

Bulletin No. 2

KPER JHUR HA KYRPONG ING (KITCHEN GARDEN)



KRISHI VIGYAN KENDRA
WEST KHASI HILLS
NONGSHILLONG, P.O. NONGSTOIN
MEGHALAYA-793119

KA LAMPHRANG

Ka kper jhur ha kyrpong ing ka long ka jaka ha kaba ngi thung ia ki jhur (lem bad ki soh-ki pai bad ki syntiew-ki skut ruh) ha kat ka jaka kaba lait hapoh ka kyrpong ne phyllaw iing jong ngi. Ka jingthmu jong ngi ban leh ia kane ka long ban ngin iohbam jhur bad soh kiba bang – ba shngiam bala kheit nala kper lajong bad artad ruh ban pyndap ia ka jingdonkam ba man ka sngi tang na kiba ngi thung ha la i phyllaw ne kyrpong iing la jong khnang ba kan ai jingmyntoi ia baroh ki dkhot jong ka iing ka sem jong ngi.

KI JINGMYNTOI

1. Ka jingmih na kine ki jingthung ka ai ia ka jingdonkam jong ka met ha ka rukom kaba biang bad ka batei ia ka (balanced diet).
2. Ki dkhot jong ka long iing long sem ki lah ban pyndonkam ia ka por ba lait jong ki ban thung ia kine ki jhur, ki soh bad syntiew. Da kane hi kan iarap kylla ia ki ban lait noh na kaba pynlut ban thied ia ki jhur ne soh na kiwei pat ne na iew, haba ki lah ioh na la i phyllaw iing ne kyrpong ing la jong. Kane kan pynkunai ei ia ka pisa. Nalor ka pynlong ruh ia kiba trei ha kata ka kper kiba koit bakhiah bad kham lait ruh ka jingdukha mynsiem.
3. Ar tylli kiei kiei ki bynta kiba rit bad kiba ngi ju pynlehnohei barobor bad kita ki long i) ka um kaba tam-balait kaba ngi lah ban pyndonkam bad ka ii) jaka kaba lait ei hapoh sawdong ka iing. Hynrei da kaba shna ia kane ka kynja kper kaba kum kane, ngin ym pynsepei shuh ia kine baroh.
4. Namar ki jingkiew dor jong ki jhur, ngi dei ban pyrshang ban thung jhur ha man ka iing.

KUMNO YN SHNA IA KANE KA JAIT KPER:

1. Jied ka jaka kaba ioh sngi bha, ba rkhiang hadien iing ne ha kano kano ka jaka kaba lait bad kaba jan ia ki umpohliw ne ka ba suk ban ioh um.
2. Ka jingheh bad ka jingringdur ia kane ka kper ka shong ha ka jinglait jong ka jaka.
3. Ki jingthung ha kane ka kper kin long a) kat kum ka mon bad ka jingjied jong kata ka ing, b) ka jingheh jong kane ka kper bad c) ka por kaba ki lah ban ai ne pynlut ha kaba pyndonkam ia ka.
4. Da kaba thung ia ki jingthung kum u klong, u phresbin ha ki por lyuir bad por slap bad u motor ha ki por tlang ha ki jingker jingda iing, ki salad, ki Pudina, Dhania bad kiwei kiwei de ngim pynlehnohei ia ka rukom pyndonkam jong kane ka kper.
5. Dei ban shna ia ki thliw theh sboh (compost pit) ha ki ar dong jong kane ka kper. Ki bynta jong ki jingthung kiba tam kiba sah, bym pyndonkam shuh na ki phyllaw iing bad iingshetja lem bad u dpei, lah ban theh ha kine ki jaka theh sboh. Da kaba leh kumpe, ngi lah ban ioh ia ka sboh ban pyndonkam ha kane ka kper.

KUMNO YN KER- YN DA IA KANE KA KPER

1. Ka jingker ne jingda ia kane ka kper ka long ka wei na ki mat kiba kongsan ban ioh jingiada na ki mrad ne kito kiba ia id lyngba jong ka. Lah ban pyndonkam ia ki siej ne ki sainar ha ban shna ia kine ki jingker.
2. Ka jingring dur ia ki lynti ia id lem bad ki lynti pyniaid um ki dei ban ym bam jaka than.
3. Lada thaw ia kane ka kper ha ka dur ba sawdong, lah ban shna, ym duna ia ki 6-8 eiei tylli ki nur.

