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USEPTEMBA
2017

Izindlela zokunciphisa ukuveza ku-mycotoxin

Incwadi yeGrain SA
yabalimi abasakhulayo

Funda ngaphakathi:



Kwi-athikhili yokugcina yochungechunge nge lwethu nge-mycotoxins, sizo chaza izindlela zokunciphisa ukukhiqizeka kwe-mycotoxin nokuveza kumakhomodithi nabantu ku-mycotoxins.

Njengoba kushiwo phambilini, i-mycotoxins izinze kakhulu futhi ingasuswa nganxanye. Izilimo zingakhqiqwza ngezinhliso zokudayisa kanye nokukhiqizwa kokudla nokondla, zinethuba lokulinganiselwa i-mycotoxins kusetshenziswa amazinga athile aphephile e-mycotoxin kanye nokuqapha umkhiqizo oyikhwalithi. Futhi, imboni ekhiqiza izilimo ezingenisa inuzo ine-eksesi yezindlela ezithuthukile nezibizayo zezbuchwepheshe.

Ngenxa yale-athikhili sizogxila ezindleleni ezi-lula nezikhonakalayo ukunciphisa ukuvezeka ku-mycotoxin okufana no-1) imikhuba emihle yezolimo (izindlela zangaphambi nange-muva kokuvuna 2) ukuhlunga ngesandla nokuwashwa, 3) ukuhlunga, ikhasi, ukuhluba, nokugaya, no-4) ukwehlukana kwe-dayethi (okufaka phakathi izinhlobo ezahlukene zokudla nedayethi).

Imikhuba emihle yezolimo

Imikhuba emihle yezolimo (i-GAP) ibaluleke kakhulu kwezolimo, kubalimi abangenisa inzu-zo nabalimi abancane, ukuze kugarantwe futhi kugcinwe amazinga e-mycotoxin ephansi kakhulu kuzilimo zokudla ezilinyiwe.

05 | **Ungayithola kanjani
ibalansi dayethi**

06 | **Kungani ukujikelezisa isilimo
kubalulekile ekukhiqizweni
kukakolo**

10 | **Abafinyelele kowamanqamu
kowe-Farmer of the Year 2017
yilaba...**





UGOGO JANE UTHI...

Kulolu shicilelo IwePula Imvula kakhona i-athikhili yokudla okuyidayethi enomsoco. Lesi yisibonakalo esibaluleke kakhlulu ekulimeni – sizikhqizela ukudla nesizwe, kodwa nathi nemfuyo yethu siyadla futhi! Kubalulekile ukuthi abantu nezlwane esizifuyile (izinkomo, izimvu, izimbuzi, izingulube nezinkukhu) zidle idayethi enomsoco – sekuhlangene, sidinga isitashi (ikhabhohayidrethi), amaphrotheni nama-fats (ngaphandle kokuchaza kabanzi).

Ukufuya imfuyo yingxenyne yamabhzinisi amanangi angaphansi kolimo. Ngaphandle kokusaplaya izimakethe, ukufuya izinkomo zakho, izimvu nezinkukhu kungakunikeza umthombo wokudla okuhle (ubisi, inyama namaqanda) futhi lokhu kubaluleke kakhlulu kudayethi ikakhulu yezingane njengoba zikhula futhi zithuthuka. Ake siqale ngokukhumbula ukuthi ukulima kwaqala njengendela yokondla iminden yethu futhi emva kwalokho kwabe sekudayiswa lokho okusele – manje sesibheke ekudayisensi yonke into futhi sithenge nokudla. Singazilimela thina nemindeni yethu ukudla okukahle nokunomsoco.

Njengabalimi, sivamisa ukugxila ekulimeni okusa-nhlamu nakumasiriyeli futhi lokhu kuhle ngoba lokhu kwenza ingxenyne enkulukazi yedayethi yethu. Ukondla imfuyo ngommbila kuzokwenza imfuyo yakho ikusebenzele njengoba ikunikeza inyama nobisi (kokubile lokhu kuyimithombo emihle yamaphrotheni). Nathi siyawadinga amaphrotheni kudayethi yethu ngakho-ke kufanele silime ubhontshisi i-pulse nobhontshisi isoya (ozodliyi yithi nesizowuthumela ezimakethe).

Ukulima amaveji azodliwa yithi yinto esizothanda ukukugquqguzela ukuba uyenze – sonke kudingeka sidle izithelo ezifreshi namaveji jikelele futhi ungakwazi ukuzilimela wona ngasendlini yakho uzisebenzisele wona endlini yakho. Ngalokho uzobe ungazongeli imali kuphela, kodwa futhi uzokwazi ukuthola umkhiqizo ofreshi kakhlulu nowamasizini. Kulima amaveji kuyinselelo kwezomnetho njengoba iningi lalokhu kudinga ukuthuthwa namaloli ana-mafriji – kungaletha inzuso enkulu kodwa ngeshwa iningi labalimi bethu abavulelekile ukuba banisele.

Seyinyanga kaSepthemba vele futhi abanye benu kungenzeka sebezitholile izimvula zokuqala – kuyisibuso esimangalisayo ukwazi ukuthi izimvula zyeza futhi sizokwazi ukutshala isilimo sasehlobo. Khumbula ukuthi kufanele wenze konke okusemandleni akho ukuqinisekisa isivuno esihle – ngeke unqume mayelana nemvule kodwa konke okunye kusezandleni zethu. Yenza konke okusemandleni akho nawe – ukhuthaze nalabo osonde-lene nabo ukuba nabo benze kanjalo – sisonke singa-zondla siphinde sondle nesizwe sethu.

Izindlela zokunciphisa ukuveza ku-mycotoxin

1

Hlunga ummbila obukeka
uyikhwalithi enhle komubi
/ummbila owanakele



2

Ama-kernel anempilo
wafake ebhakedeni
elihlanzekile bese uthela
amanzi ahlanzekile ebha-
kedeni kuze kumbozeke
wonke ummbila

3

Susa konke okuntantayo
phezu kwamanzi



4

Washa ummbila ngokuwu-
xuba kancane kancane



6

Usebenzise ukuwupheka
masinyane lo mmbila



5

Ummiba uyekele
emanzini isikhathi esingaba
imizuzu eyishumi



7

Amanzi assetshenziswe
ekuwasha kanye nazo zonke
izikhutha eziponakalayo
/nama-kernel onakele
noma lokho okususiwe,
kufanele kulahlwe

