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Imigaqo yokucutha ukuba kwisichenge seemycotoxin

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Bala moteng:

- 05 | Impumezo yezidlo ezelungeleleneyo
- 06 | Kungani lubalulekile ujikeleziso Iwezityalo ekulinyweni kwengqolowa
- 10 | Abaphumelele kuMlimi woNyaka ngo-2017 ngaba...



Kweli nqaku lokuggibela kuthotho lwethu lweemycotoxin, siza kuchaza imigaqo yokucutha ukwenzeka kweemycotoxin kwiimveliso nokuba sesichengeni kwabantu kwiimycotoxin.

Njengoko besekutshiwo ngaphambili, iimycotoxin ziyaxhathisa kakhulu kwaye kunokususuwa inxenyen yazo kuphela. Izityalo ezilinywa ngenjongo yorhwebo kunye nokulinywa kokutya kunte nezondlo, zifumana uncedo lokuhlolwa ubukho beemycotoxin ngokusebenzisa amaqondo athile okhuselo kwiimycotoxin kunte nokuqwälaselwa komgangatho wemveliso. Kwakhona, ushishino lorhwebo nezityalo ezilinywayo luyafikelela kwimigaqo eseyikwibanga lobuchwepheshes obuphambili neyeendleko eziphezulu.

Ngokwenjongo yeli nqaku siza kujolisa kwimigaqo engenabugocigoci nefikelelekayo yokucutha ukuba kwisichenge seemycotoxin ngokwenza kanje 1) izenzo ezilungleleyo zolimo (imigaqo yaphambi nasemva kokuvuna), 2) ukukhetha ngesandla nokuhlamba iinkozo 3) ukwela, ukuchuba, ukuxobula nokusila, kananjalo 4) ukwahluka-hluka kwezidlo (kuquka iintloblo-ntloblo zokutya kwiintloboz eidlo).

Izenzo ezilungleleyo zolimo

Izenzo ezilungleleyo zolimo (Good agricultural practice – GAP) zibaluleke kakhulu ekulimeni, kubalimi abarhwebayo nabalmela ukuziphilisa, ukuze kuqinisekiswe futhi kugcinwe awona maqondo aphantsi eemycotoxin phakathi kwezityalo ezikukutya okulinyiweyo.





UMAKHULU UJANE UTHI...

Kolu papasho IwePula Imvula kukho inqaku lokuya uluhlu lwezidlo olulungelelanisiweyo. Lo ngumba obaluleke kakhulu emsebenzini wokufama – sili melia ukuba sifumane ukutya kwethu nokwesizwe, ngoko ke thina nemfuyo yethu siyatya nathi! Kubalulekile ukuba abantu ngokunjalo nezilwanyana esizifuyileyo (iinkomo, iigusha, iibhokhwe, iiagu neenku) zitye uluhlu lwezidlo olulungelelanisiweyo – enyanisweni, sidinga isitatshi (iikhahbohayidreyithi), iiprotheyini neentlobo zamafutha (nokuba andidanga ndangena nzulu kulo mba).

Ukugcina imfuyo yinxene enkulu yamashishini amaninzi. Ngaphandle kokuthengisa kwindawo yentengiso, ukugcina iinkomo zakho, iigusha neenku kunakho ukukunika umthombo wokuya okulungileyo (ubisi, iryama namaqanda) kanti ezi zidlo zibaluleke kakhulu kwizintlu zezidlo ngakumbi ezabantwana xa besakhula futhi bephuhla. Masiszame ukukhumbula ukuba ukufama kwaqalisila njengendlela yokondla usapho Iwakho kwaze emva koko kwathengiswa ukutya okushiyekileyo – ngoku sisuka sijonge ekuthengensi yonke into kodwa sibe sithenga ukutya. Sinakho nathi ukuzilimela ukutya okulungileyo nokulungeleleneyo thina neentsapho zethu.

Thina balimi, sikhola ukunyamekela ukulima iinkozo neesiriyeli phofu enyanisweni kubalulekile oko kuba kukuya okuyinxene enkulu yezintlu zezidlo zethu. Ukondla imfuyo ngombona kuya kwenza ukuba imfuyo yethu isinike inyama nobisi (zombini ezo ntloba zokutya zingumthombo weprotheyini). Siyayidinga ioprotheyini kwizintlu zezidlo zethu yiloo nto sifanele ukulima imidumba njengeembotyi neembotyi zesoya (ukuze sizisebenzise emakhayeni ethu (senzele thina nokuthengisa).

Ukuzilimela imifuno oza kuyisebenzisa ngokwakho yinto esinqwenela ukunikhuthaza yona ukuba niyenze – sonke sidinga ukutya iziqhamo ezitsha nemifuno emitsha kanti unakho ukuzilimela ukuze uzisebenzisele zona ekhaya. Uza kuba ungalondolozi mali kuphela, kodwa uza kukwazi ukufikelela kwimveliso entsha kakhulu noyifumana qho ngexesha lokuvuna. Ukulimela ukurhweba imifuno kuhola ukuba yingxaki kakhulu ngakumbi njengoko inkoliso yomthwalo ifanele ukuthuthwa ngezigadla ezineefriji – kodwa kona kunakho ukuba nenzozo eninzi nangona kufuna ukunkcenkesha okukhulu, kodwa ngelishwa uninzi lwabali mi bethu abanaxihobo zonkenckesho.

Seyifikile inyanga kaSeptemba kwaye abanye benu sebezifumene iimvula zokuqala – engako yona intiskelelo yokwazi ukuba uza kuzifumana iimvula ukuze ulime isityalo sasehlotyeni. Nceda ukhumbule ukwenza kangangoko unakho ukujinisekisa isityalo esilungileyo – akunakuyilawula imvula kodwa konke okunye kusezandleni zakho. Yenza konke onokukwenza futhi ukhuthaze nabo bonke abakufutshane kuwe ukuba bazimisele – thina sonke sinako ukuzondla futhi sondle nesizwe sethu.

Imigaqo yokucutha ukuba kwisichenge seemycotoxin

1

**Khetha umbona obonakala
uludidi olulungileyo
emboneni ombi/owonakeleyo**



2

**Faka iinkozo ezikhethiweyo
ezisempilweni ebhakethini
ecocekileyo uze ugalele
amanzi acocekileyo
ebhakethini ude ugumeke
ngokupheleleyo**

3

**Khupha naziphi izinto
ezizada ngaphezu kwamanzi**



4

**Hlamba umbona
ngokuwuzamisa
ungangxamanga**



6

**Wupheke kwangoko
umbona**



5

**Wuyeke emanzini umbona
kwimizuzu emalunga
nelishumi**



7

**Amanzi ebesetyenziselwe
ukuuhlamba kunye
nazo zonke iinkozo
ezibonakala zinomngundo
/zonakele okanye okunye
okususiweyo, makulahlwe**

