

Mitundu ya njere kuzikonzetsera kwache zisanafetsedwe ndi nthawi yomwe zingatenge ziri ku nazale

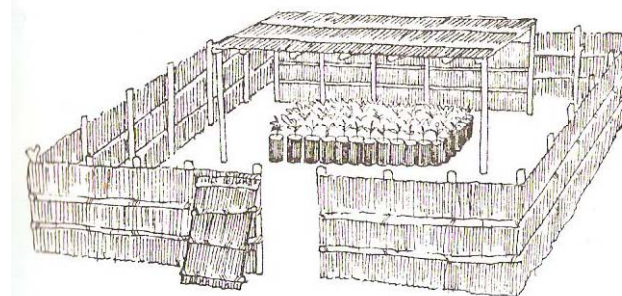
Mthunduwa mitengo	Kukonza Njere	Chiweleng ero chanjere mchubu	Kuzama kwa dzenje pobzala	Masiku aku nazale
Msangu	Kukuta	2	1.5-2 cm	Masabata 5 - 12
Gliricidia sepium	Kukuta	2	1.5-2 cm	Masabata 8 - 12
India	Lekanitsani chikopa pomenya mbeu ndi mwala	3	3 cm	Masabata 10 - 16
Keysha wa mirimo	Kunyika m'madzi odzizira kwa masiku awiri	3	1.5-2 cm	Masabata 8 - 12
Keysha wa maluwa	Kunyika m'madzi odzizira kwa masiku awiri	3	1 cm	Masabata 8 - 12
Mthete	Kukuta kapena m'madzi otentha kwa tsiku limodzi	3	1.5-2 cm	Masabata 8 - 12
Chitimbe	Kukuta	3	1.5-2 cm	Masabata 10 - 16
Napiri	Kuchotsa mapiko ndi kukuta	5	1.5-2 cm	Masabata 10 - 16
Mtangatanga	Kunyika m'madzi odzizira kapena otentha kwatheka la tsiku	3	1 cm	Masabata 8 - 12
Papaya	Palibe	2	1 cm	Masabata 8 - 12
Guafa*	Kunyika m'madzi odzizira kwa masiku atatu	2	1 cm	Masabata 10 - 16
Masuku*	Kuchotsa kapena kudula pang'ono chikopa cha kunja	1	1.5-2 cm	Chaka ndi mwezi umodzi
Mango*	Palibe	1	3 - 4 cm	Chaka ndi mwezi umodzi

Zochokera ku : Bungwe la ICRAF (International Centre for Research in Agroforestry) ndi Department of Forestry (Government of Malawi)



M'mene mungahkazikitsire ndi kusamalira nazale yanuyanu ya mitengo

CHICHEWA



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October 2009

Translation : Mr. Laston M. Makina

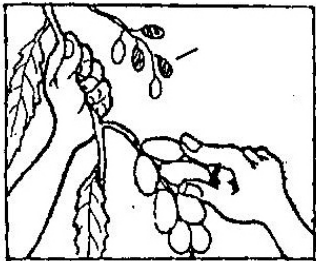
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* Mbande za masuku ndi mango zizakwatanitsidwa zisanaokeredwe.

Momwe tingalore njere

Kupeza njere ndicho choyamba pokhazikitsa nazale ya mitengo.

Pezani njere kuchokera m'mitengo yanu kapena ku mitengo imene ili pafupi ndi munda wanu.



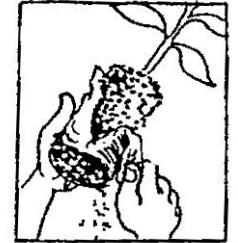
Tangani njere zokhwima zimene ziribe mbozi ndi matenda sendani makoko a njere zowerengeka pofuna kuona kuti ndi njere zokhwima bwino.

Yanikani njere mu mthunzi ndipo muzizitembenuza kuti zisaole.



