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Xirfadaha Maareynta Ugu Fiican

Xirfadaha Maareynta Ugu Fiican(BMP) ee beerista khudaarta waa liis warbixineed loogu tala galey dhiiri gelinta kordhiska wax soo saarka dalaga iyo yareynta hawl gelinta beeraha iyadoo la tixgelinaayo saamaynta bey'adda. BMP waxay kala duwanaa kartaa goob walboo; sidaas darteed waxaa muhiim ah in la aqoonsado sida qofka wax beera uu hirgelin karo qaar ka mid ah ama dhammaan xirfadaha maareynta wax soo saarka ee khudaarta.

Tixgelinta Xirfadaha Maareynta Ugu Fiican ee wax soo saarka khudaarta waxaa ka mid ah: maareynta iyo daryeelidda carrada dhulka, maareynta biyaha iyo waraabinta, maareynta ka hortagga cayayaanka(cudur, cayayaan iyo caws), Isticmaalka iyo kaydsashada sunta cayayaanka, maareynta nafaqada, maareynta wasakhda dabiiciga iyo midka aan ahayn, isticmaalka iyo daryeelka tamarta(Jaamacadda Massajusets ee Amherst; www.umass.edu).

Carrada waa qaab dhismo oo adag in la fahmo taas oo saameysaa gelista ama qaadashada biyaha, nafaqada, xulshada iyo daryeelka dhirta ama caleynta, iyo bey'adda. Ogaanshaha qaab dhismeeda iyo nooca carrada, nafaqada, PH, iyo biyo shubinta waxay door weyn ka ciyaaraan inay ka dhigaan xirfadaha Maareynta Ugu Fiican qorshe wax soo saar ah ee khudaarta. Haddii aysan carrada ku fiicnayn dhirta qaarkood, waxaa hoos u dhaca caafimaadka dhirta waxaana laga yaaba in ay ku dhacdo cudur ayna badato dhibka cayayaanka, taas oo saameyn ku yeelan karto maareynta biyaha, isticmaalka sunta cayayaanka iyo baahida tamar dheeraad ah.

Fadaraysnaanta carrada waxay keeni kartaa dhibaatooyin heerar kala duwan ah. Khatarta fadaraysnaanta carrada waxaa ka mid ah dhirta oo carrada ka dhuuqa fadaraha; biyaha dhulka ku jira oo fadaraysnaada marka uu la kulmo soona hoos maro carrada; isurursigawalkaha nololeedka, oo dhaca marka ay xayawaanka ama dadka ay dhunjiyaan fadaraha(wasakhda) ka yimaada khudaarta lagu beeray carrada fadaraha isku darsamey.

Iyadoo arrimahaan dhan ay muhiim yihiin, ahmiyadda ugu weyn ee beeraleyda magaalooyinka oo la xiriirta fadaraysnaanta carrada waa caafimaadka dadka. Khatar weyn oo xagga caafimaadka ayaa lagu arkey lagana qorey oo ka yimaada la kulanka fadaraha badan ee carrada. Qaar ka mid ah fadarahaan waxaa ka mid ah biraha culus, sunta cayayaanka, Boliklorinated Bayfinayls(PCBs), kuwaasoo ka mid ah qayb guud ah ee isku-dhiska orgaanik ah iyo wasakhda joogtada ah ee bey'adda.

Adeegga Degmada Jefersoon ee Iskaashatada Fidinta waxay sameyn karaan baaris carradeed oo guud ah in ay ku ogaadaan pHka carrada iyo bacrin ahaanshaha oo laga sameeyo Jaamacadda Kintaaki. Haddii laga baaraayo biraha culus, waxaa laga baaraa Jaamacadda Massajusets(UMASS). Adeegga Fidinta Iskaashatada ma baaraan biraha ama barxada kale iyagoo isticmaala cabbirka imtixaamada EPA. Tabtaan waa ka helista fikrad guud ah biraha laga wal-walo(gaar ahaan Lead ama Rasaas) kadibna go'aan laga gaaro haddii meesha la iska dhaafaayo, ama si toos ah carrada wax lagu beero iyadoo la isticmaalaayo xeer-degan oo la ogyahay si loo yareeyo la kulan toos ah iyo qaadashada caleemada, ama la isticmaalo hab carrada kor loo qaado(buuro yar yar ah). Tabtaan waxay suurtagal ka dhigaysaa in uu mashruuca sii socdo iyadoo laga dheeraanaayo qarashka hoos u dhigista socodsiinta hawsha.

Go'aan ka gaarista Khudaarta la Beeraayo iyo Waqtiga La Beeri Karo

Waa maxay waxyaabaha ay wadaagaan nyaanyada, ansalaatada, galleyga, geed khudradeed loo yaqaano Biit, qamadiga jiilaalka iyo digirta ay wadaagaan? Kulligood waxaa lagu beeri karaa beeraha, laakiin waxay kala duwan yihiin xilliga la beero(Jaadka ka fiiri bogga dambe). Waa muhiim in la ogaado xilliga dhirta marka la qorsheenaayo in la beero..

