



Juun 2023



Saladhka Heedu Ku Badan Tahay

Ka hel soo'adan iyo fikrado cunto oo badan, oo caafimaad leh oo qiimo jaban barta
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Waxa Xilli-sannadeedka soo Go'o: Juunyo

Baytaraaf

Beeriga buluuga ah

Jeeri

Kabaashka Kale

Raasberi



Wax-soo-saarka La Soo Bandhigay: Kabaashka Kale

Xilliga Ugu Wanaagsan: Guga, xagaaga iyo dayrta

Xulashada: Dooro cagaarka sukuma oo midab madow xigeen cagaar ah leh adigoo iska ilaalinaya caleemaha bunniga iyo jaalaha ah

Sida loo Diyaariyo: Ku dar salad-yada, ismarisyada, ama ku qas furulaatada

Kaydinta: Ku kaydi firinjeer iyadoo ku jirto bac mudda 3-5 maalmood ah



Juun waa Bisha Miraha & Khudaarta Darayga ah

Bisha oo dhan, booqo suuqyada beeralayda iyo meelaha wax soo saarka maxalliga ah si aad u hesho cunto deegaanka lagugu beeray. Wax-soo-saarka xili-beereedka keliya maaha inuu ka dhadhan wanaagsan yahay kuwa kale laakiin waa hab fiican oo lagu taageero beeralayda ku dhex nool bulshadaada.

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