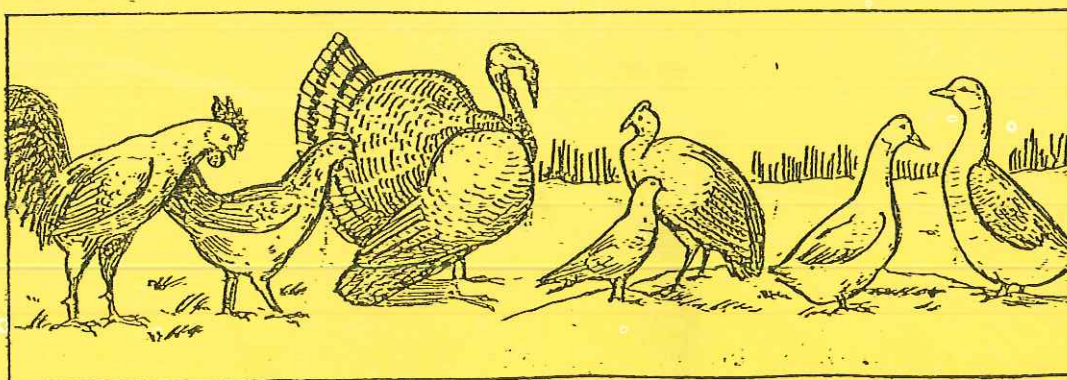
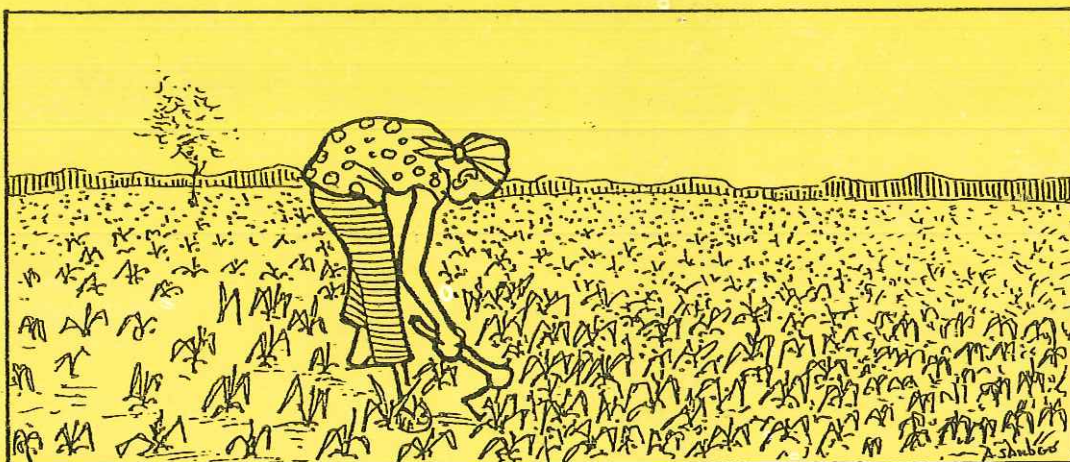


Porože kaŋ ga  
woyey faaba i na  
koy jine.

**Alfaritaray**  
**Adabba maraayan Caw Tiiraa**  
**Windilaa**



Alfaritaray  
Adabba maraayan Caw Tiiraa  
Windilaa

Tiiraa woo DNAFLA nda Sarwiisey wey ka cere faaba k'a tee :

SAF .....	Gaawo
IER .....	Bamako
DNAMR.....	Bamako

### Wallafikey

Yuusuf M. Haydara	-	DNAFLA
Yuusuf B. Mayga	-	DNAFLA
Haawa Jaara	-	DNAFLA
Yuusuf H. Mayga	-	SAF/GAAWO
Zalihatuu Mayga	-	Woyey poroze

Bii teekey : Amadu Sanogo	-	DNAFLA
Adama Mariko	-	DNAFLA

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Alfaritaray

Nda n'ga baa ma jaali ler foo, harifutu haŋ  
Nda n'ga baa ma jaali zaari foo, ni feejoo wii  
Nda n'ga baa ma jaali jirbiyye foo, diray henno tee  
Nda n'ga baa ma jaali jiiri foo; hiiji  
Nda n'ga baa ma jaali ni hunaroo kul ra, saddiŋa dam

Šinuwa yaasay

# Labu

## I. Labu

« labu ti hayaa kaŋ ga azayraa ga zay , nga ra i ga duu hari nda hunay ».

### 1. Laboo alhaaloo

Haya beerey kaŋ goo labu ra ti : birjey , ciiri-ciirey, windila hewoo nda dulley (gaazey)

. Birji : A si hun kala subey nda hunahayey ra (fita, linji, bundu, hunahaya bukey. . . ) Hayey kaŋ gangamey nda nooney n'i bere ka laboo kaanandi. labu kaanandi hayey dumi hinka no (hunahayey nda azayraa).

. Ciiri-ciirey : i si hun kala laboo ra. Ncirpoo, waynaa nda hewoo nda azayraa g'i bere; i mana ti kala tondi, tondi buuno dawtaasi, labudiini.

**2. Laboo dumey :** Wey ti hayey kaŋ goo a ra, sanda dawtaasi, labudiini, birji.

Wey no ma kate labey ma ti :

- Dawtaasi : kaŋ ra dawtaasi warga nda ibuuno goo. Labey wey dumey si hari dii, i si birji mo dii, i ga caha ka gana.

- Daw-banda -nkarya : dawtaasi buuno ga boobo i ra. I ga caha ka timtim cera ga i ga hari dii.

- Labudiini : Labudiini misoo ga sendi ; I si boori kala boro ma birji borya dam i ra, laboo ma goyandi alwaati ga, a ma tee nda jinawey kaŋ ga hima. Labudiini ga doona ka kan, nga taasuu ga hay ;

**3. Labu boryandiyan :** Woo ti takaa kaŋ nda boro ga labu dumey kaasim hala i ma boori (dawtaasi, labudiini).

Maanaa ti takaa kaŋ nda hayey kaŋ goo laboo ra ga huru cere ra. Laboo alhaaloo goo hayey kaŋ g'a dii cere ga banda. Wey din no ma kate laboo ma cere dii, a ma tee gungutiyaŋ.

### 4. Laboo taray alhaaloo :

Azayraa si hin ka huna boryo kal'a ma duu hari, a ma duu hew. Folguyaŋ bande haroo nda hewoo ga hanga. Folgey ga fay-fay, jerey ga beeri, jerey ga kacca.

**folgu beerey :** Ngi ti wey kaŋ boro ga dii ey

**folgu kaccey :** Ngi ti wey kaŋ ra haroo ga kay laboo nda cere gama ra.

**A/ Hari nda nga dirayanoo laboo ra :**

Azayraa tigaa 75 ka koy 90% kul hari no.

Harey si hun kala ncirpi ra, wala laboo cire, amma ncirpi ra hari ga boobo ka hun.

**Haroo alhaaloo laboo ra :**

Haroo kaŋ ga cindi laboo ra no ma azayraa huna waati kaŋ ncirpi si kaŋ.

**Hari hinna :** woo ti haroo kul kaŋ ga cindi laboo ra kaydiya banda ga.

**Hari cindi :** Woo ti haroo kaŋ goo laboo ra, amma azayraa linjey si too a do. Haroo kaŋ ga azayraa nafa ti hari hinnaa kaŋ ra, i na hari cindoo kaa.

Harey wey hinnaa goo laboo alhaaloo bande. Azayraa si a barmay. Labu dogey ga hansa ka hari dii, amma i si hansa ka nafa. Dawtaasi dogey hunday ngi haroo ga nafa, amma a si gay. Daw baana dogey ga hansa ka azayra nafa .

b/ **windilahew :** A ga hansa ka azayraa jinakoyyanoo nafa. Nga hinnaa goo laboo alhaaloo nda haroo kaŋ goo a ra banda.

c/ **Konniyayni :** Konni ga hansa ka azayra nafa.

Fondo booboyaŋ goo kaŋ nda boro ga hin ka laboo alhaaloo barmay. Igaabantey ti wey :

. Ka dabari tee ka hayey kaŋ ga laboo dii cere ga boobandi.

- Haya si a tee kala boro ma :

- birji dam

- Ma labudiini dam dawtaasi dogey ra. Woo din no ma kate hayey kaŋ ga azayraa nafa ma cindi laboo ra.

- Ma kalsiyom dam hala labudiinoo nda birjoo ma cere dii.

- Ma haroo kaŋ si nafa fattayanoo doonandi.

- Ma laboo goy ka boori.



# Laboo alhaaloo

## I. hayayan kaŋ ga cere dii :

Hayey kaŋ ga laboo dii cere ga, kaŋ ti labudiinoo nda birjoo ga ciiri-ciirey kaŋ goo laboo ra cendi. Hayey kaŋ labudiinoo nda birjoo g'i cendi ti : Idorožen (H +), kalsiyom (ca + +), mapeziyom (mg + +) dawciri (k +), azoodu, manganeezi. (Mm+) zenk (Zn + +), alhan (c + +), tutuyya (Al + +) nda guuruyyu (F e + +)

Haya tanayanŋ goo laboo ra, i kul igaabantaa ti fosfor (PO 4-) nda itanayanŋ.

## II. Barmayyan :

Hayey kaŋ goo laboo ra, nda wey kaŋ goo haroo ra ga cere tonton, ka ti hunay azayraa se. Cere tontonyanoo din se i ga nee barmayyan. Barmayyanoo din no ma laboo kaanoo cebe. A ga cebe kaŋ laboo ga hunahayey marga kaŋ nda azayraa ga huna kayna-kayna.

## III. PH wala idorožen hinnaa

Labu PH (peyašoo) ti idorožen hinnaa kaŋ goo a ra. Labu kaŋ ra idorožen ga boobo kul kalsiyom nda manganeezi si boobo a ra. Haya boryaa ti waati kaŋ laboo ga hin ka ganji PH ma barmay futu. Zama labu kaŋ ra idorožen ga boobo goo nda albasi.

- A ga hayey kaŋ ga laboo dii cere ga say, woo din ga laboo hari hanŋyanoo nda nga yayni diiyanoo nakasi, ngi mo ga jer azayraa jinakoyyanoo ga.

- Labu kaŋ PH ga ti 6 wala 7 hunayhayey bereyanoo ga don.

- A ga hunayyey goyoo nakasi. Zama hunayyey mo si baa labu kaŋ nga PH ga bisa 6 wala 7.

- Labu kaŋ ga hottu a ga sendi subu ma zay a ra, nd'a zay mo nga duuraa ga kacca. kalsiyom goo hayey ra kaŋ ga lab. kaanandi. PH goo laboo alhaaloo nda hayaa kaŋ ga zay a banda.

## II. Azayraa hunaa

Hunay hayey ti ciiri-ciirey kaṅ azayraa ga duu ey laboo ra, wey din no ma azayraa huna, i ga nga beeraa boryandi.

### 1) Hunayhayey nda ngi nafaa azayra se

Hunayhayey kaṅ linjey ga katéy ti :

a/ Hunayhaya jinawey kaṅ ga hansa ka azayra nafa, ti :  
azoodu, fosfor nda dawciri.

b/ hunayhaya tanawey, mo ga azayra nafa, amma i si too ijinawey. Ngi ti kalsiyom, mapeziyom nda sufur.

- Hunayhayey kaṅ ngi ašomol de bara azayra ra, i ga boori azayra se, amma i masi boobo. Ngi ti guuruyyu, manganeezi, zenk, alhan nda kolor.

Hunayhaya jinawey goyey ga boobo azayra hunay ra.

c/ Azoodu goo azayra haya jinawey ra, nga no ma nga beeraa boryandi.

d/ Fosfor, nga mo ga azayra nafa, a g'a beerandi , a ga a ka boosu, a g'a sahandi.

e/ Dawciri no ma haroo nda sukaroo diraa boryandi azayra ra. A ga azayra noo gaabi hala a ma hin ka kay koogay nda wirci jine. Hunayhayey kul ga boori azayra se , i ga nga beeraa boryandi. Nda affoo jaṅ azayra ra, a ga nga beeraa nakasi

### 2/ Hayey kaṅ ra hunayhayey ga duwandi

Hunayhayey hundogey ga boobo, ngi ti : birji, windilahew, angire.

### 3/ Birjoo bereyanoo :

Birji ra hunayhayey kaṅ ga boori azayra se ga boobo. Laboo birjoo ga hin ka hun hunahayey ra, amma azayraa ra, a ga boobo ka hun (fita, kaasi, linji . . .)

Hayey kaṅ goo laboo ra, sanda nooney, gangamey . . . no ma birjoo bere. Bereyanoo woo ga hima nda funbandiyaṅ. I ga birjoo bere hala a ma tee hunayhaya buunayaṅ. Wey kaṅ ga azayraa nafa, ga huru nga hunaa ra. Cindey ga bere i ga ti labu kaanandi haya. Tayyan no ma caha ka birji bere k'a ti labu kaanandi haya.

Hunahayey kaṅ goo laboo ra, dumi beeri hinka no :  
hunahayey nda azayra buuney.

- Hunahayey mo dumi hinka no :

a/ Hunahaya beerey : ngi ti waakaari buuney, dusey, nooney, gangamey, jingamey. I ga laboo kaasim, i ga guusuyaŋ kaa a ra, i ga birjoo bere. Hunahaya beerey ra, nooney ga hima nda ŋaayan kotomay kaŋ ga yaara. I ga laboo nda subu buuney ŋaa, i g'i bere k'i ti labu kaanandi haya. Nooney no ma laboo kaasim, i ga ganji a ma tar, i ga ciiri-ciirey kaŋ goo laboo cire kaataray, i ga guusu-izeyaŋ fansi, woo din ga kate haroo ma sundu laboo ra, a ma dira a ra ka boori, a ma linjyey jinekoyyanoo boryandi. Nooney ga hunayyey goyoo tonton.

Nooney nongu kaŋ ra, oksizen, tayyan nda kalsiyom goo ra i ga huna.

b/ Hunahaya buuney , hari nooney, i ga hansa ka birjoo bereyanoo faaba.

- Subu buuney ti hunayyu alhaali fooyaŋ kaŋ ga birjoo funbandi.

### III. Labu kaanandiyan

#### 1. Macin ti labu kaani ?

Labu kaani ti waati kaŋ azayra ga hin ka zay a ra. Hayey kaŋ ga laboo kaanoo nakasi ti nga bereyan laala, hari jaŋay. Labu kaani jaŋay goo birjoo bande. Labu kaŋ ra birji sii, si kan, nda anji, waynaw wala hew ka birjoo derandi. Labu si kan kala dabarey kaŋ ga hima ma tee a se.

#### a/ Dabarey kaŋ ga labu kaani duumandi .

- anji tangamyan : tondi wala bundu hirri, tondi lelebe, tuuri hunante kali, subu zuuyaŋ.

- ka angire tonton birjey ga.

#### b/ Angirewey kaŋ ga duwandi Maali ra :

Woo kaŋ ga huru haabulanbu ra, woo kaŋ ga huru taasura kaŋ se i ga nee "ire" nda Tilemsa fosfaasoo

Tilemsa fosfaasoo nda cindey mana ti affoo, nga hunay hayey si caha ka fatta. I mma fatta kayna-kayna hala jiiriyaŋ. Tilemsa fosfaasoo nafaw faa ti laašowoo kaŋ goo a ra, woo din ga laboo ganji a ma hottu. Nga doobutaraa ga nga damyanoo šendandi. A ga boori boro m'a dam ziibi guusey ra, kaŋ se i ga nee "konpost". Nda boro na ti takaa woo, a ga nga damyanoo doonandi, a ga kate fosforoo ma fatta zaa jiiri jinaa ra.

#### Angire hinnaa :

Angire hinnaa goo dumaraa nda hegaa hinnaa kaŋ boro g'a wiri bande.

#### IV. Beerian misey :

Sooluyanoo kan laboo ga ti a kul daliiley ti :

- Ka nga alhaaloo boryandi hala azayraa ma duu ka zay ka boori.
- Ka taasoo fiji a ma boori, hala nga fudaroo ma don.
- Ka birjoo nda angirewoo, dam ka boori hala laboo ma duu ka kan.
- Ka subu laaley kaa, zama i ga hansa ka baa hari, i ga hunay-hayey mo hasara. Woo ga paaraaziitey nda wircey mo moorandi.
- ka anjoo tangam a masi laboo jaasandi.

Laboo hansayanoo alhaaloo goo jinaa kan g'a tee bande, a goo goykey hinnaa mo bande.

##### 1. Fari goyey

- a/ **Henanandiyan** : Nga ti boro ma ziiboo kul kan ga azayraa siita kaa faaroo ra ( kaari, subu, tuuri kanbey ...)
- b/ **Dogayan** : Nga ti boro ma suboo nda tuurey dunbu k'i kaa faari ra.
- c/ **Dubu kore zafayan** : Nga ti ka tuurey kan dunbandi dogaroo waate korey kan cindi laboo ra zafa.
- d/ **Beeruma** : Nga ti boro ma labu zafa m'a bere hala subu laaley ma fiji, laboo ma ban.
- e/ **Tunandiyan** : Dabari no kan boro g'a tee ka laboo soolu za kaydiyaa ben. Nga daliiloo ti ka labu bere suboo bon hal'a ma duu ka laboo kaanandi. A ga ncirni koraway haroo dii laboo ra, a ga beerumaa doonandi nda alwaatoo too.
- f/ **Gaasayan** : Nga ti boro ma gooruyan kaa faari ra kan mana beeri waati kan laboo kogu. Woo din ga laboo kayri, a g'a baanandi, a ga ncirni jinaway haroo sunduyanoo faalandi.
- g/ **Dumayan** : hayni, hommo wala maatiga se a ga tee.
- h/ **Karankaranyan** : Nga ti ka labu wargey kayri, ka laboo kanandi cere bande. A ga taasoo fiji ka boori, a ga subu laaley wii.
- i/ **Dummi safaryan** : Safari si huru dummi ra haya se kala k'a hallasi iberey ra sanda, gangamey, nceyey hunahayey kan goo laboo ra. A ga boori safari kan ga gangam nda paaraaziitey wii ma huru dummi ra.

#### IV. Beeriyar misey :

Sooluyanoo kan laboo ga ti a kul daliiley ti :

- Ka nga alhaaloo boryandi hala azayraa ma duu ka zay ka boori.
- Ka taasoo fiji a ma boori, hala nga fudaroo ma don.
- Ka birjoo nda angirewoo, dam-ka boori hala laboo ma duu ka kan.
- Ka subu laaley kaa, zama i ga hansa ka baa hari, i ga hunay-hayey mo hasara. Woo ga paaraaziitey nda wircey mo moorandi.
- ka anjoo tangam a masi laboo jaasandi.

