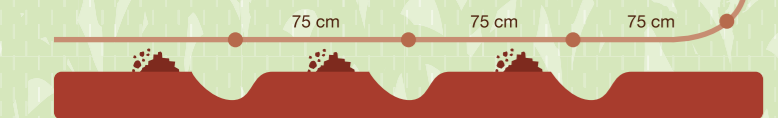


TATAISO EA TEMO E BABALLANG MOBU LE MONGOBO

MOHATO OA PELE: Ho etsa moralo oa ho jala

- Sebaka lipakeng tsa likotjana se fapana ho latela mefuta ea lijalo.
- Likotjana li aroloa ka linoko tse 75 ka har'a mola ha ho jaloa poone.
- Mela le eona e aroloa ka linoko tse 75.
- Libaka tse nang le bothata ba komello, linoko e ba tse 90 lipakeng tsa mela le lijalo.
- Mokhoa oa ho rala likotjana ke ho sebelisa khoele. Mafito a fasa linoko tse 75 ele ho tsoaea moo sekotjana se chekoang teng.
- Sebelisa khoele e tsoauoeng hantle ka mafito ho rala mehato lipakeng tsa likotjana ka har'a mola.
- Sebelisa thupa ea bolelele ba linoko tse 75 lipakeng tsa mela.



Lokisa thepa eohle ea litekanyo tsa ho arola likotjana le mela e sa le pele



Ha u sebelisa polantere ea likhomo le ea terekere, arola mela ka mokhoa o tloaelehileng: poone le mabele (etsa linoko tse 90), linaoa (linoko tse 60).

MOHATO OA BOBELI: Likotjana li lokisoa ka Phupu ho isa Loetse



Litekanyo tsa sekotjana; bolelele: linoko tse 15, bophara: linoko tse 8, botebo: linoko tse 10. Empa ha u jala ka moiteli kapa mosuoela, likotjana li ka tsebisoa hanyenyane ho isa linokong tse 15.

MOHATO OA BORARO: Monontša le/kapa moiteli li tšeloa ka Loetse ho isa Pulungoana



Monontša o ka tšeloa ka seatla ka sekotjaneng 'me oa koahela ka mobu.

Litekanyo tsa monontša: Tšela bonyane sekoaeloana sa botlolo ea coca cola ho isa ho tse 3 tsa 3:2:1 (25) / 6:2:1 (31) pooneng, 2:3:2 (22) ha e le linaoa sekotjaneng ka seng.

Moiteli: Tšela seatla kapa tse peli ka sekotjing 'me o koahela ka mobu.



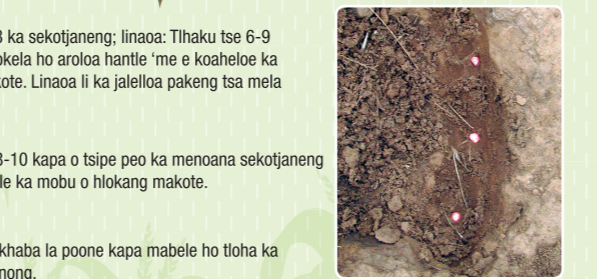
MOHATO OA BONE: Ho joaloa ka khoeli ea Loetse ho isa Pulungoana



Poone /linaoa:
Poone: tlhaku tse 2-3 ka sekotjaneng; linaoa: Tlhaku tse 6-9 sekotjaneng; peo e lokela ho aroloa hantle 'me e koaheloe ka mobu o se nang makote. Linaoa li ka jalelloa pakeng tsa mela ea poone.

Mabele:
Mabele: Tlhaku tse 8-10 kapa o tsipe peo ka menoana sekotjaneng ka seng 'me o koahela ka mobu o hloakang makote.

Koro ea Mariha:
Koro e fokoa har'a lekhaba la poone kapa mabele ho tloha ka 'Mesa ho isa Motšeanong.