Markii uu xilliga dalaga dhammaado, waxaa muhiim ah in la safeeyo waxii firdhaad ah ee yaala lana hagaajiyo carrada. Marka uu dhammaado xilliga wax beerista, ka xaaq caleemada dhammaadeen, oo ay ku jirto xididdada. Falkan waxay ka yareynaysaa marka xilliga jiilaalka dhammaado in meesha ay gelaan cayayaan iyo jirooyin laga yaabo in ay noolaadaan jiilaalka kadibna ay dhibaatooyin keenaan xilliga ku xiga. Abuurista

dalag dabool ahaan waxay dhawri kartaa carrada, waxay joojin kartaa macdanta in ay ka baxdo, waxay yareynaysaa is-haysashada waxayna ka hortagtaa caws korista. Caws aad u faalalay oo kor laga shubo, loona yaqaano “saalada xoolaha cagaaran”, waxay ku dartaa shay orgaanik ah marka lagu daro carrada beeraha. Xididdada daboolka waxay aad uga qiimo badanyihiin caleemada kor ka baxa iyagoo bixiyaa shayga orgaanika iyo isku-dhiska jariirka marka xididdada carrada ay dhex koraan, iyagoo wanaajiya neef qaadashada iyo dhuuqista biyaha.

Wanaajinta tayada carrada waxay ka leedahay saamayn wanaagsan wax soo saarka dhulka. Haddii aad u baahantahay macluumaad dheeraad ah, fadlan lasoo xiriir xafiiska fidinta ee degmada Jefersoon. Beeritaan Wanaagsan!

Haddii aad u baahantahay macluulaamaad ku saabsan wax beerista khudaarta ee guryaha, soo booq shabakada internetka: <http://www.ca.uky.edu/agc/pubs/id/id128/id128.pdf>

Jadwal 10. Dalaga La Beero Xilliga Guga

Khudaarta	Abuurka	Tallaalid	Maalmaha Ay Ku Qaadato Biseelka¹
Biit	×		55 - 60
Ansalaatada Biib	×	×	60 - 80
Barookali		×	40 - 90
Baruusel Sbrauts		×	80 - 90
Kaabaj		×	60 - 100
Daba-case (karooto)	×		60 - 80
Kaali-faloowar(Khudaar dhexda ubax cadleh)		×	50 - 100
Seeleri(laamo cagaaran khudaar ah la cuno)		×	100 - 130
Kaabajka Shiinaha	×	×	43 - 75
Koolard	×		75 - 90
En-daayv(Geed bahda ansalaatada ah)	×	×	60 - 90
Keyl(nooc kaabajka ka mid ah)	×	×	50 - 60
Kool-raabi(Geed sida basasha u sal balaaran)	×		50 - 70
Ansalaatada Caleenta ah	×	×	40 - 50
Cawska Mastard ee cagaaran	×		35 - 60
Basal ²	×	×	40 - 120
Digirta yar yarta ee cagaaran	×		60 - 80
Bataatada ³			90 - 140
Raadhish (Bari-guduud)	×		20 - 30
Sbinaash	×		40 - 70
Koostada	×	×	55 - 60
Teer-nib(Khudrad jidir ah)	×		40 - 60
Teer-nib cagaaran(Bagal oo kale)	×		30 - 50

¹ Maalmaha meesha ku qoran waa waxyaabaha soo baxa billawga xilliga iyo waqti dambe soo baxa