UKULAWULWA KWEZIFO

Izindlela ezingaphambi kokuvuna

- Uku-implimenta ishejuli yokujikelezisa izilimo. Uko lo nommbila kulula ukuba utheleleke nge- *Fusarium* fungi futhi lezi zilimo ezimbili akufanele zisetshenziswe ukushintshisana zozimbili. Ukujikelezisa izilimo ezifana namazambane, imifino nobhontshisi owomile, kungaba ngcono ukusebenzisa zona.
- Amalungiselelo anele ombhede wembewu ngesilimo ngasinye esisha ngokutshala ngaphansi noma ngokususa izinsalela zezilimo ezindala ezingaphinde zibe nomthelela we-fungi ehlobene nayo. INothili nezinye izindlela zokuphatha inhlanganisela yezinambuzane kungadingeka ngokongiwa komhlabathi phecelezi i-soil conservation (i-commercial; i-subsistence application).
- Sebenzisa mathesti enhlabathi ukuze ubone ukuthi sikhona yini isidingo sokufaka umanyolo ne/noma amakhondishina enhlabathi ukuqinisekisa i-pH eyanele yenhlabathi kanye neniyuthrishi ukugwema ungcindezi yesitshalo, ikakhulukazi ngesikhathi sokuhula koku-sanhlamvu (i-commercial application). Abalimi abancane kufanele bafake umanyolo wemfuyo emasimini abo ukwengezelela ukwephula izinhlanga, ukwenza ngcono isimo senhlabathi phecelezi i-soil structure, nezinsiza zeniyuthrishi ni yesitshalo (i-subsistence application).
- Sebenzisa izinhlamvu ezakhelwe ukudaza nenkan ikuhlaselweni yi-fungi kanye nezibulala zinambuzane, nezinconyelwe indawo ethile (ikakhulu ku-commercial application).
- Ukutshala kwesilimo kubalulekile ukuba kwenziwe ngesikhathi esifanele ukugwema amazinnga aphezulu okushisa nengcindezi yesomiso ngesikhathi se-pollination nokuhula kwezinhlamvu (i-commercial; subsistence application).
- Gwema ukuminyana kwezitshalo ngokugcina imigqa nezikhala zezitshalo ezinconyiw (i-commercial application mostly).
- Ukunciphisa umonakalo odalwa izinambuzane nomthelela we-fungal ngokusebenzisa izibulala zinambuzane ezirejistiwe ngokufanele, ama-fungicides nemikhuba efanele ngokwephrogremu eyinhlanganisela elawula izinambuzane (i-commercial; subsistence application).
- Lawula ukhula ngokwemishini yeziilmo noma ngokusebenzisa ama-herbicides arejistiwe noma ezinye izihlakula khula eziphephile /imikhuba yokuqedu ukhula (i-commercial; subsistence application).
- Nciphisa umonakalo ongenziwa yimishini eztshalweni nasezithelweni ngesikhathi sokulima (i-commercial; subsistence application).
- Qinisekisa ukuthi kuniselwa ngokwanele nokuthi zonke izitshalo ensimini zithola amanzi ngokwanele. Umswakama oweqile ngesikhathi sokuhluma kwezimbali kwenza izimo esifanelekile zokutheleka nge-*Fusarium* fungi; ngakho ke ukunisela ngesikhathi sokwakheka kwezimbali nokuvuthwa kwesilimo kufanele kugwemeke (i-commercial application mostly).

Izindlela zangeMuva kokuvuna

- Vuna okusanhlamvu sekukukethu umswakama oncane futhi sikuvuthwe ngokuphelele,



Isithombe 1: IUMa ama-kernel ommbila wakho ebukeka kanje, anempilo futhi anempila ukuba adliwe.

- ngaphandle uma kunesimo esishisa kakhku, kunemvula noma kunesimo sesomiso (I-commercial; subsistence application).
- Qinisekisa ukuthi izisebenzi zasepulazi ni ziqeqeshwe ngokugcweli nanokuthi izimpahla zokusebenza zigciwua zihlanzekile futhi zisebenza ngokufanelekile, ukunciphisa umonakalo wezitshalo nezilimo ezivuniwe (i-commercial; subsistence application).
 - Iziqukathi nezimoto ezizosetshenziswa ukupokelela nokuthutha isilimo ukusuka ensimini siyobekwa lapho sizokomiswa khona ne/noma ezintweni zokusigcina, kufanele zihlanzeke, zome futhi zingabi nazo izinambuzane, inhlabathi kanye nokubonakala kwe-fungal ekhulayo (i-commercial; subsistence application).
 - Nquma ngamazinga omswakama masinyane emva kokuvuna. Uma kwenzeka, yomisa isilimo siqukathe umswakama onconyelwe ukulondolozwa nawo. Amasiriyeli kufanele omiswe ngendlela yokuthi umonakalo wezinhlamvu uncipa kakhulu namazinga omswakama angaphansi kwalawo adingekayo ukusekela ekukhula kwezikutha ngesikhathi kugciniwe (ngokuvamile kube ngaphansi kuka-14%). Ukomiswa kwezinye izilimo kumswakama ophezulu kungadala umthelela we-fungal. Gwema ukunqwabelana nokuqonga kobumanzi, izilimo ezifreshi ezsanda kuvunwa (i-commercial; subsistence application).
 - Amasireyili asanda kuvunwa namanathi kufanele ahlanzwe noma ahlungwe, uma kufanele, ukususa ama-kernels/nathi onakele kanye nokunye okungeyona ingxenyalepho (i-commercial; subsistence application).
 - Izinto okulondolozwa kuzo kufanele zome, kube yizakhiwo ezingena umoya ngokwanele ezivikela imvula, amanzi angaphezulu nangaphansi komhlaba, ukuvikeleka kwizinambuzane nasezinyonini futhi kuvikeleke ezimweni ezingazinile zamazinga okushisa (i-commercial; subsistence application).
 - Qinisekisa ukuthi izikhwama okugcina kuzo zihlanzekile futhi zomile. Amasaka agcwele kufanele atakishwe kumaphalethi noma kusistimu eneleya engangenisi amanzi phakathi kwamasaka naphansi (i-commercial; subsistence application).
 - Amazinga afanele e-mycotoxin kuzilimo ezivuniwe kufanele abhekwe uma kunesidindo, kusetshenziswa amasampula afanele nezindlela zokuthesta (i-commercial application).

Ukuhlunga ngesandla nokuwashasha okusanhlamvu

Ukuhlunga ngesandla noma ukuhlukanisa izilimo ngaphambi kokuba zilondolozwe noma ziphekwe, kungumkhuba ojwayelekile emazweni amanangi ase-Afrika afana neNtshonalanga Afrika (eBenin) eNigeria, eTanzania neNingizimu ne-Afrika. Izindlela zesintu zokuphrosesa ukudla ezifana nokuhlunga yindlela elula yovikela emva kokuvuna okungabizi okunciphisa ukunkubeza kwe-mycotoxin nokuveza.

Ziningi izifundo ezenziwe e-Afrika phakathi kwemiphakathi elima ummbila ukuzondla ikhombise ukuthi ukuhlukanisa umonakalo obonakalayo (okufaka phakathi okughephukile), ama-kernel ommbila ophophile nama-kernel ommbila abonakalayo ukuthi anesikhutha kulawo ma-kanerl abonakalayo ukuthi alungele ukudliwa anamazinga aphansi e-aflotoxin ne-fumonisismycotoxin.

Indlela elula yokuhlunga ngesandla nokuwashasha ikhombisile ukuthi kungawanciphisa amazinge e-fumonisismycotoxin ngo-84% emmbileni olinywa emakhaya. Kamuva, isifundo esenziwe e-laboratory-usebenzisa ukuhlunga ngesandla, futhi ukwengeza idensithi yesinyathelo sokuhlu-nega ngokuwashwa kommbila omuhle ohlungiwe,

Izindlela zokunciphisa ukuveza ku-mycotoxin

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



Isithombe 2: Uma ama-kernel akho ebukeka njenganoma iliphi kulawa, awakufanele ukudliwa. La ma-kernel kufanele asuswe futhi alahlwe njengoba ayingozi empilweni yabantu neyezilwane.

kukhombisa ukunciphia kwamazinga e-fumonisin ngo-98% emmbileni omuhle.

Sekwenziwa ibhukwana lokufundisa abalimi abancane bommbila ukuhlunga ama-kernel ommbila ube ummbila omuhle (**Isithombe 1 - 2**). Ngakho ke kulandela isinyathelo lapho amanzi ahlanzekile okuphuza ethelwa emmbileni, ngokwanele emboze onke ama-kernel ommbila (isilinganiso esingaba yiminwe emibili ngaphezulu kweleya yama-kernel ommbila). Noma yini entantayo ngaphezu kwamanzi iyasuswa bese kuthi ekugcineni ama-kernel ommbila ahlanganiswe kancane kancane namanzi bese eyakekwa imizuzu eyi-10.

Lapho ke ummbila usuke usukulungele ukuphekwa; khumbula ukulahla ama-kernel na-noma yini okunye okususiwe emmbileni omuhle ngesikhathi sesinyathelo sokuhlunga nokuwaswa. Amanzi nama-kernels noma ezinye izinto ezikhishwiwe ziukethe i-mycotoxins eningi kanti futhi kuyingozi empilweni yabantu nezilwane.