MOHATO OA BOHLANO: Nako ea ho hlaola le ho arola ke khoeli ea Mphalane ho isa Hlakola



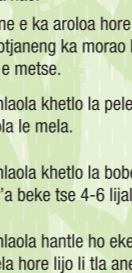
Ho hlaola ka nako ke ntho ea bohlokoa haholo 'me e lokela ho phetsoa khafetsa ha ho hloka hahala. Ke 'nete hore ho hlaola ke mosebetsi o thata. Le ha ho le joalo ho se hlaole hantle ho tsoana hantle le ho fana ka karolo ea mashome a mahlongo lekholong ea chai ea hao.

Poone e ka aroloa hore ho sale tse peli sekotjaneng ka morao ho beke tse 2-3 e metse.

Ho hlaola khetlo la pele: Hlaola hang ha lehola le mela.

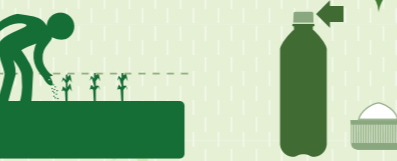
Ho hlaola khetlo la bobeli: Hlaola hape ka mor'a beke tse 4-6 lijalo li metse.

Ho hlaola hantle ho eketsa chai 'me ho bolela hore lijo li tlaanela letlapa la hau.



Ho khotlaetsoa ka matla ho boloka tšimo e hloekile ho se lehola.

MOHATO OA BOTŠELELA: Monontša tlatsetso o tšeloa ka Pherekhong ho isa Hlakola lijalong tse poone le mabele



Monontša oa "LAN kapa Urea" o fapatsa ka holimo ha poone kapa mabele ha a le bophahomo ba lengole. Linaoa ha li hloke tlatsetso ena ea LAN.



Khotlaetso ke hore ho tšeloe monontša tlatsetso ka sekotjaneng ka seng ho sebelisoa sekoaeloana se le seng ho isa ho tse peli tsa litre ea coke.

MOHATO OA BOSUPA: Lijalo tse apesang mobu li jaloa ka Hlakola ho isa Motšeanong



Mefuta ea lijalo tse khotlaetsoang ho koela mobu ke grazing vetch, habore le koro:
Mona ho ka jaloa motsaoko oa "grazing vetch", habore kapa koro: Foka motsaoko oa habore le vetch ka Hlakola ho isa ho Hlakubele; Koro e jaloa ka tsela e tsoanang feela ka 'Mesa ho isa Motšeanong ha poone e se e behile.

Ho ntlatfatsa mobu le thahiso: Lijalo li lata matsoai botebong bo fapaneng ho latela mefuta ea tsona. Hape lijalo tse kang linaoa le lierekisi li tseba ho nka matsoai a itseng moeeng 'me li a kenye mobung molemong oa lijalo tse kang poone ha li hlahlana, hobane poone ha e khone ho iphumanela matsoai a joalo.

MOHATO OA BOROBELI: Kotulo e qala ka 'Mesa ho isa Phupu



Chakatsa e ea heloa ho etsa furu ea liphoofole.

Ha poone e se e kotutsoe siea mohoang masimong; 'me o se fuliso.

Hela mohoang 'me o ale lithaka tšimong lipakeng tsa mela.



LIPHOOFOLE TEMONG E BABALLANG MOBU:

Liphoofole ha li lumeloe ho fula mohoang masimong a temo e baballang mobu le mongobo. Ho phunya mohoang ho kata mobu masimong e leng ntho e seng molemong oa lijalo. Ho lekangoa hore karolo ea mashome a mararo ho isa ho a mahlango lekholong ea lithaka e ka sebelisoa ho fepa liphoofole.



Sethusa-thuto sena se entsoe ka khotlaetso ea FAO Lesotho le Lekala la Temo le Kanetso ea Lijo la 'Muso oa Lesotho ka tšehetso ea lichelete ea European Commission Humanitarian Aid and Civil Protection Directorate le OFDA ka selemo sa 2012. Sethusa-thuto sena se tšehetsoe ke National Conservation Agriculture Task Force (NCATF) 'me ha se lokele ho rekisoa, empa se ka atisoa le ho fana ntle ho tefiso ea letho lebitsong la FAO. Liphetho tse ka etsoang sethusa-thutong sena, li lokela ho fumana tumello le thlonolofatso ea FAO le NCATF.