ULAWULO LWEZIFO

Imigaqo yaphambi kokuvuna

- Impumezo yeshedyuli yokujikeleziswa kwezityalo. Ingqolowa nombona zizisisulu ngakumbi zentsholongwane yomngundo iFusarium kanti ezi zityalo zibini azinakusetyenziswa zozibini kujikeleziso. Izityalo zojikeleziso ezifana neetapile, imifuno kunye neembotyi ezomisiwego, kubhetele kusetyenziswe zona.
- Ukulungiswa okwaneleyo komandlalo wembewu ngesityalo ngasinye esitsha ngokulima ngaphantsi okanye ngokususa inkunkuma yesityalo esidala enokuchaphazeleka nayo yintsholongwane yomngundo enonxulumanu. Imigaqo yokungahlakuli neminye yolawulo olumanyanisiwego lwezinambuzane isenokufuneka ngokuphathelele kulondolozo lomhlaba (kurhwebo; nokulimela ukuziphilisa).
- Ukusetyenziswa kweemvavanyo zomhlaba ukufumanisa ukuba ingaba sikhona na isidingo sokufaka isichumiso kunya(okanye izilungiseleli zomhlaba ukuqinisekisa i-pH yomhlaba nezondlo zezityalo ezaneleyo ukuze kuthintelwe uxinzelelo lwezityalo, ngakumbi ngexesha lophuhliso lweenkozo (ukusetyenziswa kurhwebo). Abalimi abalimela ukuziphilisa bafanele ukufaka umgquba wemfuyo emasmini abo ukuze bakhuthaze ukuqhekeka kwezikhondwana, nokuphuculwa kokwakheka komhlaba futhi kucedise nasekondleni izityalo (ekulimeni ngenjongo yokuziphilisa).
- Ukusetyenziswa kwembewu ephuhliselwe ukumelana nomngundo osulelayo kunya nezianambuzane ezonakalisa izityalo, nezicetyiswa kwindawo ethile (ubukhulu becalo kurhwebo).
- Ukulinywa kwezityalo makubekelwe ixesha ukuthintela amaqondo obushushu aphezulu noxinzelelo lwembalela ngethuba lomvumvuzelo nophuhliso lwembewu (kurhwebo; nokulimela ukuziphilisa).
- Ukuthintela kokuxinana kwezityalo ngokulondoloza izithuba ezicetyiswayo phakathi kwemiqolo naphakathi kwezityalo (ubukhulu becalo kurhwebo).
- Ukunciphisa ukonakalisa zizinambuzane nosulelo lwentsholongwane yomngundo ngokusebenzisa kakuhle iikhemikhali zokubulala izinambuzane ezibhalisiwego, ezokubulala iintsholongwane zomngundo nezinye izenzo ezifanelekileyo kwinkqubo emanyanisiwego yolawulo lwezinambuzane ezonakalisa izityalo (kurhwebo; nokulimela ukuziphilisa).
- Ukutshabalalisa ukhula kwizityalo ngaphandle kokusebenzisa iikhemikhali okanye ngokusebenzisa iikhemikhali ezibhalisiwego zokutshabalalisa ukhula okanye ngezinye izenzo ezikhuselekileyo nezifanelekileyo zokususwa/ukutshatalaliswa kokhula (kurhwebo; nokulimela ukuziphilisa).
- Ukunciphisa umonakalo ongaquki zikhemikhali kwizityalo nakwiziqhamo ngexesha lokulima /lomsebenzi wokufama (kurhwebo; nokulimela ukuziphilisa).
- Ukuqinisekisa ukuba kunkcenkcesswa ngokulungelelana nokuthi zonke izityalo entsimini zifumana amanzi awaneleyo. Ukufuma okugqithisleyo ngethuba lokudubula kweentyatyambo kweza ukuba iimeko zilulungele usuleleko lwentsholongwane yomngundo iFusarium; ngoko



Ifoto 1: Ukuba iinkozo zakho zombona zikhangeleka zinje, zisempilweni kwaye zikulungele ukutyiwa.

ke ukunkcenkcesha ngethuba lokudubula kweentyatyambo nokuvuthwa kwezityalo kufanele ukuthintelwa (ubukhulu becalo kurhwebo).

Imigaqo yasemva kokuvuna

- Vuna iinkozo xa isiqulatho sazo sokufuma siphantsi futhi sezivuthwe ngokupheleleyo, ngaphandle kwaxa iimeko zobushushu, imvula okanye imbalela zigqithisile (kurhwebo; nokulimela ukuziphilisa).
- Qinisekisa ukuba abasebenzi basefama baqeqeshwe ngokwaneleyo nokuthi zonke izixhobo zokusebenza efama zigcinwa zicocekle futhi zisebenza kakuhle, ukuze kuncitishiswe umonakalo kwizityalo nakwizityalo ezivunwayo (kurhwebo; nokulimela ukuziphilisa).
- Izhongozelo nezithuthi ezifanele ukusetyenziwela ukuqokelela nokuthutha isityalo esivuniwego entsimini ukuya kwiindawo zobonelelo lokuzomisa kunya(okanye ukuzilondoloza, zifanele ukucocwa, ukomiswa futhi zingabi nazinambuzane, umhlaba nomngundo okhulayo obonakalayo (kurhwebo; nokulimela ukuziphilisa).
- Fumanisa amaqondo okufuma kwsityalo msinyane emva kokuvuna. Apho kunokwenzenka khona, somise isityalo ukufikelela kwisiqualatho sokufuma esicetyiswa malunga nolondolozo. Iisiriyeli mazomiswe kangangendlela eza kunciphisa umonakalo kwiinkozo futhi namaqondo okufuma anganeno kulawo axhasa ukukhula komngundo ngexesha lolondolozo (kuqheleke ukuba nganeno kwi 14%). Ukomiswa kwezinye izityalo elangeni ekufumeni okuphezelu kunokukhokelela kusuleleko lomngundo. Kuthintele ukucukanisa okanye ukwenza iimfumba zezityalo ezimanzi, ezisandul' ukuvunwa (kurhwebo; nokulimela ukuziphilisa).
- Iisiriyeli namandongomane asandul' ukuvunwa mawacocwe okanye ahlelwe, apho kunokwenzenka khona, kususwe iinkozo/amandongomane onakeleyo nezinye izinto ezingafunekiyo (kurhwebo; nokulimela ukuziphilisa).

• Lindawo zobonelelo lolondolozo mazome, zibethwe ngumoya kakuhle futhi zinike ukhuseleko emvulen, emanzini angaphezulu okanye asemhlaben, ukhuseleko kwizinambuzane neentaka, kananjalo zikhuseleke kumaqondo obushushu anyuka esehla (kurhwebo; nokulimela ukuziphilisa).

• Qinisekisa ukuba iingxowa zolondolozo zicocekle futhi zomile. lingxowa ezizeleyo mazibekelwel kwipihalethi okanye kumxokelelwano onomaleko ongangeni manzi phakathi kwiingxowa nomgangantho (kurhwebo; nokulimela ukuziphilisa).

• Amaqondo abalulekileyo emycotoxin kwizityalo ezivuniwego mawaqwalaselwe xa kukho imfuneko, kusetyenziswe imigaqo efaneleki-leyo yeessampulu neemvavanyo (kurhwebo).

Ukukhetha ngesandla nokuhlanjwa kweenkozo

Ukukhetha ngesandla okanye ukwahlukaniswa kwezityalo phambi kokugcinwa okanye ukuphekwa kwazo, ngumsebenzi oqheleleyo emazweni amaninzi aseAfrika afana neWest Africa (Benin), iNigeria, iTanzania neAfrika eseMzantsi. Imigaqo yesithethe sokuguqu-guqlula kokutya efana nokukhetha ngesandla yimigaqo engenabugoci-goci neneendleko eziphantsi njengomgaqo wothintelo wasemva kokuvuna ngenjongo yokucutha ungciliseko lwemycotoxin nokuba sesichengeni sayo.

Intloba zofundonzulu eziliqela eAfrika phakathi kwamaqela oluntu alima umbona ngenjongo yokuziphilisa zalathe ukuba ukukhethwa kweenkozo zombona ezibonakala zonakele (kuquka ezaphukileyo), ezilahle ibala nezibonakala zinomngundo kwiinkozo ezibonakala-zilungele-ukutyiwa kunciphise amaqondo emycotoxin zeafloxtin nezefumonis.

Indlela engenabugoci-goci yokuhela ngesandla nokuhlanjwa kwazo ibonise ukuba inakho ukucutha amaqondo emycotoxin zefumonisem boneni oli-nywe ekhaya kangange 84%. Kutshanje, ufundozulu olusekwe elabhoratri lokukhetha ngesandla,

Imigaqo yokucutha ukuba kwisichenge seemycotoxin

Insect damaged maize kernels



Discoloured mouldy germ



Visibly mouldy on the outside of the maize kernel



Visibly streaked on the outside of the maize kernel



Ifoto 2: Ukuba iinkozo zakho zibukeka zifana naziphi na kwezi, azikulungelanga ukutyiwa. Ezi nkozo mazikhutshelwe ngaphandle zilahlwe njengoko zinobungozi kwimpilo yabantu neyezilwanyana.

kunye nenyathelo lokwahlukanisa ngokobunzima ellandelwa kukuhlanjiwa kombona olungileyo okethiweyo, lubonise ukucutheka kwamaqondo efumonis kangange 98% emboneni olungileyo.

