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Horudhac

Natiijada xun ee baaritaanka fadaraysnaanta carrada waxay saamaysaa aragtida aan ka qabno beeraha magaalooyinka/beelaha. Inta aan niyad jab ka qaadi lahayn, waxaa lanaga rabaa in aan sii wedno beerista inagoo rumeysan in cuntada soo baxda ay aamin tahay in la cuno iyo/ama la iibin karo. Halkan hoose waxaa ku qoran liis ikhtiyaar ah oo lagaa rabo in aad tixgelisid adigoon ka wal-walin arrimaha carra fadaraysnaanta gaar ahaan marka ay wax yar tahay.

Arrimaha Guud ee Wax Beerista iyo Isticmaalka Dhulka

- Ku darso qaybta kore ee dhulka beerta ah waxyaabo nadiif ah sida carrada aan fadaraysnayn, waxyaabaha ciidda lagu bacramiyo sida koombost, digada xoolaha, ama caleen dhadday(Biit Moss).

- Isku toosi pHka carrada cabbirka dhex-dhexaadka ah. Badanaa biraha waxaa laga helaa carrada aashito ku jirto waxayna dhibi kartaa dhirta ama xayawaanaadka marka pHka aad u hoos jiro.

Dhirta badigeed waxay kori kartaa pHka marka uu yahay 7; si kastaba ha ahaate, qaar waxay u baahanyihiin in lagu toosiyo heer u dhaxeeya pHka 6.2 – 6.7.

- Kusoo shub caleemada geedaha loo yaqaano(Maalj) meelaha la maro iyo meelaha kale si loo yareeyo buska iyo dib u firdhinta biyaha carrada miraha korkood, ama sugidda caafimaadka cawska ama daboosha kale ee dhulka.

- Ha ku abuurin waxyaabaha la cuno dhinacyada guryaha, meelahaasoo ay ku badantahay heerka macdanta rasaaska(lead).

- Ku dhis carra tuureyaal (saldhigyo beereed) carro nadiif ah si aad ku abuurto waxyaabaha la cuno meelaha laga yaabo in ay aad u fadaraysmeen.

Iyadoo aan la eegin meesha laga soo qaadey, xitaa carra tuureyaalka sameysan waa in laga baaraa heerka sumaynta iyo nafaqada. Mar allaale markii baaritaankan la sameeyo, lakab maro dhir qurxin ah haddii la dhigo wuxuu xididka dhir caleeneedka ka celiyaa
In ay soo gasho carrada fadaraysan ee carra tuurka hoos ka jira.

- Carra tuureyaalka iyo mashaariicda kale ee beeraha, ha isticmaalin noocyada alwaaxa qaarkeed oo leh maadooyin kiimiko ah taas oo hore usii kordhinaysaa fadaraysnaanta carrada. Waqtiyadii hore, qaar ka mid ah alwaaxda jirtey waxaa ku jirtey naxaas, kroomiyum, iyo arseenik.

- Meelaha aad u fadaraysan, marka hore u fiirso haddii dabkhaadkan halkan lagasoo sheegay ay ku fillantahay yareynta qaddarka fadaraha taabta miraha. Arrintan waxaa lagu xaqiijin karaa iyadoo laga baaro carrada ama xubin dhir caleenta ka mid ah.

- Suurtagal ma aha in dalaga laga ilaaliyo fadaraysnaanta, ku dadaal in aad beerto miraha laga yaabo in ay ka badbaadaan waxyeelada fadaraysnaanta carrada.

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Manaafacaadka badan ay leedahay cunista faakihada(faruudka) iyo khudaarta daray-ah darteed, beerista dalaga sharaxan beddelka dalaga la cuno waa in ay noqotaa talada ugu dambeeysaa.

Sidee Dhirta U Fardaraysmaan?