Litho tsa NCATF ke tse latelang: Apostolic Faith Mission, CARE Lesotho, Catholic Relief Services (CRS), FAO – Food and Agriculture Organization, Growing Nations, Lesotho Agricultural College, Lesotho College of Education, Lesotho Red Cross Society, Ministry of Agriculture and Food Security, Ministry of Forestry and Land Reclamation, National University of Lesotho (NUL), Rehobotho Church, Rural Self Help Development Association (RSDA), Seeds and Markets Project (SAMP), World Food Programme, World Vision Lesotho.

Lithoantšo: Jaap Knott, Barry Mann, Makoala Marake



TEMO E BABALLANG MOBU LE MONGOBO:

KANETSO EA LIJO LESOTHO TLAS'A BOEMO BO FETOHANG BA LEHOLIMO



TEMO E BABALLANG MOBU LE MONGOBO:

KANETSO EA LIJO LESOTHO TLAS'A BOEMO BO FETOHANG BA LEHOLIMO

Ho fetola maoa temong ele ho ikamahanya le boemo bo fetohang ba leholimo

Temo ea moshoelella e bolela tlhahiso e ntle ea lijo kajeno re sa sekisetse meloko e tlang. Ha re sa tšireletse le ho baballa lihloiloeng nakong tsa rona, re thatafaletsa bana ba rona bophelo 'me litloholoana li tla tšoele mabilla a rona ka mathe.

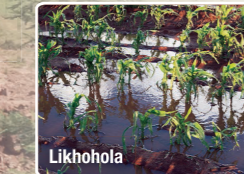
Ke tšoanelo ea rona ho sireletsa tikoloho le lihloiloeng tseo re phelang ka tsona! Re tlameha ho sireletsa malapa a rona! Ke 'nete hore temo ena e tloaelehileng ea ho phethola lekote, e bile le melemo e mengata empa mathata a tšisoang ke eona nakong ena a bosula! Temo e baballang mobu e fana ka monyetla o moholo oa ho loants'a boemo bona bo feto-fetohang ba leholimo.

Ke hobaneng re lokelang ho folofela leraha tabeng e ea boikamahanyo le boemo bo fetohang ba leholimo?

- » Ho itokisetsa boemo bo sa tloaelehileng ba lipula tseo re sitoang ho li lepa, le ho na ka ho khetha libaka.
- » Re tlamehile maoto le matsoho ho fokotsa sekahla seo temo ea rona e folotsang ka sona.
- » Ho atlehisa kanetso ea lijo.
- » Ho fokotsa bofuma.



Komello



Likhohola



Khoholeho ea mobu



Tsenyo ea lebabo

Mathata a tšisoang ke pheto-phetoho ea boemo ba leholimo

Ha ho sa le bonolo ho lepa boemo ba leholimo hantle ka lebaka la hore mengo-aha e fetohile 'me ha e sa tšoane le ngoahola.

Mocheso le serame li tlotse meeli e tloaelehileng.

Boemo ba komello bo mpefetsa.

Ho ateloa ke likhohola.

Lipula tsa pele lia lieha.

Lebabo le harasoanya thaiso.

Re fetola maoa joang boemong boo ba pheto-phetoho ea leholimo?

Temo e baballang mobu le mongobo joaloka likotjana / ngoapa-u-jale.

Pokello ea metsi le noesetso ka marotholi / noesetso ea rothe-rothe.

Ho eketsa mefuta ea lijalo temong.

Temo ea majareteng joaloka mantloane.

Ho ithahanela temong e le ho khahlametsa mongobo oa lipula tsa pele.

Temo e baballang mobu le mongobo tlas'a boemo bo fetohang ba leholimo

Likotjana kapa ngoapa-u-jale ke lea le lecha boemong bo fetohang ba leholimo, 'me e bobebe ho batho bohle.

1 Ho se phethole lekote.

2 Ho boloka mobu o apere ka linako tsohle: phate ea lithaka kapa lijalo.

3 Tlhahamisano ea lijalo kapa thakantšutšu.

Ha re ka fetola mekhoha ea rona ea ho lema; chai le boleng ba tlhahiso li tla phahama 'me mobu o tla ntlatfala.