Kupuhliswe incwadana yowlazi efundisa abalimi bombona abalimela ukuziphilisa indlela yokukhetha iinkozo zombona zibe ngumbona olungileyo (**iFoto 1 - 2**). Erva koko kulandela inyathelo apho kugalelwya khona amanzi acoceki-leyo okusela emboneni, alingane ngokwaneleyo ukuze azigqume iinkozo zombona (mhlawumbi malunga neminwe emibini ngaphezu komphezulu wemaleko weenkozo zombona). Naziphi izinto ezidada phezu kwamanzi ziyanuswa ukuze ekuggi-beleni iinkozo zombona zixubeke namanzi zikhe zishiywe kwimizuzu emalunga neli-10.

Ngoku umbona ulungele ukuphekwa; khumbula ukuzikhuphela ngaphandle iinkozo kunye naziphi izinto ezikhutshwe emboneni olungileyo ngexesa lokukhetha nakwinyathelo lokuhlanjiwa kwazo. Amanzi kunye neenekozi okanye izinto ezikhutshiweyo ziulethe ezona mycotoxin zinini ezinobungozi kwimpilo yabantu neyezilwanyana.

Zikhangeleka njani iinkozo zombona ezesempilweni?

Iinkozo zombona eziponakala zilunglele kwaye zisempilweni futhi zikulungele ukutyiwa zifanele ukukhazimla okanye zicace emehlweni, zingabi nazibhaxu namabala futhi zingaqhekeki (**Ifoto 1**).

Zikhangeleka njani iinkozo zombona ezingekho mpilweni (ezifanele ukukhutshwa)?

Iinkozo zombona ezesempilweni nezilunglele ukutyiwa zifanele ukubukeka zikhazimla okanye

zicacie emehlweni, zingabi nazibhaxu okanye amabala futhi zingaqhekeki (**Ifoto 2**).

Indlela yokukhetha neyokuhlamba njengamanyathelo asixhenxe

Inyathelo 1: Khetha umbona obonakala uludidi olulungileyo emboneni ombi/owonakeleyo.

Inyathelo 2: Faka iinkozo ezikhethiweyo ezesempilweni ebhakethini ecocekileyo uze ugalele amanzi acocekileyo ebhakethini ude ugqumeke ngokupheleleyo.

Inyathelo 3: Khupha naziphi izinto ezidada ngaphezu kwamanzi.

Inyathelo 4: Hlamba umbona ngokuwuzamisa ungangxamanga.

Inyathelo 5: Wuyeke emanzini umbona kwimizuzu emalunga nelishumi.

Inyathelo 6: Wupheke kwangoko umbona.

Inyathelo 7: Amanzi ebesetyenziselwe ukuwuhlamba kunye nazozonke iinkozo ezibonakala zinomngundo/zonakele okanye okunye okususiweyo, makulahlwe.

Ovwahluka-hlukileyo kwiintloblo zezidlo nakwizityalo ukuqinisekisa ububanzi beentloblo zezidlo

Ovwahluka-hlukileyo kwizidlo kumalunga nobukho, ufikelelo nokusetyenziswa kokuya okuwondlayo umzimba (okugcina umzimba usempilweni kuncedise nangokukhula nokuphuha) kulo lonke ixesha lonyaka. Oku kuno-kwenziswa ngokutshintsha uhlobo lwezityalo eziqinywayo, kuquka iintloblo ezahluka-hlukileyo zokuya okusempilweni kwizidlo nokulungiswa kunye ngokugugu-guqulwa kweentloblo zokuya ekhitshini.

Okulandelayo sisishwankathelo sezenzo ezithile ezisekwe ekutyeni nezinokukhuthaza okwahluka-hlukileyo kwizidlo:

- Ukukhuthaza ukuxubana kwezityalo kunye /okane yufama okumanyanisiweyo ngezityalo ezahluka-hlukileyo.
- Ukugetyenziswa kwezityalo ezitsha (ezifana neemboty zesoya).
- Ukukhuthazwa kweegadi zasekhaya.
- Ukuufaya iqaqobana lempahla efana neenkuhku.
- Ukukhuthaza ulondolozo nokugcina kweziqhamo nemifuno ukuze kuncitshiswe inkunkuma neelahleko zasemva kokuvuna.
- Imfundiso ngokondleka komzimba ukukhuthaza ukutyiwa koluhlu lwezidlo ezesempilweni nezonnda umzimba ngawo onke amaxesha onyaka.

Elokuggibela

Elokuggibela, siphetha ngeziKhokelo zaseMzantsi Afrika zeZintlu zeZidlo eziSekwe ekuTyeni ukuqinisekisa izintlu zezidlo ezinempilo.

1. Yonwabela iintloblo ngeentloblo zokuya.
2. Ququzel!
3. Iintloblo zokuya okusitatshi mazibe yinxe-nye yenkoliso yezidlo.
4. Yitya imifuno neziqhamo ezininzi yonke imihla.
5. Yitya iimbocy ezmisiweyo, amaceba ee-ertyisi, imidumba nesoya rho Inyathelo qo.
6. Sela ubisi, amasi okanye iyhogathi yonke imihla.
7. Intlanzi, inkukhu, inyama engenamafutha okanye amaqanda kukuya okunokutyiwa yonke imihla.
8. Sela amanzia amaninzi acocekileyo, amanzi akhuselekileyo.
9. Ungawasebenzisi kakhulu amafutha. Khet-ha iioyile zezityalo, kunamafutha anqu-mayo.
10. Zisebenzise kancinane iiwekile neentloblo zokuya/iziselo ezineswekile.
11. Yisebenzise kancinane ityuwa nokuya okunetyuwa eninzi.

Izalathiso

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Impumezo yezidlo

EZILUNGELELENEYO

Nawuphi umama okanye umgcini uyawazi umzabalazo wokunika usapho lwakhe ukutya okunempilo. Nkqu noku-ba ubukele izilwanyana, uya kubona umama omtsha efukamele amantshontsho akhe ukuze awanike isiseko sempilo entle, emva koko adlulele kweyona ngca intsha awondle ngayo ukuze anike isilwanyana esiselula isiqalo esisesona sihle sinokufumaneka.

Xa uhlala emaphandleni apho zinqabe khona iivenkile futhi zibe zikude lo mzabalazo usenokuba ngumba obeka umntu phakathi kokuphila nokufa, njengoko iintlobo zezifundo zangoku zifumanise ukuba amaqela abahlali basemaphandleni bajongene nezona ziganeko ziphezelu zokungondleki kakuhle nendlala. Kodwa asinakuncama njengoko amanqaku alandelayo esiza nethembra lokutylila imeko. Okungenani iinkukacha ezisisiseko zezonido ezilungileyo zisafana kodwa kusenokwenzenka ukuba kuguqukile noko ukusetyenzisa kwezi nkukacha. Ukuba akunamali yokukhupha imveliso okanye yokuthenga okunye ngaphezu kokutya kwesiqhelo okunjengomgubo wombona neswekile ungakwazi ukugcina impilo yakho intle ngokulima imifuno nezihamo ukuze wongeze kuluhlu lwakho lwezido.

Umzimba womntu udalwe ngendlela eyenza ukuba unyamezele ubunzima obuninzi ngokuziqhelanisa neemeko ezifana nonqongophalo lokutya okanye izintu zezidlo ezinyiniwego ezinokutya okusisisiko sesiqhelo kuphela, kodwa oku akuuphathi kakuhle umzimba osuka ubonise ubuntunu-tunu bokuzikhuela kwiivayirasi nakwezinye izifo.

Njengawo nawuphi umatshini owakhiwe kakuhle ofuna izinto ezinjengezibaseli-mafutha ezithile, ngokunjalo nomzimba wakho uya kuba nako ukusebenza ngeqondo elielona liphezelu xa ufumana uluhlu lwezidlo negezidlo eziqulethe onke amaqela okutya. Akusayi kufika kuyaphi ngokugalela idizili kwiveni yakho esebezena ngepetroli! Njengoko usazi, ngelishwa abalimi abalima ukutya okuphelela kumathala eevenkile bahlawulwa imali encinane kakhulu futhi kumaxesha amarinzi abakwazi kuthenga kwakwezo venkile. Kulapho kanye apho abalimi noomama bafanele ukungena khona baqalise ukutya abafanele ukukubeka ezitafileni zabo. Ukulima ukutya kwakho nokwabelana ngako ngokunjalo nokuthengisela abamelwana bakho kunokukunkira iintlobo zokutya ezhahlukileyo nezinempilo ezidingwa lusapho.