KA RUKOM PYNBEIT IA KI JINGTHUNG HA KI NUR

1. Ka jaka la lah ban long kaba rit hynrei kaba neh lynter. Ki jait dieng kiba neh lynter kum ki dieng soh,ka kait bad sohjew ruh lah ban thung lem bad ki jhur ha kata ka rukom ba kin ym kah ne da noh ia jingioh sngi ia kiwei pat ki jingthung.
2. Dei ban kiar na kaba thung ia ki jhur kiba don ki juh ki jaid jingpang.
3. Ki jhur ba don ki thied ba jylliew kum u Kajor dei ban pynbud da ki jingthung ba jyndong ki thied kum salad.
4. Lada ngi kwah ban ioh ia ki jhur im baroh shi snem, ngi lah ban thung ia ki ha ki por bapher bapher- ki jhur kiba ngi lah ban kheit klooi bad punbud ia ki da ki jhur kiba kham slem ban soh ne mih.



KA JINDONKAM BAN BAM JHUR

Kat kum ka jingbthah ki Doktor, ka met jong ngi ka don kam man-man la ka sngi kumba 125 g ki jhur sla (salad, kubi, sla muli), 100 g ki tynrai jhur (muli, kajor, phan) bad 75 g kiwei pat ki jait jhur bad baroh kan long lang 300g khnang ban lah ban pynrei kam bha ia ki dkhot met jong ngi ha ka rukom kaba biang bad bad ba khlain. Kumta ha man la ka 100 g na kine ki jait jhur harum lada ngi shet bad bam ia ki haba ngi dang shu dep kheit ngin ioh ia kine ki jingmyntoi :

Jhur	Moisture (g)	Carbohydrates (g)	Protein (g)	Fat (g)	Calorie (energy)	Vit. A (IU)	Thiamine (mg)	Riboflavin (mg)	Ascorbic acid (mg)	Calcium (mg)	Iron (mg)	Phosphorus (mg)
Phan	74.7	22.6	1.6	0.1	97	40	0.40	0.04	17.0	10.0	0.7	35.0
Sohsaw (jyngam)	93.1	3.6	1.9	0.1	23	307	0.07	0.01	31.0	20.0	1.8	-
Sohsaw (saw)	94.0	3.6	1.2	0.1	20	302	0.12	0.06	27.0	48.0	0.4	26.0
Sohmynken	85.7	3.0	2.9	0.6	29	292	0.19	0.39	111.0	30.0	1.2	80.0
Sohbaingon long	92.7	4.0	1.4	0.3	24	118	0.04	0.11	12.0	18.0	0.9	47.0
Kubi	92.4	5.3	1.4	0.2	29	80	0.06	0.05	100.0	46.0	0.8	38.0
Phul kubi	91.7	4.9	2.4	0.2	31	70	0.04	0.03	75.0	30.0	17.0	76.0
Knokhol	90.1	6.7	2.1	0.1	36	20	0.05	0.10	50.0	20.0	0.4	60.0
Broccoli	89.9	5.5	3.3	0.2	31	70	0.04	0.03	75.0	30.0	17.0	76.0
Karela	92.4	4.2	1.6	0.2	25	210	0.07	0.09	88.0	20.0	1.8	70.0
Klong	96.1	2.5	0.2	0.1	12	0	0.03	0.01	6.0	20.0	0.7	10.0