Laboo hansayanoo alhaaloo goo jinaa kan g'a tee bande, a goo goykey hinnaa mo bande.

##### 1. Fari goyey

- a/ **Henanandiyan** : Nga ti boro ma ziiboo kul kan ga azayraa siita kaa faaroo ra ( kaari, subu, tuuri kanbey ...)
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- i/ **Dummi safaryan** : Safari si huru dummi ra haya se kala k'a hallasi iberey ra sanda, gangamey, ncejey hunahayey kan goo laboo ra. A ga boori safari kan ga gangam nda paaraaziitey wii ma huru dummi ra.

j/ **Safari ka doogayan** : Nga ti boro ma safari dam kan ga subu laaley de wii. Safarey wey ga dumi-dumi.

Ngi ti :

- Wey kan ga subu kul wii : kan ga huru nda n'ga baa ma nongu henanandi.

- Wey kan ga subu fooyan wii : Ngi no i g'i dam ka subu laaley wii.

- Wey kan ga subu ton : Nda i man suboo kul i mm'a ton.

- Wey kan ga huru linjey ra : I ga hanga azayraa linjey banda ka huru a kul ra, i m'a wii.

Safarey ga fay-fay, dumi foo kul goo nda alwaatoo kan ga a ga boori.

- Wey kan ga huru za taasoo mana zay : za boro na taasoo beeri no ng'i dam sanda ler 48 nda cere game.

- Wey kan ga huru waati kan taasoo zay : i ga baa lakkal ; subu laaley de ga i ga sayandi, i masi huru taasoo ga.

k/ **Sayyan** : Nga ti boro ma taasoo wala dumarey-izoo dam laboo ra , a ma duu ka zay

l/ **Dumarawey kulayanoo** :

- **Farfaryan** : a ga kate dumaraa ma boori, a ga subu laaley nakasi.

- **Birji damyam** : a ga tee zaa beeriyanoo ga, wala farfaryanoo ga. Angire dumoo kan se i ga nee "ire" si huru kala waati kan azayraa ga boosu.

- **Tunandiyan** : A ga laboo tayyanoo gayandi

- **Gungursu teeyan** : A ga azayra linji sahandi, a ga kate haroo kan ra muraadu sii ma fatta.

- **Safari damyan** : a ga boori boro ma gangam wii, ma safari dam dumarawey kan ga paaraaziitey ga futu ra. Sanda (haabulanbu , duuri. .. )

### **Birji teeyan fondaa : Konpost**

Alfaritaray fondaa ra, boro ga hin ka laboo buuyanoo (taryanoo) tangam nda birji. Boro ga ziibey bere k'i tee birji.

**Konpost :** Nga ti boro ma ziibi dumi booboyan dam guusu ra hala a ma too i ma bere sanda (toosa, kaari, hugu ziibi, gorgo wiri ). Konpost teeyan daliiley ga boobo :

- Ka birji dam angire dogoo ra ;
- Ka alfaritaray almušakkawey nakasi
- Ka ziibey kan ga hun iziney nda hugey ra bere ;
- Ka laboo kaanoo tonton ;
- Ka tayyan dii laboo ra ;
- Ka dabari tee hala hayey kan goo laboo ra ma cere dii,
- Ka anji tangam

Konpost teeyan goo ziibi , hari nda goykaw bande.

Alaada ra alwaati hennaa ti kaydiya kan ncirni ga kan, hari mise si sendi.

### **Takaa kan ga konpost tee :**

- Ma guusu fansi faaroo jere ga, kan ma ti m5 x m 10 nga guusuyanoo ma ti meetar foo nda jere. Guusoo jeseey ga hima ka koy beene hari fatta dooyan ma tee i ra, hala nda haroo boobo, a ma hin ka fatta.
- Ziibey kan ga huru guusoo ra, ma marga jeseo ga. Boro ma gundoo yenta nda kooma labu hala a ma hin ka hari dii ;
- Ma ziiboo maryandi hala nga bereyanoo ma don ;
- Ma adabba henjeeri nda hugu ziibi zaa.
- Ma sintin ka guusoo too ;
- Ma ziibi dam guusoo ra hala a ma too santimeetar 10 alhaali.
- Ma adabba henjeeri santimeetar guu (5) fur a boŋ.
- Nda n'ga hin a ma Tilemsa fosfaasoo santimeetar 2 dam henjeeroo boŋ. Woo ga fosfaasoo bereyanoo nda nga damyanoo fari ra doonandi.
- Nda guusoo too, ma labu fur a boŋ.
- Masi labu dam hala a ma sawa nda guusoo jeseo
- Ma laasaabu walla hari fatta dogey mana daaba
- Ma yee konpostoo ga jiiri foo banda ga ;
- Ma guusu foo fansi ijinaa jere kan nga nd'a kul ga sawa,
- Masi dirŋa ka guusoo gundoo hansa, hala a ma hari dii ;



- Ma guusu jinaa birjoo bere ihinkantoo ra, hayey kaŋ cindi beene ma yee ganda.

- Nda birjoo bere ka ben, ma guusoo daabu nda labu.

- Ma yee ka guusu jinaa too nda takaa kaŋ harandi beene.

A ga boori boro ma birjoo dām nda takaa kaŋ harandi beene. CMDT ton 5 ektar foo kul se nda kilo zangu hinza (300 kg) fosfaasu (Tilemsa )

### **Hugu ziibi konpost :**

Alaada ra woyey no m'a tee, kaŋ ga zibey marga hugey jere ga. Sanda :

- ŋaayan cindey

- Kotokoli jeeney nda kokosey

- hommo jeeney

- Moo , hommo nda hayni doobu ;

- Tuuri-ize kokosey.

Ziibi munantey wey bereyanoo ga hin ka barmay, nda borey na konpost guusuyan tee, wala i na dendereyan tee kaŋ ga moora hugey. Maanaa ti i ma ziibi mun doo cin kaŋ ma ti m<sup>2</sup> x m<sup>2</sup> nga guusuyanoo ma ti meetar foo nda jere. A ga boori mo boro ma bugu-ize cin a boŋ waynaa masi duu k'a kogandi.

- Ma ziibi mun a ra zaari kul.

- M'a guna alwaati ka kaa alwaati walla a ga tay, m'a hanandi cee foo jirbiyye ra.

- Ma adabba henjeeri tonton ziiboo ga.

- Ma henjeeroo nda ziiboo ka cere barmay-barmay.

- Nda denderaa too, m'a daabu nda labu.

A ga boobo kaŋ konpostey kaŋ tee nda hugu ziibi ga huru fari ra jiiri din da. Amma nda n'ga baa ma duu birji henna kal'a ma gay kayna. De boro ga hin ka ziibi mun doo boobo tee.

### **VI. Dumaray barmayyan nda zoobuyan**

Hayey kaŋ ga farandi nongu ra, goo laboo alhaaloo, haroo hinnaa nda duuraa kaŋ ga wirandi bande.

#### **Maanawey :**

**Dumaray barmayyan :** Nga ti takaa kaŋ nda boro ga dumaray barmay faari follaŋ ra (sanda habulanbu, kotokoli, hommo)

**Dumaray Sawayyan :** Nga ti boro ma dumarayyan kaŋ ga koy nda cere duma nongu follaŋ ra.

**Zoobuyan :** Nga ti ma labu naŋ a ma hunanzam alwaati se.

**Dumaray dumi foo damyan :** A ga laboo zeenandi, a ga paaraaziitey mo boobandi.

# Dumaray-ize goyoo

## I. Dumaray-ize goyoo nafaa.

Ir si tuuri-ize nda dumaray-ize nafaa bay ir hunaa ra. Woo binde mana hun kala borey bayray jaḡaa ḡaahayey wey albarkaa ga, nda šendaa kaḡ goo ngi duuyanoo nda ngi jisiyanoo ra.

ḡaahayey kaḡ ir g'i ḡaa man'ti kala dumi hinza :

- ḡaahayey kaḡ ga gaaham cin : ham, waa, hariham maani ... ) ;
- ḡaahayey kaḡ ga gaabi noo : taasey, bananku ... ) ;
- ḡaahayey kaḡ ga gaaham koray wircey ra : tamaati, dumaray-ize firzi, karooti ... ) .

Nd'ir na wey kul laasaabu, ir ga dii kaḡ Maali-izey hunay beeroo man'ti kala ḡaahayey kaḡ ga gaabi noo. ḡaahayey kaḡ ga gaaham cin ga ḡandi waati nda waati, a ga hima nda wey kaḡ ga gaaham koray si ḡandi soy. Woo se wircey kaḡ ga boro ka luufu ga boobo.

Waati kaḡ ḡaahayey kaḡ ga gaabi noo kuma se i ga nee 1700 too/Zaari. Waati kaḡ wey kaḡ ga gaaham cin nda wey kaḡ g'a koray kuma se i ga nee hunay laala, woo da no ma boobo ir gandaa ra.

A ga boobo ḡaahayey wey hinnaa kaḡ ga wasa ga kuma ir hunaa ra.

Wircey kaḡ ga boro ka luufu sibil beeroo man'ti kala witaamin C jaḡay (tuuri-ize nda dumaray-ize), kalsiyom jaḡay , maatiga, koofita, dumaray-ize firzi . . . ) . Wey jaḡaa ga gaaham yalaafandi, a ga hunayyey (wircey) no a ga fondo.

Dumaray-ize nda tuuri-ize nafaa ga hanse ka beeri , woo se ir hunaa ga hima ka barmay, dumaray-ize ma boobo a ra waaniwaani iganey (itayey). A man'ti borey hunaa hinne no dumaray-ize nda tuuri-izey g'a tonton, i ga nooru daḡ borey se nd'i n'i goy nda baayan jiyaw nda koron waate. Ngi goyoo ga kate mo tuuri-izoo nda dumaray-izoo kaḡ ga hun taray ma kaccaw, woo kaḡ ga koy taray ma boobo.

Subey kaḡ ga zay saddiḡawey ra, kaḡ borey s'i ḡaa ga gorgo, ntabay wala yuu-ize huna. Woo ga kate borey hunaa ma dumi-dumi.

N'kaḡ si dumaray-ize nda tuuri-ize goy tee si hin ka binekaanay haya noo a ra. Maanaa ti n'kaḡ si a goy, si hin k'a noo.

## II . Macin bara dumaray-ize goyoo nda taasey cindey goyoo gama ?

- Dumaray-ize nda tuuri-izey albarkaa ka hanse ka beeri ;
- Dumaray-ize kaɗ borey g'a duma si ncirni batu ka tee ;
- Dumaray-ize boobo ga dumandi labu kaccaw ra ;
- Laboo kaɗ ra dumaray-ize ga huru ga hima ka birji ka boori, angere mo ma huru a ra, amma angeraa goo dumoo bande ;
- Dumaray-ize barmay-barmayyanoo ga faala zama i si gay fangaley ra ;
- Goykey hinnaa ga boobo zama dumaray-izey kaɗ ga goyandi dummyoo ga boobo.
- Nda dumaray-ize hegay, a ga tanba ka hasara (kala affoo-fooyan), a ga hima ka caha ka neerandi wal'i m'a bere ;
- Nda dumaray-ize saddiɗa kaccaw ga tee, a ga neerandi waati kul ; nga nafaa (nooroo) ga hanse ka boobo.

### **Waatey kaɗ ra dumaray-ize ga tee ka boori ti :**

- Oktoobur- Marsi dumaray-ize dumi kul se. Nga ti waatoo kaɗ ra dumaraa ga hay ka boori ;
- jiiroo waatey kul nda hari ga duwandi

## III. Hayyey kaɗ ga dumaray-ize nafa (waynaw, yayni, konni, zaaroo kuuyanoo)

Yaynikonnoo ma kate dumaray-ize ma hunsar, a ga nga beeraa tonton. Woo se dumaray-ize jinekoyyanoo nda nga beeraa ga boori nda yaynikonnoo ga ti misey wey :

### **Jiyaw waate kaɗ zaaroo si kuu goyoo**

- 13 - 20 ° epinaar , hanti
- 13 - 20 ° laay, konbitar
- 16 - 24 ° Šuu
- 16 - 27 ° Beteraawu, albasar, karooti
- 16 - 29 ° Konkonbur, labtanda

## Koron waate kaŋ zaaroo ga kuu goyoo

18 - 21 ° duuri , persil , tamaati , raadi

20 - 34 ° melon, moli, kuudaku, laahoy, oberžin

Fotosentez nda yaynikonni si sawa waati kul. Ngi goyey goo dumaraa dumoo nda nga jinekoyyanoo bande. Gaaya (waynaw) ga dumaray-ize jinekoyyanoo tonton waaniwaani waati kaŋ dumaraa ga bagu, a ga boosu, a ga ize wala a ga dundu tee. Yaynikonni no ma dumaray-ize beeraa tonton. Dumaray-izey iboobaa si baa kala yaynikonni kaŋ ga sawa nda 30 °, amma ba zaaroo koron ka bisa woo ga, i ga huna.

## Zaaroo kuuyanoo nda dumaraa jinekoyyanoo

Waynaw (gaaya) ga dumaray-ize beeraa nda nga jinekoyyanoo kul nafa. Zaaroo kuuyanoo no ma hanse ka baa dumaraa jinekoyyanoo se. Maali ra ler foo de bara jiiroo waatey nda cere game. Ganda dungey ra ler yaaha (8) bara konnoo nda jiyaa game.

Nda zaaroo ga kuu, boro ga hin ka duu dumarawey wey dumey :

- zaari dunbo dumaray ;
- zaari kuku dumaray ;
- dumaray kaŋ si kula i kul ra.

- **Zaari dunbo dumarawey** : Ngi hayyanoo (boosuyanoo) waati kaŋ cijiney kuu nda zaarey. Wey man'ti kala dumaray-izey kaŋ ga zay ganda konney ra, i ga boosu kaydiya waate ;

- Zaari kuku dumaray : i ga boosu waati kaŋ zaarey bisa cijiney. Wey ti dumaray-izey kaŋ ga tee ganda dungey ra. Dumarawey wey ga hin ka dumandi ganda konney ra, amma fitawey de no ma ŋandi.

- Dumarawey kaŋ si kula i kul ra ga hin ka hay waati kul.

## Yaynikonni dumarawey hayyanoo fonda ra

Yaynikonni goo waati nda zaari bande.

**Yaynikonni waatoo bande** : Dumaray fooyan boosuyanoo ga baa yayni. Yaynikonnoo kaŋ g'i nafa goo degere O nda 10

gamoo ra; Woo se ganda dungey dumarawey si hin ka tee ganda konney ra.

**yaynikonni zaaroo bande :** Dumaray-ize fooyan sanda tamaati ga caha ka beeri, i ma boosu waati kan degere 10 ka koy 12 adadu goo nda zaaroo goo cijinoo game. Woo maanaa ti yayni waate ra dumaray-ize ga tee boryo.

#### IV Saddiŋa laboo hanseyanoo

Maali ra, saddiŋa dumi taaci bara .

- Woyey saddiŋawey kan i g'i tee kaydiya waate, i ga laahoy, waraw dam i ra.

- Koyra saddiŋawey kan i g'i hanandi bangey nda isa jeseŋ ga.

Ho zaaroo i g'i tee day beerey kan ponpi g'i ra jeseŋ ga ;

- Koyraa manay ga saddiŋawey ;

- Saddiŋa beerey kan duuraa ga neere taray.

**1°) Hari :** Saddiŋa si hin ka tee bila hari zama dumaray-ize ga hanse ka baa hari. Boro ga hima k'i hanandi waati kul ba kaydiya waate. Boro masi saddiŋa tee nongu ra kan hari si duwandi. Haridogey man'ti kala dayey, bangey, isawey ...

**2°) Saddiŋaa dogoo :** Saddiŋa ma tee nongu ra kan koyyanoo ga faala, woo ga heгаа zaayanoo faalandi. Saddiŋa ma man hugey wala boro m'a batu adabbaa nda zayey se .

**3°) Laboo :** Boro masi saddiŋa tee kul mana laboo alhaaloo bay. Laboo bayraa ga kate boro ma bay haya kan g'a gaza. Boro ma haya kan g'a kuma ceeci k'a ti labu kaano.

Boro masi saddiŋa tee labudiini doo ra nda labutarya goo no. Labutarya ra linjey ga tee boryo. Haya kul kan ti laboo (labudiini, labutaaši / boro ma birji nda angere dan kan ga duuraa tonton.

**4°) Saddiŋa si hima ka hew gandu:** Boro ma jejebu tee hewey se. Tuuri beeri masi bara jeroo ga zama nga biyoo si boori dumaray-izey se. Fondo beeri foo wala ihinka ga himaa ka tee saddiŋaa gamoo ra. Fangal kuuyanoo sii nda adadu, amma nga hayyanoo si hima ka bisa meetar 1,20 . A ga boori boro ma ziibi mun doo hanse saddiŋaa gundoo ra.

Dumaray-izoo dumoo kan boro g'a goy goo haroo nda mamaalaa bande.

#### 5°) Saddiḡaa kaliyanoo :

Boro ma saddiḡaa kali nda haya kaḡ ga duwandi koyraa ra, miḡoo ga faala wala boro ma guuru šešeri k'a kali. Boro ga hin ka tuuri duma k'a koli. Woo ga tee jejebu hewey se.

6°) Saddiḡa goyjinawey : Burweeti, arozuwar, beeriguuru, piki, pelu, araato, tilambundu, adda, huryaw , karfu , bandu-ize, meetar, funsuji . . .

#### IV Goyey kaḡ ga hima ka jin ka tee.

Nda boro na saddiḡa taaga dii, ma jin ka laboo hanse ka boori, m'a birji za a mana duma nda waati kaḡ a zay. Ma laboo tunandi, m'a henanandi , m'a kanandi, ma fangaley tee.

#### Dumarawey kaḡ ga hin ka tee cere ra daaroo

**Laay :** salaati , epinaar, karooti , beteraawu ma tee cere ra.  
Ibereg : duuri, hanti

**Oberžin :** tamaati ga tee jeroo ga  
Duuri ga ganji oberžin ma tee.

**Beteraawu :** albasar, karooti, Šuu ma tee cere ra  
Laay ga nga beeraa tonton, a ga a noo daame

**Karooti :** nda duuri, beteraawu, hanti, salaati , šuu no ma tee cere ra.

Albasar nda puwaaro ga hamney gaaray karooti ga.

