



### Iminqathe:

Inkoliso: Iminqathe ungayilima nangaliphina ixesha lonyaka, ngaphandle kweenyanga ezibanda kakhulu okanye ezishushu kakhulu. Zilime zibengamaqela okanye zibe yimikrozo. Iimbewu ziyakuthatha iiveki ezimbini ukuntshula kwaye ziyawuthanda umhlaba omfuma.

Ungayilima nini: Nangaliphi na ixesha lonyaka

Ongakulima emva kweminqathe: Ikhaphetshu, iletisi, iitapile

Ongakulima neminqathe: iletisi, itswele, ipasili, itumato

### Itswele:

Inkoliso: Lithatha ixesha elide ukukhula (kangangeenyaga ezisi-6) ngoko lilime libelininzi ubenomonde. Ungawalimi nzulu kakhulu nakwindawo efuna ilanga elininzi.

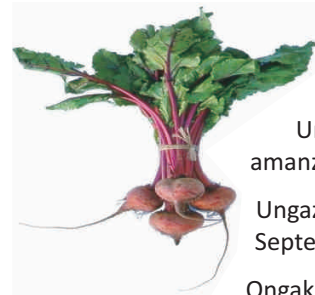
Ungawalima nini: Matshi, Aprili, Meyi, Julayi, Agasti, Septemba

Ongakulima emva kwamatswele: iletisi, ikhaphetshu, itumato

Ongakulima netswele: letisi, bhitruti, liki.



### Bhitruti:



Inkoliso: Ilanga eligcweleyo namanzi amaninzi. Khumbula unako uwatya namagqabi! Zigcwele uvithamin A no vithamin C.

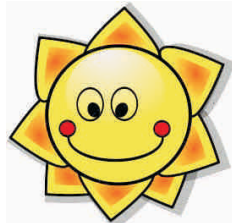
Ungazilima nangaliphi na ixesha lonyaka, khumbula nje ukuzinika amanzi amaninzi.

Ungazilima nini: Januwari, Februwari, Matshi, Aprili, Juni, Julayi, Agasti, Septemba, Oktobha, Novemba

Ongakulima emva kwebhitruti: itswele, iletisi, ikhaphetshu, itumato.

Ongakulima nebhitruti: limbotyi, Itswele, iletisi

## Zonke izithole zakho zifuna



elininzi



na amaninzi ukwenzela zikhule kwaye zomelele!



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# KHANYISA EDUCATION & DEVELOPMENT TRUST

Ikhanyisa izama ukwakha nokomeleza imibutho yasekuhlaleni esekelwe ukumela imfuno zamahlwempu. Yonke loonto yenzelwa ukuba abantu baphuncuke kwidyokwe yendlala nophuhliso olungenelanga

Ikhanyisa ithi inqgale nqo ekwakheni nasekomelezeni iinkokheli zemibutho yabantu ukwenzela ukuba abantu bawazi amalungelo abo – awezentlalo, awezoqoqosho kunye nawezopolitiko. Kuye yonke lonto kukhuthazwa ukufumaneka nokusetyenziswa komhlaba nezinye nokuphemelela nenguqu ezizizo.

Kuqeqeshwa abantu ekulimeni ngohlobo lwemveli, imbewu yesintu, ukumisela izakhiwo ezikhulisela izityalo, utyalo, ukhuliso kunye nokwabelana ngezithole. Kwakhona ziyakhuthazwa intshukumo ezijonge ekubeni abantu babenobunini nokukwazi ukusebenzisa umhlaba nokubakho kwamanzi okulima. iKhanyisa ithi ibonelel ngolwazi kuluntu nalunga nemithetho elawula amaxabiso kunye nokuveliswa kokutya.



## Iindlela zokukhathalela iindidi ezahlukileyo zezithole zakho

### Isipinatshi:

Isipinatshi sikholwa lilanga elininzi ngoko silime kwindawo enelanga.

Ungasilima nini: Febuwari, Matshi, Aprili, Meyi, Agasti, Septemba, Oktobha, Novemba

Ongakulima emva kwesipinatshi: ibhitruthi, itswele, umnqathe, iteniphu/irabha, *radish*, iimbotyi, ii-ertyisi.

Ongakulima nesipinatshi: ibhitruthi, ikhaphetshu, ibhrokholi, ikholiflawe, iimbotyi, amatswele.



### Iimbotyi:

Inkoliso: Iimbotyi zikhula kakuhle ehlotyeni kodwa zidinga amanzi amaninzi kungenjalo zingangadubuli.

Wugcine umanzi umhlaba ongqonge iimbotyi zakho uwugqume ngesigcina-kufuma ukwenzela uhlale ufumile.

Ungazilima nini: Febuwari, Agasti, Septemba, Oktobha, Novemba, Disemba

Ongakulima emva kweembotyi: Ikhaphetshu, ibhrokholi, ikholiflawe, itapile.

Ongakulima neembotyi: Iletisi, isipinatshi, inkonkomire, itapile, itumato.

### Ikhaphetshu:

Inkoliso: Amakhaphetshu athanda ilanga eligcweleyo, akwathanda ukuhlala ecencetshelwa ngalo lonke ixesha lawo lokukhula.

Ungalilima nini: Nangaliphi na ixesha enyakeni

Ongakulima emva kwekhaphetshu: Amatswele, Iimbotyi, Itapile, Itumato, *SQUASH*

Ongakulima nekhaphetshu: Amatswele, ibhitruthi, *radish*, umnqathe, ii-ertyisi, iimbotyi



### Tumato:



Inkoliso: Zifuna amanzi amaninzi kodwa ungawankcencesheli amagqabi ngokuba oko kuyakukhuthaza izifo ezithile, nkcnkceshela izithole ngqo. Unako ukuzilima kwindawo enye eshushu iminyaka ngeminyaka.

Ungayilima nini: Julayi, Agasti, Septemba, Oktobha, Novemba, noDisemba

Ongakulima emva kwetumato: ibhitruthi, umnqathe, *radish*, iteniphu/irabha.

Ongakulima netumato: iimbotyi, ikhaphetshu, iletisi, amatswele.