



XIDIDDO BADBAADO AH

*Hagaha Beerta Yar ee
Magaalada ku dhex Taal*



**GRASSROOTS
GARDENS WNY**



Booqo grassrootsgardens.org/saferoots si aad u soo dejiqto nuqullada hagahan oo afaf kale ah ama ka wac Grassroots Gardens WNY telefoonka **716-783-9653** haddii aad u rabto nuqullo jaaliyaddaada.

Xuquuqda daabacaadda 2022.





U jeeddada Hagahan

Hagahani wuxuu bixinayaa macluumaad ku saabsan ka hortagga cudurka isla marka laga beerayo khudaarta iyo cagaarka meelaha ku yaal magaalooyinka ee suurtagal ahaan u faddaraysan. Dad badan ayaan ka warqabin faddaraysnaanta carrada magaalada Buffalo, oo ay sababtay taariikh dheer oo wasakhayn ka timid warshadaha iyo meelaha la degganyahyaba. Dadka ku cusub Buffalo, gaar ahaan kuwa u bartay inay cuntada ku beeraan guriga, ayaa laga yaabaa aanay ogayn in carrada dhulka magaaladu ay ku jiraan rasaas iyo waxyaabo kale oo sun ah oo waxyeello u geysan karta iyaga iyo carruurtoodaba. Waxa hagahan ka mid ah habdhaqanka ugu fiican ee beerashada yar (gardening) magaalooyinka sida isticmaalka weelasha iyo sal beerida sareysan. Waxaan walibana bixinay macluumaadka halkaad ka samaynayso beertaada yar, dhaqammada waraabinta iyo bacriminta (fertilizing) badbaadada leh, iyo sida loogu goosto dalaga sida ugu caafimaadka badan ee suurtagalka ah.

Grassroots Gardens WNY waa ururka beeraha yaryar bulshada Buffalo. Haddii aadan karin inaad ku beerto sal beerid sareysan ama weelasha waawayn ee guriga yaal, waxaan kaa caawin karnaa inaad hesho meshay ku taal beer bulsheedka kuu dhow, si aad ugu biirto lacag la'aan. Fadlan naga soo wac **716-783-9653** si aad u hesho macluumaad dheeraad ah.





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Grassroots Gardens ee WNY waa koox u go'an ee bulshada iyo u dhaqdhaqaaqayaasha beeraha. Himilada hawlgalkeena waa in aan wadaagno aqoonta, awoodda, iyo agabka si aan u beerno cunto caafimaad leh, u bogsiiino waxyeelada nidaamka, oo aan xoo jinno isku xirka xaafadaha iyada oo loo marayo beeraha jaaliyadda.



Hadafkeenu waa in aan aburno shabakad waarta oo dhul iyo dad ah oo koraya bulshooyin caafimaad qaba. Wakhtiga hadda la joogo waxaan leenahay in ka badan 100 beero beeleed iyo beero dugsi oo ku kala yaala magaalooyinka Buffalo iyo Niagara Falls, ee New York oo shabakadeena ka jira.



Qeexitaanno Waxtar Leh

Erayada soo socda ayaa nuuxnuuxsi loo yeelay hagaha oo dhan, oo qeexitaankooduna hoos bay ku yaalliin si aad u tixraacdo.

Beer Bulsheed

beer dadweyne oo ay derisku wada beertaan

Kombost

Walxaha dabiiciga ah ee qurmay (xaraaga khudradda, caleemaha, iwm.) ee loo isticmaalo ahaan bacrimin ku nafaqayn caleen dabiiciyeed ah si loo kobciyo tamarta iyo wax ka koobnaanta carrada

Faddareeye

waxa ka dhigaya walax waxyeello inuu yeesho ama aan la isticmaali karin

Faddarayn

Leh walxo waxyeello badan

Isku-gudbinta Wasakhaynta

isku dhaafinta walaxa waxyeellada leh oo wax u gudbiyo waxa kale

Waxyaabaha La Cuni karo

wax la cuni karo

Bacriminta

walax kasta oo nafaqooyin ku soo biirisa carrada

Humus

walaxda madow, ee dabiiciga ah ee carrada ku jirta, ee samaysma marka walxaha khudaartu kala jajaaban oo ka dhigaysa dhulka hodan ah.

