

Ebikoola by'omuringa ow'ebyamagero (Omuti ogwebyamagero)

www.treesforlife.org/moringa

Waliwo enjogera erudewo
agamba nti;

**“Ebikoola bya muringa biziyiza
era nebiwonya endwadde
eziwerere dala 300”.**

Naye okunonyereza

okupya kukakasa nti

obukoola bwa muringa

obulabika ng'obutono, bujjudde

ekiriisa ekyenjawulo ekiyamba

okugumya emibiri gyaffe era

n'okuziyiza endwadde ezenjawulo.

2 emirundi ebiri okusinga ekirisa kya puloteyini ekiri mu mata ga Yugati



7 emirundi musanvu okusinga ekiriisa kya vitamini C ekiri mu micungwa



3 emirundu esatu okusinga ekiriisa kya potasiyamu ekiri mu matooke



4 emirundi ena okusinga vitamini A eziri mu kaloti



4 emirundi ena okosinga kalisiyamu ali mu mata



Bisimbudwa mu kitabo, Ebiriisa eby'omugaso ebiri mu byendya bya buyindi ekyawandikibwa C.Gopalana ne banne, era n'okuva mu kitabo " Omuti ogwekyewunyo-Muringa oleifera:ebiriisa eby'obutonde mu bugwa njuba,ekyawandikibwa Lowell Fugile. Ebisingaawo bisange: www.treesforlife.org/moringa

Muringa amanyidwa mu nimu ezenjawulo...

Mu sayansi webimera amanyidwa nga: Moringa oleifera. Mu lungereza amanyidwa nga: "drumstick tree"

Bengali: Sajna

Burmese: Dandalonbin

French: Bèn ailé, Benzolive

Gujarati: Suragavo

Hindi & Urdu: Munaga, Sahijna, Segra

Khmer: Daem mrum

Luganda: Muringa

Malay: Kalor

Malayalam: Sigru, Muringa

Marathi: Sujna, Shevga

Oriya: Munigha, Sajina

Sinhalese: Murunga

Spanish: Ben, Morango, Moringa

Tagalog: Mulangai

Tamil: Murungai

Telegu: Munaga, Mulaga

Thai: Marum

Vietnamese: Chùm Ngây

Amanya amalala gasange ku: www.treesforlife.org/moringa/names

Mwangu okukuza:

- Okuva mu nsigo oba ettabi
- Ne mu ttaka etano
- Teyetaaga ndabirira yamanyi nnyo
- Akozesa amazzi matono
- Aleeta ebibala ne' bikoola mu bbanga lyaemyezi 8 gyokka

(Musimbe akabanga okuva awakaawo kuba ayinza okuleeta obusaanyi.)

Mwangu okweyambisa:

- Teeka ebikoola ebibisi oba ebikalu mu kyonna kyogenda okulya
- Ebikoola bikaze (mu kisikirize) era obitereke
- Wakati wa gulamuzi 8 na 24 ez'ensaano za muringa buli lunaku, zisobola okuyamba okulungasa obulamu bwo.



www.treesforlife.org
Trees for Life, 3006 W. St. Louis,
Wichita, KS 67203-5129 USA
Phone: (316) 945-6929
moringa@treesforlife.org

Trees for Life ewa abantu amanyi nga eraga nti nga tuyita mukuyambagana, tusobola okwejja mu mbeera enyigiriza obulamu bwaffe obwa bulijjo.

Bikuyisidwa mu Luganda aba AEW nga Bayambibwaako aba Trees for Life-International