**Seleeri :** nda laay, puwaaro, salaati no ma tee cere ra.  
šuu g'i boryandi

**Šuu :** nda seleeri, salaati, epinaar, beteraawu, konkonbur albasar, konbitar no ma tee cere ra.

**konkonbur :** nda kotokoli, epinaar, salaati, šuu, raadi no ma tee cere ra.

" Maarižooler" g'i hallasi gangamey ra.

**Duuri :** nda kotokoli, konbitar, beteraawu, karooti, šuu no ma tee cere ra.

Ibereg : laay, albasar, puwaaro.

**Salaati :** nda šuu, epinaar, albasar, karooti, beteraawu, kotokoli, seleeri no ma tee cere ra.

**Meloŋ** : nda kotokoli, labtanda, raadi, epinaar no ma tee cere ra.

"Maarižooler" ga gangamey moorandi

**Albasar** : Nda beteraawu, salaati, karooti, tamaati, šuu no ma tee cere ra.

**Konbitar** : Nda hanti, kotokoli , šuu no ma tee cere ra.

Duuri ga ngi beeraa tonton, a ga gangamoo kaŋ se i ga nee "doorifor" moorandi;

**Puwawroŋ** : nda tamaati, karooti, albasar, hanti no ma tee cere ra.

"Baazilik" ga ngi beeraa tonton, a g'izey boryandi, "Leyye" ga gangamey moorandi.

Ibereg : kotokoli, konbitar , šuu.

# Šuu



## 1. Haya yammantey

Šuu dumi iddu bara :

- a) Šuwoo kaŋ ga hima nda guuri, nga hunday dumi hinka no
- b) Šuu fitakoyoo
- c) Šuwoo kaŋ guurey ga boobo, i ga n'a se mo Briksel Šuuwoo
- d) Šuu boosukoyoo kaŋ se i ga nee Brokooli
- e) Šuu nawe
- f) Šuu araw

## 2. Šuwey kaŋ i g'i goy Maali ra

Koogay waate šuwey kaŋ i g'i goy ti woo kaŋ guuroo ga hanse ka bebbeeri, woo kaŋ guuroo ga tefay, Brinswik kaŋ ga tee waatey kul ra, Kopeenag kaŋ ga tanba ka nin nda woo kaŋ se i ga nee Teetdeneegr.

Kaydiya waate i ga šuwey kaŋ guurey si hanse beeri goy, i ga Brinswik mo goy.

**3. Laboo :** Laboo kaŋ ra i ga šuu daŋ ga hima ka zafandi ha!a ganda, a ma birji boryo. Birji kg 50 m<sup>2</sup> 10 kul se . Nga laboo ma yay, a ma henan, a ma guusu, a ma ti labudiini doo. Azoodu nda dawciri ma boobo a ra.

Hala boro ga baa ni šuwoo ma koy jine ka boori, n'ga hima ka kg 8 angere daŋ m<sup>2</sup> 10 ra. Nda a tilam ka ben mo n'ga hima kg 8 ire daŋ m<sup>2</sup> kul ra.

Fangal ra i ga izey duma. Santimeetar 15 ga hima ka huru guusey nda cere game. Jirbi 4 ka koy 5 kul i ga hun laboo ra. Šuu si nin kala jirbiyye 5 ka koy 6 ga.

Šuu si tilamandi kala a ma duu fita 4 ka koy fita 6 ga. Nda n'ga šuu tilam m'a daŋ laboo ra hala a ma too fita jinawey ga. Boro ma hawgay a kul masi huru laboo ra, woo din ga ganji a ma buu.



Nda n'ga šuu tilam santimeetar 40 x 60 wala 40 x 50 ga hima ka bara korey nda cere game. Santimeetar hinnaa kaŋ goo korey nda cere game goo šuwoo dumoo bande.

Šuu ga hima ka duu hari boobo koron waate. Boro ga hima k'a tunandi ka suboo k'a ra.

#### 4. Šuu wircey nda nga paraaziitey

Šuu wircey ti wey :

- Foori : Šanpiŋoŋ m'a tee. A ga šuwoo linjey bere, a m'i ti sanda dundu. I ma funbu, hew futu foo ga hun i ra. Safari sii a se kala boro ma šuu korey kaŋ a n'i dii kul ton. Za boro ga šuu duma no n'ga hima ka "Kintozen " daŋ laboo ra .

- Danawtaraa : hammi no m'a tee šuwoo se. hamnoo din šuwoo boŋ baanaa n'a g'a ŋaa. Nda woo din ŋandi binde kul šuwoo mma dana. Hamni wiihaya nd'i g'a safar.

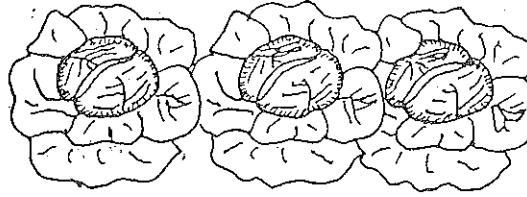
- "Šaaraniyoŋ gaalikol" mo izey ga šuu beeraa nakasi, a ga hima foori, amma a man'ti a. Nga mo hamni wiihaya m'a safar.

- Guuruyeeru (fitaa wircoo) : Šanpiŋoŋ kaŋ ga fitawey nda kuntuuroo dii m'a tee šuwoo se. Hamni kaaray foo no, a ga ti a fitawey boŋ. A ga šuwoo zeenandi. Boro si a safar kala nda "ziineb", "maaneb", ...

- Wirci foo goo no kaŋ šuwoo fitawey n'a g'i ŋaa. Nga safaroo ti "Lendan", "bromofos" nda "paarašoŋ",

- Wey kul banda ga hamniyaŋ goo no kaŋ ga šuwoo fitawey ŋaa wal'i m'i fun-fun , tonbi kaarayyaŋ ga cindi fitawey ga. Hamni wiyahaya no ma hamney gaaray. Nda a cindi hegaa se jirbi 15, boro masi yee ka safari daŋ šuwey ga.

# Salaati



## 1. Haya yammantey

Jirbi 15 no salaati g'a tee busungoo ra hal'i ga ti a tilam.  
Jirbi 35 tilamoo banda ga a ma hegay. Salaati ga tee jiiroo waatey kul ra. Salaati dumi beeri hinza bara. Salaati asiloo mana hun kala Erop kaŋ ti annasaarey gandaa.

## 2. Salaati dumey :

- Salaatoo kaŋ ga gunguli, fitawey ga ban. A ga tee koron, kaydiya, jamda nda jiyaw.

- Salaatoo kaŋ fitawey ga heeje-heeje.

Gunguloo ga hanse ka beeri cee fooyaŋ.

salaati ga tee labu booboyaŋ ra, amma a si baa labu hotto.

## 3. Birji danyaano

kg 15 birji no ma huru m<sup>2</sup> 10 kul ra. Woo din banda ga boro ma almeyti buwaati mee foo cine ire daŋ liitar 10 hari ra, m'a daŋ fangal foo kul ra, kaŋ beeraa ga too m<sup>1</sup> x m<sup>4</sup>.

## 4. Sayaroo

Boro ga hin k'a duma zeeri bande wala m'a say. Busungoo ma daaba.

## 5. Tilamyano

Tilamoo si sintin kala waati kaŋ salaatoo kaŋ goo busungoo ra too fita 4 ka koy 6 ga. War masi kore bebbeerey tilam; Santimeetar 25 x 25 ma bara korey nda cere game. War m'i lakkal hal'i ma saha.

## 6. Kulayano

Salaati ga hima ka haŋ waati kul, a ga baa hari, woo ma boro noo salaati henna.

## 7. Wircey nda paaraaziitey

- Wircoo kaŋ se i ga nee " meeniye" ga hanse ka laala salaatoos ga. Šanpiŋoŋ foo kaŋ ga man "milju" m'a noo salaatoos se; Yayni futu g'a jaasandi. A ga kusaw kaaray kanandi fitawey ga, a ga salaatoos fitawey kogandi, a'g'i funbandi.

I si a safar kala nda "maaneb", "tiiram", "beenomil," ...

- Wircoo goo nda dori-ize. Nga tammaasawey ti salaatoos fitawey mma bere, noonawey ma barmay. Wey ga ganji salaatoos ma tee boryo.

Nga safaroo ti boro ma kore tilam kaŋ wirci si a ga, ma "paarašoŋ" daŋ a ga;

- Wircoo kaŋ hunayyey ga kat'a; haya si a tee kala yayni boobo wala harijaŋay.

Nga safaroo de ti boro ma sibiley wey ganji.

- Salaati ŋaaroo kaŋ saya menneyanoo. haya si a tee kala šanpiŋoŋ. A mma ŋaaroo baanandi, a ma a derandi soy.

Nga safaroo ti boro ma ŋaaroo hunayyey wii za mana a say. Woo din banda ga ma "tiiram" daŋ laboo ra, za mana a duma wala m'a say.

- Salaatoos jindoo funbuyanoo; nongoo kaŋ ga wircoo goo mma fuune. A ga boobo yayni m'a tee wala nda dumaray-izey sii nda gaabi.

Nga safaroo ti "kaptan", "maaneb", "tiiram", "beenomil" ...

# Beteraawu ciraa

## 1. Haya yammantey

I si beteraawu goy ir do kala nga linjey (dundey) se. Woo kaŋ ga ti sukar wala woo kaŋ i g'a goy nga suboo se, ka adabbaa huna si goyandi ir do. Woo kaŋ ga goyandi ir do dundu ciraa din ga hanse ka hunandi.

beteraawu mana hun kafa Erop.

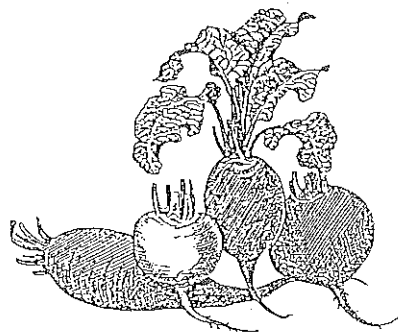
## 2. Beteraawu ŋaaroo.

Beteraawu ŋaari (ize) ga hin ka jisi jiiri 6 a si hasara. Jirbi 6 ka koy 8 ga, a ga fatta laboo ra.

## 3. Beteraawu dumey.

Beteraawu dumi hinza bara :

- . beteraawu bibi tefaa kaŋ hun Misira
- . beteraawu ciray gungulantaa
- . deeturwadarkred.



## 4. laboo nda birjiyanoo

Beteraawu ga hin ka tee labu dumi kul ra, amma wey kaŋ ra a hanse ka tee ti labey kaŋ ga tee labudiini nda dawtaasi, wala labudiini nda galankaaru. A si boori tondi doo ra; A ga hanse ka baa birji. m2 35 kul kg 100 haw henjeeri ma huru a ra, alhaali ga woo ga sawa nda kg 30 / m2 10 se .

## 5. Goyyanoo

- . Boro ga hima ka "fuuradaŋ" say ŋaaroo ra za a mana duma.
- . Ma busungu tee m'izey daŋ a ra ; santimeetar 15 ma huru guusey nda cere game ; guusey ma tee zeeri bande.
- . Goyoo ga sintin za sektanbur, Oktoobur hala kaydiya.
- . Tilamoo si sintin kala waati kaŋ teewaa duu haŋa 3 ka koy 4;
- . Boro ga hima ka linjey nda fitawey daabu haroo masi hun i ra.
- . Boro ma hanse k'i haŋandi.

- . Santimeetar 0,40 ma huru zeerey nda cere game
- . santimeetar 0,10 ka koy 0,20 ma huru tejey nda cere game.

## 6. Kulayanoo

Boro ma a tunandi, ma suboo k'a ra, m'a haṅandi. Ma lakkal daṅ haroo kaṅ ga huru a cira, za linjey sintin ka warga. A ma haṅandi cee foo Ler 24 ra ga waazibi.

## 7. Wircey nd'iberey

- ." Serkoporiyoz" wirci no kaṅ ga beteraawoo fitawey ka bibi. I si a safar kala nda "ziineb" nda "maaneb";
- ."Milju" mma fita baaney kaṅ goo kuna here tefandi , i ga kayri. kusaw bibi goo fitawey boṅ.
- . guuruyeeru : Kusaw woolante foo no a ga a kanandi fitawey ga. "Ziineb" nda "maaneb" m'a safar.
- . Hamniyaṅ goo no kaṅ ga fitawey fun, i g'i bere.
- . "Fooma beeta" man'ti kala šanpiṅoṅ kaṅ ga ṅaaroo kaṅ i n'a say mennandi , a ga nusuyaṅ fattandi linjey ga. I si a safar kala nda "beenomil".

# Laahoy

## 1. Haya yammantey

Laahoy goo dumaray-ize beerey ra kaŋ ga goyandi Maali ra. I ga fita baaney nda izey daŋ maafe ra. Izoo ga ŋandi nda ganoo wala i m'a dunbu-dunbu k'a kogandi. Laahoy ga baa waynaw, a si tee ka boori waati kaŋ zaaroo si kuu wala konnoo ga sawa nda 15°C. A ga tee kaydiya waate ka bisa jiyaw waate.

## 2. Laboo

Laahoy si hanse ka boori kala labu yayna, baana kaŋ hanse ka birji ra.

## 3. Goyoo

Ize 2 wala 3 ma huru guusu foo kul ra.

## 4. laahoy dumey :

I man' ti kala : " elensnn" , "Ankrald", "Poopile 12" nda ir gandaa wanoo.

. Laahoy teteraa santimeetar 0,40 x 0,40 ma huru guusey nda cere game.

. Woo kaŋ si tar ka nin santimeetar 0,60 x 0,60 ma huru guusey nda cere game.

## 5. Kulayanoo

A ma duu hari boobo, a ma tunandi, zibey ma hun a ra waati kul.

## 6. Birjoo

Laahoy ga hanse ka baa birji kaŋ hanse ka funbu, a ga a bere. A ga baa mo angere sanda NPK (100-100-120) dumoo. m<sup>2</sup> foo kul g 100 ka koy 200 ma huru a ra.

## 7. Wircey nda iberey . Ngi korayyanoo

- . Laahoyoo ga duu. Haya si woo din tee kala šanpiŋoŋ foo. A ga fita booboyaŋ marga ceraw foo de here, laahoyoo kunturoo ga bibi.
- . Šanpiŋoŋoo kaŋ se i ga nee "Oyjom"; A si huna kala fitawey boŋ, a ga tonbi kaarayyaŋ tee fitawey ga. A ga too nongu ga kaŋ fitawey kul ga kaaray, i ma kogu.
- . Abba-hanši - hanši dumi foo mo goo no kaŋ izey ga fitawey ŋaa , i ga huru laahoyoo izey ra.
- " lindan" nd'i g'a safar.
- . Haabulanboo hamnoo mo ga hasaraw beeri tee laahoyoo ra.
- Nda boro ga laahoy duma, ni mma jin ka "fuuradaŋ" g 60 daŋ m2 foo kul ra, ma "Waapaŋ" liitar foo daŋ hari liitar 10 ra m2 10 kul se jirbi 3 ka koy 4 dumaroo jine.
- Boro ma safaroo kayandi nd'a cindi hegaa se jirbiyye foo wala ihinka. Wircoo kaŋ ga Oberžin dii ga laahoy mo dii ... saa din boro ma dumi henney suuba nda n'g'a duma.
- Laahoy hegaa goo dumey bande : handu 2 wala 4 dumayanoo banda ga.

## Laay

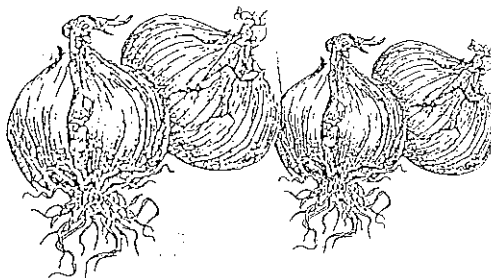
### 1. Haya gaabantey

Laay mana hun kala Iraṅ nda Afgaanistaṅ. Nga safari safaritaraa nda gna hew kaanaa se, a na aduṅṅaa kul dira.

### 2. Laay dumey

Ihinka no :

- . Laay kaaraa
- . Laay ciraa



### 3. Goyoo

Laayoo dundutaraa boṅey no boro g'i duma.

Laay ga hanse ka baa labu doono, kaṅ ga hari haṅ, a ga feeri, birji g'a ra.

### 4. Dumayanoo

Laayoo dundutaraa no boro g'a fici, boṅ sotta ma koy beene; A ma huru laboo ra, hala santimeetar 3 doo ra ; santimeetar 12 ma huru tejeṅ nda cere game. Santimeetar 20 ma huru zeerey kaṅ ra dumaroo ga tee nda cere game.

Dumayanoo ga sintin za Oktoobur - Noowanbur hala feewiriye- marsi.

### 5. Birjoo

Boro masi birji kaṅ mana funbu daṅ laay cire. Laay si baa kala birji kaṅ hanse ka bere, a funbu. Woo din banda ga boro ga hin ka angere sanda fosufaasu tonton a ga .

### 6. Kulayanoo

Koron waate sanda me nda žuweṅ laay ga baa hari boobo. Boro ga hima k'a tunandi waati kul woo din g'izey nda fitawey beeraa tonton.

### 7. Wircey nd'iberey

Šanpiṅoṅ nda hamney kaṅ ga dumarawey cindey dii ga laay mo dii. Woo se boro si hima k'a duma mana safari daṅ laboo ra. Boro ma safari daṅ fitawey mo ga hamney se.



# Konbitar

Konbitar nda tamati nda oberžin ti lasal foo.

Amirikilaatin no a hun.

Konbitar ga linjiyaŋ tee laboo ra kanyaŋ ga warga i ma t'ize. Izey goo nda niineyaŋ kaŋ nd'i huru laboo ra, i ga linji tee ka hay.

Boosey ga kaaray wal'i ga cirya, i goo nd'ize guŋgulanteyaŋ kaŋ ga firzi, i ga tefay. A s'ize noo cere bande: Kinbitar ga hay nda ng'alhaaloo nda n'n'a duma. Nda n'n'a dunbu niiney bande mo, a ga sawa.

## **Dumi dumey :**

Konbitar dumi hinza bara : woo kaŋ ga caha ka nin, woo kaŋ ga sawa nda woo kaŋ ga gay.

## **Laboo :**

A ga tee labu baano nda dawtarya kaŋ ga guusu ra. Birjoo kaŋ ga huru a ra ma t'ifunbo.

## **Hayyanoo :**

Boro mma niiney duma hal'i ma bagu.

