



JANAAYO 2023



Baasto-aleel Leh Dhalo-Cadde iyo Farmaajada Mozzarella

Ka hel soo'adan iyo fikrado cunto oo badan, oo caafimaad leh oo qiimo jaban barta CelebrateYourPlate.org



Waxa Xilli-sannadeedka soo Go'o: Janaayo

Kabash-xidideed

Boqoshaa

Biqilka



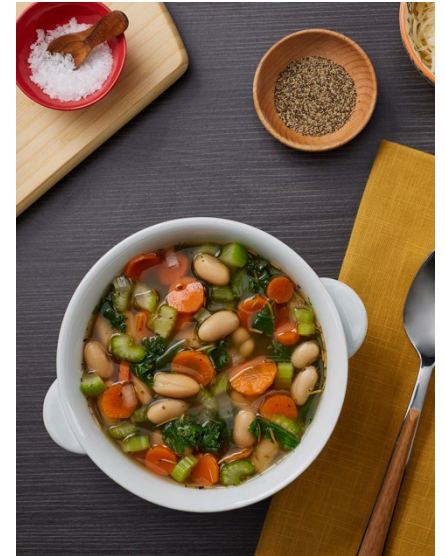
Wax-soo-saarka La Soo Bandhigay: Dhalo-cadde

Xilliga Ugu Wanaagsan: Dayrta

Xulashada: Soo qaado dhalo-cadde leh laamo ubaxyo is haysta, caleemo si adag isugu dhegan, oo iska ilaali nabaraha bunniga ah

Sida loo Diyaariyo: Dub, burburi, ama ku dar dhalo-cadaha saladhka ama shiilka walaqa

Kaydinta: Dhalo-caddaha firinjeerka geli muddo 5 maalmood ah



Bisha Maraqa Qaranka

Cimilada qabow ee Janaayo waa sabab weyn oo la isugu dayo maraq cusub sabab la xiriirta Bisha Maraqa Qaranka! Booqo boggeena soo'ooyinka si aad u daalacato 12 soo'o oo laga sameeyo maraq caafimaad leh oo aad u macaan badan.