Abukeka kanjani ama-kernel ommbila anempilo?

Ama-kernel ommbila ayikhwalithi abukeka emahle lawo anempilo ukuba angadliwa kufanele acwebezele noma agqame, angenawo amabala noma omaka kanti futhi kufanele aphelele (**Isithombe 1**).

Ngabe abukeka kanjani ama-kernel ommbila angenayo impilo? (lawo okufanele asuswe)

Ama-kernel ommbila obukeka uyikhwalithi enhle abukeka anempilo ukuba udlive kufanele acwebezele noma aqhakaze, ungabi

nawo amabala noma omaka kanti futhi kufanele aphelele (**Isithombe 2**).

Ungahlunga kanjani futhi uhlanze ngezinyathelo eziyisikhombisa

Isinyathelo 1: Hlunga ummbila obukeka uyikhwalithi enhle komubi/ummbila owanakele.

Isinyathelo 2: Ama-kernel anempilo wafake ebhakedeni elihlanzekile bese uthela amanzi ahlanzekile ebhakedeni kuze kumbozeke wonke ummbila.

Isinyathelo 3: Susa konke okuntantayo phezu kwamanzi.

Isinyathelo 4: Washa ummbila ngokuwuxuba kancane kancane.

Isinyathelo 5: Ummiba uyekele emanzinzi isikhathi esingaba imizuzu eyishumi.

Isinyathelo 6: Usebenzise ukuwupheka masinyane lo mmbila.

Isinyathelo 7: Amanzi asetshenziswe ekuwascha kanye nazo zonke izikhutha ezibonakalayo /nama-kernel onakele noma lokho okususiwe, kufanele kulahlwe.

Ukwehlukana kwedayethi nezilimo ukuqinisekisa izinhlobo zedayethi

Ukwehlukana kwedayethi konke kumayelana nokuba khona, i- eksesi kanye nokusetshenziswa kokudla okunenyuthrishiyan (kugcina umzimba unempilo kuthi kusiza ekukhuleni nasekuthuthukeni) unyaka wonke. Lokhu kungenziwa ngokushintsha uhlobo lwezilimo ezitshalwayo, okufaka phakathi izinhlobo ezahlukene zokudla okunempilo kwidayethi nokulungiswa nokuphroseswa kokudla ekhishini.

Lokhu okulandelayo yisamari yemisebenzi yoku-dla okungaphromotha ukwehlukana kwedayethi:

- Phromotha ukuxutshwa kwezilimo ne/noma ukulima okuyinhlanganisa nezinhlobo eza-hlkene zezilimo.
- Ukwethulwa kwezilimo ezintsha (ezifana nobhontshisi isoya).
- Ukupromothwa kwezingadi emakhaya.
- Ukuhulisa kwemfuyo esencane njenge-zinkukhu.
- Iphromoshini yokugada ngokuphophile okuvumelekile nokubekwa kwezithelo nemifino ukunciphisa ukuhlaphaza nokulahlekelwa ngemuva kokuvuna.
- Ukufundiswa ngenyuthrishini ukugqugquze-la ukudliwa kwedayethi enempilo nenenyu-thrishini unyaka wonke.

Isiphetho

Ekugcineni, siphetha nge-South African Food Based Dietay Guidelines ukuqinisekisa ngedayethi enempilo.

1. Dlana ukudla okunhlobonhlobo.
2. Khuthala!
3. Ukuudla okunesitashi kwenze kube yingxene yakho konke ukudla.
4. Dlana imifino eminingi nezithelo zonke izinsuku.
5. Dlana ubhontshisi owomile, udali phecelezi split peas, ilentile nesoya ngokuvamile.
6. Dlana ubisi, amasi noma iyogathi zonke izinsuku.
7. Inhlanzi, inkukhu, inyama ezacile noma amaqaanda kungadliwa zonke izinsuku.
8. Phuza amanzi amanangi ahlanzekile naphephile.
9. Sebenzisa amafutha kancane. Khetha uwoyela wemaveji, kunamafutha aqinile.
10. Sebenzisa ushukela nokudla /iziphuzo ezi-noshukela kancane.
11. Sebenzisa usawoti nokudla okunosawoti kancane.

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Ungayithola kanjani

IBALANSI DAYETHI

Bonke omama no-caretaker bayawazi umzabalazo wokunikeza iminden'i yabo ukudla okunempilo Ngisho noma ubheka izilwane, uzombona umama omusha enakekela umntwana wakhe emnikeza isisekelo sempilo enhle futhi bese udlulela otshanini ubufreshi kakhulu naye adle ukuze anikeze usana isiqalo esihle esingasithola.

Uma uhlala endaweni yasemakhaya lapho kuneztolio ezimbalwa futhi ziqhelelene lokho kusho ukuthi lo mzabalazo ungaba phakathi kokufa nokuphila, njengoba isifundo sisanda kuthola ukuthi imiphakathi yasemakhaya inamazinga aphenzulu e-malnyuthrishi nendlala. Akulahlekile konke, njengoba le-athikhili elandelayo inethembu lokuthi izokuqinisekisa. Okungenani ulwazi oluyisisekelo mayelana nenyuthrishi enhle kusafana kodwa i-aplikheshini yala maqiniso kungenzeka ukuthi kukhona lapho ishntshe khona. Uma ungenazo izindlela zokuthola imali yokukhqiqa noma yokuthenge okungaphezulu kokuthenga impuphu yommbila noshukela ongayikhulisa futhi uyizimelise impilo yakho ngokulima imifino nezithelo nezithelo wonge noshukela futhi usekele impilo yakho ngokulima imifino kanye nezithela ukuze ukungeze idayethi yakho.

Umzimba womuntu uklanyelwe ukuba ukwazi ukumelana nobunzima obuningi ngokujwayela izimo ezifana nokuncipha kokudla noma idayethi encane aqukethe izisekelo zezitephuli kuphela, kodwa lokhu kuzobeka ingcindezi emzimbeni futhi lokho kuzonakala ngokweliuleka komzimba ukuzivikela kumavayirasi nakwezinye izifo.

Njenganoma yimuphi umshini oklanywe kahle unazo izidingo zokuthile kokubasela umlilo, ngakho umzimba uzokwazi ukusebenza ngokuse-qophelweni eliphezulu ngedayethi eqinisekisiwe equkethe onke amagrphu okudla. Ngeke ufike ndawo ngokufaka udizili kubhakhi! yakho ese-benzisa uphethiloli! Njengoba wazi, ngeshwa abalimi abakhiqiza ukudla okugcina sekusemashalufini enxanxatheleni yeztolo bakhokhelwa kanca-futhi kaningi bayehluleka ukuthenga kulezi zitolu. Yilapho abalimi nomama kufanele bangene-lele khona futhi baqale ukulima ukudla abazokube-ka ematafuleni abo. Ukuzilimela ukudla kwakho nokwabelana nokudayiselana nomakhelwane kunganikeza ukudla kweqiniso nokunempilo okudi-nga umndeni wakho.

Amagrphu okudla okuyisisekelo

Njengoba ngichazile ngenhla, konke ukudla kungahlukaniswa ngamagrphu okudla okuyisisekelo. Nakhu;

Okusanhlamvu namasiriyali

Isinkwa, impuphu yepapa, irayisi, iphasta, i-oats, umathabela – lokhu kudla kunotho ngekhabhohayidrethi aguquka kalula abe amandla assetshenziswa umzimba. Le gruphu nayo ingumthombo omuhle ka-Vuthamini B, uvithamini E, amaminerali kanye nezinsalela zama-elementi afana ne-zinc, i-copper, iseletiyamu, imagineziyamu nephotheziyamu. Lokhu kudla kufanele kwakhe isieskelo soku-dla okubalulekile isibonelo isitsha sepa-pa lempuphu nesishebo semifino nesitshulu.