## **Dumaroo :**

Niiney kaŋ bagu ma huru guusuyaŋ ra. Boro m'i cette-cettandi guusuyanoo masi bisa santimeetar 8 wala 10.

## **Guusey gamey :**

Boro ma santimeetar 50 ka koy 60 wala 30 x 40 dam guusey nda cere game.

## Mangoro, papay wala leemur konfitir

1. Ma kate tuuri -izey
2. M'i pumay
3. M'i suuba
4. M'i feferi
5. Ma guley kaa (nda mangoro no), m'izey kaa (nda payay no)
6. Ma leemur feferantey hina hari kayna ra, miniti 15 wala 20  
Ma leemur hinantey dunbu, m'izey kaa
7. Ma mangoraa (wala papayoo) baaloo dunbu
8. Ma baaloo nda sukar kaasim cere ra (baali kilo 1 kul sukar kilo 1)
9. M'a hina barma ra, miniti 20 wala 30 nd'a zarga , m'a kurba  
nda kurbabundu.  
Nda konfitiroo nin ka boori kul a mma cere dii.
10. M'a dam buntalyar ra kan puma, i henan
11. M'i yalnandi, m'i jisi.  
A ga hin ka jisi jiiri 1.



## Sitoronj siro

1. Ma sitoronjey kate
2. M'i pumay
3. M'i suuba
4. M'i kankam ka haroo kaa i ra nda ni kaboo wala nda kankam  
marsin
5. Ma haroo sosogu nda nilonj teme wala darbay kan ga  
haara-haara
6. Ma haroo zargandi barma ra
7. Ma sukar dam a ra (liitar foo kul kilo jere sukar) m'a tunandi  
miniti 10 wala 15.
8. Ma siro dam buntal wala mana bidonyar ra.  
A ga hin ka jisi jiiri 1.

## Hayey kaŋ hun waa ra

Waa ti ŋaayan timmante. Hari goo a ra 87% \*, poroteyin 35%\*, fisi 35 wala 40%\*, gilisiid 51% \*, ciiri 7% \*, witaamin A nda B nda C nda D mo goo a ra.

### 1. Waahoonoo nda jii barkura nda hawjii teeyan

- Waa-gani nda boro ga a tee

- Waa kanandiyanoo : Waa ga kani nga bon se. Bora ga hin ka caha k'a kanandi nda sisil wala bineegar wala sitoroŋ... A ga hin ka too ler 3 wala 9 hal'a ga kani.

- **Waahoonu zanayan : barkura**

Nda waa kani, i g'a fifiri, i m'a dam karteega ra, k'a zana. I g'a zana hala jii barkura ma fatt'a ra. Jiyoo ga margandi nda zooto, a ma puma. Boro g'i tee barkura gungutiyaŋ, garam 20 wala 50, affoo kul. Barkura ga jisi jirbi 3 wala 7 hoonu ra.

Nd'a bisa woo ga, i g'a tee jii hinante.

- **Jii hinante**

Barkura no boro g'a dam kusu ra hala degere 100 wala 105 adadu ga, miniti 15 wala 20, ma hayni pifi foo say a ra. Woo no ma hayni (haroo, waawaa nda gasoo) nda jiyoo kaa cere ra. Jii hinantaa ga jisi jirbi 3 wala 4, a ga jisi handu 6 hala 12.

### 2. Yaawur teeyan

- Boro ga hin ka yaawur hoo nda waa gani wala nda waa hamni. Nda waa hamni no, ma kilo 5 zaa, m'a diibi hari kayna ra, jinay kaŋ ga hin ka liitar 30 zaa. Ma kilo jere sukar dam a ra, ma liitar 30 hari tonton. M'a zargandi degere 90 hala miniti 30, m'a yaynandi degere 45 adadu ga.

Nda waa gani no, m'a zargandi degere 90 nda miniti 30, m'a yaynandi degere 45 adadu ga.

- kanandiyanoo : a ti waa gani wala waa hamni, ma yaawur cimoo wala sokol mee 3 waahoonu wala yaawur sisil dam a ra.

- M'a dam potiyan ra kaŋ ga sawa nda santilitar 123,5

- M'a dam nongu konno ra, ler 2 wala 3 , degere 45 adadu

- M'a yaynandi degere 4 wala 6 adadu ra.

- Ma pötey daabu

- Nda nga baa yaawur hew kaano, ma arom dam za sisiloo ra. A ga hin ka jisi jirbi 7, degere 4 wala 6 adadu ra.

\* NB : 87% I ti liitar 100 kul I 87 ....

35% I " 100 kul I 35 .....

# Tamaati

Tamaati nda oberžin kul ti dumaray lasal foo. Amiriki santaral (Meksiki) dumarayyan no. Nga mo jiiri ra a ga duma sanda oberžin takaa. Kabey ga baa sakaala bundu, nga ra a ga duu ka hay boryo. A goo nda linji kayna booboyan amma linji beeroo si warga.

Tamaati dumaray-izey ga waani-waani ; a goo dumoo bande : wey kan ga gunguli i goo nda jeseyan caraway bande, wey kan ga gunguli i ga yuttu nda wey kan ga kuku.

Tamaati-izey ga boobo : garam foo kul ize 300 ka koy 400 bar'a ra. Tamaati-izey ga gunguli, i ga tefay, caraway ga saabu-saabu.

Tamaati-ize ga hin ka jisi jiiri 4 dumi se. Nd'a duma, a ga tun jirbi 5 wala 6 banda ga.

Tamaati dumi booboyan goo no :

. tamaati normandi, dumi no kan ga caha ka nin, izoo ga warga, a ga gunguli, a ga tefay, i goo nda baši, a ga hanse ka boori.

. tamaati sanpiyer, a si caha ka too ijinaa, izoo ga warga, a ga gunguli, a ga yuttu, basoo ga cere dii, a ga hanse ka boori, a ga gay hayyan ra.

. tamaati Roma V.F. a ga sendi a ma nooni jajoo ga, izey ga boobo, ngi wargayanoo ga sawa, i ga kuku, i goo nda baši, i ga kan, i ga boori.

Tamaati dumi fooyan goo Maali ra, borey g'i dam. I ga nee i se : tamaati marway, tamaati seeriz, tamaati roosol, tamaati karayb, tamaati Piyarsol, tamaati Henž.

**Dumaraway kan ga boori tamaati jere :** baziliki, dumaray no kan ga tee maafe, nd'a duma tamaati jere, a ga kate a ma caha ka tun, a ma boori... Indu eyyewoo ga noonoo kan ga tamaati dii moorandi.

Tamaati hangasiney ti konkonbur, seleeri, albašar nda persil.

**II .Tamaaati dumayanoo :**

1- **Laboo** : tamaati ga baa dawtarya guuso kan goo nda birji bibi. A ga hanse ka tee koogay nda konni doo ra. A ga caha ka nooni nongu kan ra ncirni nda yayni ga boobo ra.

## **2. Birjoo :**

Boro ma laboo birji boryo nda henjeeri : kilo 50 meetar 10 foo kul se . Boro ma birji, kaŋ ra fosfaasu nda dawciri ga boobo, fici duma guusey ra, jirbi 10 ntaa kilo 125 ektar foo, jirbi 30 zaa kilo 300 ektar foo, jirbi 50 kilo 300 ektar foo.

## **3. Teewaa :**

Teewaa ma duu birji bibi boobo, a ma daaba nda tooso kaŋ si tiŋ.

## **4. Tilamoo :**

Tamaati cee kaŋ too santimeetar 10 wala 12, a duu fita 4 wala 5 kul ma tilamandi. I ma hibi cere ga nda santimeetar 0,7 x 0,5 wala santimeetar 0,8 x 0,4. Waati hennaa kaŋ ra tamaati ga tee ka boori saahel gandaa ra ti : teewaa ma tee zuyye sintinoo ga, hegaa ma tee Sektanbur, wala teewaa ma tee Oktoobur. Nowanbur, hegaa ma tee Fewiriye wala marsi.

## **5. Dumaraa kuLayanoo :**

Tilamoo banda ga, boro m'a haŋandi zaari kul nd'a ga hin a hal'a ma hun boryo. Woo din banda ga, jirbi 2 wala 3 banda ga. Tamaati cewey kaŋ buu ma barmay; War ma cirey kaa, war ma fangaley doono, war ma laabu marga cewey cire i ma duu ka kay boryo. War masi haroo doori fitawey boŋ nda war g'a haŋandi.

## **Birji damyanoo :**

Fangal foo kul fosfaasu garam 100, sayaroo ga,  
Nd'a fude, fangal foo kul ire garam 100,  
Nd'a sintin ka hay, fangal foo kul ire garam 100

## **III Tamaati wircey , ng'iberey nda safarey :**

- teewaa ga : teewaa jindoo ga hin ka noonni, hemi taka no kaŋ wirci m'a noo nda hari boobo goo fangaloo ra wala nd'a gar teewaa sintin ka cirya. Safariyaŋ goo no kaŋ ga baa a se.

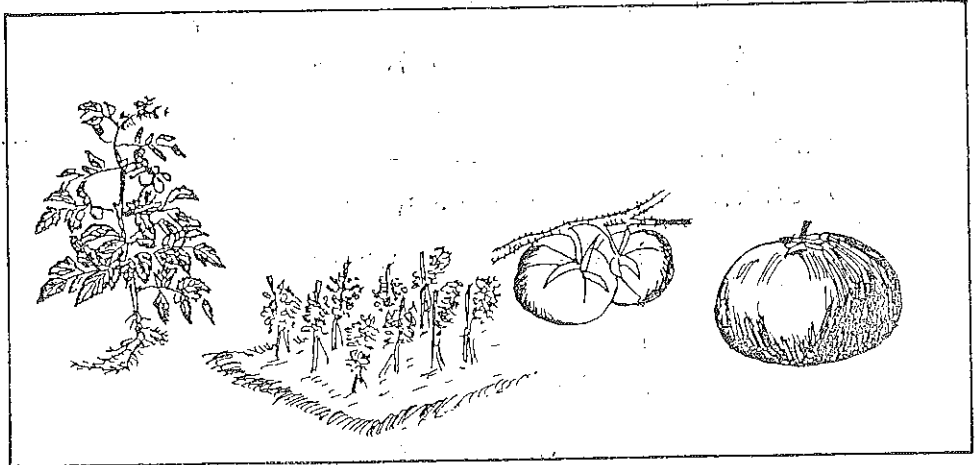
- Dumaray ŋaŋoo ga : nda tonbi-tonbi goo fitawey nda bundoo ga kul hemi foo kaŋ s'i ga nee fitofoora k'a dii. Nga safaroo ti zineb wala tiram.

- Fitawey ga : boosu kaaray foo ga hin ka kani i ga, dumaraa ma sintin ka cirya. Woo ti hemi goo kaŋ s'i ga nee oydiyom k'a dii. Nga safaroo ti ganjibaali (sufur) nda safari foo tanayaŋ.

- Fitawey ga hin ka kunkuni wal'i ma taabu wal'i ma noona bere. Woo ti gangam-izey foo kaŋ ga wirci foo bere ka zunbu a ga.

Saa din boro ma tamaati cee henney duma, ma parasiyonɗ firs'i ga.

Hegaa waatoo ga, tamaati boonuyanɗ ga noona barmay ka t'ibibi. Wirci no.



# Oberžin

Oberžin nda konbitar, tamaati nda taba ti lasal foo, nda boro n'i guna ngi fitawey ga. Amma i mana ti sii foo. Oberžin si hun kala Azi ganda koyrawey ra. Dumaray no kaŋ goo nda hundi, a ga hanse ka baa konni ka duu k'ize tee.

**Oberžin-ize gure :** a mma gunguli ma nee dumay guuri, a ga tersu kayna, a ga kara, ize gure 250 garam foo ra.

Ize foo ga hin ka jisi jiiri 6 dumi se . jirbi 6 ka koy 8 ga, a ga tun nd'a duma.

**Oberžin dumey :** wey kaŋ izey ga kuku, wey kaŋ izey ga gunguli nda koyra oberžiney.

**Laboo nda birjoo :**

Oberžin ga baa konni do. A ga hin ka zay dawciri wala galankaaru doo ra kaŋ laboo ga ti dawtarya. Boro masi a duma nongu ra kaŋ ra tamaati, konbitar wala tonko beeroo goo, zama dumarayyaŋ no kaŋ kul ti lasal foo, i ga hin ka wirci follokey noo.

birji = kilo 100 meetar kaare 25 se

angere = garam 300 meetar kaare 5 se.

**Beerumaa :**

Oberžin teewaa ga sayandi za Oktoobur hala zanwiye buuyanoo ga, ka sawa nda jirbi 30 wala 35.

Tilamoo ga tee waati kaŋ dumaraa duu fita 5 wala , a too santimeetar 12 wala 15. Tilamoo ga hima ka mooru cere nda santimeetar 0,5 x 0,5 wala santimeetar 0,6 x 0,7.

**Oberžin iberey nda nga wircey :**

Nooni zayo foo goo no kaŋ izey ga nukunuku teewaa ga. I si boori dumaraa se. nga safaroo ti andosilfaŋ.

Gangam-ize foo goo no kaŋ ga fitawey sunsum; Fitawey mijey ga cirya, i ga kunkuni. Woo ga kate dumaraa hayyanoo ma jaase. Za boro ma dii tammaasawey wey, ma safaroo kaŋ s'i ga nee asefaati firši dumaraa fitawey cire.

Tamaatoo noonoo kunturoo ga zay, a ga kara, a ga firzi, a ga caaray, a goo nda , hanbiri kukuyaŋ, boŋoo ga bibi. Oberžin fita ti nga hunaa. A goo nda nga silli foo kaŋ nd'a ga fitawey mijey kunkuni cere ga.

Hamni kaaraa mo ga hasaraw follokaa kaŋ a g'a tee tamaatoo se tee oberžinoo se;

Guli noonoo ga huru dumaraa linjey ra, a m'i guli-guli, a m'i wii. Safaroo kaŋ s'i ga nee furadar m'a wii.

**Oberžin hegaa :**

Oberžin izey ga hegay nd'i nin, handu 2 ngi dumayanoo banda ga. Hegaa ga hin ka hanga handu booboyaŋ bande.

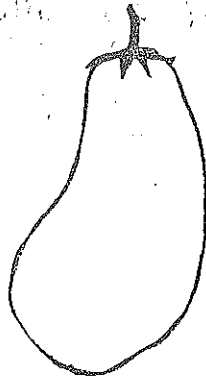
**Oberžin nafaa :**

**Oberžin ga hin ka ti :**

- oberžin alfinta : boro m'a dunbu, dunbu kukuyaŋ, m'i dam hamni kaŋ ga haaga ra, m'i haagu nda maatiga jii, ma ciiri wala sukkar dam i ra.

- oberžin firiti : boro g'a šeele-šeele, m'a haagu kónbitar takaa.

- oberžin telfu : m'a telfu ihinka (bila m'a feferi ka kuuroo kaa a ga) kuuyanoo bande ....





# Albasar

Albasar nda lay nda tabazulliyaj ti lasal foo. Aazi no a hun.  
Nongey kan r'a ga boobo ka tee ti hondu nongey kan ga kogu, i  
ga yay.

## Laboo :

Albasar ga baa dawtarya kan ga guusu, goyoo ga faala.  
A ga baa birji bibi kan funbu ka boori.  
Nda birji kaaray no, meetar kaare 6 kul garam 300

## Albasar dumey :

Albasar kaaray nda albasar noonante bara.  
albasar kaarawey dumey ti halakof albasaroo,  
Pari albasaroo... nda affoo tanaya . . .  
albasar noonantey dumey ti walansi albasar woolantaa,  
Aspan wonoo, Tegzas wonoo . . .  
Koyra waney ga tee dumi hinka kus : ikaaray wal'inonnante.

## Dumaroo :

Nda teewaa no kan saya ( a ga tun jirbi 7 wala 10 ga)  
A ga hin ka tee albasar kore kan дума dogoo ra.  
Dumaroo ma tee waati kan korey duu santimeetar 15 wala  
santimeetar 10 x 20

## Kulayanoo :

Albasar ga baa hari waati kan a sintin ka ize tee. Ma gaabu  
ka subu laaley dogu k'i kaa fangaley ra, i masi albasaroo dii.  
Nda fitawey sintin ka cirya ma hanandiyanoo kayandi.  
Ma fitawey haw wala m'i dunbu. Woo ga kate izey ma warga.

## Wircey nda safaroo :

Hamnoo izey kan ga albasaroo hasara g'a fansi. Woo din g'a  
funbandi.

. albasar naakilaa : nd'a na albasaroo dii gunguti bibi boobo no  
ma tee albasaroo baaloo ra. Albasar kan дума labu kan ra fita  
birji ga boobo no a g'a dii.

. linji nooney : i ga huru linjey ra, i ma gunguti tee i ga, fitawey  
ma gaazu-gaazu, baaley ma funsu.

Haya si baa kala boro ma birji henno dam wala boro ma  
dumaraa kanbuberaw.

Wirci foo goo no kan ga albasaroo baaloo nda fitawey ka cirya, a  
m'i ka fuune.

"Maaneb" wala "ziineb" wala "tiiram" ti nga safaroo.  
Gangamyaj goo no kaŋ ga kate baaloo nda fitawey noonaa ma barmay (boosu-boosu). Kogay nda konni waate ra gangamey ga boobo.

Ngi safaroo ti adeesa-wii -safari.

### **Hegaa nda jisiyanoo :**

Hegaa ga tee handu 4 tilamoo banda ga. Boro ma naŋ albasaroo ma yaasu, a masi fuune. M'a yandi nongu kogo ra, kaŋ hewoo g'a kar, a goo nda bii.

**NB.** Vitamin C ga boobo albasar ra.

### **Hawgayyanoo :**

Teji foo kul boro ma laboo marg'a cire waati kaŋ kore foo kul too santimeetar 25 kuuyan. Ma lakkal dam teje se. Waati kul boro m'a dooga, nga laboo baanandi a cire. Ma lakkal dam izey masi zafandi. Haŋandiyanoo ma sawa.

### **Wircey nda safarey :**

Wirciyaŋ goo no kaŋ ga kaa konbitar hayyanoo ra. Wircoo ga bundey ka siiri wala m'i ka zaŋay. Fitaa mo ga zaŋay bundoo takaa; Woo ga kate izey ma buunay, a si ize boobo hay. Wirci goo no kaŋ ga bundoo ton, a ga caha ka dumaraa wii. Safarey ti "zineb", "maaneb" wala "tiram".

