

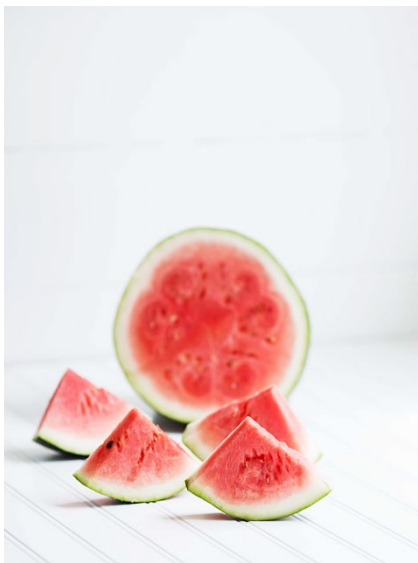


JUUN 2022



Qajaarka Saladhka ah

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



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

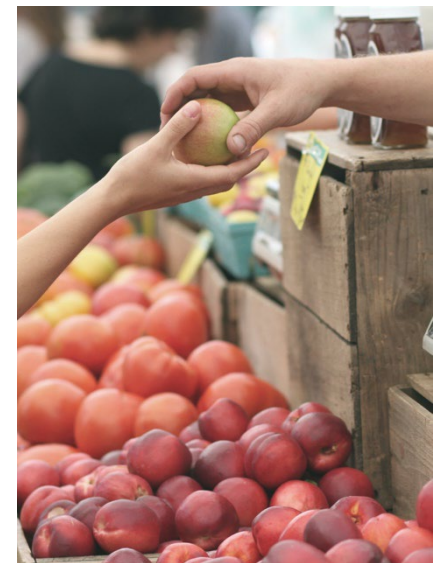
Jeeri
Xabxab
Balaamis
Qare
Farawla



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

Xilliga Ugu Wanaagsan: Xagaaga
Xulashada: Raadi yaanyo adag oo leh
maqaar birbirqaayo oo dhalaalaya
Sida loo Diyaariyo: Isticmaal
yaanyada lagu dhex jarjaray saladhka,
salsada, ama basbaaska

Kaydinta: Ku kaydi heerkulka qolka oo
ka fog iftiinka qorraxda tooska ah



**Bisha Miraha iyo Khudaarta
darayga ah ee Qaranka**

Inta lagu jiro bisha Juun, booqo
suuqa beeralayda deegaankaaga
ama Wax-soo-saarka istaag si
aad u soo qaadato qaar ka mid ah
miraha iyo khudaarta darayga ah!
Wax-soo-saarka xili-sanadeedka
kaliya maaha inuu ka dhadhan
roon yahay laakiin waa hab fiican
oo lagu taageero beeralayda ku
dhex nool bulshadaada.