Izithelo nemifino

Ubhanana, ama-aphula, umango, ikhabe, amawolintshi noma isipinashi, ubhatata, ubrokholi, ukherothi, u-anyanisi njll. Izithelo zingumthombo omuhle ka-vithamini A no-C kanye nephotheziyamu. Zithathwa ngokuthi zinamafutha pheselezi fat nesodiyamu ephansi. Ziqukethu ushukela kodwa uthathwa njengonempilo uma kuqhagthaniswa noshukela ophrosesiwe otholakala koswidu.

Imifino inamanani aphezulu amavithamini ne-folate kanye namaminerali abalulekile efana ne-iron ne-magneziyamu. Izinhlobo ezahluke-ne zamanyuthriyenti. Indlela elula yokukusiza ubone ukuthi yini ongayingenza ekudleni kwakho ukuba '**udle uthingo Iwenkosazane**'. Zama futhi udle yonke le mibala ehlukene ebekiwe ekudleni kwakho. Umfino ngamunye onamacembe a-dark-grean (umthombo we-iron) njenge-swiss chard, amacembe kabithirudi, ubrokholi, noma isipinashi. Imifino ephuzi nge-nokherothi, ubhatata nebhathanathi. Imifino yesitashi njengamazambane, ummbila, nophizi kanye nokuthela imidumba njenge-chickpeas, ubontshisi i-kidney ne-pinto. Eminye imifino efaka phakathi utamatisi, ulethisi, u-anyanisi nama-green beans nangadliwa engaphekiwe.

Ubisi nedeli

Imikhqizo yobisi efana noshizi, i-buttermilk namasi kunikeza amaphrotheni, amavita-minni namaminerali kanti okubaluleke kakhulu yikhalsiyamu. Ikhalsiyamu isiza ukwakheni amathambo namazinyo aqinile. Ideli nayo ingumthombo omuhle wama-fats.

Inyama, inhlanzi namaqanda

Inukhu, inyama ebomvu, namaqanda kunikeza amaphrotheni, uvithamini B, i-iron, ne-zinc. Ubhontshisi owomile, ama-nuts nakho kunikeza inani elfanayo la manyunthriyenti ngakho i-saplayi engapheli yenyama ayidingeki njalo.

Ama-Fats nowoyela

Emazweni onke kunempikiswano enkulu emayela-na nomvuzo wama-fat kwidayethi yesimanje kulezi zinsuku. Ngokolwazi Iwami, ngiwele kwigruphu ya-'ma-fat alungile' futhi ngikholelwu ekususeni amafutha enyameni, ibhotela eliwungqo nowoyela abathile njengalaba abatholakala kokotapheya ondla ubuchopho busebenze kahle nokuphila konke. Angiyena kodwa udokotelu ngikhulumu ngalokho engikwaziyo futhi ngikhuthaza omama nabanakekeli ukuba balandele futhi bakwethembe ukuhlakanipa kwabo kulokhu.

Ushukela futhi ikakhulukazi ushukela uwengeziwe udinga ukushivo ngokukhetekile. Ushukela awunawo amanyuthriyenti kodwa inecalories ephezulu. Uma kudliwe ushukela omningi ngokweqile izitho zomzimba ezifanele ukuguqula ushukela ube amandla omuntu azowasebenzisa, zisebenza ngokweqile zize ziqale ukuwugcina njengama-fat azosetshenziswa ngesikhathi esizayo. Lokho akuwona umqondo omubi kodwa ngoba lo muntu udra ushukela owengeziwe zonke izinsuku amandla agciniwe (ama-fat) akasoze assetshenziswe kodwa ayanqwabelana lokho kuholela ekukhuluphaleni phecelezi obesity mhlambe kuze kufinyelele ku-type 2 diabetes.

Usebenzise kancane ushukela noswidi kanye neziphu zo ezipandayo kuphela njengokuzijabu-lisa okusipesheli. Ukungeza izithelo kudayethi nakho kuzokwanelisa ukuthanda ushukela kodwa okungenani uzozuza amanyuthriyenti ne-fiber, efakwe phakathi kulokho kuzijabulisa.

Kuma-athikhili esikhathi esizayo sizobheka imiqondo yokuphathekayo kanye namasu okwenza ingadi ukuze ufake phakathi la magruphu okudla kudayethi yakho.

Imithombi

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Kungani UKUJIKELEZISA ISILIMO kubalulekile ekukhiqizweni kukakolo

Ukujikelezisa izilimo ngomunye wemithetho eyinsika eyisisekelo se-*conservation* yolimo (i-CA). Ezinye ezimbili ukuphazamiseka okuncane kwenhlabathi kanye nokukhaveka kakhulu kwenhlabathi. Umbuzo ke manje uthi: Kungani kubalulekile ukujikelezisa isilimo?

Ukuchaza lokhu sizoqale shiso ukuthi sisuke shiso ukuthini uma sikhuluma ngokujikelezisa isilimo. Lokhu umkhuba wokushintshanisa izilimo ezahlukene ensimini eyodwa unyaka ngonyaka. Inhloso ukushintshanisa izinhlobo zesilimo kakhulu. Ngokushintshanisa izilimo zokusanhlamu, njenokolo izilimo ezinamakhasi abanzi njengekhana, uluphini noma isilimo esiyidlelo njenge-medics sinethuba lokusungula okwahlukahlukene ensimini.

Uma sibuka imvelo, ukulima isilimo esisodwa njalo phecelezi i-monoculture yenzeka ngaphansi kwezimo ezingavamile. Ukwelukana kuyinkosi futhi kunemihlomulo eyaziwayo. Eyodwa ebaluleke kakhulu ukuthi ukwelukahlukana ngaphezu kwenhlabathi kunomthelela kwi-biodiversity enhlabathini. Emnyakeni emihlanu ulwazi mayelana nomthelela we-biodiversity enhlabathini ikhule ngokubabaze-kayo futhi manje sesiyazi ukuthi le-diversity enhlabathini isikhulile ineqhaza elikhulu ekukhiqizeni.

Ngokuletha ukwahrukana ku-cropping system unalo ithuba ukunqamula imijikelezo yezifo nokungadala umonakalo uma isilimo esifanayo singakhiqizwa njalo ngonyaka. Ngokubandaka-



Isithombe 1: Shintshanisa ukolo wakho nezilimo ezinamakhasi abanzi.

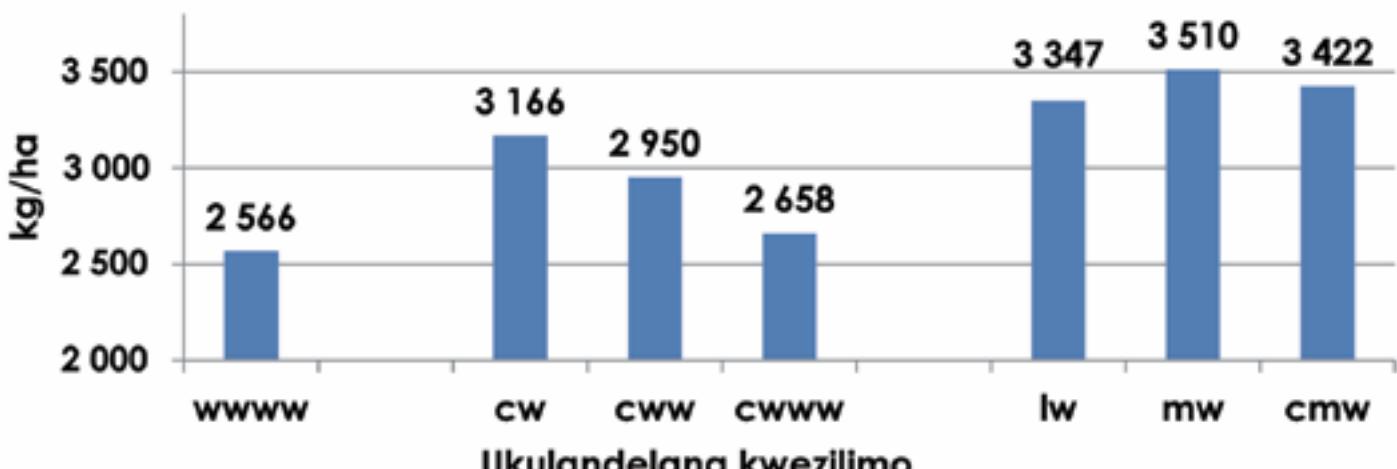
nya izilimo ezinemidumba njenge-luphini, i-vetch, uphizi amadlelo athela imidumba una-wo amandla okulungisa inayithrojini emoyeni mahhala. Inayithrojini elungiswa ngezitshalo zezithelo zemidumba zizokwephuka ngonyaka olandelayo nabalimi bese behlisa inani likamanyolo wenayithrojini edingekayo kusilimo esilandelayo, lokho ukonga imali.