Konbitar kursaa mo goo no, a g'alhaaloo bere, a ga kuuroo ka kogu, a g'a waaru-waaru. Angire kaŋ ra fosfaasu goo g'a ben. Wirci foo tana goo no kaŋ ga konbitaroo dii, a ga baaloo ka haabu-haabu, a g'a funbandi jisiyanoo waate.

Wircoo safaroo ti boro ma lakkal dam nda boro ga konbitar dogu izey masi zafandi. Boro m'i jisi hugu kaŋ ga henan, a ga feera ra. Konbitar wircoo kaŋ ga binoo fansi si a dii kala waati kaŋ kogay nda kaydiya ga cere bere.

**Adabba maraayan**

**Caw Tiiraa**

Adabba maraayan nafaa ga hanse ka beeri  
Maali duuraa ra. A goo nga alman beerey ra.

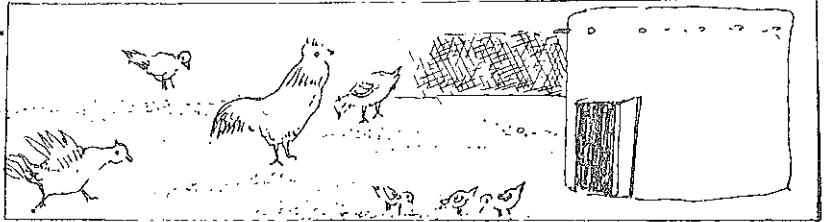
## Ciraw maraayan

Ciraw maraayan ga baa waanay nda bayray. Cirawey kaŋ borey g'i mara ti : gorgo, totoli, cirawbi, tonkona nda tuuzun. Wey kul borey si i biiri kala ngi hunaa se.

Tiiraa woo ra gorgo maraayan ga iri ga šalaŋ. Iri ga nga misey kul har sanda nga fitoo, nga hunaa nda nga wircey kaŋ ga bayrandi soho da.

### I. Fiti :

#### 1. Nga alhaaloo



Fiti ga hima ka yilwa, a ma daaba ka gorgaa nda izey hallasi ngi iberey, zayey, alwaatoo albasesy ra (hew, ncirpi, hargu.). A ga hima ka daaba zama hewmee si boori gorga-izey se, ngi jirbi jinawey ra; fiti hinnaa goo gorgey beeraa nda ngi dumoo bande.

hayey wey no boro ga hima k'i bay :

- gorga kaŋ goo nda :

- jirbiyye 1 ka koy 4 = gorgo 15-20 meetar ganda foo ra (m2)
- jirbiyye 5 ka koy 8 = gorgo 10-15 meetar ganda foo ra (m2)
- jirbiyye 9 ka koy 12 = gorgo 6-8 meetar ganda foo ra (m2)
- iberey 5 ka koy 8 = gorgo 10-15 meetar ganda foo ra (m2)

Boro ga hima ka :

- gorgo-izey nda paŋey dam nongu foo.
- gorgaaruu-izey nda zaney ma huru nongu foo,
- wey kaŋ ga guuri dam ma huru nongu foo.

#### 2. Fitoo dogoo :

Fitoo ga hima ka cina :

- Nongu ra, kaŋ ga man hugey woo din ga boro ganji ma nongu kuku dira, a ga ni hunanzam, a ga goyoo cahandi. A ga gorgey hawgayyanoo mo doonandi.
- Nongu koga ra : a ma ti nongu kaŋ ga jinnita kayna, hari masi kay a ra. Boro ga hin ka fansi tee kaŋ ga haroo bisandi nda haroo si fatta nga boŋ se.

Boro kaŋ ga fiti cin, ga hima ka hayey wey bay :

- N'ga hima ka hew beerey baa dam nda n'ga hugoo cin.

- Fitoo ma cina dandi nda dangay ka gorgey hallasi waynaa, hewey nda ncirnoo ra.
- Fitoo si hima ka hanse ka moora tuuri, a masi hanse ka man a, kaɗ ga hin k'i ganji hew, a ma nongoo yaynandi.
- Fitoo henanandiyanoo nda nga safari damyanoo ga hima ka don.
- Giriyaazi ga hima ka huru cerawey ga, hala hewoo ma duu ka dira a ra.

### 3. Fitoo jinawey :

Goyoo doonandiyanoo nda gorgey saajawyanoo se, hayey wey ga hima ka bara fitoo ra, sanda : hanjinay, nyaajinay, kaydoo nda guuri-dam-doo.

- Hanjinawey ga hima ka ti hayayanɗ kaɗ ngi duuyanoo ga don waati kul, waani-waani gorga-izey se; i ga hima ka jima waati kul. Haroo ga hima ka henan, a ma barmay alwaati ka kaa alwaati, zama haroo kaɗ gorgo g'a haɗ ga bisa nga nyaahayaa cee hinza.

- Guuri-dam-doo nafaa ga beeri zama nda i na guuri dam laboo ra, a ga hin ka kayri wala a ma ziibi.

- Gorgo ga baa nga ma kani haya boɗ kaɗ ga jer.

Fiti cinyan fondaa ra iri ga himakasinoo woo cebe war se :

- Kuuyan nda hayyan nda koybeenayan :

meetar 4 x meetar 3 x meetar 2,5

- Funeetarey : (giriyaazi ma huru i ra)

. Jine waney : Meetar jere (m. 0,5) x 0,5

. Banda waney : Meetar foo (m 1) x 0,5

. Ganbey : Meetar foo r'la jere (m 1,5) x m.0,8

. Kaloo : Meetar iddu (m 5) x m5

## II. Gorgey hunaa

Macin ti hayey kaɗ i ga hima ka duu ey ?

Gorgo hunaa nda hayyanoo fondaa ra, a ga hima ka duu :

- Nyaahayey kaɗ ga saha noo, sanda taasu : Kotokoli, hommo

- Nyaahayey kaɗ ga gaaham cin, sanda hariham ziibi kogo, kuri hamni, ganjiam hamni, ciraw hunawey kaɗ ga tee nda maatiga, haabulanbu-ize, sooza ....

- Ciiri-ciirey sanda biri, jingam, ciiri duwante.

- Witaaminey kaɗ ga hanse, ka hayyanoo tonton, ga duwandi subu karay ra.

- Hari , woo ti haya kaɗ si hima Ka jaɗ abada.

Nda boro ga baa ni ciraw biiriyanoo ma boori kala m'i noo Ɗaayan boobo kaɗ ga timma a ga dumi-dumi.

Zama Ɗaahayey no ma biri sahandi i ga basi cin, i ga guuri boryandi

- Nda boro ga baa gorgey kaɗ nga i biiri ngi hamoo se ma caha ka beeri, wey kaɗ ga guuri dam guurey ma warga i ma boobo kul kala m'i huna boryo.

Gorgo biiri dumey wey no boro ga doona ka dii ey :

- **Gorgo kaɗ ga taɗa :**

Man'ti nga biirika ma hayey kaɗ a g'i ɗaa kul noo a se. Nda ɗaayan goo no, gorgaa hunday ga wey kaɗ a ga bag'ey suuba hala i ma sawa.

Ɗaahayey kaɗ ga gaaham cin ga hin ka jecce, gorgaa ga hima ka duu ɗaayan kaɗ ra, i goo sanda nooni, doo ....)

Boro ga hin ka i noo ɗaayan tana kaɗ ra hayey kaɗ ga gaaham cin ga duwandi sanda sooza hamni, hariham hamni.....

Koron waate, cirawey ga caha ka witaamin jaɗaa maate. Boro ga hin ka a tangam nda biri doobu, subu firzi koga.

**Gorgo daabante :**

Ngi biirika hunday no ma hima ka kay ngi hunaa ra.

fondayaɗ goo no kaɗ nda boro ga gorga-izey, za waati kaɗ i fonba hala jirbiyye 18 (handu taaci nda jere), guuridamkey nda wey kaɗ ga biirandi ngi hamoo se hunaa tee.

Hayey kaɗ ga hanse ka gorgo dumey wey hunaa fay ti gaacinkey nda kalsiyomoo hinnaa kaɗ ga huru i ra. Kalsiyom ga hima ka boobo guuridamkey ɗaahayey ra ka guuroo kokosoo sahandi. Gorgo kaccey hunday gaacinkey no ma hima ka boobo ngi ɗaahayey ra. Gorgo kaccey ga hima ka duu ɗaayan tontoni alwaatey kaɗ ga hima ga.

### III Wircey

#### 1. Wirci laaley

Wircey kul ilaalaa kaŋ ga hanse ka gorgo wii ti woo kaŋ se i ga ce "Nukastel" wircoo wala gorgey maššaa. Woo banda ga gorgey bidoo mo goo no.

##### a/ Nukastel wircoo

- **Tammaasawey** : Hungusiyan, linji dori, gundazur firzi, guuri damyanoo ga nakasi wala a ma kay.

- **Safaryanoo** : Safari si a se

- **Korayyanoo** : Ma gorgey cansa nda "Pestos" nda "Ita Nu".

##### b. Gorgey bidoo ( cirawey bidoo )

- **Tammaasawey** : Doridoo zunboo nda toonaa cire ; kufaatu karay miyoo ra.

- **Safaryanoo** : Safari si a se.

- **Korayyanoo** : Ma gorgey cansa nda "Diftosek".

#### 2. Wircey kaŋ paaraaziitey ga kat'ey

Paaraaziiti wircey kul ilaalaa ti "koksidiyoz". Gorgo zaney ga, a ga hanse ka futu.

- **Tammaasawey** : Kuri gundazur, buunayyan, buuni.

- **Safaryanoo** : Boro ga hin k'i safar nda "Silfaamid".

- **Korayyanoo** :

- ka fitoo haabu hala a ma henan jina ma gorgey dam a ra.

- ka ŋaajinawey nda haŋjinawey henanandi.

**Paaraaziitey** : Paaraaziitey ga boobo sanda kasuma, gani kaŋ ga gorgey kuroo ka huna ; wey ga ngi hayyanoo nakasi.

Boo ma tejey henanandi ce boobo jiiroo ra, ma safarey kaŋ ga hin dam i ra (sepu)

#### 3. Hunay gazante wircey

\* **Havey kaŋ ga saha no jaŋa a** : Ngi jaŋaa ga gorgey beeraa yaynandi, guurey ga buuna , hayyanoo ga nakasi.

\* **Havey kaŋ ga gaaham cin jaŋaa** : Wey mo jaŋaa ga kate gorgey beeraa ma yay , guuridamkey guurey ga buuney, i si boobo.

\* **Ciiri-ciirey jaŋaa** : Kalsiyom janay ga guurey kayriyanoo donandi



\* **Witaamin jaṅay** : Witaamin jaṅay ga gorgey beeraa  
yaynandi, a ga ŋgi hayyanoo nakasi, a ga hin k'i wii hunday.  
Wircey wey kul ga hin ka korayyandi nda gorgey hunaa ga boori.

#### 4. **Albasi tanawey**

- **Cereṅaayan** : Haya si a tee kala gorgey boobayanoo cere  
kone, gaaya boobo wala kusaw boobayan.
- **Hungusiyan** : Nga alhaaley ga boobo, gorgaa moyey ga tay,  
a ga tiššo, a ga hahaaba, a ga yololo.  
Albasey wey dalil beeroo ti hew jaṅay.

#### **Henanandi misey :**

Henanandiyan fondaa ra, hayey wey ga hima ka tee :

- Gorgey ma daaba, i masi taṅa.
- Boro masi yadda gorgo yaw ma huru i ra.
- Boro ma ṅaajinawey nda haṅjinawey henanandi.
- Boro ma fitoo jimay nda hari boobo m'a naṅ a ma kogu.
- Ma safari dam a ra henanandiyanoo banda ga.
- Ma haya laaley gaaray sanda ncaṅ nda hamni.
- Ma caha ka gorgo bukey kaataray.
- Ma suboo kaṅ goo kani dogoo ra, barmay waati kul.
- Masi caha ka gorgo taagayanṅ dam i ra.

#### **Wirci korayyanoo fondawey :**

Gorgo biirikey ga kacca kaṅ ga ŋgi gorgey safar.

Koyra kul ra, wirci koray fondayanṅ ga hima ka tee, gorgo biirikey  
nda witinnerey waafakay ga. A ga hima ka tee nda takaa woo :

- Nukastel wircoo tangamyanoo, kaṅ ti cansaa woo hinna no  
ma kaa gorgey buuyanoo ra.
- Gorgey bidoo tangamyanoo mo cansa no.
- Paaraaziitey tangamyanoo kaṅ ti Boro ma Safari dam gorgey  
ga.

Fondawey wey si goy ka boori kala hayey wey ma tee :

- . Ka gorgo-izey nda jaṅey dam cere kone nongu foo ra.
- . Ka dabari tee kaṅ ga ganji fiti hinka gorgey ma huru cere  
ra.
- . Ka gorgo bukey kaataray m'i ton , m' i fiji

## Alman marya maraayan Feeji nda hancin maraayan nafaa

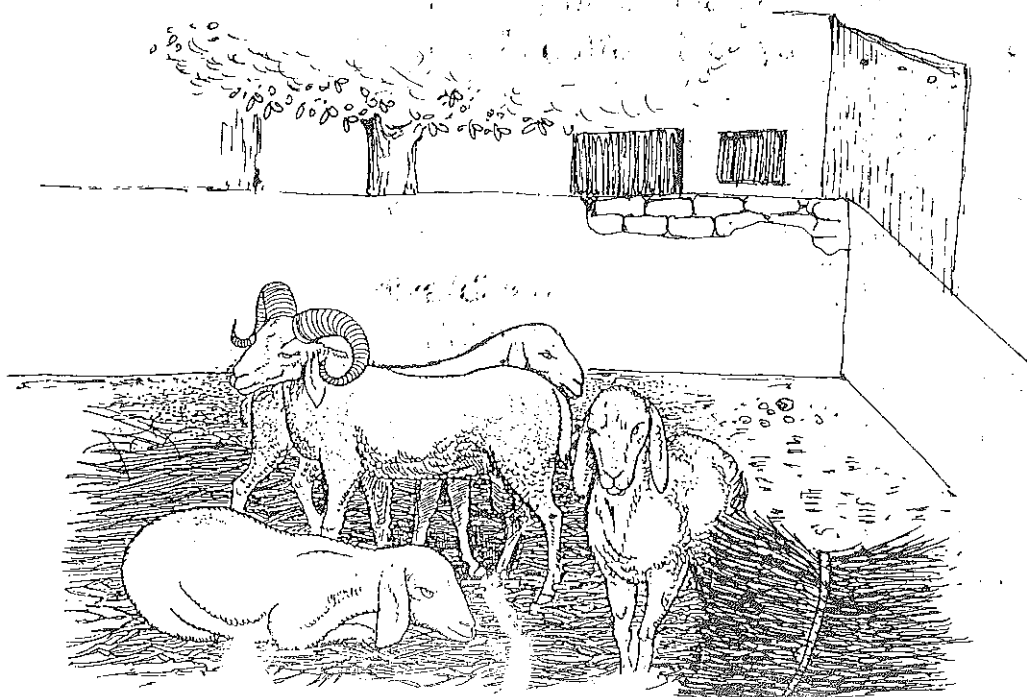
Borey gay i si lakkal dam feeji nda hancin boryandiyanoo nda ngi safaryanoo se.

Koogaa kaɗ tee Šosanterez (73) jiire na borey ceɓe kaɗ i ga hin suubu jaɗay.

Ngi caha ka hurayanoo ga borey faaba ngi hunaa fondaara.

alman marya nafaa ga boobo :

- Cibsi, cabu, sarga nda kubayyaney fondaara.
- Borotaray fondaara, alman marya ga ti hijjalman, a ga nondi yaw wala boro kaɗ n'ga baa m'a beerandi se.
- Alman marya ga bajandi nga hamoo nda nga tar ka neerayanoo se. A ga caha ka boro muraadoo hanse.



## Feeji nda hancin hunaa

### I. Hunaa haya gaabantey :

Doonay ra hunaa ga hima ka ti haya kan g'a huna, a g'a sahandi, a g'a ka hay.

Macin ti haya gaabantey kan goo hunaa ra ?

Hayey kan ga duwandi naayan ra ga boobo, amma boro ga hin k'i dam kuray iddawaa woo ra.

#### a/ Hari

Haroo kan ga duwandi naayan ra goo nga alhaaloo bande : a ga boobo subu firzey ra waani-waani wey kan mana hay (88 ka koy 90%). Subu kogaa nda naarey, hari si boobo i ra (5 - 15 %).

Hari ga hanse ka boobo ham ra : a mma koy de a ga nakasi zama hinna almaanoo ga zen.

Hanciney nda feejey hari hanjanoo goo naahayaa kan i g'a naa bande.

#### b/ ciiri-ciirey :

Hayey kan goo ciiri-ciirey ra ti :

. Kalsiyom, fosfor, ciiri, dawciri-wey no ma boobo.

. Guuruyyu, alhan ..... wey ngi ašomolyan\* de bara a ra, amma ngi goyoo ga boobo hunay fonda ra. Ngi janjaa ga hin ka kate albasi beeriyan.

#### c/ Sukarey

I ga boobo dundey nda naarey ra. Sukarey hunayyan no kan ga saha dam gaaham ra, i ga maani teeyan mo faaba.

#### d/ Gaacinkey wala azoodu :

Ngi ti hayey kan ga gaaham cin, i ga duwandi ham nda waa kul ra, i si hanse ka saha noo.

ašomol : kayna

Hayey kan ra i ga boobo ti zanbu (haabulanbu wala maatiga wane), ganjiam hamni, kuri hamni.

Gaacinkey ga duwandi subu dumey wey mo ra sanda maatiga fita, duuri fita ...

Ngi janjaa ga hin ka kate albases wey : hayyan nakasiyan, (beeray nda waa nakasiyan), buunay futu kan ga hin ka adabba wii hunday.

#### e/ Fisey :

Ngi ti jiyey nda maaney; I ga hanse ka saha dam gaaham ra.

Hayey kaŋ ra i ga duwandi ti : maatiga, sooža, hanbulanbu, zanbu kaŋ jiyoo mana hanse ka ben a ra. Kotokoli mo fisey ga duwandi a ra, i ga duwandi kotokoli doobu nda moo doobu mo ra.

Ba kaŋ fisey ga saha tonton, i si hanse ka hura adabbaa hunaa ra zama i ga hin ka ŋaahayaa bereyanoo ŋendandi zama i ga tar ka fuune (fuupe).

Amma boro ga hima ka waa baa dam kaŋ ga hanse ka adabba-ize beeriyanoo cahandi nga jirbiyye jinawey ra.