Amaqela okutya okusisisiko

Njengoko senditshilo ngasentla, zonke iintlobo zokutya zinokwahluwlwa ngokwamaqela asisiseko okutya. Nanga loo maqela;

linkozo neesiriyyeli

Isonka, ipapa yomgumbo wombona, irayisi, ipasta, iowuthsi, iMaltabell - ezi ntlobo zokutya zichumile ngesitatshi (iikhahbohayidreyithi) esiguquleka lula sibe ngamandla asetyenziswa ngumzimba. Eli qela likwangumthombo ongowona ulungileyo wevithamin B, ivithamin E, iityuwa nezondlo zezixa ezincinane kakhulu ezifana nezinc, icopper, iselenium, magnesium nepotassium. Ezi ntlobo zokutya zifanele ukuba sisiseko sezondlo ezinanzi kakhulu, umzekelo, isitya seapa yomgubo wombona nemifuno kunye nenyama ephekiwyo.

Iziqhamo nemifuno

libbanana, ama-apile, iimango, ivatala, iiorenji okanye isipinatshi, ibhatata, ibroccoli, iminqathe, itswele njalo njalo. Iziqhamo zingumthombo obalasleyo wevithamin A noC ngokunjalo nepotassium. Zaziwa zinamafutha nesodium ephantsi. Zinayo iswekile kodwa zisaziwa njengokutya okunempilo ethe kratya kuneswekile ezifumaneka kwiilekese.

Imifuno inikela ngezixa eziphezelu zeevithamin nefolate ngokunjalo neetyuwa ezifana ne-iron nemagnesium. Iintlobo ezahluka-hlukileyo zemifuno zinika izondlo ezahluka-hlukileyo. Indlela elula yokukuncheda ngokufumanisa izinto onokuzifikela kwizidlo zakho **'kukutya umfuziselo womnyama'**. Zama ukuba nayo yonke imibala eyahluka-hlukileyo kwizidlo zakho ozityayo. Yitya imifuno yamaggabi aluhlaza okunzulu (ine-iron eninzi) isipinatshi se-suisse chard, amaggabi ebbithruthi, ibroccoli okanye isipinatshi. Imifuno etyeli efana neminqathe, ibhatata nebhathanathi. Imifuno enesitatshi efana neetapile, umbona nee-ertyisi ngokunjalo nemidumba efana nee-ertyisi ezintsundu ngebala, iimbotti zesiNtu zemilo yentso nezepinto. Eminye imifuno iquka iitumato, ilethasi, itswele neembotyi eziuhlaza ezinokutya zikrwada.

Ubisi nokutya okwenziwe ngobisi

limveliso zobisi ezifana netshizi, ibuttermilk namasi zinika iiprotheyini, ivithamin neetyuwa ukuze icalcium ibe yeyona ibalulekileyo kuzo. I-calcium inceda ngokwakha amathambo namazinyo omeleleyo. Ukutya okwenziwe ngobisi nako ngumthombo olungileyo wamafutha.

Inyama, intlanzi namaqanda

Inyana yenku, inyama ebomvu, amaqanda nentlanzi zinika iiprotheyini, ivithamin B, i-iron nezinc. Limbotyi ezomisiwego namandongo-mane nazo zinika izixa ezifana nezezi zondlo ngoko ke akuyomfuneko ukutya inyama qho.

Amafutha neeoyle

Ehlabathini kukho ingxoxo-mpikiswano enku-malunga neenzuso ezifumaneka ekutyeni kwana-mhla. Ngokwamava am, ndikwiqela "lamafutha alungileyo" kwaye ndikholelwu ekubenii amasun-tswana amafutha enyama, ibhotolo yenene neeo-yile ezithile ezinjengezifumaneka kwiavakhado zikulungele ukusebenza kobuchopho nempilo jike-lele. Nangona ndingengogqirha kodwa ndinakho ukukuqinisekisa ngolwazi lwamava am kwaye ndiyabongoza oomama nabanki-khathalelo ukuba balandele futhi bathembe ubulumko babo malunga nalo mba.

Iswekile ngakumbi iswekile egalelwayo ngumba ofuna ingqalelo. Iswekile ayinazondlo kodwa inekhalori eziphezelu. Xa umntu esebezenisa iswekile eninzi amalungu omzimba afanele ukuguqula iswekile ibe ngamandla anokusetyenzisa ngumntu, asebenza nzima ade adinwe aze aqale agcine iswekile engasetyenziswayo njengamafutha aza kusetyenzisa ethubenii. Asiyongxaki leyo kodwa ngenxa yokuba umntu lowo uyaqhuba ngokusebenza iswekile ethe chatha yonke imihla amandla agciniwego (amafutha) awade asebenze ngoko ke ayapakishana akhokelele emzimbeni otyebileyo mhlawumbi kude kubekho uhlobo lwei-2 lwezido seswekile.

Iswekile neelekese kunye neziselo ezibandayo zisebenzise kancinane kuphela ngamaxesa okuzonwabiso. Uku-fakela iziqhamo kwizidlo kuya ku-lanelisa izinyo elifuna into eswiti kodwa ke zikhona nezondlo kunye nosinga eziyimfuneko kobo bunnandi.

Kumanqaku exesha elizayo siza kujonga izimvo ezithile malunga nemisebenzi eyenziwa ngezandla namacebiso ngokwenza igadi ehlanganisela la maqela okutya kwizidlo zakho.

Imithombo yeenkukacha

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Inqaku linikelwe ngu Theresa Wilmot, umbhalo oziSebenzelayo, eNtshona Koloni. Ngolwazi oluthe vetshe, thumela i-imeyili apha: Slabroller@gmail.com.

Kungani lubalulekile UJIKELEZISO LWEZITYALO ekulinyweni kwengqolowa

Ujikeleziso lwezityalo lolunye lweentsika ezingumthetho-siseko ekusekwe kuzo ezolimo ngolondolozo (CA). Ezineye ezimbini kukunciphisa kangangoko uku-phazanyiswa komhlaba kunye nokwandisa kangangoko kokugqunywa komhlaba. Umbuzo ngoku ngulo: Kungani lubalulekile ujikeleziso lwezityalo?

Ukuchaza oku siza kuqala ngokuthi sithetha ukuthini ngojikeleziso lwezityalo. Sisenzo soku-tshintshisa izityalo ezahluka-hlukileyo kwintsimi enye kunya ka nonyaka. Injongo kukutshintshisa iintlobo zezityalo kangangoko kunokwenzeka. Ngokutshintshisa izityalo eziziinkozo, ezifana nengqolowa, ngezityalo zamaggabi abanzi ezifana necanola, ilupin okanye isityalo esifana nesamadlelo njengezonyango, sinethuba lokudala okwahluka-hlukileyo entsimini.

Xa sinokubuka indalo, siya kufumanisa ukuba ubukho besityalo esinye kuphela kwindawo ethile kunqabe kakhulu. Okwahluka-hlukileyo kungukumkani kwaye kuneenzuko ezaziwa ngokucacileyo. Enye kwezibaluleke kakhulu kukuba okwahluka-hlukileyo okungaphezu komhlaba kuneftute kwiyanluko yendalo ephilayo esemhlaben. Kwiminyaka emihlanu edlulileyo ulwazi ngeziphumo ze-yantluko yendalo ephilayo esemhlaben iukhule kangangoko futhi ngoku siyazi ukuba



Ifoto 1: Tshintshisa ingqolowa yakho ngezityalo zamaggabi abanzi.