Nafaqo

wax ka kasta oo anfac u leh wax dabiici ah

Dabiici

ka soo jeeda dabeecadda; marka loo eego beerta yar, dabiici micnaheedu waa in aan kiimikooyinka samayska aan loo isticmaalin beerista ama habaynta abuurka, carrada, ama dalagga

Caleemaha ama Dhirta Qurxinta

caleemaha ama dhirta aan la cuni karin





Cudur-sidaha

wax kasta oo cudur-keena, oo noole ah

Wasakheeye

Wax kasta oo ka dhiga hawada, carradda, biyaha, ama kheyraadka kale ee dabiiciga ah kuwo waxyeello leh ama aan u habboonayn ujeeddo gaar ah

Goob Ku Beerasho Sare Loo Qaaday

carro lagu xeeray saldhig ka sarreeya dhulka; sida caadiga ah ka samaysan alwaax ama dhagax.

Dib u habayn

si loo yareeyo ama looga saaro wasakhowga

Samays ah

bani-aadmigu sameeyay

Sun

wax kasta oo noqon kara ama yeelan kara sun ama waxyeelo



Taariikhda Carrada Buffalo

Waxa jira tiro sii kordhaysa oo ah deggenyaasha Buffalo oo jecel inay cuntadooda ay cunayaan ku beertaan **beero bulsheed** daaradda dambe ama ardaaga hore ee gurigooda. Tani waa dariiq aad ugu wanaagsan in marin loo helo khudaar caafimaad leh oo qiimo jaban. Hase yeeshe, waxaa jira tallaabooyin taxaddarro ah oo ay tahay in la qaado marka cuntada laga beeranayo aagagga magaaloyinka.

Buffalo waa magaalo warshadeed qadiimi ah oo ku taal Mareykan ah. Waxay ahayd xarunta gaadiidka tareennada iyo marinno-biyoodka. Warshadaha birta (steel) iyo shaqooyinka kale ee wax soo saarka ayaa ahaa xoogga waday dhaqaalahooda. Xeerarka warshadahaas waagii hore qabanayay ma ahayn kuwo u adag sida ay maanta yihiin. **Wasakheeyeyaasha** iyo **sunta** ay ka mid yihiin rasaasta, arseenik, iyo walxaha kale ee waxyeellada leh ayaa ku darooray dhulka iyo webiyada iyo harooyinka u dhow. Illaa iyo maanta, magaaladu waxay ku hawllan tahay in dhulka **wasakhaysan** dhibaataadiisa la xalliyo.

Dhowr tobaneeyo sano ah, ayay Buffalo la socotay tirkooka dadkeeda oo hoos u dhacayaya markay dadku u guurayeen meelo kale si ay shaqooyin uga helaan. Sidaa darteed, inta badan guryayntii magaalada ayaa noqday kuwo dayacan oo ay ku kelifto in guryaha qaarkood la dumiyoo. Waxay ahayd habdhaqan caadi ah illaa 1980yihii in burburka cagafta lagu dumiyay in dhulka lagu lagu daayo. Taa macnaheedu waa haddii u guri lahaa ranji rasaas leh ama waxyaabo kale oo **sun ah**, sidii ay u lahaayeen badi guryihii la dhisay ka hor 1970yihii, rasaastaas ama suntaas kale ayaa ku dabmi kara carrada ku taal ardaaga hore ama daaradda dambe.