² Basasha waxaa la heli karaa iyagoo xirmo ah

³ Bataatada ama baradhada waxaa la helaa si gab abuur ah

Jadwal 11. Dalaga La Beero Xilliga Xagaa

Khudaarta	Qabow u adkaysta	Abuurka	Tallaalid	Maalmaha Ay Ku Qaadato Biseelka ⁴
Biit	×	×		55 – 60
Kaabaj	×	×	×	60 – 100
Daba-Case(Karooto)	×	×	×	60 – 80
Koolard	×	×	×	75 – 90
Qajaar			×	60 – 100
Baringaan(eeg-palant)				60 – 75
En-daayv(Geed bahda ansalaatada ah)	×	×	×	50 – 60
Digirta Cagaaran, nooca Buush			×	50 – 60
Digirta Cagaaran, nooca Bool		×	×	43 – 75
Bataatada Ayirishka ⁵		×		75 – 90
Keyl(nooc kaabajka ka mid ah)	×	×	×	60 – 90
Ansalaatada Caleenta ah	×	×	×	50 – 60
Digirta Liima nooca Buush		×		50 – 70
Digirta Liima nooca Bool		×	×	40 – 50
Batiikh caraf fiican leh		×		35 – 60
Sbinaashka Niyuu Siiland		×	×	40 – 120
Baamiya		×		60 – 80
Basal ⁶	×			90 – 140
Kabsar Caleen	×	×		20 – 30
Baarsnib(Khudaar jidirka bagalka ka yimaada oo karooto u eg)	×	×		90 – 110
Bas-baas			×	65 – 75
Bocor Hindi(Bam-kin)		×		90 – 120
Raadhish(Bari-guduud)	×	×		20 – 30
Digirta yar-yar cagaaran ee koonfurta		×		60 – 70
Sbiinash	×	×		40 – 70
Bocorka yar-yar ee Samarka(Skuwaash)		×		50 – 55
Galleyda Macaan		×		60 – 100
Bataatada Macaan ⁷			×	120 – 140
Koosta(Suwiis Jaard)	×	×		55 – 60
Nyaanya			×	60 – 90
Qare		×	×	70 – 90
Bocorka yar-yar ee Jiilaalka(Skuwaash)		×		80 – 120

Xasuusin: dalag kala duwan oo u adkaysta kuleylka xilliga Samarka ayaa jiraan. Inta badan dalagan waxaa la abuurka karaa ama la tallaali karaa inta lagu jiro bisha Luulyo iyo Agoosto waxayna aad u kori karaan marka lagu dhex jiro bartamaha xilliga kuleylaha Samarka iyadoo lagu shubo biyo dheeraad ah iyo sunta ka hortagga cayayaanka oo si wanaagsan loo isticmaalo. Marka uu koro dalaga , maalmaha gaaban ee qabowga waxay suurtoogelisaa dalaga inuu aruuriyo sokorta iyo isku-dhisayada dhadhanka leh kuwaasoo dhadhan fiican u yeelaan dalaga la abuurka xilliga dayrta.

⁴ Maalmaha meesha ku qoran waa waxyaabaha soo baxa billawga xilliga iyo kuwa waqtiga dambe

⁵ Bataatada Ayirishka waxaa la heli karaa gabal gabal abuur ahaan ah.

⁶ Basasha waxaa la heli karaa iyagoo xirmo ahaan ah.

⁷ Bataatada Macaan waxaa la heli karaa iyagoo xidid ahaan ah

Jadwal 12. Dalaga la Beero Xilliga Dayrta

Khudaarta	Taariikhda la Beero	Abuur	Tallaal	Maalmaha ay ku Qaadato Biseelka	Taariikhda Miro Goosashada
Biit	Lul-Barta-Agoosto	×		70 - 75	Oktoobar
Ansalaatada Biib	Lulyo-Agosto	×		50 - 60	Set- Oktoobar
Barookali	Lulyo-Agoosto			60 - 80	Set- Noofembar
Baruusel Sbrauts	Juun-Luulyo			70 - 80	Okt. - Noofembar
Kaabaj	Dham.Juun Billawga Agost		×	60 - 70	Set - Noofembar
Daba-Case(Karooto)	Lulyo-Agoosto	×		80 - 90	Noofembar
Kaali-faloowar	Dham. Juun Billawga Agost		×	70 - 80	Set - Noofembar
Kaabajka Shiinaha	Luulyo-Agoost	×	×	50 - 70	Sett - Noofembar
Koolard	Luulyo-Agoost	×		80 - 90	Okt - Noofembar
En-daayv(Geed Bahda Ansalaatada ah)	Luulyo-Agoost	×	×	70 - 80	Set - Noofembar
Digirta Cagaaran ee Bush	Lul-Bart- Agoost	×		60 - 65	Setembar
Keyl	Luulyo-Agoost	×	×	70 - 80	Set - Noofembar
Kool-raabi	Luulyo-Agoost	×		60 - 70	Set - Noofembar
Ansalaatada Caleenta	Lulyo-Ago-Sett	×	×	40 - 60	Set - Oktoobar
Cawska Mastaard ee Cagaaran	Luulyo-Agoost	×		50 - 60	Set - Oktoobar
Baar-sinibs	Juun	×		90 - 100	Noofembar
Bataata	Bart. Juun	×		90 - 100	Oktoobar
Raadhish	Setembar	×		30 - 40	Oktoobar
Ruutabaaga	Luulyo-Bart-Agoosto	×		80 - 90	Okt - Noofembar
Digirta Barafka cagaaran	Agoosto	×		50 - 70	Oktoobar
Isbinaash	Ago - Setembar	×		50 - 60	Agoosto-Settemb
Galleyda Macaan	Luulyo	×		70 - 80	Setembar
Tee-nib(Khudrad wareegsan caddaan ah)	Luulyo-Agoosto	×		50 - 60	Set.-Noofembar
Tee-nib cagaar ah	Luulyo-Agoosto	×		50 - 60	Set.-Noofembar