Ukuchaza umhlomulo wokujikelezisa isilimo ngo-kwejwalekile sizobheka umthelela wokujikelezisa izilimo epulazini i-Langgewens Research elise-Swartland (eNtshonalanga neKapa). **Ugrafu 1** ukhombisa i-avareji yesivuno sikakolo ukulandela izilimo ezahlukene zezilina phecelezi trial.

Kugrafu 1, umkhiqizo we-monoculture ikhonijswa ngokulandelana kwe-www. I-avareji

Ugrafu 1: I-avareji yesivuno sikakolo esilandela izilimo ezahlukene kusistimu yokujikelezisa izilimo okwenziwa eSwartland. (w = ukolo, c = ikhanola, I = i-luphini no-m = i-medics)

I-avareji yesivuno sikakolo esilandela izilimo ezahlukene



yesivuno kwi-*monoculture system*, okusebenza njengokulawula kule sistimu, iyizi-2 566 kg/ha *I-data* esetshenziswe ukusungula igrifu yatholaka la esikhathini esingaphezulu kweminyaka engama-20. Uma sinqamula umkhuba we-*monoculture* ngokufaka isilimo ikhanola (1 eminyakeni ewu-4), i-avareji yesivuno sikakolo ukulandela ikhanola (ukulandelana kwe-cw) kukhule ngo-600 kg/ha kuya ku-3 166 kg/ha. Uma uphinda



Isithombe 2: Amalaphini atshalwe ngemuva kukakolo.

Iw kakolo utshalwa ulandela *i-luphini* nochunge-chunge *Iwe-mw*, idlelo *le-medic*. I-avareji yesivuno sikakolo olandele iluphini kwaba u-781 kg/ha ngaphezulu kwe-*monoculture* kanye no-944 kg/ha ngaphezulu kulandela idlelo *le-madic*. I-nayithrojini engeziwe kusistimu yalungiswa yizilimo ezithela imidumba nokulawulwa kokhula kube nomthelela kulokhu kakhula. Ngokushitshaniya isilimo sotshani nesilimo esithela imidumba noma ngesilimo esifana nekhanola, ungakwazi ukulawula ukhula lotshani kuleyo myaka unciphise ukuncintisana ne-cash crop ewutshani.

Uchungechunge olulandelayo yilapho ukukhiquiza kukakolo kulandela ikhanola (isilimo esinamkhasi abanzi) ne-*medics* (idlelo lemidumba). I-avareji yesivuno sikakolo okhiqizwe kulolu chungechunge kwaba ngama-856 kg/ha ephakeme kune-*monoculture*. Ingaphansi kancane kunalapho ukolo ulandela *i-medics* kuphela, kodwa lokho

kwenziwa ukuthi ikhanola nayo isebezisa enye yenayithrojini emile. Umvuzo waloluchungechunge wenza yinayithrojini engeziwe kule sistimu futhi unamathuba amabili okususa ukhula lotshani, ngesikhathi sesilimo sedlelo kanye nesekhanola.

Ngakho ke kucacile, kusukela kule-*data* esikhulume ngayo, ukuthi ngoku-implimenta ukujikelezisa izilimo kusistimu yakho yokukhiquiza, uhlomula kakhulu kunokukhiquiza uhlolo olulodwa *Iwesilimo*.

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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



UKUQONDISA IMALI YENTELA KAKOLO OTHENGWA EMAZWENI ANGAPHANDLE

Ingingizimu Afrika ikhinqiza i-avareji ka-1,7 wezigidzi zamathani kakolo ngonyaka, kanti i-avareji yesamba se-commercial demand sikakolo ngonyaka sibalelwu ezigidini ezi-3 zamathani. Ukuze kuflangabewane nesamba se-commercial demand, iNingizimu Afrika ithembele ekuthengeni emazweni angaphandle okuvamise ukuba u-40% - 50% othengwa kuleli.

Ngakho ke iNingizimu Afrika iyi-net yokuthenga ukolo emazweni angaphandle. Lapho kakhona amathuba okulima umkhqizo kakolo kuleli, kodwa lokho kuphazanyiswa umthamo omkhulu kakolo ongeniswa kuleli uvela emzaweni. Intengo ephansi kakolo emazweni angaphandleni, edalwa amasabsidi emazweni athuthukile, kufake ingcindezi emathubeni okukhula ezimaketha zakuleli ezingawkazi ukuncintisana nentengo ephansi kakolo emazweni angaphandle.

Intela kakolo ibalwe ngendlela ye-variable tariff formula ukuze kuqinisekwise ukuthi amanani entengo kakolo wakuleli athola ukwesekwa ngenkathi amanani entengo yamazwe asemazingeni aphansi, kodwa ngesikhathi amanani entengo amazwe asemazingeni aphezulu abathengi bakuleli abawutholi umthelela omubi. Ngakho-ke imali yentela kakolo isebeenza kuphela ngenkathi intengo yamazwe angaphandle yehla iba ngaphansi kwezinga lentengo ethile elibizwa nge-international reference price. Lentengo isethwa ilinganiswe nentengo kakolo ka-\$279/thani futhi intela izofakwa kuphela uma amanani entengo yamazwe

Ithebula 1: Ukubalwa kwemali yentela kakolo othengwa emazweni angaphandle.

Umthombo: I-SAGIS

Intela kaKolo Ishicilelwu ngomhla ka-23 Juni 2017

I-Base Price: I-World Reference Price (US No2 HRW fob Gulf) – emaviki ama-3 e-avareji ehambayo ku-	09-Aug-16	
	\$189,67	A
RSA Initial Reference Price	\$279,00	B
Umsebenzi weDola ku-kolo	\$89,33	(B-A) = C
Umsebenzi weRandi kukolo ngaphambi kwe-adjustment Rand duty on wheat before adjustment	R1 199,35	(C*D) = E
I-Real effective Exchange Rate Index	0,79	E
I-Real effective Exchange	R947,49	(F*E) = G
i-\$/R exchange rate	13,4261	D

ingaphansi kwaleli zinga. Okwamanje imaketha yamazwe idayisa ngaphansi kokungalinganiselwa ku- \$245/ithani ngalokho ke intela isesimeni esifanelekile. **Ugrafu 1** ukhombisa amanani entengo kakolo wamazwe nezinga le-reference price ikhonijsive nayo. Kugrafu 1 kucacile ukuthi intengo yamazwe angaphandle angaphansi kwaleli zinga kanti inhloso yentela ukvala leli gebe phakathi kwe-reference price ne-international price.