Sunta iyo Nuugista Carrada



Sunta aymidka yihiin rasaasta, asbestos-ka, batroolka ama sunta cayayaanka lagu dilo ayaa laga yaabaa inay ku jiraan carrada dhulka hoose ee magaalada waxaana nuuga xididdada waxyaabaha baxaya. Walxahaasi ayaa soo dhex mari doona geedka ama caleenta oo soo gali doona qaybaha aan cunno. Waxay noqon karaan kuwo waxyeello leh oo sababa cudur in badan la cuno ama la cabbo.

Ma jirto sida loo ogaan karo in carrada ku wareegsan gurigaagu ay badbaado u tahay in lagu beero cunto iyada oo aan si xirfadnimo leh aan loogu tijaabin shaybaar gaar ah. Habka ugu badbaado ah ee loogu beeran karo guriga **waxyaabaha la cuni karo** ayaa ah **sal beerid sareysan** ama weelal ay ku jiraan carro nadiif ah oo laga soo iibiyo dukaanka beeraha yaryar. Tani waxay xaqiijinaysaa adiga iyo qoyskaagu inaydaan cunin cunto noqon karta mid **wasakhaysan** oo leh waxyaabo **sun ah**.







Beero Bulsho

Beero Bulshada **Buffalo** ayaa ah beddel badbaado leh marka loo eego wax ku beerashada guriga. Inta badan beeraha yar yar ee magaaladu waa qayb ka mid ah Nidaamka Grassroots Gardens. Dhammaan xubnaha beerahayaga yaryar ee gudaha magaalada Buffalo ayaa saxeexa wacad xubinnimo inay si badbaado leh u beertaan, oo ay ku jiraan ku beerashada kaliya carrada la tijaabiyay, carro la kuusay, ama sal beerid sareysan. Marna uma isticmaalno ka buuxinta dhulka sal beerid sareysan ee wax lagu beerto; taa beddelkeeda, waxaanu carro dabiici ah ka keennaa iibiye la aammini karo tijaabiya sannad kasta. Waxaan walibana u fidinaa dhammaan beeraha xubnahayaga marin u helitaan looxaanno aan la daawayn, oo dabiici ah (badiyaa geedka sederka (cedar)) iyo calalka meesha lagu goglo oo lagama maarmaanka u ah in loo sameeyo ka hor caqabad ah carrada dhulka. Intaa waxa dheer, beer kasta ayaa heli karta falliiryo qoryo ama xaabka dhirta (mulch) si ay u noqoto caqabad ama xayndaab dheeraad ah beerooda oo lagu yareeyo khatarta boorka sunta rasaasta.

Beerta xubin kasta waxa maamula xubnaha bulshada ee halkaas beerta ku leh, iyo Grassroots Gardensoo si joogto ah u booqdaan goob kasta oo beerta ah, ugu yaraan laba jeer xilli kasta, si loo hubiyo in dhaqamada koriinka ee badbaadada leh la raaco. Ma leh wax kharash ah oo lagaa qaado ku biirista ama bilaabista beerashada beerta Grassroots Garden. Naga soo wac telefoonka 716-783-9653 si laguugu xiro beerta bulshada ee kuugu dhow ama aad wax uga ogaato bilaabidda beer bulsheed ama dugsi.

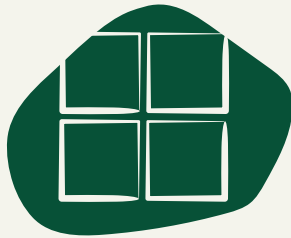
Haddi aad ku wax beeranayso guriga ama aad ku beeranayso beerta bulshada, macluumaadka ku jira hagahan waa in loo tixgeliyo habdhaqannada ugu fiican ee beer ku samaysasha magaalada dhexdeeda.



