

KA REP KYRPONG ÌNG



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Ka rep kyrpong ing ka dei kawei na ki rukom rep ha kaba ngi lah ban thung bun jait ki jhur kiba pher ba pher ha kyrpong ing ha i jaka i ba rit da ka jingthmu ban bsa ia ka ing baroh shisnem lynter. Kane ka rukom rep ka lah ruh ban kyntiew ia ka koit ka khiah da kaba ngi lah ban ioh ia bun jait ki vitamins bad minerals kiba ka met u briew ka dawa bad ban pyndap pynbiang ia ka jing donkam ka met.

Balei Ngi Donkam Ia Ka Rep Kyrpong?

Phi la ju ioh sngew ne em ia ka jing ong “ Kaba thiah kloï bad kaba khie step kan pynlong ia u briew uba koit ba khiah ba riewspah bad ba stad”.Hynrei, Ia kane ka juh ka jing ong nga lah ban ong ha phi ba lada phi pyrshang ban rep kyrpong iing kane ruh kan pynlong ia phi kiba koit ba khiah ba riewspah bad kiba stad.

Kumno ka rep kyrpong iing kan pynlong ia phi ki ba koit ba khiah ?

Ka rep kyrpong iing kan lah ban pynlong ia ngi kiba koit ba khiah namar:

- Ngi lah ban ioh ring mynsiem da ka lyer khuid .
- Ngi ioh ruh ka jaka ban kyllan met da ka ba tih bad puh bad ioh ban iaïd kai step ban khmih ban peit ia ka kper.
- Ngi ioh ruh ki jhur kiba im bad kiba don shibun ki vitamins bad mineral kiba iarap ban ia leh ia ki jingpang bad kiba tei ia ka met.

Kumno kan kyntiew ia ka ioh ka kot pat?

Ka rep kyrpong iing ka lah ruh ban kyntiew ia ka ioh ka kot jong ka long iing long sem da kaba:

- Pyllait ban thied na iew lait ban pynlut pisa ha kaba thied jhur thied jhep phi lah ban ioh kynshew pisa ban pyndon kam ha ka por ba iap por shitom.
- Ka pynlait ruh ia ngi na kaba pynlut pisa ban leit shim dawai namar ngi lait na ka pang ka shitom haba ngi don ki PHC lane ki CHC ha kyrpong iing
- Bad U “BRIEW U BA KOIT BA KHIAH U LONG U BRIEW UBA RIEWSPA H”.

Kumno ka pynstad pat?

- Kumba ngi tip, u briew uba stad u siew spah ia ka por, namar kata ka jing don ki jhur im ha kyrpong ing baroh shisnem ka iarap ia ngi ban nym pynlut por ban leit thied na iew
- Nangta ka pynlong ia ngi kum ki theisotti ki ba pynkhreh ia lade namar lada don ka thma, ka kulmar pyrthei, ka khlam, ka jing khang iew,ka jingpakhang surok ka strike truck kiba kit ka marbam mar dih, ngi lah ban ioh ki jhur nala kyrpong iing.

Kaei ka ba kham kongsan pat haba ngi rep kyrpong iing?

Kaba kham kongsan pat ka long ka jingsngewhun ban ioh bam ia u soh ka jingtrei shitom.



Ka jingmyntoi ba ngi ioh na ki jhur

- Uwei u briew u donkam ban bam kumba 250-350 gm u jhur ha ka shisngi .
- Ng ioh ki carbohydrate ki fats, protein vitamin bad mineral na ki jhur kiba iarap ban tei ia ka met .
- Ki jhur ki iarap ban pynlong hapteng ia ki acid ki ba mih haba ka snier ka tylliat ia ka doh, makhon, bad kiwei kiwei ki jingbam khlein .
- Ki pynmih ki ksai kiba iarap ban tyllait ia ka bam bad pyllait na ka jingeh kpoh .
- Shibun ki jingpang kum ki jingbyrie, jingprum ne jingmong ka snieh doh, ka jingbym san ki khyllung ia kine baroh lah ban iada da kaba bam da u salad, kajor,sohsaw, motor bad ki jhur sla jyrngam.
- Haba don pat ka jingpang bym bang bam,jing eh kpoh,ka jingtlot met bad ka jing mong ha ka snier ngi lah ban bam ia u palong, sla sohlakum,kubi, motor, baroh ki jynja beans bad u salad ban iada na kine ki jingpang.
- Haba pang doh bniat ne pang bniat ngi lah ban bam da u sohsaw, u palong, kubi, phul kubi,phan,sohkhia, motor, u piat bad u salad ban iada na kine ki jingpang.

