



MAAYO 2022



Cajiinka Buskutka Goosaar

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



Waxa Xilli-sannadeedka soo Go'o: Maayo

Asberjoos

Buruq-case

Farawla

Ansalaata



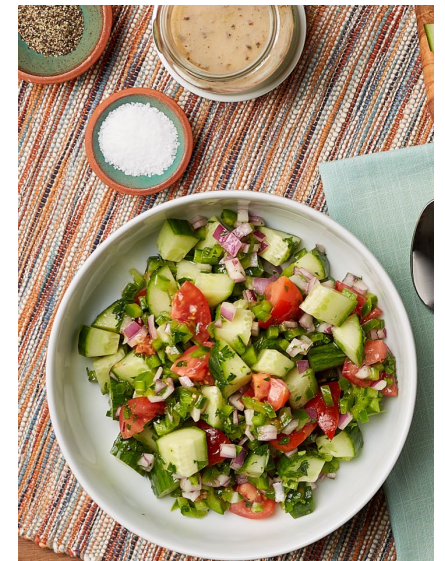
Wax-soo-saarka La Soo Bandhigay: Seleriga

Xilliga Ugu Wanaagsan: Sannadka oo Dhan

Xulashada: Soo qaado faraqa seleriga ee toosan oo adag oo leh caleemo daray ah

Sida loo Diyaariyo: Ku dar seleriga la jarjaray gudaha maraqa ama u kala jarjar ula ahaan oo ku dar subagga lawska ama goosaarta

Kaydinta: Firinjeerka ku kaydi seleriga muddo hal ilaa laba toddobaad ah



Bisha Saladhka ee Qaranka

Ma u baahan tahay soo'ada saladh cusub? Maayo waa Bisha Saladdka ee Qaranka, marka booqo Celebrate Your Plate si aad u hesho soo'ooyinka saladhka oo kala duwan. Haddii aad jeceshahay salad basbaas leh, macaan, ama dhadhan fiican leh, raadi salad-yo cusub oo adiga iyo qoyskaagu aad jeclaan doontaan!