Waxaa jirtaa saddex siyaabood ee biraha culus, sida rasaaska, ay karaan in ay fadareeyaan dalaga beerta. Macluumaadkan wuxuu muhiim ka yahay inuu idinku caawiyo soo xulista dalaga ugu fiican ee loogu tala galey xaalado gaar ah.

1. **Aruurista wasakhda hawada ku Jirta**: Mar dhaw, halkan waxay ahayd isha ugu weyn ee fadaraysnaanta ka timaada macdanka rasaaska(leedh) magaalooyinka xaggiisa ilaa si tartiib ah loo joojiyey baansiinka rasaaska ku jira si kama dambeys ah 1980.Weli aruurista macdanka rasaaska waa ka yimaada buska dabeesha raacda oo ka yimaada carrada iyo jidadka fadaraysan. Sidoo kale fadarayaal kale oo hawada ka dhex heehaabaaya ayaa dhirta geli karaan. Tan waa dhibaato gaar ah oo dalaga caleenta ku dhaca, siiba kuwa ku abuuran dhulalka meelaha sare ku yaala oo gabal-gabalka fadarayaasha taabta. Sida gaarka, qaar ka mid ah sunta caleenta ester(iyo amine) ayaa si kadis ah u duuli karaa mee aad u fog oo aan laga ogayn qofka ama kooxda marka hore isticmaalay.

2. **Soo jiidka xididdada dhirta ee fadaraha** : Xaaladaha badigood, ilaa ay carrada noqoto mid aasidh ah(pHka oo hoos jira) ama maaddada orgaanik ah hooseeyo, macdanta rasaaska badigiisa laga ma gudbiyo xididdada carrada fadaraysmay dalaga beeraha. Si kastaba ha ahaate, xididdada waxaa laga yaabaa in ay ku badantahay is-aruursiga macdanka rasaaska marka loo fiiriyo waxa gaara caleemada, jirridka, iyo faakihada(faruudhka) ama iniinta miraha oo ay tahay meesha ugu hooseeysa rasaaska
   dhammaan qaybaha dhirta. Kadmiyam iyo qaar kale oo ka mid ah macdanta culus ayaa laga yaabaa in ay si fudud ah laga soo qaado carrada fadaraysan oo ay gasho xididdada kadibna ay gaarto meelaha ugu sareeysa dhirta.

3. **Fadaraysnaan toos ah oo ka yimaada carrada beerta**: Xididka iyo dalaga buruqda ah waxay ka badanyihiin dalaga kale fadaraysnaanta sababta oo ah waxay si toos ah u taabanooyiin carrada. Khudaarta caleenta ah(Ansalaatada, sbinaashka, caleenta kollaard ee cagaaran) sidoo kale si sehlan ayey ku fadaraysnaadaan carrada firdhaysaa iyo buska. Dhaqista dalaga caleenta ah waxay ka saari kartaa ilaa boqolkiiba 80 fadaraysiga rasaaska iyo sidoo kale wax badan oo ka mid ah macdanka rasaaska waxaa looga bixi karaa khudaarta sida karoodka iyo bataatada iyadoo laga fiiqo maqaarka sare. Si kastaba ha ahaate, xaaladaha fadaraysiga rasaaska dhex-dhexaadka ah iyo saa'idka ah, beerista mirahaan si toos ah carrada fadaraysan lagu ma talinaayi.

Nasiib wanaag, waxaa jiraan waxyaabo badan oo dabiici ah oo lagu joojin karo u gudubka biraha culus ee dalaga.

- **Carro-Xidid kala Celiya:** Qaar ka mid ah biraha sunta ah (sida rasaaska) waxay qabaan xaalad milme ee hooseeya carrada badigood, sidaas darteed hore uga ma gasho dhirta xididdada.

- **Xidid-Fuf Kala Celiya:** Badanaa biraha sunta ah waxay ilaa xad ku dhegaan xididdada, sidaas darteed waxaa yaraada dhaq-dhaqaaqa ay ku tegaan qaybaha kale ee dhirta ka mid ah.