#### f/ witaaminey :

I ga hanse ka gaaham nafa, amma i ŋi hima ka boobo. Dumi hinka no :

. Wey kaŋ ga menna hari ra

. Wey kaŋ ga menna jii ra

- Witaaminey kaŋ ga menne hari ra igaabantey A, D nda E witaamin A man'ti waa de ra a ga duwandi , subey waani-waani ifirzey hayey kaŋ bere ka ti witaamin. A ga duwandi i ra, adabbaa g'i bere k'i tee witaamin kaŋ ga marga tasaa ra hala handu hinka ka koy ihinza (feeji, hancin). Witaamin A ga beeriyan faaba, a ga dorey koray. A goo nda nafaw beeri alman-izey se kaŋ ga duu a baali nda waa ra.

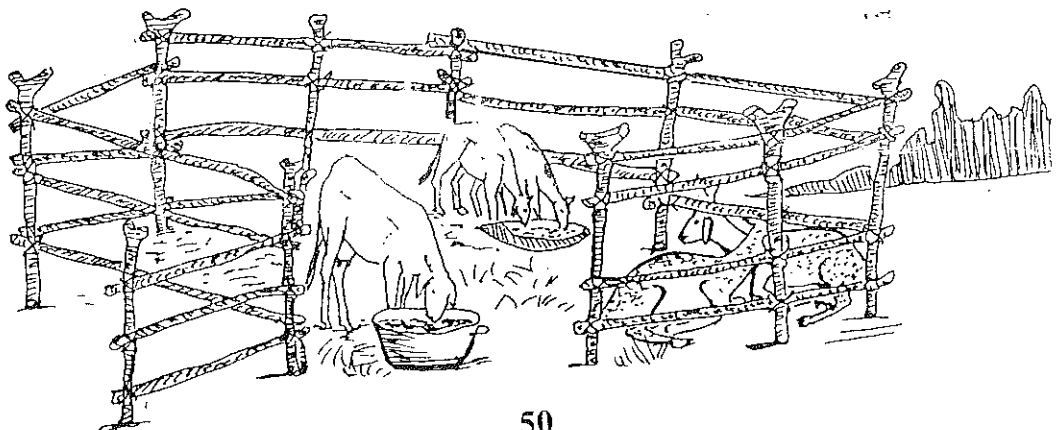
Hayey kaŋ ra witaamin D ga huru goo adabbaa kuuroo ra, waynaa g'i bere k'i tee witaamin D kaŋ ga marga tasaa ra.

Witaamin D goy beeroo ti ka gaabu kalsiyomoo ga birey ra .

Nga jaŋaa ga adabbaa ganji a ma beeri.

Witaamin E si boobo kala subu firzey ra, a si boobo subu kogey, tosawey nda doobey ra. A ga fisey bereyanoo faaba.

- Witaaminey kaŋ ga menna hari ra ti witaamin B dumi-dumey nda C. Doonay ra, hunayyey kar goo borkotoo ra, ga hinnaa kaŋ ga wasa gaaham se hansa boro.



## Alman marya hunay

Ŋaahayey kaŋ feeji nda hancin g'i ŋaa ga boobo i ga dumi-dumi, amma ngi nafawey si sawa.

Subu ti alman marya hunay jinaa. Nga ka don nda i kul. Amma nga hayey kaŋ ga saha noo nda nga azoodoo ga hin ka goro i si wasa, woo din ra, adabba maraakaa ga hin ka ŋaayan tana huri k'a tonton hunaa ga, a ma duu ka timme sandaa azayra tana (dundu, linji, ŋaari ) wala toosa, maatiga wala duuri fita, kuri hamni, hariham hamni.

**Ŋaayan beerey kaŋ alman marya ga hima ka duu ey**

### - Subey

Subey ga hansa ka dumi-dumi sanda kurdo subu, wala subu k'i n'a dam alman hunay se, maatiga subu, nda kaaray. Adabaa ga hin k'i ŋaa dogey ra wala i m'i dunbu k'i noo i se wala i m'i jisi hala waati tana.

### - Subey kaŋ ga duwandi fari goy ra :

Dumi hinka no :

. Hegay banda ga waney, ngi ti toosa, kaari . . . . .

. Hayey kaŋ ga duwandi ŋaahayey bereyanoo banda ga Sanda doobu (moo, hayni, hommo, kotokoli . . . )

### - Linjeyey nda dundey :

Ngi ti : bananku, kuudaku nda ngi ciney.

Hayey kaŋ adabba g'i ŋaa i ra ti dundey, kokosey nda ngi fitawey.

### - Hayey kaŋ ra jii goo nda ngi zanbey

Ngi ti : maatiga, sooža, haabulanbu, jii-ciray-ŋaa nda kokonaa.

Jiyoo banda ga zanbey kaŋ ga cindi, i ga hansa ka adabba nafa.

Taka hinza nda alman maryaa g'i ŋaa :

. Ŋaarey wala izey hunday :

. Zanbey

. Fitawey

### - Hayey kaŋ ga hun sukar ra

I ga hin ka ti kaana wala sukar hanseyan banda ga waney

**. Kaaroo waney**

Fitawey kaŋ ga cindi kaaroo dunbuyanoo banda ga, ga hin ka ti alman marya se hunay henna .

(Ton 9 ka koy 10 ga duwandi ektar ra ).

**. Sukar hanseyan banda ga waney**

Sukar hanseyan fonda ra katu taka foo ga fatta kaŋ se, i ga nee melas kaŋ ga hansa ka boori adabbaa se. Sukar 50 ka koy 65% bara a ra, azoodu nda hari ga kacca a ra. Maanaa ti hunay no kaŋ ga saha noo, adabbaa ga hansa ka bag'a.

## Alman maryey wircey

### A. Yammarey :

Alman maryey wircey bayyanoo goo nda nafaw beeri. Zama taanawey buuyanoo ga hin ka too 25 ka koy 50%. Ibeerey wanoo ga too 14 ka koy 20% jiiri ra.

Man'ti wircey de ma alman maryaa wii, hunaa gazayanoo mo g'a wii. Alman kan hunaa ga laala buuyanoo caha nda woo kan hunaa ga boori, wirci kaccaw g'a wii.

#### - Taka foo nda boro ga feeji kan ga saabu bay ?

Feeji kan ga saabu ga kasu, a ga hana tee hayey kan ga tee jeroo ga se, a ga jiti za a dii haya kan a mana faham a se. A ga baa nyaayan. Nga hunsaroo ga hanga cere waati kan a ga kani ganda. Kuroo dirayanoo ga hanga cere. Gaaham konnoo ga koy sawa nda degire 39. Hinbiroo ga kani cere bande.

#### - Taka foo nda boro ga feeji wircikoyi bay ?

Feeji wircikoyi wala woo kan ga baa ka wirci goo nda tammaasayan kan boro ga hima k'i laasaabu.

. **Tammaasa yammantey ti** : Gaa buunay, almaanoo ga cindi cerey banda ga, a ga baa kayyan, bonoo ga sinja, a si nya, cee fooyan nga hunsaroo nda kuroo dirayanoo ga caha, gaahamoo konnoo ga tonton. Hinbiroo ga kay.

#### . **Tammaasa cere-cerantey ti** :

- Moyey ga ciray, i ga dandi cee fooyan. Cee fooyan moojindoo ga kaaray far : woo ti kuri jagan tammaasaa.

- Waati fooyan, moojindoo ga kara (woola) alhaali : woo tasa dori wala kuri gunguli ciray jagan tammaasa no.

- **Niinedandi** : Ti niisi kan ga hun adabbaa niinoo ra, cee fooyan a ga ti sanda hinni kan ra kuri goo. Niinedandi boobo, kunbu dori tammaasa no. Cee fooyan almaanoo ga kokoto.

- **Funsu** : hari no kan ga marga adabbaa kuuroo cire. Cee fooyan a ga tee toona cire, i ga nee a se toona. Paaraaziiti tammaasa no, kan ga boobo ka garandi almaanoo tasaa ra.

- **Sooruma**, nga bayyanoo ga don, almaanoo sunfaa nda bandaa ga ziibi.

- **Tooyan** ti waati kan hew huro adabbaa borkotoo ra ; almaanoo caraw laalaa kan ga hima ka lotogu ga funsu., nda n'n'a naagu n'ga maate kan hew bara a ra.

- Wirci tana ti woo kaŋ ga addabaa kuuroo mon, a ga nusu buunayanŋ nda doridooyanŋ kaataray a ga. Waati fooyanŋ cewey, ganaa, arutarawey wala ngi kuurey g'a dor, i ga gaahamoo konnandi, i g'a maray nda boro n'i naagu.

## B. Wirci beerey

Wirci booboyanŋ ga alman maryaa farandi sanda :

1. **Kuri yaynaa** : wirci no kaŋ ga hansa ka feejey dii.

a/ **Tammaasawey** : Ngi ti : gaaham konni niinedandi, kokoto hunsar cahante.

Nda a huru kuru ra, a ga hin ka almaaney jere faa kul dii, a ga hin ka hayayanŋ wii i ra, kaŋ ga too 10 % .

b/ **Daliiley** : Hunayyey kaŋ ga kat'a ga boobo. Alwaatoo mo (hargu, ncirni) ga hansa k'a faaba.

c/ **Safaryanoo** : Ma almaanoo pikka nda silfamid nda antibiyotik ma a noo silfamid.

d/ **Korayyanoo**: Nga ti cansa, safari tanawey nda henanyan.

## 2. Kuri konnaa :

Wirci berante no kaŋ hunayyoo ga hansa ka saha. Labu kaŋ ra adabba bukaw na hunayyey taŋ g'a bere, adabba mo g'a bere cere ga.

Taamaasawey : Gaaham konni futu, miyoo nda moyey g'a dor, cee fooyanŋ kuri ga bara toosoo ra.

Wircoo ga caha. Adabba ga buu zaari foo wala ihinka ga. Wey kaŋ ga hallasi ga kacca.

Wircoo bayyanoo ga don adabba bukaw ga : hamoo kul ga bibi alhaali, waaniwaani daamloo, kaŋ ga marga a ga bibi. Nda boro n'a kottu hari bibi koman e foo ma fatta a ra.

Kuri konnaa ga bere boro ga, woo se nga gunayanoo ga baa sooluyan, a ma tee nda jinayyanŋ sanda kabe foolayanŋ kaŋ se i ga nee gaŋ nda ngi ciney ; boro ma gaŋey henanandi nda n'goy ka ben, ma nongoo kaŋ ra goyoo tee mo henanandi. Adabbaa kul ma tonandi, a ma fija, ba kuuroo.

Safaryanoo : A si bara.

Korayyanoo : Almaanoo kul ma cansa za kaydiyaa mana too nda n'ga hin a.



### 3. Tasadori :

**Daliiley nda tammaasawey :** Wircoo woo alman maryey no a g'i dii. Nga tammaasawey ti : Sooruma, kuri jaḡay, cee fooyaḡ a ga moyey ka kara, a ga funsu mo dam a ga (toona). Almaanoo ga buunay, a ga hin ka buu handuyaḡ banda ga.

Wircoo, ga ḡnandi almaaney kaḡ buu wala wey kaḡ boro n'i wii tasawey ga wala henjeerey ra, zama ngi ra paaraaziitey ga boobo ka diyandi.

Paaraaziitoo ga hima nda fita kunkunante, nga kuuyanoo ga too santimeetar 3 ka koy 5. A ga guuriyaḡ dam kaḡ ga fatta henjeeroo bande, i g'a tanba ka diyandi mikoroskopu ra.

**Safaryanoo :** Hayey wey no ma paaraaziitey tangam :

- Rafoksamid ( Ranid)

- Nitoroksinil (Doweniks)

- Biriyonol- Silfoksid (Disto 5 Kogila, Biyodistol).

### 4. Jirbi wirci :

Hamni ngunba foo m'a noo kaḡ se i ga "tsetse", a si Gaawo nda tunbutu laamaa ra, saaji komey dogey ra a goo, amma feejey nda hanciney wanoo si hansa ka bayrandi.

Nga tammaasa beerey ti : kurijaḡay, kuri kaḡ ga hun miyoo, moyey nda niinoo ra, buunayyan. Adabba kaḡ g'a goo si tar ka beeri, nga hayyanoo ga nakasi.

Alaada ra, hayey wey g'a safar borya : tiripanosidey kaḡ ti berenil,weriben, tirimijom.

### 5. Linji wircoo :

A si boobo kala koron waate kaḡ hunay ga kacca. Nga daliiloo si hansa ka bayrandi. Amma borey ga na ti kaḡ tuuri fita ḡayan futu ma kat'a.

**Tammaasawey :** Linjey nda a g'adabbaa dii kayna-kayna.

Cee jinaa boro ga dii kaḡ nga diraa si boori, a ma too nongu ga kaḡ a si kay doo foo. A ma kani gundoo wala ceraa ga hala a ma too nongu ra kaḡ a si hin ka tun nga boḡ se.

A si goyaw, nga hunsaroo ga yay.

Almaanoo ga boobo ka buu jirbi foo ka koy igguu ga.

**Safaryanoo** : Safari henna si'a se. Affoo-fawey kaŋ ga duu baani takaa woo nda i g'i safar:

" I mma gundoo pimay nda safaroo kaŋ se i ga nee Silfatde mapeziyom" kaŋ i g'a dam hari ra, i g'a noo adabbaa se cee hinka zaari ra. I ga metiyonin, witamin B12 nda silfaamid pikka tee a se.

**Korayyanoo** : Nga ti boro ma subu jisi'kaŋ n'g'a noo adabbaa se amukusu waate.

## **6. Hunay gazante wircey**

- **Hunay gazante wircey** : Koron' waate no a ga boobo hunay si duwandi. Witaamin nda hayey kaŋ ga saha noo jaŋay ma kat'ey.

Ŋaayan tontoni ga hima ka nondi adabbaa se korsol waate.

### **Assom ŋaayan :**

Nooni, doo, nda ngi ciney ŋaayanoo suboo bande ga kate hayey wey : zamayan, sooruma futu nda buuni kaŋ ga jer adabba dumey kul ga.

Jiiri korawey wey ra paaraaziitey boobayanoo na misey wey futandi sahel nongey kaŋ ra hari si huru ra.

## Subey jisiyanoo

Taka hinka nda boro ga hin ka subu jisi : m'a koogandi wala m'a jisi nda tayroo. Dabari hinkaa woo kul si tee haya se kala suboo albarkaa ma cindi a ra.

- **Koogandiyan :**

Nga ka don nda dabarey kul. Subey kaŋ dunbandi (wey kaŋ i n'i dunbu nda cendi-wala maršin) no boro g'i yendi dawoo ra ; boro g'a bere cee booboyaŋ hala a ma duu ka koogu boryo. Iboryaa ti boro ma subu hinna dunbu kaŋ si cere hasara.

- **Subu taya jisiyan :**

Subu taya jisiyan ti boro ma suboo kaŋ dunbandi jisi nda tayroo, nga firziyanoo masi hun a ga.

Subu firzi kaŋ boro n'a fur cere boŋ nongu ra kaŋ hew si duu a, woo din ga sukarey kaŋ goo a ra ka mooru waati din a ga hin ka jisi ka gay.

Jisiyanoo : Guusuyaŋ ra boro g'a dam kaŋ ga dumi-dumi. Boro ma nongu wiri kaŋ si burgu.

. A mo moora ziibi dogey

. Iboryaa ti boro ma guusoo cin ma gundoo yanta hewoo masi duu suboo, a masi koy funbu.

. Guusoo koroo ma jinnita wala ma tondayaŋ dam a ra hala suboo haroo ma duu ka hun a ra.

. Boro ga hin ka fitayaŋ daaru guusoo ra suboo cire.

Nda n'ga baa ni subu tayaa jisiyanoo ma boori, kala m'a ti :

- subu kaŋ hari si boobo a ra, ncirni man'a kar.

- suboo ma dunba nga feriyanoo waate, waati kaŋ a na toona dam, zama waati din no a ga albarka.

- suboo ma dunba-dunba hala a ma buunay.

- ma suboo sisiji guusoo ra hewoo masi cindi suboo nda cere game.

Jisidoo kaccaw boro ga hin k'a sisiji nda ni cewey.

Mi mma suboo dam kayna-kayna (santimeetar 20-30).

- Ma caha ka guusoo daabu, iboryaa ti a ma tee zaari follakaa ra.

A ga hin ka ti jirbi 2 wala 3, amma kala ma hin. M'a daabu boryo alaasar hewoo masi duu a (toppoli, saaku, censi kaŋ boŋ n'ga tondi tijayaŋ fur hala i m'a naagu cere ga) , ncirni masi duu a.

**Teeyanoo :** Boro mma suboo dunbu za subbaahi, m'a dunbu-dunbu a ma buunay. Woo ga nga jisiyanoo doonandi, a g'a ka kan adabbaa se.

Suboo kaɗ dunba-dunbandi ga huru guusoo ra kayna-kayna n'ga ciiri hari say-say a ga, woo din ga nga jisiyanoo boryandi, a g'a ka kan adabbaa se.

Zuu foo kul ma hanga guusoo kul bande waaniwaani kanjey, hewoo masi duu ka huru a ra. Takaa woo da hala guusoo ma too.

Nda guusoo too, i ma dam a ra hal'a ma guusoo jesoo hoo nda santimeetar 20 ka koy 30. Woo banda ga boro ma suboo daabu nda toppoli, tarma, taari, fita wala subu kaɗ i ma hansa k'a naagu, laboo kaɗ i ga fur guusoo boɗ masi too, subu taya jisantaa do. Laboo ma too santimeetar 50 alhaali.

Laboo woo no ma ncirpoo haroo ganji a ma huru a ra, a ga suboo naagu cere ga.

Subu jisantaa woo dumoo ga hin ka jirbiyye 3 ka koy handu iddu tee.

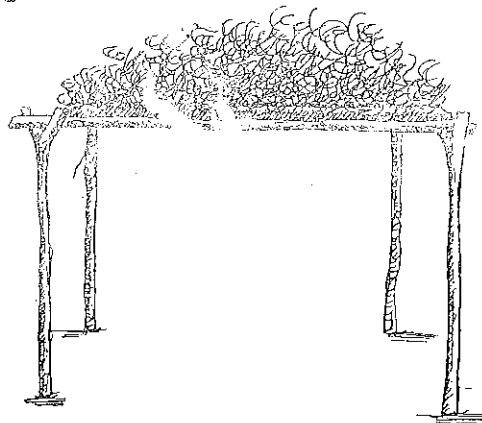
Amma boro ga hima ka cindi k'a lakkal, alwaati ka kaa alwaati nga tonton laboo ga. Waati kaɗ n'foo subu jisantaa ga, n'ga hin k'a kaa kayna-kayna. Waati kaɗ n'kaa ka ben kul ma caha ka guusoo daabu.