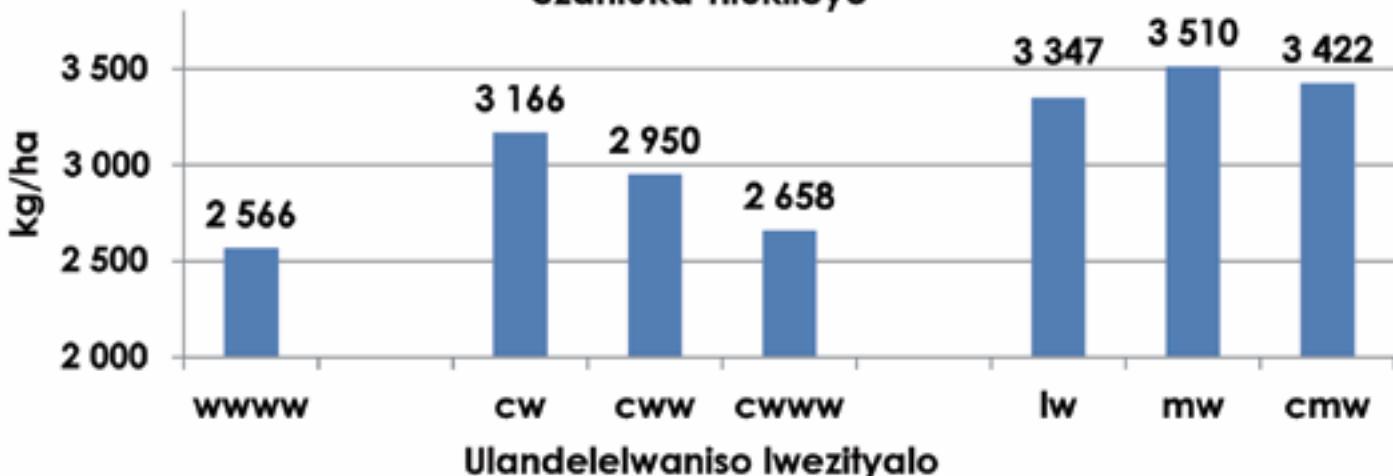
oku kwahluka-hlukileyo kunendima ebanzi ekulimeni.

Ngokuzisa umba wokwahluka-hlukileyo kwinkubo yakho yokulima izityalo unethuba lokuqhekeza imijikelo yobukho bezifo ezinokutshabalala isityalo xa eso sityalo silinywa

minyaka le. Ngokubandakanya izityalo eziyimidumba ezifana nelupin, ivetch, iiertyisi namadlelo emidumba unesakhono sokuzinzisa initrogen esemoyeni simahla. Initrogen ezinziwi zizityalo eziyimidumba iya kuqhekeka kunya ka ozayo ukuze abalimi banciphise

Igrafu 1: Umyinge wesivuno sengqolowa emva kwezityalo ezahluka-hlukileyo kwiinkqubo zaseSwartland zojikeleziso (w = ingqolowa, c = canola, I = ilupin kanti u m = ezonyango)

Isivuno sengqolowa esingumyinge emva kwezityalo ezahluka-hlukileyo



isichumiso senitrogen abasithengayo kwisityalo esilandelayo, ngokwenza njalo balondoloze imali.

Ukuchaza inzuko yojikeleziso lwezityalo ngokweendlela ezinako ngakumbi ukwenzeka siza kuqwalasela iziphumo zojikeleziso lwezityalo kwizivuno zengqolowa ukususela kuvavanyo lokujikeleziswa kwezityalo lwethuba elide kwifama yoPhando iLanggewens eSwartland (eNtshona Koloni). **Igrifu 1** ibonisa isivuno esingumyinge engqoloweni emva kwezityalo ezahluka-hlukileyo ebezikuavanyo.

Kwigrafu yoku-1, ukulinywa kohlobo olunye lwsityalo kuboniswa ngolandelewaniso luka-www. Isivuno esingumyinge kwinkqubo yokulinywa kohlobo olunye lwsityalo, esibonisa ulawulo lwale nkubo, singange-2 566 kg/ngehektare. linkukacha ezisetyenzi-selwa ukuyila igrifu zafunyaniswa kwithuba lemnyaka engaphezu kweyi-20. Xa siqhekeza isenzo sohlobo olunye lwsityalo ngokufakela isityalo secanola (ka-1 kwiminyaka emi-4), isivuno esingumyinge wengqolowa emva kwecanola (ulandelewaniso lwe-cw) sanda nge-600 kg/ngehektare ukuya kwi-3 166 kg/ngehektare. Ukuba uphinda ulime ingqolowa kwakhona kweminye iminyaka emibini, isivuno esingumyinge sehla nge-216 kg/ha kunyaka wesibini sengqolowa (cw) kune nenyi i-292 kg/ngehektare kunyaka wesithathu (cww) wengqolowa. Zingambini izizathu zokwehla kwemveliso, zingaba zizifo noxinzelelo lokhula. Ukuba uqhuba ngokulima uhlobo olunye lwsityalo unyaka nonyaka, uxinezelelo lokhula lwengca luyanda kwinkqubo ngenxa yokuba kunzima ukulwa ukhula olunjalo kwisityalo semali eyikheshi naso esikwaluhlobo lwenga.

Ngokubandakanya isityalo esingumdumba isivuno esingumyinge sanda ngakumbi. Kulandelewaniso lwe-lw ingqolowa ityalwa emva kwelupin nakulandelewaniso lwe-mw, emva kwedlelo lwezonyango. Isivuno esingumyinge sengqolowa emva kwelupin sasingaphezulu nge-781 kg/ha ngaphezu kwesohlobo olunye lwsityalo kangange-944 kg/ngehektare emva



Ifoto 2: lilupin ezilinywa emva kwengqolowa.

kwedlelo lezonyango. Initrogen esele kwinkqubo neyayizinziswe zizityalo zemidumba nolawulo lokhula zinegalelo koku kwanda. Ngokutshintshisa isityalo sengca nemidumba okanye nesityalo samaggabi abanzi esifana necanola, unakho ukululawula ukhula oluyingca kuloo minyaka nokudodabalalisa ukhutshiswano ngesityalo sekhesi esiyingga.

Ulandelewaniso olushiyeleyo lokugqibela lulapho ingqolowa ilinywa khona emva kwecanola (isityalo samaggabi amakhulu) kune nezonyango (idlelo lemidumba). Isivuno esingumyinge sengqolowa elinywe ngokulandelelwano saba ngaphezulu nge-856 kg/ngehektare kwesohlobo olunye lwsityalo esilinyiweyo. Okungaphantsi kancinane apho ingqolowa ilande-lwa khona zezonyango kuperha, kodwa ngenxa yokuba icanola nayo isebeenzisa enye yenitrogen ezzinzisiweyo. Inzuko yolu landelewaniso nayo

inganxulunyaniswa nenitrogen eyintsalea kwinkqubo kanti unamatthuba amabini onokutshabaliswa ngawo ukhula oluyingca kwinkqubo, ngexesha ledlelo nangelesityalo secanola.

Kucacile ke ngoko, kwiinkukacha esixoxa ngazo, ukuba ngokusebenzisa ujikeleziso lwezityalo kwinkqubo yakho yesixokelewano sokulima, ufumana inzuko nangaphezu kwaxa ulime uhlobo olunye lwsityalo.

**Inqaku linikelwe nguGq Johann Strauss,
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Pula Imvula's Quote of the Month

*For changes to be of any true value,
they've got to be lasting and consistent.*

~ Tony Robbins



UKUQONDA IRHAFU YOKUTHENGA INGQOLOWA NGAPHANDLE

UMantsi Afrika uvuna umyinge weeto-ni zezigidi eziyi-1,7 zengqolowa ngo-nyaka ngamnye, nangona umyinge wonyaka opheleleyo wesidingo sokuthenga kwengqolowa sithe kratya kancinane kwitonni zezigidi ezi-3. Ukuze kuLangatyezwe isidingo esipheleleyo sokurhweba, uMantsi Afrika uxhomekeka ekuthengeni emazweni angaphandle okukholisa ukuba phakathi kwe 40% - 50% yokutya okusetyenziswa kweli.

Ngoko ke, uMantsi Afrika ngumthengi oqinise-kisiweyo wengqolowa. Nangona unaso isakhono sokulima ingqolowa apha kweli, uthintelwa zizixa eziphezulu zakutya okuthengwa ngaphandle. Amaxabiso aphantsi engqolowa yehlabathi, abangelwa ziinkxaso-mali zamazwe aphyuhli-leyo, afaka uxinzelelo ekulimeni okunokwenziwa kweli nokubangela ukungabiko kokhutshiswano lwamaxabiso aphantsi engqolowa yehlabathi.