- **Fuf-Faakiha Kala Celiya:** Sunta biraha inteeda badan waa laga celiyaa soo gelista qaybaha wax ka dhala ee dhirta(faakiha, iniinta miraha) iyadoo badigeed kusoo haraa qaybaha geedka ee wax iska dhalka ah.

Dalagee Ku Habboon in lagu Beero Carrada Fadaraysman?

Qaar ka mid ah dalaga beeraha waxay ka faa'ideysan karaan is-hortaagidaan dabiiciga ah ee fidinta fadaraha. Si kastaba ha ahaatee, fadaraysnaanta muuqaalka dalaga ka yimaada buska carrada, firdhinta ama aruurista wasakhda hawada badanaa way ka xoog badantahay ishortaagidda dabiiciga. Ka shaqeynta,wax ka dhimista fadaraysnaanta muuqaaleed ee beeraha dalaga cuntada iyo yareynta u dhowaanshaha dadka oo ah arrin muhiim ah.

Inta wax laga yaqaano fadaraysnanta jidadka(maritaannada), waxa u dheer natiijadaha baaritaannada hore la suubiyey oo na siiyaan macluumaad ku saabsan kala gudbinta biraha culus ee dalaga beeraha. Macluumaadkan oo dhan wuxuu na siiyaa talooyin ku saabsan dalaga aad ku habboon iyo kuwo aan ku habboonayn in lagu beero toos ahaan carrada fadaraysantay..

Waxyaabaha Aad Ku Habboon

Faakihada Khudaarta ah iyo Iniino: Nyaanyo, bariingaan, bas-baas, baamiya(qalka iniinta keliye), bocorka yar yar(Xilliga Kuleylaha iyo Qabowga), galleyda, qajaar, batiikh, digirta cagaarta ah iyo tan gaduudka(Bebeshe) oo qolof leh, basal(buruqa keliye)

Geedaha Faakihada: tufaax, cambaruud

Waxyaabaha aan Ku Habboonayn

Khudaarta Cagaaran ee Caleenta ah: Ansalaata, Sbinaash, Koosta, Caleemada biit, kaabaj, keeyl, kaalard,

Khudaarta Kale: Barookali, Kaalifalaawer, digirta cagaaran, digirta barafka

Dalaga Xididka Ah: Karootada, bataatada, teenibka

Iyadoo la tixgelinaayo faa'idooyinka badan ee cunista faakihada darayga ah iyo khudaarta, waa in dadaal walbo loo gala si loo isticmaalo talaabooyinka laga sheegay bogga lasoo dhaafay si loo abuuro beero leh xaalado caafimaad ah oo laga abuuro dalaga kala duwan ee loo baahanyahay. Si kastaba ha ahaate, cunidda faakihada iyo khudaarta laga abuuray carrada fadaraysantay waxay leedahay halis.

Beer Abuurista

Waa in laga taxadaraa si loo hubsado carrada aad u fadaraysantay aysan goobteeda ka dhaqaaqin marka laga shaqeynaayo beerta. Sharciga nabad wax ku beerista hore lasoo sheegay kasokow, waxaa la dhaqan geli karaa siyaabooyin lagu beeri karo khudaarta ee looga bad badi karo dhulka beerta ah lana yareeyo nabaad-guurka . Waxaa halkan hoose ku qoran qorshayaal lagula talinaayo:

- **Limid Xoojisan**: Beeraha la xooiyey waxay qaadaan meel waasac ah- Habab lagu dhaqaaleeyo dhulka sida: beeris saf ballaaran, carra tuureyaal, Isudhafka dalaga, beeris Isuxejinta ah, beeris gurguuris Sare iyo beeris jaran jaro. Fidinta xilliga wax beerista iyadoo la isticmaalaayo waxyaabaha miraha ilaaliya waa hab farsameed kale ee beerista xoogga leh. Ansalaatada, raadhiska iyo miraha qaboobaha ee kale waxaa la beeri karaa billawga xilliga guga ama dhammaadka xilliga dayrta ah ayaa la isticmaali karaa hab dhawristaan. Beerista waqtiga hore iyo waqtiga dambe waxay xaqiijinaysaa in miraha dhulka lagu beeray la guran karo sanadka oo dhan. Haddii ay suurtagal tahay isticmaal miraha daboosha ah.

