



Ungihanda membe ndumanu niukwona ati...

Nougie mabebe mega na maingi kuma mugunda oucio

... No ugie mabebe riria mahuti mange magite

... Thaara niukuheo ihinda ria gukura na ugo no uhuthirwo hindi ingi

.... No uhonokie ngarama ya kugura mahuti mangi



Niguo ugie na mabebe maingi wagirire ni.....

- Cimba irima maitameri ma kawaida na uhande mbembe 4 – 5 oirima



- Nyihia utiganu wa marima raini-ini na uhande mbembe itakiritie 4 oirima



- Nyihia utiganu wa raini na uhande mbembe itakiritie 4 oirima.



Tukania thumu, fatariatha na tiri weega mbere ya kuhanda membe tirini. Uguo nigukugiriria kuhia kwa mbegu kumana na thumu,- fatariatha.



Handa mboco gatagati wa raini cia mbembe, itheya ria mboco irima rimwe na mbembe. Handa mboco na mbembe muthenya oro umwe.

MUHANDIRE WA MBERE

Irima ria kuhanda

Mbegu cia mbembe

Thumu - fataraitha

MUHANDIRE WA KERI

Irima ria kuhanda

Mbegu cia mbembe

Thumu - fataraitha

Tandanyura mbegu cia mbembe irima wega ugitumira njira imwe ya ici cionanitio haba

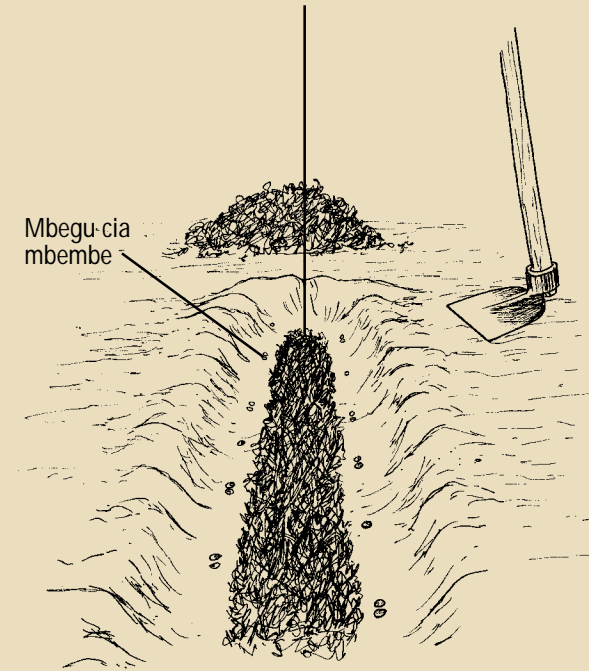


MUHANDIRE WA GATATU

Thumu - fataraitha

Mbegu-cia mbembe

kana no uhandire mitaro



Githimi kia borera ya duka kiria gikirire ni gaciko kamwe ga cai kana nyota ya soda oirima. Naguo thumu ni ngundi igiri oirima. Ugutumia mbembe ikira githimi kiu maita meri.



fatariatha



thumu

Gucheha mahuti ma ng'ombe kuma kwi mbembe ...

Ceha mbembe iria ndwaru na itari na hinya hindi ciothe ukirimira

Ceha mbembe kuringana na ubatani waku wa mahuti okinya mbembe ithuke

Thutha wa guthuka cehera ngombe utigie o mbembe igiri igikura.

Mbura inginyiha na mbembe ciage guciara, mabebe mothe no mario ni ng'ombe.

Magetha ma mboco no manyihe angikorwo mboco nihandanirie hamwe na mbembe.

Gutumania mbembe no gutume ugethe mbembe nyingi no cikorwo na micakwe mikuhe

Kuhanda mbembe ndumanu nikuheyaga...

Mabebe ma gucehwo ari mahuti ma ng'ombe

Mabebe macua me mahuti ma ng'ombe

Mabebe momu me mahuti ma ng'ombe

Mbembe cia mikohoro cia kwendia

Mbembe nyumu cia irio

Mbembe ciaga guciara niundu wa unyihu wa mbura, no huthire mabebe mothe ari irio cia ng'ombe

MACIARO MAINGI KUMA KWI MBEMBE

Tumania mbembe!

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Priscillah W. Ndegwa

Ungienda gutaririo makiria ne wone:
Ministry ya ukuria wa urimi, KARI

Tuteithiriirio ni: The Small
Holder Dairy Project

Ri hariritio ni:
Development Communications
and Mediae Trust

Njira imwe ya kuingihia mahuti ma ng'ombe na iria