



ABRIIL 2023



Saladhka, Hilib Digaaga iyo Afakaadhada

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



**Waxa Xilli-sannadeedka
soo Go'o: Abriil**

Asberjoos

Rubaabka



**Wax-soo-saarka La Soo
Bandhigay: Afakaadhada**

Xilliga Ugu Wanaagsan: Gu'ga & xagaaga

Xulashada: Dooro afakaadho adag oo
wax yar diismayso marka la riixo

Sida loo Diyaariyo: Ugu isticmaal sida
ismaris ahaan saandhawijka ama
rootiga kulaysan, ama ku darso salad
ama goosaar

Kaydinta: Ku kaydi heerkulka qolka ama
firinjeeriga ku jiray ilaa laba toddobaad



Bisha Beerashada Qaranka

Bishan Abriil, tixgeli inaad
bilowdo beer Bisha Beerashada
Qaranka! Haddi aad geedo-
dhireed ku abuurto bolokoonka
daaqaadaada ama aad ka
qaybqaadato beerta bulshada,
dhir beerista waa hab xiiso badan
leh oo aad ku beeran karto
goobtaada cagaaran.