- **Carra Tuureyaal**: Carra Tuureyaal waxay kordhiyaan wax soo saarka marka ay wanaajiaan xaaladda carrada oo dhalisa korriin wanaagsan ee xididda. Ikhtiyaarkan waxay xaqiijinaysaa in ay yaraato dhibaatada carro qaadista ee k a timaada nabaad-guurka iyo

bey'ad wax beeris ah ee la ilaalinaayo. Waxaad ka heli kartaa macluumaad dheeraad ah adiga oo la xiriirta Adeegga Fidinta Iskaashatada UK ee Degmada Jefersoon ama Xarunta Maamulka Siyaasadda Bey'adda ee Jaamacadda Luwisfiil.

- **Isudhafka Dalaga**: Beerista Is-dhexgalka waxaa ka mid ah abuuris khudaar kala duwan oo dhinac dhinac ah si looga faa'ideysto waqtiyada biseel ahaanshaha miraha waqtiyada kala duwan, joogga, isfidista ama hoos u-galka xididdada. Tusaale fiican ee is-dhexgelinta beerista waxaa geli karaa galleyda, digirta iyo bocorta yar-yar. Dhawr asbuuc abuurista galleyda kadib, waxaad abuureysaa digirta bool safka galleyda agtiisa si aad u isticmaasho jirridka miraha galleyda xajin ahaan.

- **Beeris Isuxejinta ah**: Beerista Isuxejinta ah, abuur ama tallaal kale ayaa hore laga geeliya meesha laga goostay miraha kale. Tusaale ahaan, marka aad goosato ansalaantada caleenta ah billawga xilliga Samarka, waxaad hore meesha ku tallaali kartaa Koostada ama sbinaashka Niyuu Siiland.Marka aad hore u goosato galleyda macaan, waxaad hore u raacinee miraha dayrta ah sida barookali, sbinaash ama digirta barafka ah.

- **Gurguuris Sare Ujeed:** Beersita Sare ujeeda waxaa ka mid ah beerista caleenta taagan meesha dhula lala siman lahaa. Waxaa si sare ujeed ah ku beeran kartaa alwaax/qori dhinaciisa, fiilo, xarig ku xiris laan adag, ama sanduuq miraha saarka ah, nyanyada, digirta cagaarka iyo digirta gaduudan. Abuurista dhir saa'id ah ee halka fuutka wareegsan(per ft.Sq.) kasokow, waxaad helaysaa faruudh nadiif ah ayna fududaan karto goosashadood.

- **Beeris Jaran-jaro:** Diyaar gareynta beerista habka jaran jaro ahaan waa qaab beeris taagan oo is-amaahisa gaar ahaan dhirta yar yarka ah, sida ansalaatada, sbinaashka iyo basasha. Run ahaantii, beerista jaran-jarada waxay beddeshaa booska labada dhinac saddex dhinac, badanaa weelka alwaaxa ah oo laga dhigaa sida qaab ahraam ah(Biiramid).

Macluumaadka ku qoran dokumentigaan waxaa lagu tala galey in lagu xaqiijiyo beerista aaminka ah marka laga shaqeeyo carrada laga yaabo inwax- uun ay ka fadaraysantahay.
Hadafka laga leeyahay waa yareynta biyo qadista carrada dhulka iyadoo la isticmaalooya hababka beerista caleenta ku habboon iyadoo la daboolo qaar ka mid ah caleemada, khudaarta ama la daboolo caleenta, sanadka oo dhan.

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CENTER FOR ENVIRONMENTAL POLICY & MANAGEMENT

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