Irhafu yengqolowa ibalwa ngokweformula egugu-guqukayo yerhafu ukuze kuqinisekiswe ukuba amaxabiso alapha engqolowa afumana inkxaso xa amaxabiso ehlabathi ekumanqanaba aphantsi, kodwa xa amaxabiso ehlabathi epehe-zulu abathengi balapha abachaphazeleki kakubi. Ngoko ke irhafu isebezena kuphela xa amaxabiso ehlabathi esehla ukufikeleta kwinqanaba elithile elibizwa ngokuthi lixabiso lesalathiso sehlabathi. Eli xabiso lilinganiswa ngokwexabiso lengqolowa lehlabathi eliyi \$279/ngetoni kanti irhafu iya kuba sendaweni efanelekileyo kuphela xa amaxabiso engqolowa yehlabathi engaphantsi kweli nqana-

Itheyibile 1: Isibalo seerhafu zokuthenga ingqolowa ngaphandle.

Umthombo wolwazi: yiSAGIS

Irhafu yeNgqolowa Ipapashwe ngowe- 23 Juni 2017

Ixabiso elisisiseko: Ixabiso leSalathiso seHlabathi (US No2 HRW fob Gulf) – iiveki ezi-3 zomyinge wentshukumo	09-Aug-16	
	\$189,67	A
NjengeXabiso leRSA leSalathiso sokuQala	\$279,00	B
Irhafu yeDola kwinqolowa	\$89,33	(B-A) = C
Irhafu yeRandi kwinqolowa phambi kokulungiswa Isalathiso seNene esiSebenza kwiNqanaba loTshintshiselwano	R1 199,35	(C*D) = E
Utshintshiselwano IweNene oluSebenzayo loTshintshiselwano	0,79	E
\$R isantya sotshintshiselwano	R947,49	(F*E) = G
	13,4261	D

ba. Okwangoku urhwebo Iwentengiso yehlabathi olungaphantsi kwe \$245/ngetoni ngoko ke irhafu leyo imiswel. **I Grafu 1** yalatha ukuba amaxabiso ehlabathi anganeno kakhulu kweli nqanaba ukuze injongo yerhafu ibe kukuvala isikhewu phakathi kwexabiso lesalathiso nexabiso lehlabathi.

Ixabiso elisiSiseko ngumyinge wentshukumo yeeveki ezi-3 obalwe ngowe-9 Agasti 2016. Eli xabiso lithatyathwa **kwixabiso leSalathiso**, eliba-lwa ngokuthatha ixabiso elingumyinge leminyaka emi-5 edlulileyo leNgqolowa eBomvu Ngakumbi yeNombolo 2 (njengakowe-09 August 2016), kune nolunga-lungiso Iwemibandela yonxa-xho (iinkxaso-mali zehlabathi) kulandele ukutha-

tyathwa kweendleko ezingumyinge wothutho kumanxweme oMantsi Afrika. Umahluko phakathi kwezi yantlukwano zimbini (B-A) linqanaba lerhafu yengqolowa ngokweedola. Eli nqanaba lifanele ke ngoko ukuguqulwa ngokwee Randi ezibalwa siSalathiso esipapashiwego esisebenza ngenene samaNqanaba oTshintshiselwano.

Ngokwesibalo esingasentla, kucacile ke ngoko ukuba lunye kuphela ulunga-lungiso olwensiwe kwixabiso Iwesalathiso sokuqala saseRSA. Upengnululo lokuthenga ingqolowa ngaphandle alunasiphumo sithe ngqo kumaxabiso engqolowa yeli lizwe; isiphumo esinye kuphela sesokuba impahla ethengwa ngaphandle ngoku ithengwa ngenqanaba ledola le-\$279.

Elokugqibela

Irhafu yokuthenga ingqolowa ngaphandle ifunelwa ukukhusela ushishino lwei lizwe nokweza ukuba abalimi beli bakwazi ukukhuphisana nengqolowa ethengwa kwamanye amazwe ngamanqanaba aphantsi. Xa amaxabiso engqolowa yehlabathi epehezulu, singalindela irhafu ephantsi. Ngoko ke kunokwenziwa isiqqibo sokuba irhafu yokuthenga ingqolowa ngaphandle ayiwayusy amaxabiso; itshintsha inqanaba lamaxabiso esalathiso se\$279 kuphela.

Igrafu 1: Ixabiso lehlabathi lengqolowa nexabiso lesalathiso seerhafu.

Umthombo wolwazi: yiGrain SA



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Uyayilawula ikhesi yeshishini lakho?

Siphila ehlabathini elingaqhelekanga. Ngethuba elidlulileyo lexesha lokulima, uninzi lwabalimi beenkozo, ngakumbi kwiindawo ezifumana imvula ehlotyeni, belufunyenwe yimbalela nemveliso ephantsi kodwa amaxabiso esityalo ebephezelu. Kweli xesha lokulima izinto zijkile – kukho izityalo ezinanzi kodwa amaxabiso aphantsi. Nangona kunjalo, kubalimi abaninzi iziphumo zezi meko zahluke kangaka ziyafana – ingxaki ngumquqelo wekheshi (imali esesandleni).

Khumbula – xa ucinga ukuba ishishini lakho line-pumpelelo, oko kuthetha ukuba ishishini lakho maliphucuke kwimiba emithathu. Imeko yemali mayinike ithembia, ibonise ukuba impahla yakho yexabiso iwaphinda-phinda kabini amatalya akho obona buncinane. Okwesibini, ufanele ukwenza inuzu – ingeniso yakho maybe ngaphezu kweendleko zakho. Okwesithathu, ulwalamano lomquqelo wekheshi wakho mawube yi-120%, ubonise ukuba uqhele ukuba nayo ikhesi xa ifuneka. Ukungabi nakhesi kusenokuba yingozi kwishishini lakho ngezizathu ezinanzi. Ukulawula ishishini, kuzisa amathuba emihla ngemihla nemiceli-mngeni. Omnye wemiceli-mngeni oya kuqubisana nayo, lulawulo Iwekheshi.

Ulawulo Iwekheshi

Makhe siqwalasele amanyathelo ambalwa ukuze sikwenze oko. Lawula abathengi bakho (abantu abathenge okuthile kuwe, kodwa besafanele ukukuhlawula) aphi inyathelo lokuqala likukunciphisa abantu abathenga ngetyala kangangoko kuno-

kwenzeka. Xa benokungahlawuli ngokwesicwangciso, oko kuya kukubeka kuxinzelelo

olunzulu malunga nomquqelo wekheshi yakho. Balandele xa bengahlawuli ngokwesicwangciso – bafowunele, bathumele isms, uthumele neimeyili. Xa kusenzeka musa ukuthengisa ngetyala.

Lawula othenga kubo ngetyala – abantu othenge okuthile kubo kwaye usabakwelita imali. Bahlawule ngosuku lokuggibela ofanele ukuhwula ngalo ngokwesicwangciso ukuze uyigcine ikhesi yakho epokothweni yakho kwixesha elide kangangoko kunokwenzeka. Okuqhelekileyo kukuba uya kuba nomnyino weentsuku eziyi-30, ngaphandle kwenzala. Lisebenzise eli thuba kanti ukuba unakho gcina ikhesi yakho kwiakhawunti ethile aphi unokufumana khona inzala. Nangona kunjalo, khumbula ukukwakha ingxelo elungileyo kubaniki-tyala bakho, kaloku kungenzeka uydinge ngenye imini.

Qaphela amanqanaba empahla egciniweyo – sibhekisa ngakumbi kwinqanaba lempahla yamalungiselelo oyigcina kwifama yakho. Ngamanye amaxesha usenokulingeka ngokuthenga imveliso yamalungiselelo efana nesichumiso ngexabiso ‘elilodwa’, kodwa kufuneke ukuba uyigcine iinyanga ezi-3 okanye ezi-4 phambi kokuyisebenzisa. Khumbula, leyo yikheshi efihiwe kwimpahla egciniweyo.