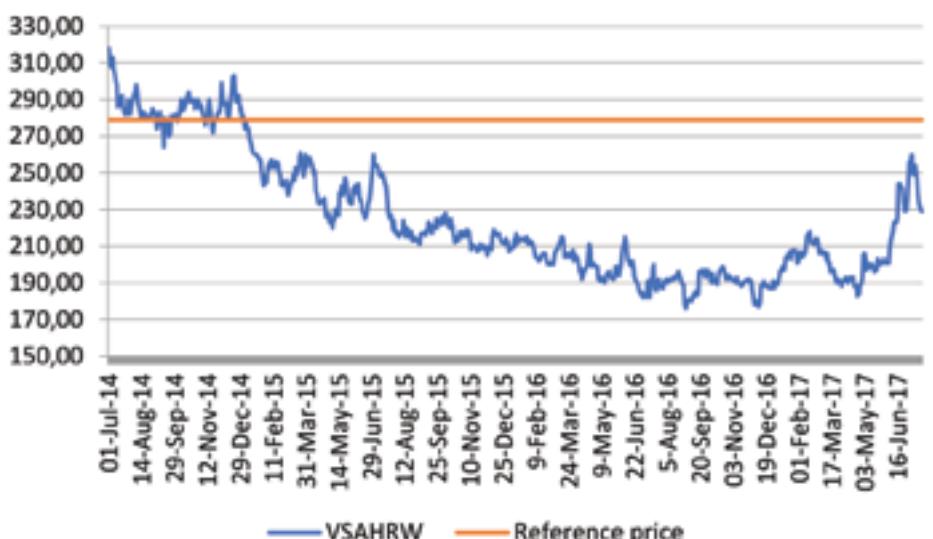
I-Base Price yi-moving average yamaviki ama-3 okubala kusukela ngomhla ka- 9 Agasti 2016. Le-value isuswe ku-**Reference price**, ebalwa ngo-kuthatha i-avareji price yeminyaka eyi-5 ye-US Hard Red Wheat no.2 (kusukela ngomhlaka 9 Agasti 2016), kanye nokulungisa kwamafektha ahlaka-

nekezelwe (ama-sabsidi amazwe angaphandle), bese kususwa i-avareji yezindleko zezithuthi eziwuhambisa osebeni lwaseNingizimu Afrika. Umehluko phakathi kwala ma-variables (A-B) intela kakolo engokwemibandela yedola. Le rate kufabele iguqulelwu ngokwemigomo yeRandi ezobese ibawa ngokwe-Exchanged Rate Index yangempela eshicilelwu ukuze kutholakale intela yokugcina yokuthenga ukolo kwamanye amazwe.

Ezibaleni ezenziwe ngenhla, ngakho ke kusobala ukuthi – i-adjustment eyenziwa yayiku-RSA initial reference price kuphela. Ukubuyekezwu kukanalo othengwa emazweni angaphandle awunawo umthelela oqonde ngqo entengweni kakolo wakuleli; umthelela owodwa ukuthi okuthengwa kwamanye amazwe manje kuthengwa ngokwezinga ledola okungu- \$279.

Ugrafu 1: Intengo kakolo emazweni angaphandle ne-tariff reference price.

Umthombo: yi-Grain SA



Isiphetho

Intela yokuthenga ukolo emazweni angaphandle ifakelwa ukuvikela imboni yakuleli kanye nokusiza abakhqizi bakuleli ukuba bakwazi ukuncintisana nonkolo ovela kwamanye amazwe ngokusemazingeni aphansi. Ngokwenyuka kwentengo kakolo emazweni angaphandle, singalindela ukuba yehle intela kakolo othengwa emazweni. Ngakho ke kungaphethwa ngokuthi intela kakolo ovela kwamanye amazwe awuwakhlusi amanani entengo; iguqula i-reference price level ka- \$279.

I-athikhili ibhalwe ngu-Michelle Mokone, uSomnetho wezoLimo: we-Grain SA. Uma ufuna iminingwane egcwale, thumela i-imeyili ku-Michelle@grainsa.co.za.



Ngabe ulawula i-cashflow yebhizinisi lakho?

Sihlala emhlabeni ongaqondakali. Ngesizini yokukhiqiza edlule, iningi labalimi bokusanhlamvu, ikakhulu-kazi ezindaweni ezithola imvula ehlolo, bahlaselwa yisomiso umkhiqizo wancipha kakhulu kodwa amanani entengo yezilimo yakhuphuka. Kule sizini yokukhiqiza kuphendukezekile – irekhodi lezilimo kodwa amanani entengo aphansi. Kodwa, kubalimi abanangi imiphumela yalomehluko walesi simo ongaka uyafana – inking iku-cashflow.

Ukunikhumbuza nje – uma uthi ibhizinisi lakho liyaphumelela, ibhizinisi lakho kufanele liphumelele ezindaweni ezintathu. Isimo sezimali kufanele sibe sihle, okusho ukuthi okungenani kufanele ube nempahla ephindwe kabilo kunezikweletu. Okwesibili, kufanele wenze inzuso – imali engenayo kufanele ibe yiningi kunaleyo ephumayo. Okwesithathu, i-ratio ye-cashflow okungenani kufanele ibe u-120%, ukukhombisa ukuthi ivamile ukuba nemali uma idingeka. Ukungabi nawo ukheshe kungaba yingozi ebhizinisisi lakho ngezizathu eziningi. Ukuphatha ibhizinisi, kuletha amathuba izinsuku zonke nezinselele. Ezinye zezinselelo ozohlangabezana nazo, ukuphatha ukheshe.

Ukuphatha kwemali engukheshe

Ake sibheke izinyathelo ezimbalwa zokwenza lokho. Lawula abakukweletayo (abantu abathenge okuthile kuwe, kodwa kusafanele bakubhadale) njengoba isinyathelo sokuqala ukunciphisa izi-kweletu kakhulu. Uma bengakukhokheli

ngesikhathi esifanele, lokho kuzokufaka kwenkulu ungcindezi ngasohlangothini *i-cashflow*. Bakhumbuze uma bengakukhokheli njengoba bekuhleliwe – bashayele ucingo, ubathumelele i-sms, noma uthumele i-imayili. Uma kungenzeka gwema ukudayisa ngesikweletu.

Lawula obakweletayo – abantu othenge okuthile kubo nosabakweleta imali yabo. Babhadele ngosuku lokugcina njengokwesivume-lwano ukuze ugcine ukheshe wakho isikhathi eside ephakatheni. Ngokuvamile uzoba nesilinganiso sezinsuku ezingama-30, ezingenayo inzalo. Sisebenzise le sikhathi futhi uma kwenzeka gcina ukheshe wakhe ku-akhawunti lapho uzokufakela khona inzalo. Kodwa, unga-kohlwa ukwakha irekhodi elihle nabakweboleka imali, ungalidinga ngesinye isikhathi.

Nakekela amazinga esitoko – ikakhulu-kazi siqondise kumazinga esitoko sama-input owagcina epulazini lakho. Kwesinye isikhathi ungalinge ka uthenge i-input efana nomanyolo ngentengo ‘eyisipesheli’, kodwa kufanele uyigcine esitokweni izinyanga ezi-3 noma ezi-4 ngaphambi kokuba uyisebenzise. Khumbula ukuthi ukheshe uboshewla ndawonye nesitoko.

Ingingi labalimi lidayisa imikhiqizo ngokheshe epulazini noma emaketho enganqunyelwe mithetho. Akukho okubi ngokwenza lokhu, kodwa gcina amarekhodi ayiqiniso alezi zintengiso kanye nokheshe obandakanyekayo. Angavumi ukulingwa ukheshe ephaketheni lakho uthenge into ongayidindi. Okungenani ukheshe wudiphozithe ku-savings account bese uthola inzalo.

Uma unokheshe ku-akhawunti yakho ebhange qinisekisa ukuthi ukufakela inzalo. Khumbula ukuthi izikhungo zezezimali azisoze zakohlwa ukukukhokhisa inzalo emalini ezi-kuboleke yona, kodwa angeke bakukhokheli inzalo uma ungaxoxisan nabo. Yilungelo lakho ukuxoxisana, kwenze – unga-kora ngalokho kuphela.