Badbaado badan



Sahlan



Qabanqaabsan

Faa'iidooyinka Ku Beerashada Salka Kor Loo Qaaday

Salka kor loo qaaday waa carrada ku dhex jirta meel wax ku hayn ama raar, oo badiyaa ka samaysan alwaax ama dhagax, taas oo u adeegta in ay kor u qaaddo carrada dheeriga ah ee ka sarreysa heerka dhulka. **Sal beerid sareysan** ayaa ka caawiyaan ka hortagga inay waxa la beeray **faddarobaan**. Waxay siiyaan caqabad u dhexeysa carrada laga yaabo inay ku yeelatow **wasakheeyeyaal** dhexdeeda, iyo xiddada waxa la beeray.

Sal beerid sareysan ayaa ku fiican beerta yar sababta oo ah arrimo badan dartood, ma aha oo kaliya ka hortagga khudaarta inay soo galaan waxyaabaha **wasakheeya**. Waxay ka dhigaan beeraha yaryari inay u muuqdaan kuwo hagaagsan oo abaabulan oo waxayna u fududayn karaan wax beerashada dad badan. Inta badan carrada Buffalo ayaa ka kooban dhoobo badan. Tani waxay ka dhacdaa meelaha u dhow webiyada iyo meelaha biyaha leh. Inay dhoobadu ka badato carrada ayaa adkeyn karta in la qodo dhulka. Dhisitaanka **sal beerid sareysan** ayaa sahlayaa in lagu beero carro cusub.

Haddii aad carruur wax la beerayso, qalabbada **sal beerid sareysan** ayaa u keeni karta dhirta ilaa heerka indhahooda. Dadka waayeelka ah ayaa walibana ka faa'iideysan kara sal beerid sareysan. **Sal beeridda sareysan** ayaa sare u qaada waxyaabaha baxaya, markaa si ay u yaraadaan u foorarsiga goosashada iyo haramayntuba.



Saymaysashada Beer Meel Kor Loo Qaaday Ah



Sal beerid sareysan ayaa badanaa lagu qaabeeyaa nooc ka mid ah caqabadaha aya ka midka yihiin looxa ama dhagaaxda. Ha isticmaalin loox lagu farsameeyay kiimikooyin, sida looxa jidka-tareenka, looxa cadaadiska lagu farsameeyay, loox rinji leh, ama looxa rasaynta warshadaha (pallets) sababta oo ah waxa laga yaabaa ina kuy leedahay **faddarayeyayaal** dhexdeeda. Isticmaal alwaax adag, oo aan la farsamayn, sida geedaha bayn (pine) ama sedar (cedar) ee aan la farsamayn, ugu yaraan ah 12-18 inji, si aad ugu saameeyso qaabeeyayaal qalab salka kor loo qaaday. Xagga hoose ku dheji xayndaab u oggolaada inuu biyuhu hoos u daadan karo oo ay uga ilaaliyaan is taabshada dhexeeya carrada cusub iyo carrada dhulku. Salka qalabka ka buuxi ka buuxi carro **nafaqo**-ku qani ah oo laga soo iibsaday dukaanka beeraha yaryar ama shirkad lagu kalsoon yahay. Ha isticmaalin carrada daaraddaada ama ha ka keenin meelo kale, maadama ay noqon karaan kuwo **faddaraysansan**.

Marka la joogo Buffalo, suuqa Urban Roots Cooperative Garden Market oo ku taal waddada 428 Rhode Island Street ayaa ah meel fiican oo laga iibsado jooniyadaha carrada ama **komboska**. Waxa kale oo aad iibsan kartaa weelal wax lagu beerto oo badbaado leh haddii aad rabto inaad cunto ku beerto dheryo.





Xulashada Goobta Ku Beerta Yar



Haddii aad bilaabayso beer yar oo sal kor loo qaaday leh ama weel ku jirta, waxaad u baahan doontaa inaad doorato goob wanaagsan oo aad uga ilaaliso waxaad beeratay **waxyaabaha wasakheeya**. Ku dhiso beertaada meel ka fog jidadka tareennada ama jidadka baabuurta aad ugu badan tahay. Ka hor inta aadan beerta **salka kor loo qaaday** aadan hoos dhulka ugu dhigin, huwi carrada jirta xaabka dhirta (mulch), kartoono, ama caws. Ka dibna iska hubi inaad leedahay caqabad, sida calalka biyuhu ka dooraan dalan karta, xagga hoose ee salka wax lagu beero.