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Soh khia	96.1	2.5	0.4	0.1	13	0	0.03	0.01	7.0	10.0	1.5	25.0
Pathaw	86.0	4.6	1.4	0.1	25	2180	0.06	0.04	2.0	10.0	0.7	30.0
Biskot	94.8	3.5	1.0	0.1	19	260	0.05	0.03	18.0	10.0	0.6	30.0
Muli	94.4	3.4	0.7	0.1	17	50	0.06	0.02	15.0	50.0	0.4	22.0
Kajor	82.2	10.6	0.9	0.2	48	12000	0.04	0.02	3.0	48.0	0.6	30.0
Bit	87.7	8.8	1.7	0.1	43	18	0.04	0.09	10.0	28.0	1.0	55.0
Sohlakum	91.6	6.2	0.5	0.2	28	4	0.04	0.04	43.0	30.0	0.4	40.0
Piat	86.8	11.0	1.2	0.2	50	35	0.08	0.01	11.0	180.0	0.7	50.0
Rynsun	62.8	29.0	6.3	0.1	142	10	0.16	0.23	13.0	30.0	1.3	310.0
Sulat	93.4	2.5	2.1	0.3	21	540	0.09	0.13	10.0	50.0	2.4	28.0
Bhindi	89.6	6.4	1.9	0.2	35	88	0.07	0.10	13.0	66.0	1.5	56.0
Motor	72.0	15.8	7.2	0.1	93	300	0.25	0.01	19.0	20.0	1.5	139.0
Phrosbin	91.4	4.5	1.7	0.1	25	321	0.08	0.06	16.0	50.0	1.7	28.0
Sla ki klóng	87.9	6.1	2.3	0.7	40	-	-	-	-	80.0	-	59.0
Sla Pathaw	81.9	7.9	4.6	0.8	57	5760	-	-	-	392.0	-	112.0
Dhania	86.3	6.3	3.3	0.6	44	11168	0.50	0.06	135.0	184.0	18.5	-
Tit	91.1	4.0	2.4	0.3	16	0	0.10	0.44	5.0	9.0	1.0	115.0

KA JINGPYNKUT

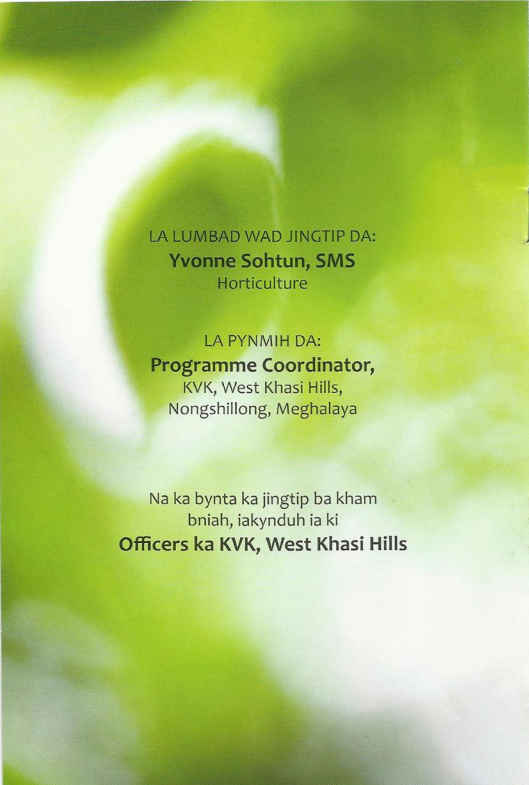
Ki jingthung kum ki jhur, ki soh ki ai bor bad pyndap pynbiang ia ki jingdonkam jong ka met jong ngi ha ka rukom kaba biang bad iada ia ngi na ki jingpang. Ban ioh ia ka bam kaba tei , ngi dei ban bam bun ki jhur namar dei tang kine kiba don bun ki vitamin kiba ka met u brier ka donkam.

Da kaba ngi thung ia ki jhur ki jhep ha ka kper ha phyllaw/kyrpong ing , ngi lah ban ioh ia ki jhur kiba heh ba bang bad kynsai baroh shi snem lynter, khlem da donkam ban thied na shabar. Ka jingioh bad ka jingpynmih na kane ka kper ka long baroh shi snem bad ki jingmih ruh ki long kiba kynsai.

Ki symbai kiba pyndonkam ha ka kper ki dei ban ioh na ki jaka ba thikna, khnang ba ki jingthung kin long kiba seisoh bha. Dei ban husiar ba ki shieng symbai ki dei ba la ioh na ki jaka ba lah ban shaniah ne kiba bha.

Kane ka kper ka pynroi bad ka kyrshan slem ia ki jingpynmih na ka. Te, kumta ka pynmyntoi shibun eh ia u nongthung ha ka ban kynshew pisa.

KHUBLEI



LA LUMBAD WAD JINGTIP DA:

Yvonne Sohtun, SMS
Horticulture

LA PYNMIH DA:

Programme Coordinator,
KVK, West Khasi Hills,
Nongshillong, Meghalaya

Na ka bynta ka jingtip ba kham
bniah, iakynduh ia ki

Officers ka KVK, West Khasi Hills