



## **Deegaanka ka iibso, oo cun cunto daray ah!**

### **WAXYAABAHA LA OGGOL YAHAY**

- Miraha darayga ah
- Khudaarta darayga ah
- Waxyaabaha cuntada lagu daro oo daray ah oo hada la soo jaray/gooyay

### **WAXYAABAHA LA OGGOLAYN**

- Cuntooyinka la farsameeyay (oo ay ku jiraan malmalaado, malab, miro qalalan, caano, ama noocyada looska)
- Dhirta nool
- Hilib, kalluun ama ukun
- Waxyaabaha aan cuntada ahayn

Jeegagaaga u isticmaal suuqyada iyo meelaha lagu gado cuntada beeraha muddo aan ka dambeyn Noofambar 30!

## **Sida loo isticmaalo jeegagaaga**

- 1 Jeegagaaga u qaado suuqa beeraleyda ama meelaha lagu gado cuntada beeraha oo kasta oo ka qayb qaadanaya barnaamijka. Si aad u hesho goob, booqo [myoregonfarm.org](http://myoregonfarm.org)
- 2 Raadi calaamadaha ku yaala miisaska beeraha oo dhahaya Jeegaga Barnaamijka Nafaqada Tooska ah ee Beeraha Oregon Ku soo Dhawaada Halkan “Oregon Farm Direct Nutrition Program Checks Welcome Here” ama shaqaalaha beeraha weydiiso caawimaad.

③ Dooro miraha darayga ah degaanka ka baxa, khudaarta, iyo waxyaabaha cuntada lagu daro oo daray ah oo hada la soo jaray/gooyay ‘cut herbs’ ee aad rabto in aad gadato. Wax soo saarka dabiiciga ah waala oggol yahay!

④ Qofka beeraleyda ah sii lacagta khudrada/miraha darayga ah adiga oo isticmaalaya jeegagaaga.

## Xusuusnow

- Kaliya dooro khudrada/miraha degaanka ka baxa (ma aha moos/muus, liinta ‘orange’, liinta nooca ‘lemons’, cananaaska, iwm.).
- Waxaad jeegagaaga isticmaali kartaa hal waqti, ama dhammaantoodba hal mar. Marka la leehay hal qof oo beeraley ah ama ka badan!
- Qorsheyso wax gadashadaada maadaama aadan heli doonin wax qadaadiic/sarif ah.
- Ka soo dukaameyso suuqyadaada degaanka ama meelaha lagu gado cuntada beeraha ee loogu talagalay xilliga lagu jiro.
- Meel ammaan ah dhigo jeegagaaga Farm Direct. Jeegaga la lumiyo ama la xado lama beddeli karo.

## Waa maxay xilliga lagu jiro bishani?

MIRAHA						
	Juune	Luulyo	Ogoosto	Sibtambar	Oktoobar	Noofambar
Tufaaxa		✓	✓	✓	✓	✓
Blackberries	✓	✓	✓			
Blueberries		✓	✓	✓		
Cherries	✓	✓				
Noocyada qaraha			✓	✓	✓	
Peaches			✓	✓	✓	

	Juune	Luulyo	Ogoosto	Sibtambar	Oktoobar	Noofambar
Pears		✓	✓	✓	✓	✓
Red Raspberries	✓	✓	✓			
Rhubarb	✓					
Strawberries	✓	✓				
<b>KHUDAARTA</b>						
	Juune	Luulyo	Ogoosto	Sibtambar	Oktoobar	Noofambar
Broccoli				✓	✓	✓
Karootada, Parsnips			✓	✓	✓	✓
Cauliflower	✓	✓	✓	✓	✓	✓
Galleyda			✓	✓	✓	
Qajaarka			✓	✓	✓	
Elephant Garlic		✓	✓	✓	✓	✓
Digirta Cagaaran		✓	✓	✓		
Mushrooms		✓	✓	✓	✓	✓
Basasha			✓	✓	✓	✓
Baradhada			✓	✓	✓	✓
Salad Greens	✓	✓	✓	✓	✓	
Squash, Bocorta 'Pumpkins'		✓	✓	✓	✓	✓
Turnips, Rutabagas			✓	✓	✓	✓

\*Helitaanka la helayaa wuu kala duwanaan kartaa goob ahaan