Abalimi abaninzi bathengisa iimveliso nge-mali eyikheshi kwiifama zabo okanye kwindawo yokuthengisa engenalucwangcisel. Akukho nto inxaxhileyo ekwenzeni oku, kodwa gcina iingxello ezifanelekoyle zezi ntengiso kune nekheshi ebandakanyekayo. Ungavumeli ikhesi esepo-kothweni yakho ikulinge. Kubhetele uyifake kwiakhawunti yakho yolondolozo ukuze ufumane inzala ngayo.

Xa unekhesi kwiakhawunti yakho yebhanki qiniseka ngokuthi ikufakela inzala. Thetha-thethana nebhangi yakho. Khumbula ukuba amaziko emali awanakuze alibale ukukutshaja inzala kwimali oyifaka kuwo, kodwa awasayi kuze akuhlawule inzala ngokuzithandela xa ungathetha-thethana nawo ngayo. Lilungelo lakho ukuthetha-thethana, yenza njalo – uya kuzuza lukhulu kulo.

Okokugqibela, eyona ndlela iphu-cukileyo yokulawula ikhesi yakho, kukuyilawula ngo-

kwenza uhlahlo-mali Iwekheshi ngenyanga nganye ukwenzela unyaka-mali. Olu hlahlo-mali ke ngoko luya kubonisa indlela ofanele ukusebenzisa ikhesi yakho ngayo ngendlela enobuchule bokulawula imali.

Oku kuthetha ukuba kufuneka uqequesheke ekusebenziseni ikhesi yakho ngendlela ecwangciselwe ngayo. Xa kunokwenzeka into ebingacingelekanga kwangaphambili, zama ukubambelela kwisicwangciso sakho esihlengahengisiweyo. Kuqaphele kakhlui ukufane uthenge okanye ukuthenga okucingwe ngaloo mzuzu. Phambi kokuthenga qwalaselisa icwangciso sa-kho! Yintoni eya kuchaphazelakhlui uhlahlo-mali Iwakho lomquqelo wemali? Lulawulo Iwemali.

Abanini abaninzi bamashishini amancinane bacinga ukuba akukho mfuneko yokugcina iingxelo nokulawula iimali zeshishini lakhe umntu kuba bezibona zincinane. Bacinga ukuba umsebenzi ‘wogcino-zincwadi’ ngowamashishini amakhulwana ngoku umntu unengqondo ethi ngenxa yokuba elakhe lilincinane uyazi yonke into eyenzeka ngeemali zeshishini lakhe.

Kusenokuba yinyaniso yethutanya kodwa esinje sezizathu eziphambili sokusilela kwasashishini amancinane kukuba abanini abalu-qondi kakuhle ulawulo Iweemali zabo. Inyaniso yeyokuba, xa lilincinane ishishini lakho, lifanele ukulawuleka bhetele – ngakumbi ulawulo Iwemali. Oku kwenziwa kukuba xa lilincinane ishishini lakho, unganeno umngcipheko onawo wolawulo olunga-fanelekanga.

Ubaluleke ngantoni umquqelo wekheshi? Naliphi ishishini lineendleko ezifanele ukuhlawula ngenyanga nganye, njengemivuzo, iindleko zombane, iiakhawunti zefowuni, izondlo, njalo njalo. Kwakhona kusenokubaho iintlawulo zee-khontrakthi kwiimali-mboleko ezifanele ukuhlawulwa ngekota, kwiinyanga ezintandathu okanye ngonyaka ngexesha lokuvuna. Ezi ndleko zifanele ukuhlawulwa xa zilindelekoyle kwaye iintlawulo azinakushenxiselwa ixesa elizayo okanye ziguqlue ngokuthanda komntu.

Khumbula ukuba imali eyikheshi ngukumkani, yihlonele.

Athikele e kwadilwe ke Marius Greyling, mokwadi wa Pula Imvula. Fa o tlhoka kitso gape, o ka romela emeile go mariusg@mcgacc.co.za.

Abaphumelele KUMLIMI WONYAKA ngo-2017 ngaba...



Simphiwe Gumbi



Mavis Hlatshwayo



Hamu Shuwisa



Meluxolo Mfoxo



Ghsasa Dhlongolo



Tshediso Maqala



Thembalihle Tobo



Vuyani Lolwane



Paul Malindi



Ruben Mothlabane



Remember Mthethwa



Edwin Mahlatsi

Ukubhiyoza impumelelo kusuka kuyifile imiceli-mingeni ebekujongenwe nayo endeleni ukuza kufika apha. Unzima umsebenzi wokufama futhi unemingeni eminanzi kodwa imihla yobunzima iye ithande ukulibaleka kwangoko akuba umlimi enakho ukubhiyoza impumelelo yakhe.

Phantse kwiminyaka eyi-20 edlulileyo, iqela lase-Grain SA loPhuhliso loMlimi lizibuke ngeqhayiya iimpumelelo zabanye abalimi abanenxaxheba kwinkqubo yabo laze lenza isiqqibo sokulubekela bucala uSuku loMbhiyozo. Injongo yolu Suku loMbhiyozo ke ngoko, njengoko kusenjalo nanamhla, kukuphakamisa abalimi abasebenza nzima ebudeni bonyaka nokubukisa ngeempumelelo zabo.

Ukususela kusungulo lwalo ngo-2009, uSuku loMbhiyozo lube phambili kwiikh-lenda zabalimi baseGrain SA nakwezeqela loPhuhliso lwabaLimi. Kubalulekile ke ngoko ukuphawula indima yabacebisi nabaquzeleli baseGrain SA kwimpumelelo yabalimi abaphantsi kwestiphaluka sabo. Ukuzinikela nobutsha-ntlizyo obuthandekayo ngokuqinise-kileyo zizithako ezibaluleke kakhlulu kwiresiphi yempumelelo yoPhuhliso lwabaLimi.

Usuku loMbhiyozo lwango-2017 alufikanga lugalelekile. Abalimi bafakwe kwizintlu okanye kwizigaba ezine – uMlimi woNyaka oLimela ukuziPhilisa, uMlimi woNyaka oRhweba kaNcinnane, uMlimi woNyaka oneSakhono soRhwebo kunye noMlimi woNyaka oRhwebayo weNew Era.

KwiPula Imvula engaphambili sikkwazise bonke abalingwa abanenxaxheba kuhutshiswano lwalo nyaka. Namhla, sibhengeza abaphumeleleyo ngeqhayiya kwizintlu ezahluka-hlukileyo.

UMLimi woNyaka wango-2017 oLimela ukuziPhilisa

Abaphumelele kwesi sigaba nguSimphiwe Elliot Gumbi, uMavis Nomvula Hlatshwayo noGhsasa Solomon Dhlongolo.

USimphiwe Elliot Gumbi

USimphiwe nenkosikazi yakhe, uVuyelwa, baqhuba umsebenzi wokufama kwifama iHoffental kufutshane eTabhane KwaZulu-Natal. Esi sibini asinamatshini ngoko ke balima umbona ngesandla. UKususela ngo-2015 bebenenxaxheba kwiProjekthi yaseGrain SA yeJobs Fund.

Umquuzeleli wePhondo, uGraeme Engelbrecht uthi: ‘Lo myeni nenkosikazi yakhe banemvisiwano engummangaliso yeentlizyo zegolide. Baziintsika phakathi koluntu lwabo kwaye bayabanceda abo bangenathamsanqa ngokubapha ukutya.’

UMavis Nomvula Hlatshwayo

UMavis uqhuba umsebenzi wokufama kwihek-tare engumhlaba odityanelweyo kwifama iHereford kufuphi neBadplaas eMpumalanga. Ungene kwiGrain SA waze waba lilungu leQela loFundonzulu iLijahsisu ngo-2005. Uya rhoqo kwiintlanganiso zeqela lofundonzulu, kwiind-bano zocweyo nakwizifundo ezilungiselelw yiGrain SA.

UJerry Mthombothi, uMquuzeleli wePhondo uthetha athi ngoMavis: ‘Linenekazi eliba-laseleyo elisoloko likulangazelela ukufunda. Ukuba unika uMavis imiyalelo, uza kwenza into omxelele yona nqo. Unobubele kwaye uya-kuthakazelela ukwabelana ngolwazi nabalimi abangamava njengaye eluntwini lwakhe.’