Temo e tloaelehileng ea ho phethola mobu

Temo e tloaelehileng, e re baketse khoholeho e phahameng ea mobu, ho nyotobela hoa chai le bofuma

Boemo bo hloabaesang ba kanetso ea lijo

Temo e baballang mobu le mongobo

Temo ea likotjana ka matsoho

Tšebeliso ea mechine: polantere tsa ngoapa-u-jale ka lipholo kapa terekere

Kanetso ea lijo

E ntlafatsa mobu le tlhahiso ka litšenyehelo tse tšase

LITŠIEA TSE 3 TSA TEMO E BABALLANG MOBU LE MONGOBO

1 Tšiea ea pele: Ho se phethole lekote

Mokhoa o na o sebelisa likotjana kapa polantere ea ngoapa-u-jale lehlareng le sa phetholoang. Temo ena e ka etsoa ka mefuta e mengata ea lijo thollo le meroho.

Temo ena e ka etsoa ka matsoho (likotjana) kapa ka polantere ea likhomo le ea terekere.

Melemo ea temo e sa phetholeng mobu

E thibela khoholeho ea mobu ka metsi le moea.

E fokotsa litšenyehelo: mafura, nako le mosebetsi.

E ntlafatsa mosuoela mabung.

E ntlafatsa sekahla seo metsi a pula a ngobelang ka sona mabung, 'me e boloka mongobo.

E ntlafatsa chai ka tšebeliso ea monontša kapa manyolo a fokolang. Khabareng le thokahalo ea monontša e ea fokotseha.

Temo ea likotjana

Tšebeliso ea mechini ho etsa temo e baballang mobu le mongobo

10kg → **5kg**

2 Tšiea ea bobeli: Ho apesa mobu nako tsohle ka mohoang kapa lijalo

Mohoang ke mahlaka kapa matlakala a lijalo tse kotutsoeng 'me li aloa ho apesa mobu. Ho na le mefuta ea lijalo e lengoang molemong oa ho sireletsa mobu. Kobo ena e sireletsa mobu marotholing a pula kapa moea. Hape kobo e thusa ho boloka mongobo ka ha mobu ha o omelle. Ntho engoe hape, kobo ena e bipetsa lehola.

Melemo ea ho apesa mobu ka mohoang, matlakala le lijalo

Ho thibela khoholeho ea mobu ka metsi kapa moea.

Ho bipetsa lehola le pele le mela.

Ho khutlisetsa mabung matsoai a jeloeng ke lijalo.

Ho ntlafatsa mosuoela mabung.

Mohoang kapa matlakala

Lijalo tse apesang mobu: grazing vetch

3 Tšiea ea boraro: Tlhahlamiso ea lijalo kapa thakantšutšu

Tlhahlamiso ea lijalo e bolela ho lema lijalo tsa mefuta e fapakaneng ka ho latellana tšimong, mohlala, ho lema poone/mabele ka morao ho lierekisi tsa mariha kapa ho lema koro ka morao ho linaoa.

Melemo ea tlhahlamiso ea lijalo kapa thakantšutšu

Ho ntlafatsa tšebeliso ea mongobo: Ho ntlafatsa tšebeliso ea mongobo kaha metso ea lijalo ka ho fapakana e fihla botebong bo sa tšoaneng.

Toantšo ea mafu le likokoanyana: Ho fokotsa mafu le likokoanyana hobane lijalo ka ho fapana li na le mafu le likokoanyana tse sa tšoaneng.

Ho ntlafatsa mobu le tlhahiso: Lijalo li fapana ka botebo ba metso e leng moo matsoai a tsoang teng. Tlhahlamiso ea lijalo e thusa hore tšebeliso ea matsoai e etsahale botebong bohle ba mobu. Hape lijalo tse kang linaoa li na le mokhoa oa ho kenya letsoai la nitrogen mabung molemong oa lijalo tse kang poone ha li hlahlamana.

Temo ea thakantšutšu