

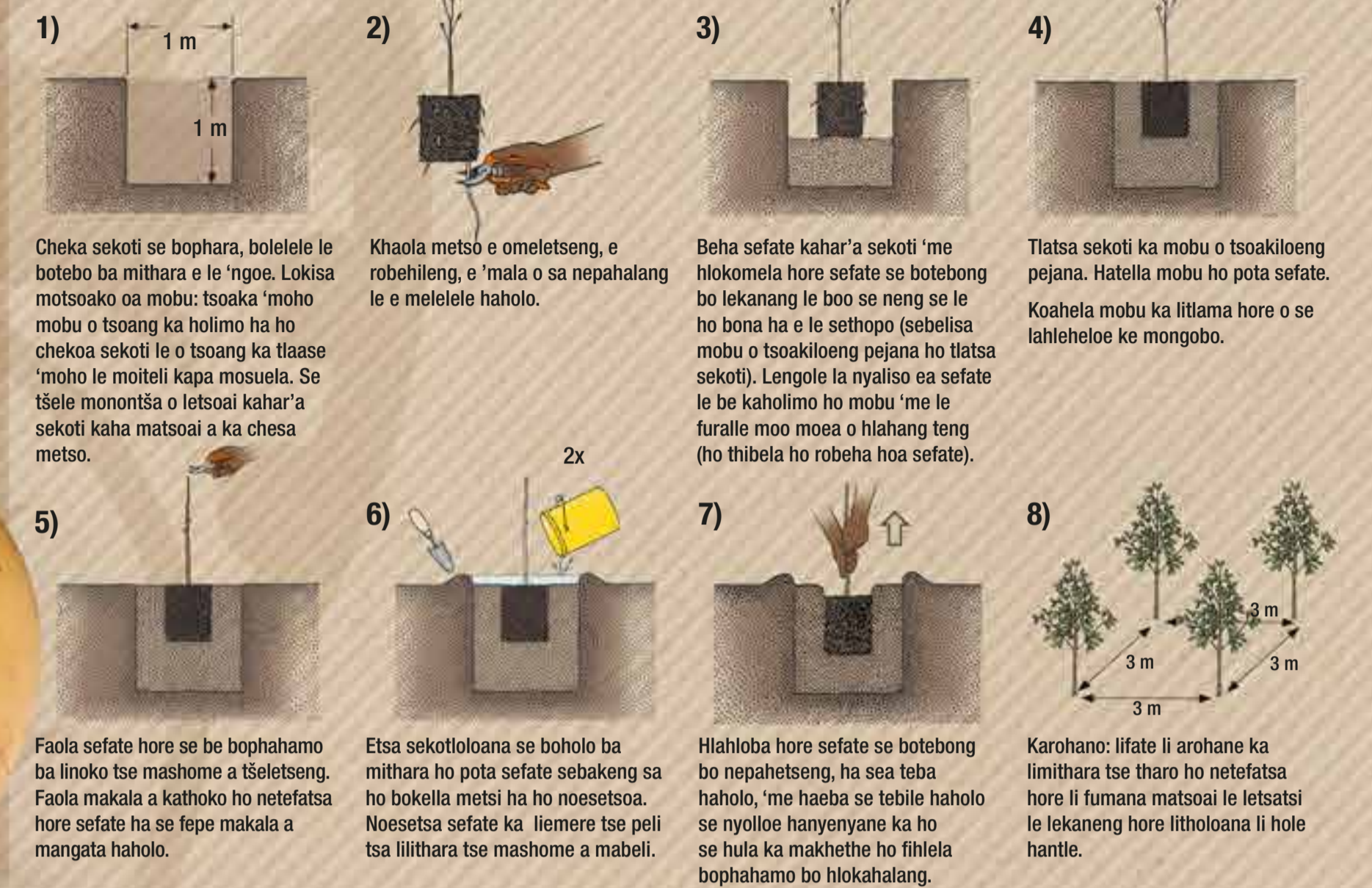
LINAKO TSA HO LEMA LIJALO

Mefuta e fapaneng ea lijalo e lengoa ka linako tse fapaneng libakeng tse fapaneng tsa Lesotho. Kotulo e ka pahama ha lihoai li nepa linako tsa ho jala. Hlokomela hore pheto-phetoho ea boemo ba leholimo hangata e liehisa ho jaloa hoa meroho e meng, kahoo ho khohalletsoa ho jaloa ha mefuta e nkang nako e khutšoanyane ho butsoa.

Ho lema mefuta e fapaneng ea meroho ka linako tse loketseng tsa selemo le ho lema lifate ka nepo ho pharalatsa mefuta ea lijo e ka fumanehang bakeng sa malapa.