- Haba don ka jingpang bymsan ,ka jingpang swai ba waiwai ha ki khyllung ngi lah ban kham ai kham bun ki kynja beans bad u palong lane spinach.



Ka jingthmu jong ka rep kyrpong

- Ban thung jhur na ka bynta ban bsa ia ka iing baroh shi snem .
- Ban ioh kheit ia ki jhur baroh shisnem lynter .
- Ban pynduna ka jing lut phut .
- Ban wan rah ia ka jingiatreilang bad jingiatylli shiing shisem.
- Ban lait na kaban bam ia ki jhur kiba la synreit dawai.
- Ban ioh pyndon kam ia ki nuit ba mih na iing shetja kum ki snep jhur ka um sait jhur um sait khaw bad kiwei kiwei.

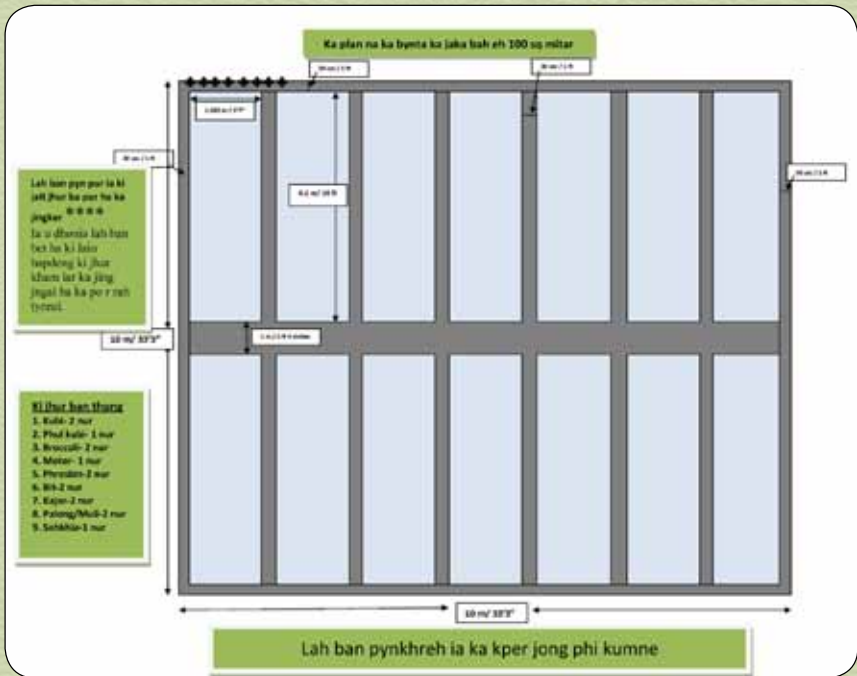
Ki mat ban pynkhreh ia ka kper

1) Ka jaka

- Kaba kongsan eh ka long ka jaka. Ka jingheh ne jingrit ka kper ka shong ka
- Ka kper ka dei ban don ha kyrpong iing ban suk ka khmih ka peit bad ban ai um
- Kaba biang ka tyllong um lane kaba suk ban tan um
- Kaba lait na ka jingkah syrngiew ki dieng ia ki jingthung
- Ka long kaba kongsan ba ka kper kadei ban phai shaphang mihngi lane shaphang shathie ban ioh kyrhai ki kjat sngi ia u jingthung.
- Ka dei ban long kaba jiar um bha bad kaba biang ki nala ban lait na ka jing lang um kham tam ha ka por slap
- Dei ban don jing ker ban lait na ka jing pyn julor ki mrad ia ki jhur ki jhep

2) Kumno ban plan ia ka rukom rep tyngkong/kyrpong iing

- Kumba 200sq.m ka jaka kala biang ban pyndap jhur ia ka longŋing ba don 5-6 ngut, tangba ban lah ban sumar bha ka jingheh kaba 100 sq m ruh kala biang.
- Ka dur jong ka kper ka dei ban long kum ka rectangle lane square



