

Waraaqda Xaqiiqooyinka Xeerka Cuntada #11

Waxa loo baahan yahay in aad ka ogaato Xeerka

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CUTUBKA 1-201.10(B)

Qeexitaan “Cuntooyinka Khatarta Keeni kara (Xakamaynta wakhtiga/ heerkulka badqabka cuntada)” micnaheedu waa cunto u baahan xakamayn wakhti/ heerkul badqabka dartiis (TCS) si loo yareeyo koritaanka jeermisyada il-ma-aragtada ah ama sa-maysanka sunta.

SABABAHA LA XIRIIRA CAAFIMAADKA BULSHADA:

Laamaha cagaaran ee jarjaran waxaa loo aqoonsaday cunto khatar keeni karta (TCS) sababtoo ah waxay keenaan jawi si fudud u taageeraya koritaanka jeermisyada marka lagu hayo xakamayn la'aan dhanka heerkulka ah kaddib marka dareeraha gudaha iyo nafaqada ay banaanka keento jarista laantu. Jarita ama googoyntu waxay wax ka badashaa dabecadaha jirka (sida, waxyeelada soo gaaraya xanjada oogada sare) iyo hanaanada kiimikada nool ee caleenta waxayna fursado siinaysaa in nudeyaasha ay soo wareeraraan nooleyaal il-ma-aragto ah. Ku wasakhawga caleemaha cagaaran jeermisyo waxay ka dhici kartaa bannaanka, goobaha wax lagu qaboojiyo, guryaha wax lagu baakadeeyo, diyaariyayaasha, gawaarida wax lagu qaado ama goobaha cuntada. Ayada oo aan loo eegayn halka ama sida wasakhawgu ku dhacayo, qaboojin wanaagsan oo ka jirta goobaha cuntada ayaa kahortagi doonta koritaanka jeermisyada kuwaas oo laga yaabo in ay kujiraan caleemaha cagaaran ee jarjaran.

Caleemaha Cagaaran ee Jarjaran

Sanadihii danbe waxaa jiray cudurada cuntada ka dhasha oo dilaacay iyo dib u celin wax soosaarada ah oo la xiriira caleemaha cagaaran ee jarjaran ee ku wasakhoobay jeermisyada.

Shuruucda Fayadhowrka Cuntada Oregon waxay caleemaha cagaaran ee jarjaran u qoondaysay in ay yihiin cunto khatar keenaysa taasoo ay tahay in lagu ilaaliyo heerkul gaaraya 41°F (5°C) ama ka yar. “Caleemaha cagaaran ee jarjaran” micnaheedu waa caleemaha cagaaran ee hadda soo baxay kuwaas oo caleemahooda la jarjaray, la cardiiqay, la jeexjeexay, la googoyay, ama googo'an.

Tusaalaha caleemaha cagaaran:

- dhammaan noocyada ansalaatada (iceberg, romaine, butter, leaf, iyo baby leaf)
- escarole
- endive
- spring mix
- isbiinaj
- kaabashka
- bagal
- arugula
- chard

Arintaani waxay khusaysaa caleemaha cagaaran ee la jarjaro ee ganacsi ahaanta loo diyaariyo, sida saladka la diyariyay ee isbiinashka ku qasan, iyo caleemaha cagaaran ee lagu jarjaray “gudaha” goobta cuntada.

Kuma jirto madaxa ansalaatada ama badeecooyinka kale ee beeraha ee cayriinka ah, ‘jarjaridda’ na kuma jirto jaridda iyo ka goynta caleemaha dibadda ah, taasoo ah dhaqan caadi u ah soo bandhigista deegaanada adeegyada cuntada tafaariiqda ah, sida bakhaarada cuntada.

Haddii caleemaha cagaaran lagu jarjaro gudaha goobta, waxyaabaha kasoo baxa jarjaridda waa in la daadiyaa haddii aan lagu iibin ama lagu qaybin 7 maalmood gudahood.

Saladka isku qasan ee ganacsi ahaanta loogu diyaariyo bacaha ama weelasha waa in la daadiyo kaddib marka la furo haddii aan la iibin ama lagu qaybin 7 maalmood gudahood.



Caleemaha cagaaran ee jarjaran kuma jiraan geedaha yaryar, sida cilantro ama parsley

Si loo xaqiijiyo ku haynta caleemaha cagaaran ee jarjaran meel qabow oo munaasab ah, ku cabir heerkulka wax soosaarka heerkulbeegga cuntada ee dhuuban adiga oo caaradda hore galinaya qaybta jiridda balaaran ah ee caleenta. Bacaha wax soo saarada ee seejalan, heerkulbeegga dhexgali wax soosaarka bacda kujira ama bacda si adag ugu duub heerkulbeegga si aad u xaqiijiso taabasho ku filan oo uu la sameeyo wax soosaarka.