TEMO LE TLHOKOMELO EA LIFATE TSA LITHOLOANA

Temo ea lifate tsa litholoana:



Lifate tsa litholoana le merara li ka lengoa maraha nakong eo li robetseng (nako e lipakeng tsa ha makhasi a oa ka hoetla le ha mahlo a lifate a qala ho hola nakong ea selemo). Ho lema lifate lehlaba ha ho khohalletsoe kaha ho hloka hahle metsi a mangata ho boloka sefate se phetse hantle.

Noesetso le ho fepa lifate tsa litholoana

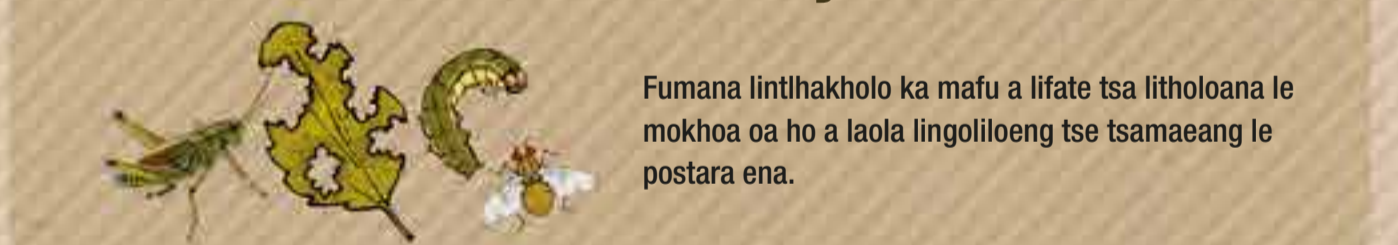


Bakeng sa lifate tse nyenyane tse metsi e menyanyane ho ka sebelisoa liemere tse peli tsa li-lithara tse mashome a mabeli sefate ka seng kamor'a libeke tse peli ho isa ho tse tharo. Lifate li ka tšelloa monontš'a nakong eohle ea lehlaba.

Bakeng sa lifate tse seng li beha litholoana (ho feta lilemo tse tharo) ho ka noesetsoa haholo nakong eo li thuntseng le nakong eo lipekekisi li butsoang. Ho ka noesetsoa ka liemere tse tharo tsa lithara tse mashome a mabeli sefatefeng libeke tse ling le tse ling tse peli. Ho ka tšelloa monontš'a ha selemo se thoasa le kamor'a kotulo.

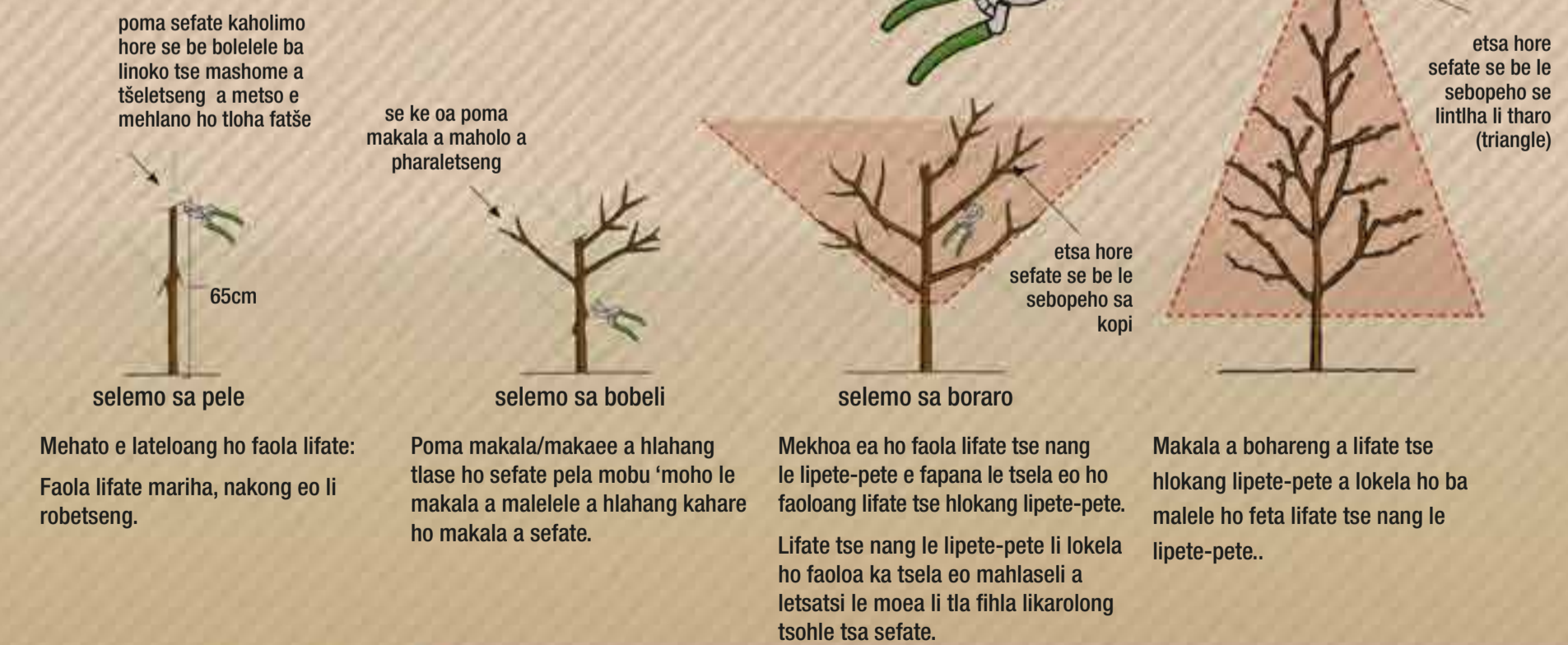
Ho ka noesetsoa metso ea lifate ka kotoloho: phunya masoba a manyenyane a mane katlaase ho botlolo; tsetela botlolo mabung pela sefate ho fihlela botleong ba linako tse hano ho isa ho tse leshe mo metso e mehlano. Tšela metsi ka hloka hahle.