- Dei ban da jied bha da ki jhur kiba tei ia ka met kiba iahap bad ka jaka, bad ka aiom bad kiba ki ia kham sngew tynnad ban bam ha ing.
- Ki jhur kiba sah baroh shisnem kum u biscot ngi dei ban thung ha shi jaka ka kper khnang ban ym pynthut ia kiwei ki jingthung.
- Ki jhur ki ba donkam ban bam tang khyndiat kum ki salad, u pudina, u dhania ngim bei ban thung ha ki jaka ba heh hynrei ngi lah ban thung ha ki khap nur, ha ki kynja stir lane khap jingpyntuid um.
- Ki jait jhur pat ba donkam shibun kum u phan, piat, motor, phyrngop ngi hap ban thung ha ki bun ba lah shna.
- Ki jhur kum ki kajor, muli, sohlakum ngi lah ban thung ha ki nur ne ki stir .
- Ki jhur ba pur pat kum u sohkha, phrestbin ba jrong, motor jrong ngi lah ban thung ha ki khap jingker ha ka shi lain.
- Ki jhur ki ba long haka juh ka por ngi lah ban thung shi lain khang ban ioh pyndon kam ban thung kiwei pat ki jait jhur ynda lah kheit ia ki .

- Ngi dei ban bud ia ka rukom thung kaba pynbud da u jingthung uba jrong bud u ba pdeng bad sa uba lyngkot ban ym kah sngi uwei ia uwei pat.
- Ar ne lai tylli ki jing thung ngi lah ban thung ha ka juh ka jaka bad por .
- Kata u palong ,salad,muli,u duhania ngi lah ban ia thung hapdeng ka lain jong u soh baingon iong, u phul kubi,u kubi uba kham shim por ban long.
- Ban iada na ka khniang bad jing pang bad ban pynsboh ia ka khyndew ki juh ki jhur lane ki ba dei na ka juh ka long ing ngim dei ban thung haka juh ka nur man la ka snem.
- Kynmaw ba ha kyndong jong ka kper dei ban tih thliew ban lum ia ki nuit na iing khnang ban ioh shna sboh ban ai ia ki jhur .

3) **Ki jait jhur bad ki symbai balah ban thung.**

- Sohsaw: Megha Tomato-1,2,3, Var. 017 bad Avinash-2
- Sohbaingon-iong: Megha Brinjal - 1, 2, 3 bad Singh Nath
- Sohmynken: Khasi Anmol, Arka Lohit
- Sohmynken jhur : California wonder, Bharat
- Phul-kubi: Pusa Meghna, local var.
- Kubi: Pride of India, Golden Acre
- Broccoli: Harumi 188 F1, Aishwarya, Everest.
- Phankubi: White Vienna
- Muli: Japanese white, local variety
- Kajor: Nantes, Pusa Kesar, Koroda
- Motor: Azad Pea-1, Imported pea ,Arkel, Kashmeer
- Kerela: Pusa Hybrid-2,Pusa Do Mausami
- Sohkhia: Kalyanpur Hara, Japanese long green
- Klong: RCBG-1,2
- Bhindi: VRO-6,Pusa A-4, Arka Anamika
- Phresbin: Contender, Arka Suvidha
- Palong: Pusa Harit, Local variety
- Tyrso: Local variety
- Phan-karo: Kokrajhar local, Meghalaya Local
- Salad : Grand Rapid, Ice berg
- Beet root: Detroit dark red, Ruby Queen



Ka kalendar jhur baroh saw aiom :

March- May

Sara Sohsaw, thung Bhindi, Phyrngop, Phresbin, Kerela, Sohkhia, ,thung kajor, beet, potol ,sara sohmynten, kubi, thung pathaw, bori ,nangta baroh ki jait ri , sara Sohbaingon -iong, Muli lyiur bad kiwei kiwei.

June- August

Thung Phan-karo, rah sara Sohbaingon-iong, thung Phankubi , kubi, phul, baroh ki jait ri, Jjingga, Sohprew ,Potol, Kerela.

Sept-Nov

Broccoli, Kajor(jaka syaid), Palong, Kubi, Tyrso, Phul-kubi, Motor, beet (jaka syaid), Phresbin (jaka syaid), Salad, Piat, Muli, Sohsaw, Kubi china bad Sohlakum.

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