Nyengo ndi momwe tingaokelere mbande

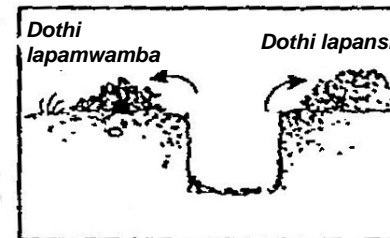
Nyengo yabwino kuokera mbande ndipamene mvula yokwanira yagwa.



Thilirani nazale kuti dothi likhale lonyowa musanazule mbande.

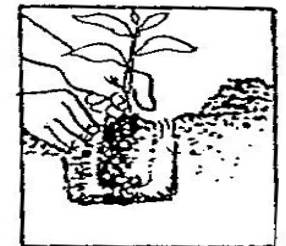
Gwiritsani ntchito mpeni wakhuthwa polemba mizera mbali zonse za mbande.

Ngati mbande iri mchubu, muichotse mosamala.



Kumbani dzenje ndipo lekanitsani dothi lapamwamba ndi lapansi. Kuya kwa dzenje kukhale phazi limodzi; kutambalalanso phazi limodzi.

Mukangochotsa mbande ku nazale, muziike m'maenje ndi kukwilira tsenderani dothi bwinolomwe. Mutha kuthilira kwamasaba angopo ngati mvula inagwa mosakwanira.



Tetezani mbande zanu kwa wana ndi ziweto potchingira mbande zanu.

Palinso ntchito zina zoyenera kuchitika pamene mbande ziri mu nazale :

- Kupatulira :

Pakatha sabata kapena masabata awiri mbeu zitamera, patulirani ndi kutsiya mbande imodzi pa phando.

Ngati mwachedwa kupatulira (mbande ziri ndi masamba oposerawiri), musadzule koma mungodula zoyenera kuchotsazo.



- Kukhwimitsa mbande :

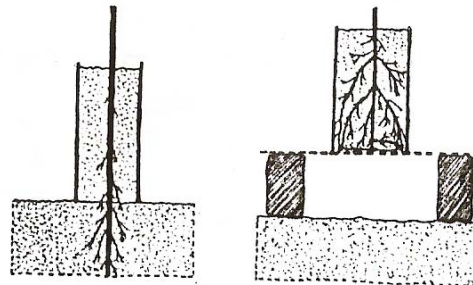
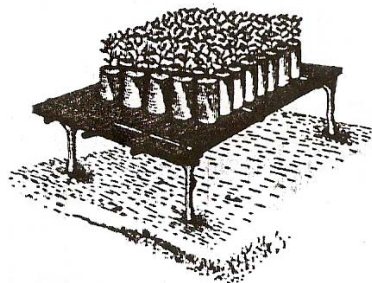
Kukhwimitsa mbande kumapangitsa kuti mbande zizolowero zisamaokeredwe.

Madzi : thilirani kamodzi pa tsiku pakapita masabata anai njere zitamera.

Mthunzi : chotsani theka la udzu umene munaphimbira nawo pakapita masabata anai njere zitamera; ndi kuchotseratu wonse pakapita masabata atatu mutachotsa koyamba kaja.

- Pamene njere za nsangu zafetsedwa ku nazale

Chifukwa choti mizu ya nsangu imakula mofulumira, n'koyenera kutsiya mbande pa thandala.

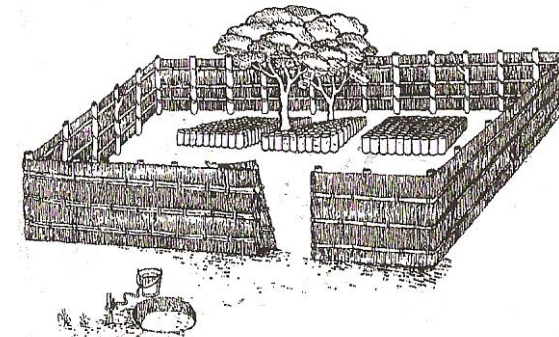


Malo oyenera kukhazikitsa nazale ya mitengo

Malo akhale pafupi ndi madzi odalirika chifukwa mbande zimafunika kuthilira tsiku liri lonse.



Malo akhale okhazikika kapena otsetsereka pang'ono pofupa kupewa kudikha kwa madzi.