Subu jisantaa noonaa ga hima ka ti ifirzi wala haya kaɗ ga man a, hewoo ga kan.

Nda suboo bibi wala a ciray kul jisiyanoo mana boori, masi a noo adabbaa se.

NB :(Ntum Boryo). Sanda takaa kaɗ nda a harandi beene, jisiyanoo booriyanoo goo hayey wey bande:

- alwaatoo kaɗ ga suboo dunba (a too, feriyar, a mana toor'a wala a bisa a ga).
- cahayanoo kaɗ nda goyoo te
- Takaa kaɗ nda a sisija.
- Laboo kaɗ ra guusoo tee alha too.



## Adabba naasandiyan

1. **Daliiloo** : Ka adabba naasandi k'a neera.
  2. **Hinnaa** : A goo adabbaa naasandiyanoo alhaaloo bande. Amma boro ga hin ka sintin nda boŋ guu. Boro ga hin ka tonton i ga nda n'dii kaŋ nafaw goo a ra.
  3. **Adabba kabilaa** : Woo kaŋ boro ga boobo ka dii a ti molgo, zama a ga boobo yoobey ra, a ga haya kaŋ a duu a kul ŋaa.  
Adabba no kaŋ naasandiyanoo ga faala, a ga yadda maraayan ga.  
Jiiri hinkantoo wala ihinzantoo banda ga boro ga hin ka baalibaali biiri, amma a ma tee nda lakkal.
  4. **Waatoo hinnaa** : Adabba ga naasu jirbi 65 ka koy jirbi 90.
    - . **Damkaliyan** : Adaddawey ga cindi dogey ra, i ga duu haya kaŋ ga hima kul hala i ma naasu.
    - . **Damkali nda kuryan** : Adabbaa ga koy kur zaari kul, nda i kaa i ga i noo hunay tontoni.
  6. **Hunaa** :
    - a/ **Subey** : kurdoo wane, toosa, fita, maatiga nda duuri fita, burgu ....
    - b/**Iziney waney** :
      - Adabba hunaa kaŋ lkooma g'a tee (maatiga, haabulanbu zanbu) . Boro ga hima ka alman foo kul noo kilo 0,5 ka koy kilo foo zaari ra.
      - Hunay kaŋ ra taasuu, doobu, ciiri nda witaamin goo. Boro ga hin ka witinnerey haa nda n'ga baa ma hayey kaŋ ga duwandi war koyraa ra dam cere ra k'i tee adabba hunay. Wey kaŋ boro ga doona ka dii ey Maali ra ti :
      - **Ijinaa** : Subu kaŋ ra melas huru + haabulanbu zanbu + annasaara looga.
      - **Ihinkantoo**: Subu + haabu-ize + doobu sosob + melas + annasaara looga.
- Fondo jinaa ma hansa ka boori.  
Hunay kaŋ ra hayey wey goo ga adabba tonton nda kilo woy cindi guu (15) jirbi woy iddu cindi guu (65) ra:
- Subu garam 600
  - Haabulanbu zanbu garam 300
- Maanaa ti feeji hunaa ti woo :

- Subu nda melas:  $g\ 600 \times \text{zaari } 65 = K. 39$
- Haabulanbu zanbu :  $g\ 300 \times \text{zaari } 65 = K. 19,5$
- Looga :  $g\ 3 \times 65 = K. 0,20$

NB: Kilo foo subu = g 300 melas ma huru a ra.

## 7. Saajawyanoo :

Boro ga hima k'i noo safari kanj ga paaraaziitey wii sanda "Panakir Owin" za n'duu ey, m'i cansa wirci beerey se. Witinner ga hima k'i guna ngi naasandiyanoo alwaatoo kul ra.

## Burgu tilamyān

### Burgu nafaa :

Burgu subu nō kaŋ adabba subuŋaakey kul g'a ŋaa(haw, feeji, hancin, farka, yoo . . . ) . Suboo woo maaganda se gana-ka-zunbūkey (kurkey) ga hun Sahel ra, ka doo isaa ga alwaati fooyaŋ.

Burgu ti adabbaa hunay gaabantaa koron waate isaa ceesoo ra.

Nga nafaa ga boobo adabba se. Ciirinŋeŋey ga boobo a ra sanda kalsiyom, guuruyyu, mapeziyom, dawciri, manganeezi, zenk nda soodiyom.

Borey mo ga burgu ka huna: mansi, katu, hori. Harihamoo nda baŋaa mo ga burgu ŋaa. Burgudogey hariham ga hansa ka duwandi i ra.

Burgu ga anji tangam , a ga jebey ganji i ma burgu, a ga faarey lelebawey koray bondaa ra.

Maanaa ti burgu nafaa ga boobo borey ,adabbawey hunaa nda windilaa korayyanoo ra.

### Burgu tilamyān misey

Fondo hinka no :

-tilamyān, nga no ma boori

- sayyan, nga hasarakey ga boobo sanda ciraw, dusu nda hew.

Haya fooyaŋ goo no kaŋ boro ga hima k'i bay nda nga burgu tilam :

#### 1. Burgu tilam dogoo suubayanoo

. Faaroo alhaaloo: A ga hima ka man hari duumante doo (isa, isabangu) hala a ma duu hari ka boori

. Faaroo : A ga hima ka kani,a ma guusu

. Laboo : A ga hima ka ti labudiini kaŋ ga hari dii.

A ga hin ka tee daw-banda-nkariya doo mo ra.

.Haŋandoo : A ga hima ka tee kayna-kayna hala burgoo ma tun ka boori. Faaroo ga hima henan, subu laala masi bara a ra.

#### 2. Hayey kaŋ ga kate a ma boori :

. Faari ma kay burgoo se.

. Laboo ma zemna alfaritaray nda adabbamaraayan gama ra.

### **Burgu tilamyan misey**

Teewaa ga hin ka duwandi burgu doo zeena ra.

- Nongoo ga hima ka tay ka boori, a ti ncirpi tayyan wala harihuray wana.
- Alaada ra, kanbe-ize nda dumayanoo ga tee.
- Nda haroo too meetar foo, ganji nda tilamyanoo ga tee.
- Meetar jere ka koy meetar foo ga hima ka bara burgu tilamantaa game, amma woo din sii kala harihuraa gayyanoo bande.

### **Sayyanoo misey**

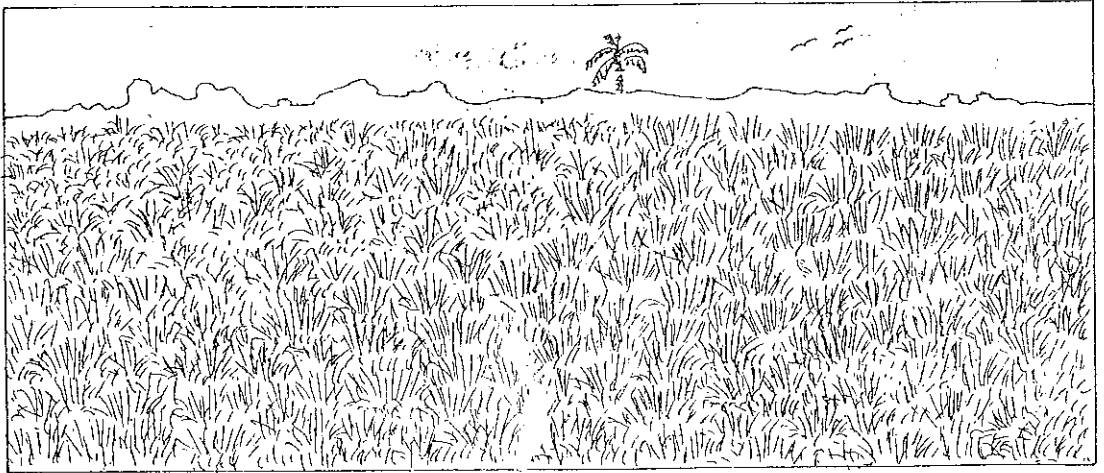
Burgoo mma sayyandi fangalyaŋ ra sanda moowaa takaa.

Meetar kaare woy (10 m<sup>2</sup>) tee no ma ektar foo tilam, maanaa ti hori kilo hinza (3) no ma ektar tilam.

Teewaa ga cindi fangaley ra handuyaŋ hala a ga tilamandi.

Burgoo ga sintin ka fafaaru (ka fentu kar) jirbi woy cindi guu (15) tilamyanoo banda ga. Waati din no burgoo ga sinti ka kunturu tee, ka kanba.

Handu hinka tilamyanoo banda ga burgoo ga feri. Fariyanoo gayyanoo ga too jirbi woy cindi guu alhaali.





**Windilaa**

## Windila almaanaa

### 1. Macin ti windila ?

Ir windilaa ti iri nda haya kul kaŋ g'ir wanga, nda barahaya no wala teehaya no.

Hayey wey kul goo ir windilaa ra.: hugu , faari, tuuri, subu, boro, dawoo waatey alhaaloo.

Ir windilaa ga jer :

- iri nd'ir tanawey gorokasinaa misey ga,
- ir bayray fondawey ga,
- ir duura fondawey ga.

Adisi, nd'ir nee windila, ir goo hayey wey kul ga : barahaya, teehaya, baahunay , lakkal goy .

### 2. Adama-ize nda windila

Zaman jinawey adama-ize ga duu windilaa ra haya kul kaŋ a ga boon'a. Waatoo din, windilaa hayey si cere nakasi nda taka kul kaŋ boro ga tanba k'a maate.

Nga lakkaloo nda nga dabari waanaa ka kate adama-ize hin ka nga hunaroo baaceray . A hin ka goyjinayyan tee kaŋ nd'a ga hoo, a ga fari. A wan adabba biiryan mo.

## Windilaa jaasaroo

Moo kaŋ ga boo kul adama-izey nda ngi muraadey ga tonton.  
Woo k'albasey wey mo boobandi sanda :

- borey booboyanoo
- heray nda hunay misoo
- sawa jaŋay duuraa fondaa ra
- talkataray nda hayey kaŋ ga jer a ga sanda :  
gaa-ham-baani , cawyan, goy
- windilaa nafaw hayey nakasiyanoo hala ngi benyanoo
- gandaa zibandiyanoo.

Maanaa ti adama-ize nda nga teegoyey goo hayey ra kaŋ na  
windilaa nakasi.

### 1. Windilaa jaasayanoo sibiley

#### 1.1. Hasarawey kaŋ mana hun adama-izey here

Dawoo alwaatey goo hayey ra kaŋ ga windilaa nakasi. Amma  
hayey kaŋ ga tanba k'a barmay ti : ncirni šenda , gari, hew,  
konni nda yayni alhaaley.

. Hew ga laboo ganandi, a ga hondey cin : woo ti hew anji.

. Ncirni šenda ga labu albarkante mon : woo ti hari anji.

Konni nda yayni futu g'azayra funbandiyan doonandi, a ga nga  
beeraa nakasi.

#### 1.2. Hasarawey kaŋ ga hun adama-izey here

Adama-ize ti windilaa hasarakaw jinaa. Borey booboyanoo  
nda goyey kaŋ i g'i tee ka huna kul ga tanba ka windilaa barmay  
laala. Windilaa barahayey nda baahuney kul si hallasi a ra.

##### a) Albasey kaŋ ga tee kara \* se

Iziney kaŋ boobo addunŋaa ra ga tonton laboo konnoo ga moo  
kaŋ ga boo kul.

Kara ti windilahew: Windilaa hewoo kaŋ ir g'a hunsar .

Dawoo konnoo kaŋ si fay a ga tonton mma koy de a ga ozonoo ŋaa. Ozonoo ti dullu taka foo, kaŋ goo karaa ra. Nga no ma huna hayey hallasi waynaa albasey ra.

### b) Laboo boŋ nda laboo cire harey hasaraa

Hayey wey kaŋ g'asom daŋ i ra :

- angerewey nda adeesa wii hayey kaŋ ga huru faarey ra
- iziney posinawey kaŋ i g'i mun wala i m'i fici ;
- soso kabilawey kul kaŋ i g'i daŋ haroo ra ,
- iziney maršiney yaynandi harey kaŋ ga dandi yaada isawey ra. Wey kul ga hasaraw haroo azayraa nda nga baahunawey se .

### c) Hasarawey kaŋ ga tee baahunawey se

Adama-izey teegoyey ti sibil kaŋ na azayra nda haahunaw kabila booboyaŋ ben laboo bandaa ga. Zama borey ga yaara (nuuna) daŋ saajey ra, i g'azayra faradu faari teeyan , arzaka biiriyen wala tuuri kuunayan se.

Sibiley wey na azayra nda hoogaw kabila booboyaŋ kumandi wal'i n'i ben zaati, sanda :

- azayrawey : duway, jeeje, koronba, hasu , celli, jiringal, diiri, taaraba , bangudooro, subukaaray, takabar...
- ganji hoogawey : tataagay, doobal, honday, suway, bura, hendaw...
- isaa baahunawey :kaaray , jagay, ayu, akura, ngondo saariya, harilongo ...

# Koogay

Koogay si hun haya ra kala dawoo alwaatey barmayyanoo nda kanbekunay futaa kan borey g'a dan labey nd'azayraa ga.

## 1. koogaa sibiley

Sibil beeri hinka bara koogaa se : dawoo alwaatey barmayyanoo nda daliley kan ga hun borey hunday here.

### 1.1. Dawoo alwaatey here sibiley

I ga hun :

- konni nda yayni ra ,

- ncirpi nda yayni ra,

- hew ra ,

- waynaw hotta ra.

Nd'ir na hayey wey kul laasaabu, ir ga dii kan ngi margayanoo goo nda baa beeri koogaa duumiyanoo ra ir do.

Ncirpi ga kayna ir Maali Saahel labey ra, konni ga futu i ra ,ngi hewey mo ga saha. Wey kul ga labey zilla, borey teegoyey da ga yee k'i jaasandi.

### 1. 2. Yaarawey

Nuunawey kan borey g'i dan saajoo ra wala kan ga dii bila hawandi , si subu nan, i si tuuri nan . I ga yee ka laboo kaanoo kaa a ra. Cee fooyan borey ga nuuna dan ngi faarey ra k'i henanandi ; waati fooyan tabadullandikey wala ganjoo hinakey mo ga ti yaara se sibil.

### 1.3. Kurdogey yeebandaroo

Za hanoo,bonkoyney ga kurdogey juwal nda taka kan g'i ganji i ma hasara. Ir saahel ganda adabbakoyey ga waatey laasaabu kan ra hondoo wal'isaagooroo ga hima ka kurandi, sanda kaydiyaa ka huru jiyaa ra wala lahulaa ka huru konnoo ra.

Zamanoo din kurdogey ga wasa adabbaa se. Amma ho zaaroo barmay laalayan bangay. Affooyan ti wey :

- borey kan ga koy de i ga tonton

- adabbaa tontonyanoo

- kurdogey nakasiyanoo kaŋ mana hun kala koogaa, faarey gana-ganayanoo nda faari taagey kaŋ i g'i dii ba isagoorey, isabangey nda banigey jesey ga.

- Kurdogey alaada juwalyanoo kaŋ alhukum korawey n'a taa boŋkoyney kone ;

Sika sii kaŋ boro kul ga hin ka dii alhaaley wey :

- kurdogey kaŋ mma koy de i ga kuma ;

- subu kabilayan kaŋ adabbawey ga hansa ka bag'ey benyanoo ;

- laboo diŋ-diŋyanoo kaŋ adabbaa taama-taama boobaa ga kaa nd'a ;

- tirfaa kaŋ tee laboo se ;

- hari jaŋaa.

#### 1.4. Windilaa yeebandaroo kaŋ hun alfaritaray here

Koogaa maaganda se alfarey na guraa nda isaa gooroo nongu boobo bere k'i tee faari (saaji-izey, goorey, gaaniyawey, isakanbey, bangey ...)

Azayraa benyanoo nd'alfarey kanbekuna futaa ga hayey wey tilasandi :

- angere nd'alaada ziibi danyan laboo ra k'a kaanandi,

- tunandi guusa kaŋ ga labu albarkabena yeeri beena

- fariyan laaley kaŋ ga kate hari dandey ma labu kaanaa ganandi.

#### 1.5. Saajey faraduyanoo

Saaji nafaw ga boobo :

- boro ga duu a ra tuuri kaŋ g'a funsu, ŋaayan, safari ... ;

- a ga ganda yaynandi, a ga ncirŋi cee, a ga labu kaanandi ;

- saaji anneemanta azayrawey nda nga hoogawey ga niine-niine ;

- wey kul banda ga, bore, ga saajoo ti huranzamay doo.

saajey dunbaroo, albasi beeri no windilaa se, waani-waani ganda konno , kaŋ ra azayra taagandiyan ga ŋendi.

Azayraa kumayanoo s'bil beerey ti wey :

- yaara danyanoo tuurey nda subey se ;

- Ašaryawey nd'alaadawey tenji jaŋaa ;

- saajey kaŋ gayandi nda saaji beeri foo-fawey kula jaŋaa;

- tirfaa ;

- tuuri tayaa dunburoo funsuyan nda cinayan se.

# Koogaa albasey

Koogaa sibiley ga boobo , ng'alhaaley ga fay.  
Sibiley din ga hin ka ti : yaara, tirfa, fariyan laalo.

## 1. albasey kaŋ ga tee saajoo se

Yaara g'azayra kul kaŋ too nga boŋ ton. A ga yee ka wey mo ton :

- azayraa izey kaŋ goo laboo ra,
- baguyaney kaŋ tee tuuri dunbantey korey ga,
- azayra kul kaŋ ga taana,
- cirawey kaŋ ga tuurey ti tuujadoo.

Yaarawey ti daliloo kaŋ se ir gandaa tuuri boobo kunturey mma goli-goli hala boro ma jaŋ k'i ka muraadu fooyaŋ hanse.

## 2. Albasey kaŋ ga tee laboo se

Kaŋ azayraa tonyanoo ga laboo koonandi, a ga yee k'a kongaray (albarkahunay), a ga waynaa konnoo da ka hegu a se. Azayra jaŋaa ti sibil mo kaŋ se anji (hewoo wala ncirŋoo wanoo) ga tanba ka laboo mon ka nga albarkaa kaa.

Laboo woo dumoo si kate hegay tana, nga cire harey mo ga mooru.

## 3. Albasey harey se

Nuune ga hin ka tuurey nda subey kul ton kaŋ goo gooru wala bangu jese ga. Woo ga haroo kogandi, a ga laboo waaru.

