



Boorashta iyo Tufaaxa Doolshada

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



Waxa Xilli-sannadeedka soo Go'o: Oktoobar

Tufaax
Kabaashka Kale
Bocorada
Bagalada
Bocorka Qaboobaha

Wax-soo-saarka La Soo Bandhigay: Tufaaxa

Xilliga Ugu Wanaagsan: Dayrta
Xulashada: Soo qaad tufaax adag, dhalaalaya, maqaar siman
Sida loo Diyaariyo: Ku dar tufaaxa saladhyada, cuntada la dubay, ama gur iyagoo la saafay
Kaydinta: Ku kaydi tufaaxa daraya ah gudaha firintjeerka ilaa saddex toddobaad
(Natijjooyinka ugu fiican ee ee ka dhasha khaanada khudaarta)

Tufaaxa Qababaca ah ee Fiican (The Great Apple Crunch)

Nagu soo biir bisha Oktoobar 12^{-keeda} si
aad ugu dabbaaldegtu cunnista cuntada
caafimaadka leh iyo beerashada
mac'hadka adigoo iibsanaya oo
qababacsanaya tufaaxa deegaanka
ka baxa.

Nala soo socodsii nooca tufaaxa ee aad
qababacin doonto!