okuggyamu obuyinja obutono era ozinnyike ekiro kiramba okukaatuusa ensigo. Okukaatuusa kuleetera ebirime by'empeke okubeera ebyangu by'okulya n'okukubibwa mu lubuto era n'ekiriisa kyeyongera. Gy'okoma okulwawo okuzikaatuusa kye kirungi; osobola okuzikaatuusa ppaka bwezimeruka. Oluvannyuma lw'okukaatuusa, yoza ensigo era ozikaze mu kisiikirize. Siika ku kawo oba soya okukendeeza ku kawoowo kaabyo kubanga kino teyisa baana bulungi.

Sa ekirime ky'empeke ne kawo/ soya. Bwe biba bikaziddwa bulungi, osobola okukola obuwunga obumala mu bbanga lya wiiki. Okuteekateeka obuugi, teeka obuwunga mu mazzi agannyogoga obutabule era mu mukebe omulala, teekamu omubisi gwa baobab oba enkooge.

Teeka entamu etukula kumuliro era oyiwemu amazzi agamala era obikkeko gatokote. Oluvannyuma lw'okutokota, yiwa obuwunga bwe watabudde mu mazzi agatokota ng'otandika na kirime kya mpeke ekiwerekerwa kawo/ soya, olwo oteekemu ebinyeebwa otabule. Oluvannyuma lw'eddakiika entono, ggyako entamu ku muliro era

ogattemu ebibala nga niimu, ekibala kya baobab, enkooge oba eryenvu. Osobola okugattamu omuzigo oguva mu shear oba butto okuwa amaanyi n'amazzi amayonjo okwanguyiriza abaana okunywa obuugi.