## 4. Albasey hoogawey se

Nuune dangyan saajoo ra ga ganji hoogawey ganji hunay, a g'i ganji sutura doo.

## Kurdogey kumayanoo

Nda nuune na kurdogey jerey kaa mee, a ga waazibi borey ga i ma ngi adabbaa jeroo sanba nongu foo. Nda woo mana tee

kurdogey cindey ga tar ka tirfa, adabbaa ma heray ; a ma buu hunday nd'a mana duu faaba nga hunaa bere.

#### **6. Adabbakoyey ganayanoo**

Gana-ka-zunburoo ga hin ka kate waafakayjanay adabba koyey nd'alfarey game ra. A ga ti sibil kan g'adabbakoyoo hunaa nda nga tabiyaa kul barmay laala . A ga kate aladabu janay kan ga bojkoyney hino hunday gaza.



## Albasey kaŋ fariyan ga kaa nd'ey windilaa ga

Gandawey kaŋ ra hew sahanter goo, hondey dawtaasoo si fay nda ganayan.

Faari diŋyan ga gaaniyawey , isakanbey wala bangey fici.

Koogawey kaŋ tee Maali ra na boro boobo ganandi. Adabba koyey goo wey din-ra. I na ngi gandraa kurdogey naŋ ka koy waynakaŋay kaŋ ra nciŋni boobo goo.

Ir Maali kul borey hinŋaa hansa ka tonton jiiri korawey. Woo ka kate ir duuraa kacca ir jamaa se hal'ir na nongu boobo bere k'i tee faari. Amma woo kul mana jaŋaa ganji duumiyan , a mana hayey wey ganji gazayan : caw, hunay, gaa-ham-baani, hugu duura...

Kanbekunafutaa kaŋ borey n'a daŋ windilaa ga, kate heray, a ti gundezur wirci booboyaŋ se sibil .

### Diinandi hayey misaa

A ga ŋendi Maali ra, boro kaŋ n'ti tuuri nd'a ga hina, wala ka cankan, wala ka gaaya tee. Woo koyey ga too hala 83% (1995 jiiri) ra . Woo se windilaa ga jaase futu.

Laasaabay g'ir ceba kaŋ ir jamaa jere gaabaa kul dogey ti gandayaŋ kaŋ ra azayra taagandiyan ga ŋendi.

Tuuroo mooruyanoo ga diray kuku tilasandi woyey nda zankey ga kaŋ g'a kuuna.

# Windalaa saajawyanoo

Ir ga hima k'azayraa nda ganji hoogawey saajaw.

**1. Azayraa** : A ga labey hallasi anji kul ra, a g'i kaanandi, a g'i baanandi . Azayraa ga karaa henanandi, a ga yee ka ganjoo baahunawey sutura, a ga ti borey se safari. Azayraa g'ir noo tuuri kaŋ ir g'a funsu, bandu kaŋ ir g'a ti goyjinay wala taalambahaya. Ir hunaa jere beeroo kul subey nda tuurey ra a ga hun.

## **2. Baahunawey**

Adabba ganda ti Maali : Amma hariham no borey ga hansa k'a ŋaa.

Boroyaŋ goo Maali ra kaŋ hamiisa de nd'i ga huna

## **3. Saajey saajawyanoo**

I ma nonguyaŋ bere k'i tee saaji gayante hala azayra kabilawey ma duu ka niine-niine.

I m'a sariyawey zurandi kaŋ alhukumoo n'i tabatandi saajey juwalyanoo fondaa ra. I m'alhukum zurandikey noo fondo kaŋ nda i ga tonton azayra kabilawey ga kaŋ si hima ka dunbandi... i ma yee ka nongu taagayaŋ gayandi.

## Dabariyaŋ kaŋ ga windilaa taagandi

Wey ti windila taagandi fondawey Maali ra

a) Azayraa here

I ga haariyaŋ guna kaŋ hun mee, jina :

- i ma affooyaŋ gayandi hal'azayraa ma yee nga takaa ga,  
- i ma itanayaŋ gayandi hala azayra kabilayaŋ kaŋ ga baa ka ben  
ma duu ka huna koyne.

Porožeyaŋ ga bara kaŋ ga tuuri duma farru beeriyaŋ ra, i m'i  
haŋandi, i m'i kula hal'i ma too ngi boŋ.

Hew jebu tuurey, sanda tuuri šata-šatantey kaŋ ga hew koray ;  
nda kali tayey, sanda tuurey kaŋ i g'i duma kalitaray se, wey kul  
ga hansa ka kate borey ma jine tee windilaa firzandiyanoo se.

Fahamandoo kaŋ si dunbu windilaa saajawyanoo fonda ra, ti  
dalil kaŋ kate borey na komitayaŋ daŋ kaŋ ga huuja nd'ey.

b) Baahunawey here

A ga šendi i ma kate ka tonton ganji hoogawey ga. I mma ceeci  
de ka wey kaŋ ga bara hallasi cee fooyaŋ. Konday beeriyaŋ goo  
adunŋaa ra kaŋ ga windilaa korayyanoo faaba.

c) Diinandi haya tanawey

Maali goo nda isayaŋ kaŋ ga hin ka kate a ma duu kuuraŋ boobo  
nda i na baaraž tee i ra. Selenge baraažoo nd'ikaccu tanayaŋ  
(Feelu, Sotuba ) hinne bara soho da i ga boro foo-fooyaŋ de noo  
kuuraŋ. Iboryaa ti i ma kuuraŋoo boobandi, i m'a faalandi borey  
se. Woo ma kate tuuroo funsuyanoo ma žebu.

**gaaz**

gaaz goo ir do diinandi hayey ra ba kaŋ boro boobo sii nda dalil  
kaŋ g'i toor'a. Alhukumoo na miyoo kaŋandi jiiri korawey, amma  
woo mana ganji kaŋ nga koyey ga kacca hala soŋo.

**Waynaw diinandi haya**

Maali goo nda waynaw jiiroo kul ra. Woo goo hayey ra kaŋ se  
Afiriki gandayaŋ waafaku ka ngi marga sarwiisi foo gorandi  
Bamako ra. Sarwiiso din ga hima ka goyjinawey tee, a ma  
fondawey ceba kaŋ nda waynaa saha ga haya hansa.

Amma hala soho boro foo-fooyan de no m'a ka gaaya tee, wala k'a ka hari kaa day ra, wala k'a ka hari konnandi.

Baykey ga hima ka waynaw diinandi haya tee yalla haya ra hun tuuroo funsuroo ra.

**d) Laboo kaanandiyanoo**

Dabarey kan Maali n'i tee ga boobo.

**- Lelabawey**

I mm'i tee ka haroo gagay

I ga boobo Kaadey gandaa ra, amma i goo Maali areežiyon tana fooyan mo ra.

**Zaayi** \*( mooši kalima no )

Guusu-guusuyan no kan i g'i kaa guuray faarey ra, jin'i m'i too ziibi waati kogaa ra. Guusu 'foo hayyanoo nda nga koygandayanoo kul ga sawa nda santimeetar 50 (meetar jere).

Santimeetar 80 bara zaayi hinka nda cere game.

Labu kan ra zaayi goo ga kan, a ga hari kanbe ncirni banda ga.

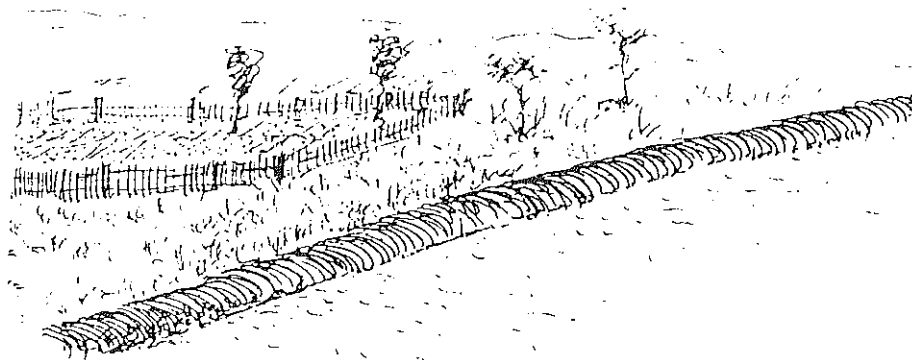
Lelaba-izey kan i g'i tee ka žebu hari dandantey gaaboo ra.

## Anji tangamyanoo

### A) Hala labey nda harey ma tee nafaw haya

Dabariyan ti wey kan ga hin ka tee.

- jejesey :



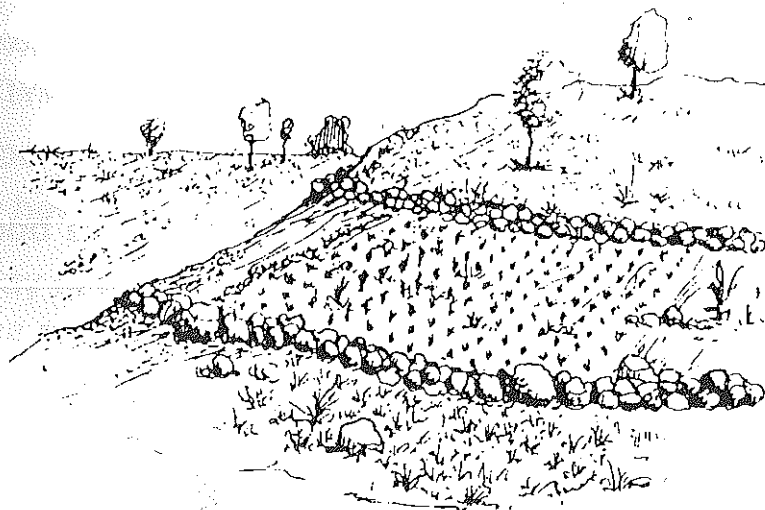
Labu nda tondiyan nd'i g'i tee ka hari anji tangam.

Takaa woo nd'a ga tee :

- . ka zeeri tee nongey bande kan ra a ga hima ka tee ;
- . ka tondi wargey hangandi zeerey bande, amma i ma huru nda haroo miyoo here.
- . ka tondi sasawantey kanbe i se nda haroo zunbu dogoo here.
- . ka tondi kaccey faku gamey ra .

### - Tondi hirrey

Tondiyan no kan i g'i teteri cere bande ka hari dandoo ganji a ma laboo mon. Nga teeyanoo nda jejesey wanoo kul affoo.



### - Handu jeroo :

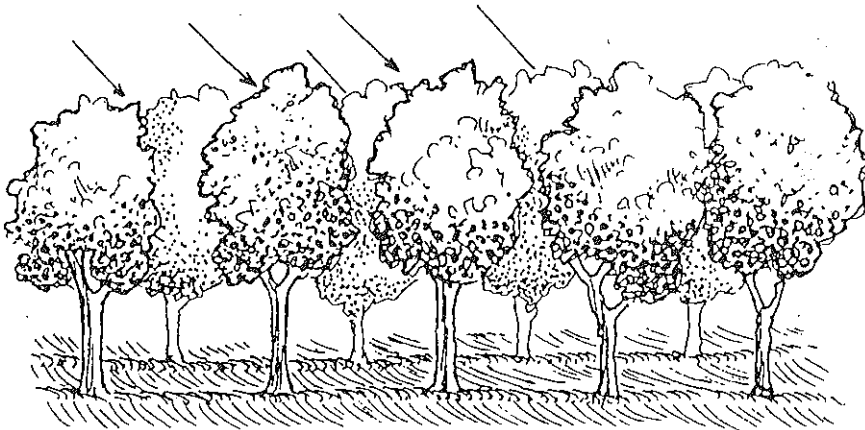
Gooru no i g'a fansi kaŋ i g'a himandi handu jere. Nga ra haroo ga cindi ncirney banda ga. Woo g'albarka yeeri laboo ra kaŋ kongaray.

Handu jeroo kuuyanoo goo meetar 1 nda 4 game. Nga gundoo ma yee nongoo kaŋ here haroo ga dandi ka koy.

Handu jeroo guusaa ga too hala santimeetar 20 ; santimeetar 10 jese ga tee a se ka haroo dii. Santimeetar 80 ma bara handu jerey nda cere game.

Handu jerey ga labu albarkabena kaanandi, a ga nga hegaa tonton.

### B - Ir gandaa tuurey dumayanoo



Fondawey ti wey kaŋ nd'ir ga hin k'ir lasal tuurey nafawey tonton :

- ka tuuri zoobuyaŋ tee, k'i saajaw ;
- ka kokoya izeyaŋ kaŋ adabbawey n'ir fur say zoobey din ra.

Ir gandaa tuurey kaŋ nd'ir ga hin k'ir windilaa firzandi ti wey : bossopaa, kokoya, kangaɗɗaa daarayɗaa, duwayɗaa, garbayɗaa, baaniɗaa.

- Borey ma gaabandi k'alaada zii bey ka ngi labey kaanandi.
- I ma ngi alaada hayey k'azayrawey iberey wii ; sanda boosu, horgay, miliya hari ...
- i ga goorey, bangey, gaaniyawey ... ganji i ma fici.

## hari nda hew ziibiyan sibiley

Ziibey kaŋ g'ir goo ga hun :

- dulley ra kaŋ iziney nda maršiney g'i taŋ hewoo ra,
- asomey nda hunayyey (dori-izey) kaŋ baahuney g'i daŋ harey ra.

Amma wey banda hayayaŋ goo kaŋ mo ga boro dorandi ni gaahamoo ra. Ngi ti : tabati jaŋay futu, harifutu, ...)

### a) Ziibandi sibiley

Azayraa nakasiroo goo hayey ra kaŋ g'ir karaa henanandiroo kuma.

Mana boobaa kaŋ si hin ka bere n'ir koyrawey nd'ir kawyawey kul yagalam.

#### 1. Ziibandi kaŋ ga hun alfaritaray ra.

angerewey nd'adeesa wii hayey g'ir hewoo nd'ir harey ziibandi ba kaŋ i g'ir hegaa tonton.

#### Haroo ziibandoo

Hayey kaŋ ga boobo k'ir harey ziibandi ti karanzi dumey kul, henanandi hayey, šiini hayey... Amma i kul si too iziney ziibey kaŋ ga dandi ka doo isawey ra, wala i ma sundu ka huru laboo cire harey ra.

Laboo cire nafaw hayey goyoo mo ga kate ziibiyaŋ ma huru bangey nd'isakanbey ra ... wey din haroo kaŋ ga dandi isaa ra g'a ziibandi .

Henanandi hayey, sanda saafun, soso, si boori isaa azayraa nda nga hundikoyney se

Ir masi dirŋa buu boobaa kaŋ tee Bamako manay ga hamiisa se, jiiri 1991 ra.

Adabbawey nd'adama-izey leesey ga hin ka hanga kottu wala guusu, ka laboo cire harey ziibandi.

#### 2. Hewoo ziibandoo

A ga tee hewoo se kaŋ boro g'a hunsar hugey ra, a ga tee taray mo.

Taray hewoo ziibandoo ga hun maršiney nda iziney ra, a ga hun kusaa ra.

Hugey gundey hewoo ziibandi beeroo si hun kala tabaa dulloo ra. Badaliyyu miligaram 8 bara taba kilo foo kul ra. Woo binde ga kate boro ga boŋ londi dori, a ga boro kuroo kuma, a ga kate dumay -naa-guuri dori.

# 1. Borey tuuja dogey henanandoo

Tuuja dogoo henanandoo ga kate baaceraw boro hunaroo fondawey kul here : boro ga daame ni gorodogoo ra, n'ga maakaani ni gaahamoo ra, ni lakkaloo ga kani, n'ga ni gorokasiney hinidob.

Gaa-ham-baani si kala wey bande : hari suubanta, gorodoo henananta, gaa nafanta.

## 1.1. Hari dogey kularoo, salangawey cinaroo nda ngi kularoo

Lawra jaŋaa sabbu se borey ga hima ka ngi harey saajaw henna.

Dayey harey zibandi dalil jinaa ti hari laaley kaŋ ga sundu hal'i ma huru laboo cire tankawey ra. Woo laasaabandi koyra beerey nongey ra kaŋ salangawey si mooru dayey, i goo i se beene.

## 1.2. Hari doo saajawyan

Nga ti dabarey kaŋ ga tee ka hari doo ganji a ma ziibi (day, bangu, isa...) . Hirri dumi hinza ma huru hari doo saajawyan se :

- wangari jinaa kaŋ gundoo ra goy kul si tee,
- wangari hinkantoo kaŋ ra goy booboyaŋ si tee,
- wangari mooraa kaŋ gundoo ra goy cere- ceranteyaŋ de ga hin ka tee.

Baykawyaŋ no ma laboo alhaaloo laasaabu jin'i ma duu ka hirrey daŋ.

Baytal arobina, day, bangu ka ga hima ka kulandi ngi haroo masi duu ka ziibi. Kulayan kul go nda nga moobandey.

Nda bangu, gaaniya wala isakanbu no, boro mma jin k'a jebu leeseey ga. Toosi nda leesi kul masi tee i ra wala ngi manay ga.

I masi naŋ adabbawey ma yaw i ra waati kul ; i masi numandi i ra . Boro mma hima ka koyraa hoo mennaa hun dogoo here jina ma hari gur.



I masi yadda subu ma zay day wala forba robina manay ga. Gooru ma tee kaɗ bande hari munante ga dandi ka doo guusu moora wala saddinga ra ; jese dodoka ma tee dayoo se ka ganji hari kaɗ mun ma willi a ra. Nd'a jaase meetar 20 ma bara hari dogoo nda guusoo gama ra.

Dayoo ga hima ka bara nda daabirji, ganji ma bara jeroo ga kaɗ gajaa ga deega. Ajaa masi fura laboo ra abada.

### . Yaamaryan

Hari jisi jinawey ga hima i ma henan. Waati kul kaɗ boro ga hari daɗ jinaa ra, ni mm'a jumay, m'a leele cee boobo jina m'a too. Jinaa kaɗ ra haroo goo mma daaba zaayanoo nda jisayanoo kul waate. Haroo jisi dogoo ga hima ka bara beene zankey, adabbawey nda laboo haya tanawey kaɗ ga hin ka huru a ra se.

### Salanga cinyan nda nga kulayanoo

Salanga jaɗay wala nga kanbekunafutaa (nda a ga bara) goo daliley ra kaɗ na buuroo nda wirci futey boobandi ir gandaa ra. Salanga guusuyanoo ga hima ka too meetar 2, a ga hima ka mooru hari doo (day). Meetar 15 alhaali ga hima ka bara day nda salanga game ra.