»Okukola obuwunga okuva mumatooke«

Obuwunga bwa matooke bukolebwa okuva mu matooke agagiddwa mu lusuku lwo oba amagule gano gaba mabisi ate nga gakiragala.

Obuwunga bwa matooke buwangaala okusinga amatooke amabisi era bulina emigaso mingi. Bwotunda obuwunga ofuna ebbeeyi nneneko. Obuwunga bw‘amatooke busobola okukolebwaamu obuugi, chapati, kabalagala na kawunga.

Okukola obuwunga

Bwomala okuyunja ettooke, lyoze bulungi eminwe okujjako obukyafu bwonna.

Salasala eminwe mubutundutundu obwekigero tojjako bikuta kubanga oyinza okufiirwa ekirisa.

Yanika mu solar drier okumala ennaku 3-5. Weekaanye nnyo obuyonjo. Kyusakyusa chips ezo okutuuka nga zikaze bulungi kumpi kwatika.

Kkungaanya chips ezikaze ozitwale mukyuma oba ozisekulemu obuwunga.

Okujjuza n‘okutereka

Pakira obuwunga mu buveera obutayitamu mpewo oba mu bikebe.

Tereka mu kifo ekikalu. Obuwunga buwangala okusinga amatooke amabisi.

Ebipimo n‘obungi ba kasitoma byebetaaga bisobola okolebwa.

Obuwunga bwamatooke bulina emigaso eri obulamu eranga abalimi basobola okufunamu akasente.