Hubi in goobta aad dooratay ee beertaada ay leedahay qorrax iyo biyo ka dareer wanaagsan. Waa muhiim inaad hubiso in biyuhu aanu u ururin meesha aad cuntada ku beeranayso. Walibana ka fikir illaa iyo intaad ka soo dhaamin doonto biyaha isha ay ka baxaan. Ogow taariikhda beertaada yar, xataa haddii aad wax beerayso **qurxin**. Goobaha horay u ahaan jiray meelaha baabuurta la dhigto ayay caarradeedu lahaan kartaa saliidda baabuurta iyo batrool. Goobaha waa hore lahaa dhismayaal duug ah ayay carradoodu yeelan kartaa sunta rasaasta iyo asbestoska. Meel kasta oo aad beer yar ku leedahay, ka taxaddar inaad carrada kabuhu ugu soo qaadin guriga. Kabaha iska saar ka hor inta aanad gudaha soo galin.





Doorashada Midhaha

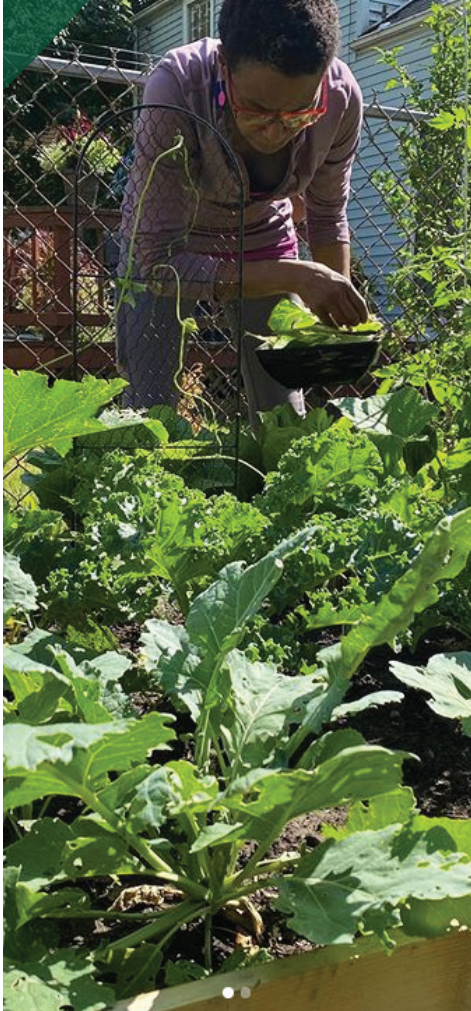
Midhaha ama abuurka ugu caafimaadka badan ayaa soo saara doona ugu caafimaadka badan. Dooro midho **dabiici** ah marka la heli karo.



Maktabadda Dhexe ee Buffalo ayaa leh maktabad midho. Meeshani waa meel fiican oo aad ka "amaahan" karto lacag la'aan, si aad beertaada u bilowdo. Beeraha yaryar ee Grassroots Gardens WNY ayaa walibana kaa caawin kara inaad hesho midho dabiici ah iyo walibana midho dhaqan-ahaan gaar ah.







Waraabinta Beertaada

Hubi in biyaha beertaadu ay ka yimaadeen il lagu kalsoonaan karo. Wabiyada, durdurrada, ceelasha, iyo balliyada ayaa laga yaabaa inay **faddaraysan** yihiin. Isticmaal biyaha ka yimaadda dhuumaha magaalada, kuwaas oo ah kuwo la nadiifiyo.