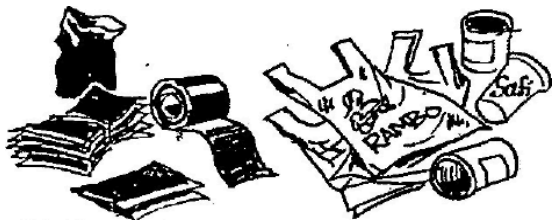
Mpanda umangidwe kuzungulira nazale pofuna kuteteza mbande ku ziweto ndi umbava. Pangani mthunzi pofuna kusunga chinyonho.

Malo ofetsapo njere

Mutha kukangobzala njere ku munda. Koma pali mitundu yina imene imafunika kuti iyambe yakula, ku nazale pofuna kutetezedwa idakali yaing'ono.

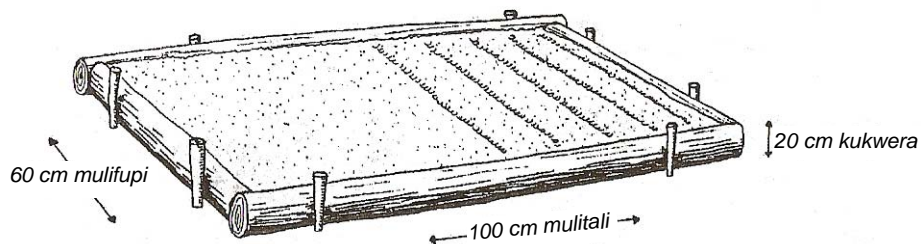
Njira ziwiri zitha kutsatidwa:

- Kugwiritsa ntchito machubu: Alimi ambiri amagwiritsa ntchito machubu komano zimafuna ndalama zochuruka.



Ngati m'limi sangafikire machubuwa, zitini zopanda kanthu kapena timatumba ta pulasitiki tikha kugwiritsidwa ntchito.

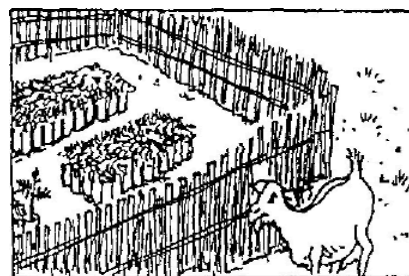
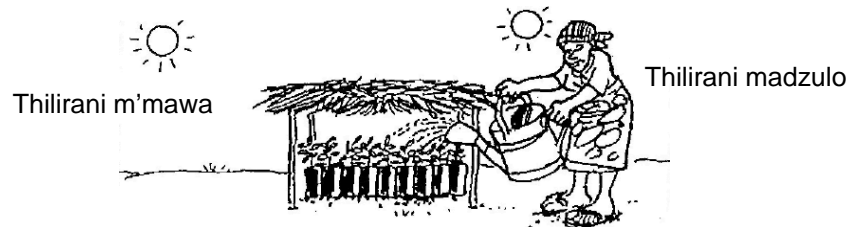
- Kugwiritsa ntchito mabedi: Iyi ndi njira yabwino ndi yosavuta chifukwa sifuna machubu kapena zitini.



1. Lambulani ndi kusaladza pa malo
2. Konzani malo okula 60cm mulifupi, 100cm mulitali ndi 20cm kukwera kwache, pogwiritsa ntchito mitengo, udzu kapena njera.
3. Dzadzani dothi lotsakaniza bwino m'bedi lomwe mwakonzali.

Kusamalira nazale

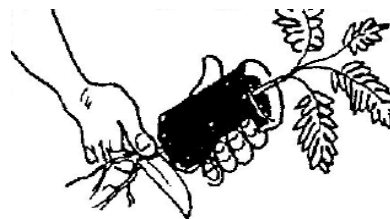
Thilirani mbande m'mawa ndi madzulo uli wonse mosadukiza kwa masabata anai. Musathilire dzuwa liru pa liwombo!