UGhsasa Solomon Dhlongolo

Ughsasa uqhuba umsebenzi wokufama kwihet-tare ezili-10 zomhlaba olimekayo awunikwe yi-Kaluka CPA ngasePiet Retief. Ulilungu leProjekthi yaseGrain SA yeJobs Fund aphinde abe ngusihla-lo weQela loFundonzulu iDonkerhoek.

UMquuzeleli wePhondo, uJurie Mentz uthi: ‘Lo mlimi ungumlimi ooceke ngohlolo olungahelekanga. UGhsasa oko waba lilungu elinendima, intsika yamandla nomdlali-ndima ongumzekelo eluntwini lwakhe.’

UMLimi woNyaka wango-2017 oRhweba kaNcinnane

Abaphumeleleyo abathathu kwesi sigaba nguThembalihle Hopewell Tobo, uMeluxolo Mfoxo noHamu Samson Shuwisa.

UThembalihle Hopewell Tobo

UThembalihle ulima iihekture ezizi-25 zomhlaba odityanelweyo iNdunga kufuphi neBizana eMpuma Koloni. Waba lilungu leGrain SA ngo-2006 kwaye ngoku ngusihlalo weQela loFundozulu iNdunge.

‘UThembalihle unothando olushushu lokufama kwaye uyakuthakazelela ukwabelana nabanye ngolwazi lwakhe. Inyaniso yokuba wakhethwa njengosihlalo wedela lakhe lofundozulu ibonisa ukuba uluntu lujonge ukuzu luKhulu kule ndoda,’ utsho umquuzeleli wePhondo, uLuke Collier.

UMeluxolo Mfoxo

UMeluxolo ulima iimbotyi ezomileyo, nombona, afuye iinkomo neegusha eGoedehoop kufuphi neUgie eMpuma Koloni. Wangena kwiGrain SA nakwiQela loFundozulu iUmnga Flats ngo-2013.

Umquuzeleli-wePhondo, uLuke Collier uthi: ‘UMeluxolo uyakuthanda ukufunda kwaye usebenza

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isixhosa,
IsiNgesi, IsiBhulu, iSeTswana,
iSesotho, iSesotho sa Leboa nesi IsiZulu.

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are the views of the writer and not of Grain SA.

Abaphumelele kuMlimi woNyaka ngo-2017 ngaba...

nzima ukuze aphumeze iinjongo zakhe zokuba ngumlimi orhweba ngempumelelo kwixesha elizayo.'

UHamu Samson Shuwisa

USamson uqhuba ifama kwifama iNooitgedacht, ekufuphi neSheepmoor eMpumalanga. Ngo-2011, wangena kwiqela lofundu-nzulu laseGrain SA apho aseleneminyaka esixhenxe engusihlalo khona.

'USamson ngumlimi osebenza nzima ngokumangalisayo kakhulu. Waqala ngokulima iihekture ezi-2 waze wakhula ukuza kufikelela apho akhoyo namhlanje – ulima iihekture eziyi-18 ngezivuno zeeton eziyi-6 ngehektare,' wongeza atsho umquuzeleli wePhondo, uJurie Mentz.

UMLimi woNyaka wango-2017

oneSakhono sokuRhweba

URuben Mothlabane, uPaul Mvelekweni Malindi noTshediso Daniel Maqala ngabaphumeleleyo abathathu kolu luulu.

URuben Mothlabane

URuben uqhuba umsebenzi wokufama kwifama iKalkpan, kwisithili saseBultfontein eFree State. Waba lilungu leGrain SA ukususela ngo-2012 kwaye ukukhuthalele ukuya kwiintlanganiso zeQela loFundonzulu iBultfontein ngenyanga nganye.

Umquuzeleli wePhondo, uJohan Kriel uthi: 'URuben upuhle wangumlimi onesakhono esikhulu. Uvune phantse iiton eziyi 1 000 zeenkoko kulo nyaka'.

UPaul Mvelekweni Malindi

UPaul ulima iihekture eziyi-441 kwifama iDankbaar, kufuphi neEdenville eFree State. Ungene kwiNkqubo yaseGrain SA yoPhuhliso IwabaLimi waze waba ngomnye wabasunguli beQela loFundonzulu iEdenville.

UJohan Kriel, umquuzeleli wePhondo uthi: 'UPaul unonxano olungakholwayo lolwazi. Kulo nyaka konke ukwenze ngendlela efanele-kileyo, ebeziqhabela itrektara ngokwakhe.'

UTshediso Daniel Maqala

UTshediso uneefama ezimbini, ifama yeehektare eziyi-197 iKosmos nefama iDie Hoop eneehekture eziyi-326, zombini zikwisithili saseFicksburg. Wangena kwiGrain SA ngo-2014 kwaye uya rhoqo kwiintlanganiso zeqela lofundonzulu nakwiintsku zabalimi.

'Nangona esemtsha noko uTshediso kule nkqubo, lo mlimi unesakhono sokulawula ifama enkulu yokurhweba. Ufama kwindawo enge-lulanga kwezolimo kodwa uyilawula ngendlela ebalaese kakhulu,' wongeze watsho umquuzeleli wePhondo, uJohan Kriel.

UMLimi woNyaka wango-2017

oRhwebayo weNew Era

Abaphumeleleyo kolu luulu nguVuyani Lo-Iwane, uRemember Wiseman Mthethwa noEdwin Thulo Mahlatsi.

UVuyani Lolwane

UVuyani unefama iKlippan aphinde aqeshe umhlaba iLareystryd. Ube lilungu leGrain SA kwiminyaka eliqela kwaye ukukhuthalele ukuya kwiintsku zabalimi nakwiintlanganiso zeqela lofundonzulu kwaye uphumelele kwizifundo zo-qeqesho eziliqela.

Umquuzeleli wePhondo, uDu Toit van der Westhuizen uthi: 'UVuyani yindoda esentsha enobuchule kwaye umfuze kakhulu utata wakhe. Wazifumana njengelifa kuyise izakhono zakhe zobuchule nokulawula ishishini futhi unazo zonke iimpawu eziyimfuneko ekubeni ngumlimi orhwebayo onempumelelo kangangoko.'

URemember Wiseman Mthethwa

URemember uqhuba ifama kwihektare eziyi-662 zefama yakhe iMilindale, aphinde aqeshe iihekture eziyi-150 zomhlaba wabucala kufuphi neDannhauser. Wangena kwiGrain SA ngo-2015 futhi lilungu leQela loFundonzulu elikhuthuleleyo leNewcastle B29 kanti uChris de Jager ngumcebisi wakhe.

UGraeme Engelbrecht, umquuzeleli wePhondo uthi: 'URemember ngumsebenzi osebenza nzima ngokugqithisileyo. Uqinisekisa ukuba izinto ezincinane uzenza ngendlela elungileyo kwaye akalindi omnye umntu ukuba eze nesisombululo xa equibisene nengxaki – uRemember uya kuza necebo.'

UEdwin Thulo Mahlatsi

Ifama iSwartlaagte kufuphi neBothaville eFree State yathengwa kuFrikkie Rautenbach ithengelwa uEdwin liSebe loPhuhliso IwaseMaphandleni no-kuTshintshwa koMhlaba ngokusebenzisa iPLAS. Ngo-2014 waba lilungu leNkqubo yaseGrain SA yoPhuhliso IwabaLimi. Wangena kwiQela loFundonzulu iBothaville waze wakukhuthalela ukuya kwiintsku zabalimi nakwizifundo zoqeqesho.

UMquuzeleli wePhondo, uJohan Kriel uthi: 'Kuyinyhweba ukusebenza noEdwin – ungumlimi ocoseelayo nokuthandayo ukwabelana nabanye ngolwazi lwakhe kwaye uyintsika yamandla eluntwini lwakhe.'

Ngenxa yokuba sinabo bonke aba balimi bangummangaliso baphumeleleyo, sinakho ukuphinda sijonge enkalweni kuSuku loMbhi-yozo olungenakuze libaleke!

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