Fuustooyinka biyaha roobka ayaa ah il fiican oo laga helo biyo waaritaan leh. Waxay ururiyaan biyaha roobka saqafyada u dhow ee loo isticmaali karo beertaada. Si kastaba ha ahaatee, waxa jira arrimo la tixgalinyo qaarkood marka la isticmaalayo biyaha roobka ee laga helo ama laga darooriyo saqafyada. Saqafyada birta ah ama saqafyada leh lakabyada asbestoska leh ayaa **faddarayn** kara biyaha roobka oo ay ugu wacan tahay dahaarka loo isticmaalay. Haddii u saqafkaagu yahay bir ama uu leeyahay lakabyo asbestos, u isticmaal biyahan roobka **dhirta qurxinta** kaliya, marnaba ha isticmaalin kuwala **cuno**.





Dhuumaha magaalada



Fuustada roobka



Dabiici ah



Sentheetiga

Bacrimiyeyaasha sameyska ah

Bacrimintu waa walax kasta oo loo isticmaalo in lagu daro **nafaqooyinka** carrada. **Bacriminta samayska** ayaa ah kuwo bini'aadmigu sameeyeen oo leh **nafaqooyin** aad u badan laakiin walibana leh buuxiye (cammuud, balka, qashin sun ah) oo loo isticmaalo in la qaybiyo. Intooda badan **Bacrimintnada samayska** ayaa ku leh heerar sare oo naytarojiin ka koobnaantooda ugu wayn. Naytrojiinku ayaa dhiirigelisa korriinka ugu badan, laakin waxay soo saartaa koritaan unugyo daciif ah leh oo biyoodna ah. Unugyo biyoodka ayaa u keena cayayaan iyo cudurro caleemaha baxaya. Naytaroojiinka aadka u badani waxay ku abuurtaa dheellitir la'aan caleemaha iyo carrada labadaba. Waxa kale oo si joogto ay ugu dhaqantaa carrada iyo nidaamka biyaha.

Bacrimiyeyaasha Samayska Ah ayaa walibana leh "super phosphate" oo soo qabsada carrada oo ku qufula macdanaha kale, iyada ka dhigta inayna heli karin dhirtu. **Botaashiymkasamayska** ah ayaa ku adag caleenta dhirta-gaar ahaan dalagyada miraha. Bacriminta wanaagsani waa inay ku jirto botaashiyanka sulfate. Muddo ka dib, **bacrimiyeyaasha samayska** ayaa sababa in carradu waydo maadada dabiici iyo noolaha waxtarka leh ee gacan ka geysta dhismaha carrada. Waxay qaadan doontaa in ka badan oo ka sii badan in **bacriminta samaysku** inay kiciso koritaanka caleenta. Istimaalka aadka u badan **bacriminta samayska ahi** ayaa waliba sababi kara isku dul tuulanka carrada kiimikooyinka sunta ah ee kala ah arsenik, kadmiyam, iyo yuraaniyam ee carrada. Kiimikooyinkan sunta ah ayaa ugu dambayntii marin u heli doona caleenta, midhaha, iyo khudaarta iyo jirkaagaba.

Waxa aad uga sii wanaagsan in caleenta iyo dadkuba laga ilaaliyo **Bacriminta samayska** oo halkeeda la isticmaalo **Bacriminta dabiiciga**.