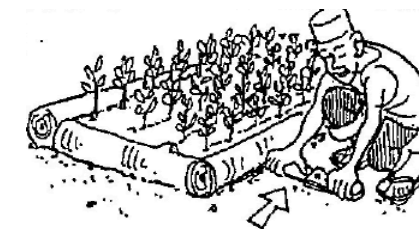
Mangani mpanda kuzungulira nazale pofuna kuteteza mbande ku mphepo, ziweto ndi mbava.



Pangani madomola ndi kuthirira pang'onopang'ono kuti mbande zisaonongeke.

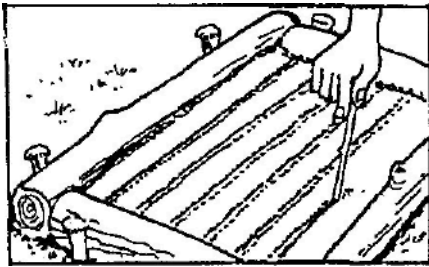


Thenani mizu ndi chizola kapena mpeni pamene mbande zakula kufanana ndi chikhato cha dzanja lanu ndi pamene mizu yayamba kulowa pansu.

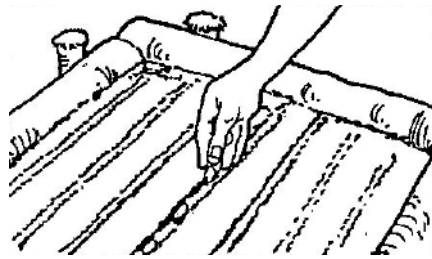


Ngati mbande ziri pa bedi lokwera, thenani mizu ndi chitsenga kapena waya poziyendetsa kungsi kwa bedi mukhangota kuthilira.

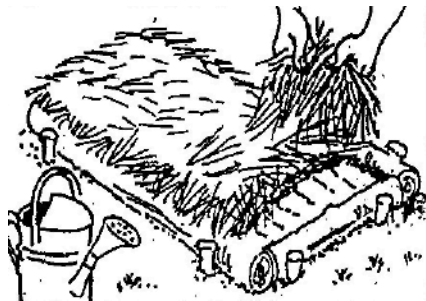
- M'mabedi :



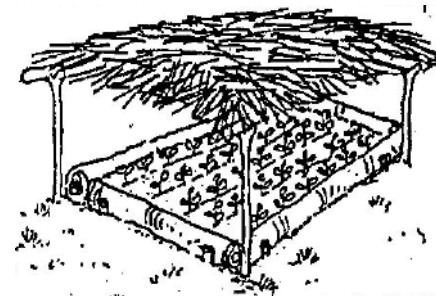
1. Jambulani mizera yotalikirana mainchi anai kapena kutambalala kwa chikhato cha dzanja lanu.



2. Fetsani njere pa mpata wa mainchi asanu kufika pa njere ina.



3. Phimbirani bedi ndi udzu wouma kapena mapesi a chimanga ndipo thirirani.



4. Chotsani udzu pamene mbeu zamera ndi kupanga mthunzi wokwera kuti mbande zikule bwino.

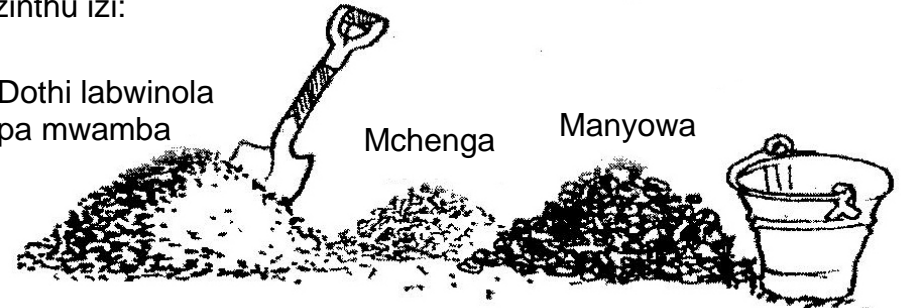
Kutsakaniza dothi la bwino lothira m'machubu ndi m'mabedi a mbeu

Pofuna kuzikonzera dothi labwino la nazale, pafunika zinthu izi:

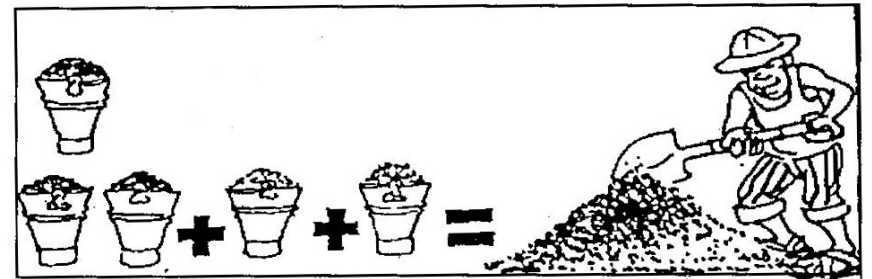
Dothi labwinola pa mwamba

Mchenga

Manyowa



Sakanizani ndowa zitatu za dothi, ndowa imodzi ya mchenga ndi ndowa imodzi ya manyowa.



Thirani dothi mwasakanizalo m'machubu ndi pa bedi ndipo muzitsendera pang'onopang'ono.



Yambani kuthira madzi pang'ono musafetse njere.

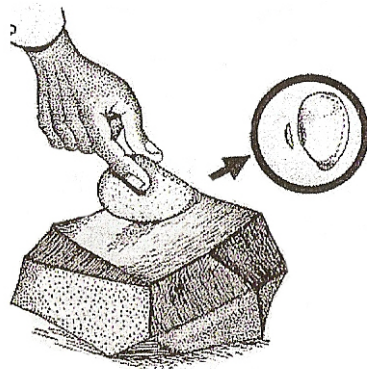


Kumbukirani: Ngati mugwiritsa ntchito zitini kapena timatumba ta pulasitiki, muke tizibowu kungsi kwawo kuti madzi azitulukiramo.

Zoyenera kuchita nusanafetse njere

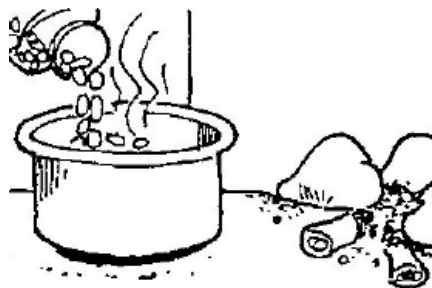
Njere zina zimafuna chisamaliro chapadera zisanafetsedwe pofuna kuti zimera mosavuta.

Njere zomwe ziri ndi chikopa cholimba, zikutidwe pa mwala mbali imodzi mosamala. Ndipo onetsetsani kuti nusakute mbali yotulukira mizu.



Njere zina zimafuna kunyikidwa m'madzi.

- Njere za chikopa chofewa monga Nimu, girisidia, jerejere zitha kunyikidwa m'madzi odzidzira kwa theka la tsiku kapena tsiku lonse.



- Njere zina monga lukina, ntangatanga, ndi mthethe zitha kunyikidwa, m'madzi otentha kwa tsiku limodzi.

Zambiri zoyenera kuchita tisanafetse ntundu uli womse wa njere, zalembedwa kotsiridzira kwa bukhuli.

M'mene tingafetsere njere

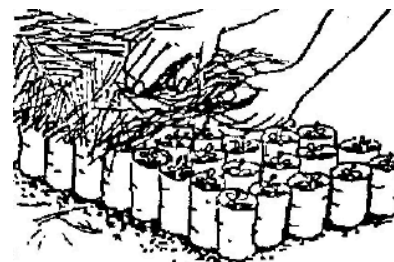
Fetsani njere m'machubu, pa bedi kapena m'munda nsangansanga pamene mwatsiriza kuzikonza.

M'machubu:



1. Fetsani njere m'machubu kapena nzitini.

2. Kwirizani njere ndi dothi.



3. Onetsetsani kuti mwaika mthunzi mbali yomwe mwafetsa njere zanu.

4. Chepetsani mthunzi pang'onopang'ono pamene njere zamera.