Okokugcina, indlela engcono yokuphatha ukheshe wakho, ukuphatha ngezindlela *i-cashflow* yanyanga zonke ngaphansi konyaka wezimali. Le bhajethi izokhomba indlela okufanele uyisebenzise ukheshe wakho ngendlela ebonakalayo yezimali.

Lokhu kusho ukuthi kufanele uzithibe usebenzise ukheshe wakho njengoba uhleli. Uma kukhona okwenzekayo obekade kungalindelekile guqula uhlelo lwakho ngendlela efanele, bese unamatela ohlelwani lwakho oluguqulide. Kumele ukuqaphele kakhulu ukumane uthenge nje noma ngabe kunini. Ngaphambi kokuba uthenge cabanga ngohlelo lwakho! Kuzoba namthelela muni lokho kubhajethi yakho *ye-cashflow*? Yilokho ke ukuphathwa kwezimali.

Abanikazi bamabhizinisi amancane bacabanga ukuthi akufanele bawagcine ama-rekhodi amahle nokulawula izimali zebhizinisi lakhe ngenxa yokuthi mancane. Bacabanga ukuthi onke ‘ama-bookkeeping’ stafu okwamabhizinisi amakhulu futhi bacabanga ukuthi noga ibhizinisi lami lincane kuncane ngazi kahle kamhlophe ukuthi kwenzekani ezimalini zebhizinisi lami.

Kungaba yiqaqiso okwesikhashana kodwa esinye sezizathu esikhulu sokungaphumeleli kwamabhizinisi amancane ukuthi abakuqondisisi noma ukuphatha izimali zabo ngokuyikho. Iqiniso lalokhu ukuthi, uma ibhizinisi lakho lilincane, lilawuleka kangcono – ikakhulukazi ukuphatha kwezezimali – ngokufanele. Ngenxa yokuthi uma ibhizinisi lakho lilincane, akulula ukuba lingaphathei kahle.

Kungani i-cashflow ibalulekile? Noma iliphi ibhizinisi linezindleko okufanele zikhokhwe, ukwenza isibonelo njalo ngenyanga njengamaho, amabhili kagesi, ama-akhawunti ocingo, ukudla, njll. kungaba nama-contractual payments zemalimboleko okufanele ikhokhelwe njalo ngekota, njalo ezinyangeni eziyisithupha noma ngesikhathi sokuvuna. Lezi zindleko kufanele zikhokhwe ngesikhathi sokukhokha futhi ukukhokha ngeke kuhlehliswe noma kuguqulwe ngokuthanda kwakho.

Khumbula ukheshe uyinkosi, uphathe ngenhlonipho. ●

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Abafinyelele kowamanqamu kowe-*FARMER OF THE YEAR 2017* yilaba...



USimphiwe Gumbi



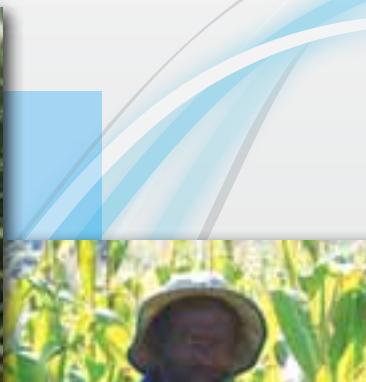
UMeluxolo Mfoxo



UMavis Hlatshwayo



UGhsasa Dhlongolo



UTshediso Maqala



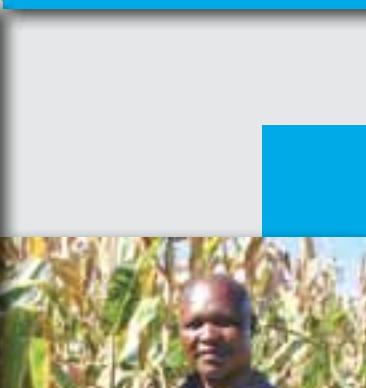
UThembaLihle Tobo



UVuyani Lolwane



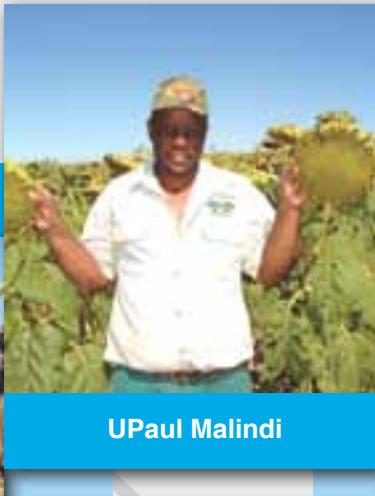
UHamu Shuwisa



UTshediso Maqala



URuben Mothlabane



UPaul Malindi



URemember Mthethwa



UEdwin Mahlatsi

U mbungazo wempumelelo engama izi-nselelo okuhlangatshezwene nazo endleleni eya lapho. Ukulima kunzima futhi ziningi nezinselelo kodwa konke lokho sengathi kusheshe kulibaleke uma umlimi engabungaza impumelelo yakhe.

Cishe eminyakeni engama-20, ithimba le-Farmer Development lakwa Grain SA liyaziqhenya ngokubheka impumelelo yabanye babalimi ababambe iqhaza kuprogramu yabo futhi wanquma ukubekela eceleni uSuku lokuBungaza. Umqondo ngaloluSuku loMbungazo ngaleso sikhathi, ukwamukela abalimi abasebenze kanzima unyaka wonke nokubukisa ngempumelelo yabo.

Kusukela yaqala ngo-2009, uSuku loMbungazo lugqamile kumakhalenda abalimi bakwa-Grain SA kanye nethimba eLithuthukisa Abalimi. Kubalulekile futhi ukukhumbula umsebenzi owenziwa amaqeqeshi bakwa-Grain SA kaneyabaxhumanisi empumelelwani yabalimi abangaphansi kophiko Iwabo. Laba bantu bazinikele futhi banothando ngempela bayisinongo esibalulekile kuresiphi yempumelelo yokuThuthukisa aBalimi.

USuku loMbungazo luka-2017 seluseduze. Abalimi bafakwe emikhakheni emine – I-Subsistence Farmer of the Year, i-Smallholder Farmer of the Year, i-Potential Commercial Farmer of the Year ne-New Era Commercial Farmer of the Year.

KuPula Imvula edlule sinethulele bonke ababambe iqhaza kumncintiswano walo nyaka. Namuhla, ngokuziqhenya singabamemezelu abafinyelele kowamanqamu emikhakheni eyahlukene.

Koka-2017 Subsistence Farmer of the Year

Abafinyelele kowamanqamu kulo mkhakha uSimphiwe Elliot Gumbi, uMavis Nomvula Hlatshwayo noGhsasa Solomon Dhlongolo.

uSimphiwe Elliot Gumbi

uSimphiwe nonkosikazi wakhe, uVuyelwa, balima engxenye yepulazi i-Hoffental eliseduze kwaseTabhane KwaZulu-Natal. Laba bashadikazi abanayo imishini nommbila wabo bawutshala ngesandla. Selokhu babamba iqhaza kwa-Grain SA Jobs Fund Project kusukela ngo-2015.

I-Development co-ordinator, uGraeme Engelbrecht uthi: 'Lo ngumyeni onamandla futhi wahlangana nonkosikazi onenhliziyo enhle. Bayizinsika emphakathini wabo futhi bayabasiza labo abahluphekile ngokubapha ukudla.'

uMavis Nomvula Hlatshwayo

uMavis ulima ihektha emhlabeni olinywa ngokuhlanganyela epulazini i-Hereford eliseduze kwe-Badplaas eMpumalanga. Wajoyina iGrain SA futhi waba yilungu leLijahsisu Study Group ngo-2015. Uvamise ukwethamela imihlangano ye-study group, ama-workshop nezifundo ezihlele yi-Grain SA.

uJerry Mthombothi, oyi-Development co-ordinator nakhu akuphawulayo ngoMavis: 'Ungunkosikazi omangalisayo ohlala njalo efisa ukufunda. Uma unekeza uMavis imiyalelo, uzokwenza njengoba eyaliwe. Unomusa futhi uyafisa ukwabelana ngolwazi Iwakhe nabalimi abanolwazi olincane emphakathini wakhe.'

uGhsasa Solomon Dhlongolo

uGhsasa ulima amahektha ayi-10 emhlabeni wokulima abelwe wona yi-Kaluka CPA eduze kwase-Piet Retief. Uyilungu le-Grain SA Jobs Fund Project nosihlalo we-Donkerhoek Study Group.