Bacrimiyeyaasha dabiiciga ah

Abuuritaanka carro nool, oo hodan ku ah **humus** iyo **nafaqooyinba**, ayaa muhiim u ah beerashada dalagyada fiican ee ah khudaar, cagaarka iyo ubaxa badan, iyo geedaha iyo geedaha iyo jirrida caafimaadka qaba. **Walxaha** dabiiciga ah ayaa u noqda sida **bacrimiyeyaasha** oo hurmariya tayada oogeed ee carrada. **Bacrimiyeyaasha dabiiciga ah** ee leh macdanta yaryar ee lama huraan ah ayaa ka kaga wanaagsan bacriminta samayska ah kordhiyo firfircoonaanta noolaha ee ku jira carrada. Si aayar-aayar ayaa ah loo sii daayaa, taas oo adkeynaysa in si xad dhaaf ah loo bacrimiyo loona waxyeeleeyo caleenta. Carrada wanaagsani waxay siisaa caleenta awood ay ku nuugaan **nafaqooyinka** iyo biyaha, oo ayna kobcistaan nidaamyo xidid oo tamar leh. Wax yar oo halis ah ama halis ma leh iska dul dhisanka kiimikada iyyo milicduba. Digada dabiiciga ahi waa dhisme aasaasi ah oo **bacrimin** qunyar ah taas oo dhiirigelisa kobaca noolaha waxtarka leh ee carrada. Markaad ku darto **bacriminta noolaha ah** carradaada, waxaad qancin doontaa baahida caleemuhu u qabaan **nafaqooyinka**.

Booqo barta interneka Grassroots Gardens si aad wax ka sii badan aad uga barato komboska guriga ugu sameynayo iyo sida **kombosku** wuu u yahay nooc ka mid ah **bacriminta noolaha** oo aad ku samayn karto kharash yar ama kharash la'aanba.

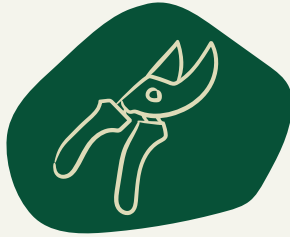




Gacmo gashi xiro



Dalago dhaq



Qalab nadiif ah

Goosashada badbaadada leh

Marka ay gaadho wakhtiga goosashada dalagyadaada, qaad tillaabooyinka soo socda si aad u yarayso halista **faddaraynta** oo hubi in cuntadaadu nadiif tahay:

- Xiro galoofyada gacmaha si aad uga ilaaliso wasakhda inay ku gasho meelaha gacmahaaga jeexan ama cidiyahaaga hoostooda ah
- Ku rid dalagga aad goosatay weel ama baco nadiif ah
- Si fiican iskaga dhaq gacmaha markaad dhammayso shaqada aad ka qabatay beerta
- Nadiifi qalabka beertaada yar. Tani waxay ka hortagi doontaa **isku gudbinta faddaraynta** cuntada u dhaxaysa, maadama **cudur keenyaashu** ay ku sii jiri karaan qalabyada dhowr maalmood.
- Diir dalagyada xididka leh sida karootada iyo baradhada
- Ka saar caleemaha korka khudaarta cagaarka caleemaha leh ah sidah kaabejka ama cagaarka
- Maydh dalaga



Qoraalkan hagaha ah waxa loogu talagalay dadka beeraha yaryar ee guriga ah leh iyo kuwa leh Beerta Bulshada oo waxaana lagu heli karaa luqado badan. Waxaa kuu keenay ururka Grassroots Gardens WNY oo ay weheliso la-hawlgalayaashayada Jaamacadda Buffalo Community for Global Health Equity, Suuqa Beerta Iskaashatada Roots ee Magaalada, iyo the Western New York Children's Environmental Health Center (Xarunta Caafimaadka Carruurta ee Galbeedka New York).

Waxaan mahad gaar ah ugu jeedinayaa Dr. Melinda Cameron, Dr. Sarah Ventre, Patti Jablonski-Dopkin, iyo Joshua Gordon wax ku biirintooda. Waxaan walibana ugu mahadnaqaynaa Rachel Bridges naqshadeynta garaafiyada. Turjumaadda waxa bixiyay Machadka International Institute of Buffalo. Fuundaynta hagahan aya si deeqsinimo leh u bixisay Waaxda Guryeynta iyo Horumarinta Magaalooyinka ee Maraykanka ee Xakamaynta Khatarta rasaasta iyo ururka Healthy Homes (Guryaha Caafimaadqabka ah).



Ka baro wax intaa ka badan oo ku saabsan habdhaqannada ugu fiican ee beert-yar ku beerashada magaalada www.grassrootsgardens.org