Taolo ea mafu le likokoanyana



Fumana lintihakholo ka mafu a lifate tsa litholoana le mokhoa oa ho a laola lingoliloeng tse tsamaang le postara ena.

Ho faola lifate tsa litholoana:



LEMA LIJALO TSE FAPANENG

HO EKETSA MEFUTA EA LIJALO E FUMANEHANG SERAPENG

MATŠOAO:

Meroho e behang ka mekotlana



Meroho e behang ka mabung



Meroho e mahaba



Meroho e behang litholoana



Tse behang mabung



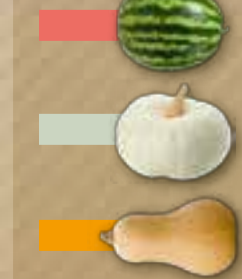
Lelapa la kh'abeche



Tse behang ka mabung



Mokopu



Lihlopha tse fapaneng tsa meroho:

Meroho e mahaba	Meroho e behang ka mekotlana	Lelapa la kh'abeche	Meroho e behang ka mabung	Tse behang ka mabung	Meroho e behang litholoana	Mokopu	Tse behang mabung
Sepinichi, selae, rapa e putsosa, rapa, jj.	Linaoa, lierekisi, jj.	kh'abeche, jj.	Lihote, bête, rapa e putsosa, jj.	Hanyanese, konofolo, jj.	Pepera, tamati, chillisi, jj.	mokopu, jj.	Litapole, jj.

LINAKO TSA HO JALA MABALANE

LINAKO TSA HO JALA MESIKONG EA LITHABA

LINAKO TSA HO JALA KHOHLONG EA NOKA EA SENQU

LINAKO TSA HO JALA KA LITHABENG

linaoa, lierekisi, lihoete, bête, selae, sepinihi, pepere, tamati, brinjali, litapole, lipatata, kh'abeche, cauliflower, broccoli, hanyanese, konofolo, lehapu, mokopu

PHIBEK-HONG, HLAOKLA, TLHA-KUBELE, 'MESA, MOTSEA-NONG, PHUPT-JANE, PHUPU, PHATO, LOETSE, MPAHALANE, PELIMOHANA, TŠITOE



Lingoliloeng tse na li hahisotse ka kopano 'me tsa ananelo/linako ke sehlopha sa Tšebetsa sa Temo ea Lirapa le Pheto e Nephaheteng (HONWQ) Lesotho 'me li ka atsoa ntle ho tšela le litoa hahle li sa rekisoa, empa ho tshehetsa hore ka moabetsi oa MAFS, FAO le HONWQ. Lihlopha tsa meabetsi ona li tšebetse ho lumella ke FAO le Lekala la Temo (MAFS). Litho tsa sehlopha sa Tšebetsa sa Temo ea Lirapa le Pheto e Nephaheteng ke tse latelang: Action Aid, Apostolic Faith Mission, CARE Lesotho, Caritas, Catholic Relief Services (CRS), Food and Agriculture Organization (FAO), Food and Nutrition Coordination Office (FNCO), Growing Nations, Lesotho Agricultural College, Lesotho College of Education, Lesotho Council of NGOs (LCON), Lesotho Red Cross Society, Machobane Foundation, Ministry of Agriculture and Food Security, Ministry of Forestry and Land Reclamation, National University of Lesotho (NUL), Rebothe Church, Rural Self Help Development Association (RSDA), Send a Cow Lesotho, UNICEF, World Food Programme, World Vision Lesotho. Litebho tse khetheleng ho Catholic Relief Services (CRS) ka tsa tsa eona ho hlophisoang ho temo ea serapa sa lentsoe le UNICEF ka tšatsetso litabeng tsa phepo e nepaheteng.