I-Development co-ordinator, uJurie Mentz uthi: 'Lo mlimi uyinono kakhulu. uGhsasa unolwazi oluningi futhi ungathembela kuye, uyinsika yamandla kanye nesibonelo esihle emphakathini.'

Koka-2017 Smallholder Farmer of the Year

Abathathu abafinyelele kowamanqamu kulo mkhakha uThembalihle Hopewell Toto, uMeluxolo Mfoxo noHamu Samson Shuwisa.

uThembalihle Hopewell Toto

uThembalihle ulima amahektha angama-25 umhlaba olinywa ngokuhlanganyela eNdunge eduze kwaseBizana eNtshonalanga neKapa. Waba yilungu le-Grain SA ngo-2006 futhi namanje ungusihlalo weNdunge Study Group.

'uThembalihle unentshisekelo ekulimeni futhi uyathanda ukwabelana ngolwazi Iwakhe. Ngenxa yokuthi wakhethwa waba usihlalo we-study group lokho kukhombisa ukuthi umphakathi ubukela kuyo le ndoda,' kusho i-Development co-ordinator, uLuke Collier.

uMeluxolo Mfoxo

uMeluxolo ulima ubhontshisi owomile, ummbila, izinkomo nezimvu e-Goedehoop eduze kwase-Ugie eNtshonalanga neKapa. Wajoyina iGrain SA ne-Umnga Flats Study Group ngo-2013.

I-Development co-ordinator, uLuke Collier: 'uMeluxolo unensthisekelo yokufunda futhi uthanda ukusebenza kanzima ukuphumelellisa inhloso yakhe yokuba ngumlimi ongenisa inzuze esikhathini esizayo.'

uHamu Samson Shuwisa

uSamson ulima epulazini elibizwa nge-Nooitgedacht, eduze kwaseSheepmoor eMpumalanga. Ngo-2011, wajoyina i-Grain SA study group usebe usihlalo wayo iminyaka eyisikhombisa edlule.

'uSamson ungumlimi osebenza ngokukhulu ukuzikhanda. Waqala ngokulima u-2 ha futhi wakhula kancane kancane waze wafika lapho ekhona namuhla – ulima u-18 ha nesivuno

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IsiSuthu saseNyakatho, nesiXhosa.

Uhlelo IweGrain SA LokuThuthukisa amaFama

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**Articles written by independent writers are
the views of the writer and not of Grain SA.**

Abafinyelele kowamanqamu kowe-Farmer of the Year 2017 yilaba...

esingu-6 t/ha,' kungeza i-Development co-ordinator, Jurie Mentz.

Koka-2017 Potential Commercial Farmer of the Year

U-Ruben Mothlabane, u-Paul Mvelekweni Malindi noTshediso Daniel Maqala yibo abafinyelele kowamanqamu kulo makhakha.

U-Ruben Mothlabane

URuben ulima epulazini i-Kalkpan, elisesifundi i-Bultfontein eFreystata. Ubeyilungu le-*Grain SA* kusukela ngo-2012 nangokuzinikela okwethamela imihlangano yenyanga ye-study group ye-Bultfontein Study Group.

I-Development co-ordinator, uJohan Kriel uthi: 'u-Ruben uthuthuka waba umlimi ngamandla amakhulu kakhulu. Uvune amathani acishe afinyelela ku-1 000 wokusanhlamvu kulo nyaka.'

U-Paul Mvelekweni Malindi

U-Paul ulima u-441 ha epulazini i-Dankbaar, eduze kwase-Edenville eFreystata. Wajoyina i-*Grain SA's Farmer Development Programme* futhi waba ngomunye wamalungu asungula i-Edenville Study Group.

UJohan Kriel, i-Development co-ordinator uthi: 'u-Paul ubelangazelela ulwazi. Kulo nyanga wenze yonke into ngendlela efanele, ubeze azishayelele ugandaganda mathupha.'

UTshediso Daniel Maqala

UTshediso unamapulazi amabili, u-197 ha epulazini i-Kosmos kanye no-326 ha epulazini i-Die Hoop, omabili asesifundi sase-Ficksburg. Wajoyina i-*Grain SA ngo-2014* futhi uthamela imihlangano ye-study group kanye nezinsku zabalimi njalo.

'Nakuba uTshediso emusha kulephrogramu, lo mlimi unamandla okuphatha ipulazi elikhulu elingenisa inzuko. Ulima indawo yokulima enzima kodwa ukwazile ukuyiphatha ngendlela emangazayo,' kungeza i-Development co-ordinator, uJohan Kriel.

Koka-2017 New Era Commercial Farmer of the Year

Kowamanqamu kulo mkhakha uVuyani Lolwane, u-Remember Wiseman Mthethwa no-Edwin Thulo Mahlatsi.

UVuyani Lolwane

UVuyani unepulazi lakhe i-Klippan futhi urenta umhlaba e-Lareystryd. Ubeyilungu

le-*Grain SA* iminyaka futhi ekukhuthalela ukuthamela zinsuku zabalimi nama-study group kanti usephothule eziningi izifundo zokuqequesha.

I-Development co-ordinator, u-Du Toit van der Westhuizen uthi: 'uVuyani yinsizwa esencane eqotho nenomqondo oewephusele. Ikhono nomqondo wakhe webhizinisi wawuncela kuyise ukuba ngumlimi ongenisa inzudo ophumelelayo.'

U-Remember Wiseman Mthethwa

U-Remember ulima u-662 ha epulazini lakhe i-Milindale, futhi urenta u-150 ha womhlaba ozimele eduze kwaseDannhauser. Wajoyina i-*Grain SA ngo-2015* futhi uylilungu elikhuthele i-Newcastle B29 Study Group no-Chris de Jager ongumqequeshi wakhe.

I-Graeme Engelbrecht, i-Development co-ordinator uthi: 'u-Remember usebenza kanzima. Uyaqinisekisa ukuthi ukuzenzela izinto ezincane ngendlela eyiyo akalindele muntu ukuba eze ne-sixazululo njalo uma ehangabezana nezinkinga – u-Remember uzokwenza ipulane.'

U-Edwin Thulo Mahlatsi

Ipulazi i-Swartlaagte eliseduze neBothaville eFreystata lathengwa ku-Frikkie Rautenbach lithengelwa u-Edwin uMnyango wezokuThuthukiswa kweziNdawo ezsimaKhaya nokwaBiwa kaBusha koMhlaba ngokwe-PLAS. Ngo-2014 waba yilungu le-*Grain SA's Farmer Development Programme*. Wajoyina i-Bothaville Study Group wethamela nezinsku zabalimi nezifundo zokuqequesha.

I-Development co-ordinator, uJohan Kriel uthi: 'kuyinhlanha ukusebenza no-Edwin – ungu-mlimi onakekela yonke imininingwane nonothando lokwabelana ngolwazi lwakhe futhi uyinsika yamandla emphakathini wakhe.'

Kubo bonke laba abayisimanga abafinyelele kowamanqamu, nalapho siyaphinda futhi silangazelela uSuku loMbungazo esingasoze silukhohlwe!

I-athikhili ibhalwe ngu-Hanlie du Plessis, umbali oziSebenzayo. Uma ufuna imininingwane egcwele, thumela i-imelyi ku-hanleduplessis@telkomza.net.